

# HEALTH, WELLBEING & SAFETY

Lancaster Integrated Care Community (ICC), part of Morecambe Bay Hospital Trust, together with Lancaster City and Lancashire County Councils are hosting a series of Health, Wellbeing & Safety Days in some of our Lancaster Primary Schools.

## Schools Health, Wellbeing & Safety Day

Wellbeing and Good Health are fundamental to our overall happiness and to living longer, disease free, and with easy access to sometimes contradictory messages online, it can be confusing and can lead to habits and behaviours that as children and young people, we can take into adulthood as perceived truths.

The aim of our School Health, Wellbeing & Safety Days, is to give children and young people the opportunity to explore what it means to be healthy and well, in a safe and non judgemental environment.

Our Health & Wellbeing Days are being supported by over 20 local services, charities and community groups who will all share age-appropriate health and safety messages that will hopefully empower the children and young people to make informed choices about how to keep themselves healthy and safe.

Included in this newsletter are details of some free events that you and your children are invited to attend as part of the Lancaster District Health Festival being held July 7th-10th 2022 [Festival | The Bay Health Festivals](#)

- A free Celebration Lunch at the Gregson
- A free Family Cycle Ride round Lancaster
- A free Community Art Exhibition

**The following newsletter contains information from some of the local providers who your children have engaged with at their Health, Wellbeing & Safety Day.**

Not all children have seen all providers) as some content is age specific) but we would encourage you to talk to your child/children about what they have seen, heard and learnt at the event.

If you have any questions relating to the Health, Wellbeing & Safety event your child has attended, please email: [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk).



Contacts : [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk)

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# Lancaster Health Festival 2022

The Schools Health, Wellbeing & Safety days are officially partnered with The Bay Health Festivals [Festival](#) | [The Bay Health Festivals](#)

Lancaster's 6th Annual Health Festival is to be held 7th—10th July 2022 both online and at other partner venues and in Dalton Square (Dalton Square 9th & 10th July 10am—4pm).

There will be stalls in Dalton Square, interactive and fun activities for the public to join in (young and old) mini health checks, food, music and entertainment.

## Celebration Lunch



**THE BAY  
HEALTH FESTIVALS**  
BARROW • LANCASTER • KENDAL  
7th-10th July 2022

**Schools Day  
celebration &  
reflection lunch @ the**

**Gregson**  
Community & Arts

**Sunday  
10th July  
12-2pm**

**Free lunch  
will be provided**

**WEBSITE**  
[thebayhealthfestivals.org.uk](http://thebayhealthfestivals.org.uk)

**SOCIAL MEDIA**  
@TheBayHealthFestivals

**EVENTBRITE**  
The Bay Health Festival



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# Lancaster Health Festival 2022

## Cycle Ride

On Sunday 10th July, the Festival will be hosting a family cycle ride round Lancaster City Centre (road closures will be in place and suitable for most ages) so dust off those bikes, gather the family and get peddling with us before enjoying an afternoon in Dalton Square with free entertainment curtesy of Lancaster BID's Summer Sunday music events. For more information on What's On Please visit [Festival | The Bay Health Festivals](#)

**THE BAY  
HEALTH FESTIVALS**  
BARROW • LANCASTER • KENDAL  
**7th-10th July 2022**

Sunday  
10th July  
10-4pm

**Cycling Event**  
Sainsbury's - Dalton Square

Find out more  
on our website

**WEBSITE**  
thebayhealthfestivals.org.uk

**SOCIAL MEDIA**  
@TheBayHealthFestivals

**EVENTBRITE**  
The Bay Health Festival



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# Lancaster Health Festival 2022

## Community Wellbeing Art Exhibition

Lancaster Integrated Care Community (who has organised today's Health, Wellbeing & Safety event) also hosts an annual Community Wellbeing Competition that local schools, care homes and community groups can enter. Your school has entered this competition and the amazing artwork will be displayed at The Storey in Lancaster 23rd-25th June 2022. Entry is free and we'd love you, your family and friends to come along and vote for your favourites in each category. For more information please visit [Festival | The Bay Health Festivals](#) or [Lancaster Integrated Care Community | Facebook](#)

**Lancaster Integrated Care Community**

**Collage Exhibition 2022**

**'Celebrating Our Community'**

**Thur 23<sup>rd</sup> & Fri 24<sup>th</sup> June, 9am-6.30pm**

**Sat 25<sup>th</sup> June, 9am-4pm**

**The Storey, Lancaster, LA1 1TH**

**Free Entry**

**Everyone Welcome**

**Come and vote for your favourites to**

**decide this years overall category**

**winners.**

**NHS**

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**THE BAY**  
HEALTH FESTIVALS  
BARROW-LANCASTER-KENDAL



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# CAMHS

Today your child attended a session with us as part of Wellbeing day at school. Depending on which group your child was in they will have attended a session on Wellbeing or Sleep.

We know that as parents it can be difficult at times to find useful and trustworthy advice online. We wanted to pass some information on to you from the sessions to support you and make sure you know where to get sound advice and further support if needed.

*Sam, Wendy, Charmaine, Jo and Polly*

*Primary Mental Health Workers and assistant practitioners from the Lancaster and Morecambe CAMHS and Child Psychology Team*

*Lancashire and South Cumbria Foundation Trust*

**CHATS** - For anyone looking after a child or young person with any kind of emotional or mental health problem. We are here to help; if you need emotional/practical support or just someone to talk too please contact us

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm

Email Claire: chats\_123@yahoo.com for a zoom invite.

2nd Thursday of the month 10am-12.00pm, Face to Face @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.

Parents can also join the Facebook group by searching CHATS Morecambe on Facebook

**Family Lives**— Support re all aspects of parenting and a helpline

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

**Young Minds Parent Helpline** for detailed advice, emotional support and signposting about a child or young person up to the age of 25

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)



**CALL OUT** to all Lancaster and Morecambe parents/carers supporting a child or young person with any kind of emotional or mental health problem.

**Anxiety • Low Mood • Depression • Self Harm • Eating Disorders • Sleep Problems • Suicidal Thoughts • Obsessions and Compulsions and more**

**YOU ARE NOT ON YOUR OWN**

We are here to help; if you need emotional/practical support or just someone to talk too please contact:

Parent Reps: Claire – 07908452426  
Rebecca – 07950784015  
CAMHS/CPS: Wendy – 01524558658

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm. Email Claire chats\_123@yahoo.com for a zoom invite.

Face to Face meetings: 2nd Thursday of the month 10am-12.00pm, @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.



# CAMHS

## Wellbeing

Your child completed a interactive session with us today to support their wellbeing...

We discussed things that support our wellbeing throughout the day and ways we can end our days well, the five ways to wellbeing (see the graphic below) and how to talk about difficult feelings.

For more information and further support, please visit:

[Children and young people | Lancashire Mind](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

Your child completed a quiz today to learn about sleep...

- The importance of sleep for learning/memory, emotional health and physical growth.
- Consistent routines for improving sleep quality - going to bed and getting up at the same time every day and getting the recommended number of hours' sleep for their age.
- Relaxation hour - swapping screens for a colouring or jigsaw in the hour before bed.
- 'Sleepy foods' - how bananas, cherries, dairy products and almonds can help us nod off!

5 YEARS	-	11
6 YEARS	-	10%
7 YEARS	-	10%
8 YEARS	-	10%
9 YEARS	-	10
10 YEARS	-	9%
11 YEARS	-	8%

For more information and a helpline, please visit:

[Home - The Sleep Charity](#)



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# Galloways

## Can you walk **the walk?**



SATURDAY

**20**  
AUG

SUNDAY

**21**  
AUG



Two days! Two walks! Two guides! Join Galloway's and do something incredible as we ramble across the famous Morecambe Bay sands.

BOOK ONLINE! VISIT OUR WEBSITE

OR CALL US ON 01772 744148

[WWW.GALLOWAYS.ORG.UK/EVENTS](http://WWW.GALLOWAYS.ORG.UK/EVENTS)

  
**Galloways**  
Support through sight loss

SUPPORTING PEOPLE  
THROUGH SIGHT LOSS  
FOR OVER 150 YEARS



Reg. Charity No. 526088



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# KOOTH



Dear Parents & Carers,

Your child may have mentioned they have been made aware in school of a service called [Kooth](#), commissioned by the CCG

[Kooth](#) is a Free, Anonymous and Safe Online Mental Wellbeing Community for young people aged 10-16, within the local area.

We provide a range of services to support young people's wellbeing. Our trained and qualified counsellors are available until 10pm each night, 365 days per year. We also host pre-moderated, age-appropriate peer to peer discussion boards, live forums and articles all of which hold young person friendly information as well as therapeutic content.

Whilst your child may not need or use the service, as part of supporting our schools to support students to look after their wellbeing, we are ensuring all children are aware of provision in the area that could assist them now, in their transition to secondary school or in the future.

If you have any questions or would like to discuss what [Kooth](#) can offer, please speak to school who will be able to answer your queries. If you would prefer to speak to representatives from [Kooth](#) directly, please email the [Kooth](#) team on [parents@kooth.com](mailto:parents@kooth.com)



Kind Regards

Heather Hook [hhook@kooth.com](mailto:hhook@kooth.com)

Engagement Lead for Lancashire, [BwD](#)  
& Cumbria



# KOOTH



## Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

### Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

### Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

### Discussion boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

### Daily journal and goal setting

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

### Mini activity hub

Select from a growing menu of fun, therapeutic and useful activities.



## How to sign up

- 1 Head to **Kooth.com**
- 2 Click on the **'Join Kooth'** button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender, ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

## Where to find us



[kooth.com](https://kooth.com)



[@Kooth\\_UK](https://www.instagram.com/kooth_uk)



[Kooth\\_UK & Kooth Podcast](#)



[Kooth-Podcast](#)



Contacts : [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk)

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## **Kooth:** A handy guide for parents and carers



[kooth.com](https://www.kooth.com)



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## Welcome

It can be difficult for parents and carers to recognise when a child or young adult is struggling with a mental illness. This brochure, developed by Kooth's clinical team, will help you better understand and be aware of the warning signs of mental illness in young people as well as signposting you to organisations that can provide support. You will also find practical tips on how best to support your child's mental and emotional health and advice for starting a conversation with a young person about their mental health.

Accreditation

Early warning signs

Top tips on how to talk to your children about their feelings

Frequently Asked Questions



## Early Warning Signs

How you can support your child/signpost them to support (anxiety, depression and other key presenting issues)

### Anxiety

Anxiety often presents in a way that causes both psychological and physical symptoms. For example, the person may experience:

#### Psychological symptoms:

- Feeling uneasy, tense or worried
- Feeling unable to relax
- Feeling out of control
- Feeling a sense of dread
- The need for reassurance from others
- Rumination over thoughts or previous experiences
- Worry about the future

#### Physical symptoms:

- Problems sleeping
- Feeling restless
- Headaches or tension in their body
- An irregular heartbeat
- Sweating
- Grinding of teeth
- Butterflies in the stomach or feeling sick
- Panic attacks

Panic attacks are a form of fear response, and occur when the individual's body experiences an intense rush of these physical and psychological symptoms. They tend to last between 5 and 20 minutes, and can be very scary and debilitating for the individual.

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## **What are the signs that my child might be experiencing anxiety?**

- Talking quickly or switching from different points
- Describing feeling a sense of dread, or worry about something
- Apologising for taking up time or for wasting time
- Seeking reassurance
- Description of any of the physical or psychological symptoms above
- Getting 'stuck' on a particular thought or concern

Presentations of anxiety can be on a spectrum, with some people presenting with 'every day' anxiety, whilst others may be experiencing more of a severe anxiety disorder. It's important not to be dismissive of either experience, and to recognise the significance of what the person is experiencing to them.





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## Depression

Experiences of depression and low mood can also be experienced at different levels of severity. Sometimes a child or young person will experience more mild symptoms that may be seen as 'every day' low mood and others may experience clinical depression. Clinical depression is diagnosed when an individual experiences five or more of the following symptoms, over a two week period; with someone having a low mood or loss of pleasure or interest.

- Depressed (feeling low) most of the day, nearly every day
- Diminished interest or pleasure in all or almost all activities, most of the day, nearly every day
- Significant weight loss when not dieting, or weight gain, or decrease in appetite nearly every day
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation (e.g. foot tapping, pacing) or retardation (slowing down of movements) nearly every day
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or inappropriate guilt nearly every day
- Diminished ability to think or concentrate, or indecisiveness, nearly every day
- Recurrent thoughts of death, suicide ideation or a suicide attempt/ plan



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These symptoms will cause significant clinical distress or impairment to functioning.

There can be some unhelpful narratives around clinical depression, for example, the idea that the individual needs to 'snap out of it or 'pull themselves together'; or the idea that we all experience clinical depression, since we can all have 'bad days'. These can diminish the experiences of the individual and take away from the distress that they are experiencing. These misconceptions can also stop individuals from seeking help, as they may feel like they don't need it or 'should' be okay.

## **How might clinical depression present online?**

There are a variety of ways that clinical depression may present online, so this list is not exhaustive:

- The individual may express feeling low in mood
- The individual may express thoughts of worthlessness or hopelessness
- Expression of feeling suicidal, having attempted to end own life, having a plan to end life
- Slow typing or feeling like the answers are taking a lot of effort from the person
- Expressions of feeling drained or exhausted or like things are too much
- Expressions of feeling guilty for things, such as being a burden or being alive
- Negative self-talk
- Expressions of not getting pleasure from things or being interested in trying things
- Reports of change in eating habits or appetites



## Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

***If this feels familiar for you, you are definitely not alone!***

As many of us here are parents ourselves, we wanted to put together some handy tips on how you could begin talking to your children about their feelings.

### Why you might want to talk to your children about their feelings

There can be a number of reasons why you want to talk to your children about their emotions. These may include the following:

- You've noticed your child is acting differently, and you are concerned about them.
- Something has recently happened that might have affected your child, and you want to check in to see how they are doing.
- You want to help your child to feel more comfortable talking about their feelings in general.



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## Our top tips to get you started:

### 1 Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body language, too, for indicators on whether they really want to talk about their feelings.

### 2 Think about the setting

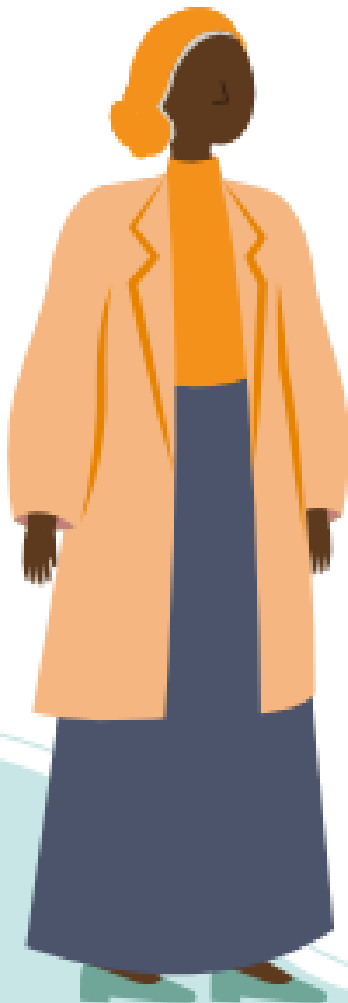
Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

***"I know when my son isn't in the mood to talk, as his whole body is saying, 'Not now, Mum!' I always respect that, though, and never push. As a result, I think he feels more able to talk to me when it feels right." ~ G***

### 3 Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

***"I always find discussing something important when my child is upset or angry often doesn't end as well as I hope. Both being relaxed has much better results and helps us both reflect on and express our feelings with more consideration." - H***



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**4 Practice asking open questions (rather than closed ones)**  
Closed questions usually encourage yes or no type answers. For example, *Do you like school?* is a closed question, because the response is likely to be either 'yes' or 'no'. The finality and brevity of such a response doesn't allow the conversation to go much further.

Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. Instead, try saying, *tell me about school.*

This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.



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## **5** Take away the intensity

It can be pretty daunting (on both sides!) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful. Here are some examples:

- Have a chat while on a dog walk or stroll together. Doing something shoulder-to-shoulder might mean there's less intense eye contact, which can feel more comfortable, especially when there's big emotions at play.
- Have a chat while doing an activity together, such as playing a board game or working on a craft project. The distraction of keeping everyone busy can take the pressure away.
- Have a chat during a car journey. Not feeling the pressure for eye contact or hyperfocus on the conversation can be helpful. Just be sure that emotions are not too heightened for you to concentrate on the road and drive safely!

***"I avoid sitting them down and instead do it during an activity like washing up, cleaning the car, or cooking together, as I find they are much more likely to open up." - N***

*\*Please note - It might also be useful (and less intense) to start slowly with any difficult topics. So instead of going straight in with the big topics, maybe talking about something else first to break the ice.*



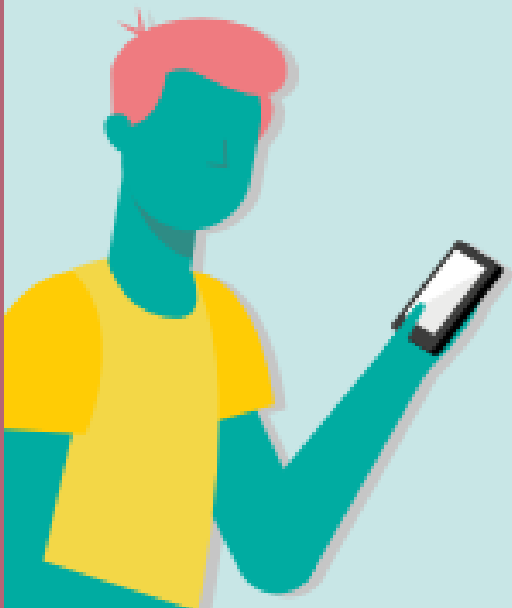
# KOOTH

**6 Model it** Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

***“When I was a child, I can’t remember my parents showing their feelings. Understandably, I had a hard time doing it myself. With my own children, I try my best to create an environment where we can all talk about how we feel, so when things are difficult, reaching out doesn’t feel so tough.” - S***

**7 Name it** Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, “You seem really angry today. I can see you are clenching your hands, and you don’t have a happy face. I wonder if anything has made you angry or upset?”

*“This advice mainly applies to younger children who are still developing their emotional vocabulary and may need assistance in identifying their feelings. However, this technique can work for older children as well; just take care that you don’t come across as condescending. Something like, “You’ve seemed pretty quiet and withdrawn lately; can you tell me what’s bothering you?” can be a good approach.*



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**8 Ask them what they need**  
It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. Examples include: Do you need some space right now? Do you need a hug? Would you like for us to do something together to take your mind off things?

***"Sometimes, even when I want to talk about something, my child doesn't. As hard as that is, I try to respect that. Sometimes they just want a cuddle, and I can definitely provide those!" - L***

**9 Listen carefully**  
This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

***"Listen, like really listen to what they're saying without jumping in with advice or guidance (as much as you want to)! When you really take the time to listen without judgement, it can show your children that you love them, what they are feeling is valid, and that sharing when they are ready is a really good thing." - P***



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## 10 Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

***"I use 'worry monsters' with the little people in my life. They are small toy figures that 'listen' to worries. They love them! When they feel worried about something, they go somewhere quiet and talk to their worry monster, who, in their minds, swallow up the worries and help them get back to playing. It really helps them to express how they feel in a language they understand." - O***

It's important to note that when it comes to parenting, (and actually any relationship) things aren't always perfect all the time. And that's OK. There's sometimes a lot of pressure to get things right. But actually being a parent who is trying their best to meet their child's needs, whatever their circumstances is good enough. Not having all the answers and getting things wrong, certainly doesn't make you a bad parent. It makes you human.

Is there anything that works for you that we haven't covered in this article? If you'd like to share any tips of your own or perhaps something that helped you in your childhood, we'd love to hear from you in the comments below.

*If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by messages or live chat [here](#).*





## Frequently Asked Questions

We've put this together in the hope that it helps you gain a good understanding of exactly what children and young people can expect to find on Kooth.

We also hope it helps you understand how we can support the mental wellbeing of children and young people in a safe and anonymous way.

### What is Kooth?

Kooth is a free, safe and anonymous online wellbeing service for children and young people. Young people using the site are able to access a range of support services including one-to-one counselling sessions, discussing issues with their peers through online discussion boards, reading and contributing to self-help content and recording their feelings via journals and goal trackers.

The online nature of Kooth means that young people can access help in a way that is most suitable for them, at a time that is convenient for them, 365 days of the year.



# KOOTH

## What's on Kooth?

**Kooth.com offers a wide range of therapeutic tools to help children and young people and support their mental wellbeing.**

### **Chat with our team:**

Our team of accredited counsellors are here to provide safe and effective support to children and young people. The chat session can be up to 1 hour long and can be used to talk about whatever issues are on a young person's mind.

### **Kooth Discussion Boards:**

On the discussion boards, children and young people can start a discussion about anything they're interested in, such as, asking for advice or just having a rant about something on their mind! By starting a new discussion, users can share their thoughts and views, or ask a question to get answers from other young people.

### **Send us a message:**

We know some users prefer to engage in support via messages instead of a live chat. Our Kooth counsellors are well trained professionals who will assess the service users needs and provide them with the required support. The support received through messages varies according to each specific case.

### **Live chat:**

Live chat: Our Kooth counsellors are well trained professionals who will assess the service users needs and provide them with the required support. The support received through messages varies according to each specific case.



# KOOTH

## Being a safe and anonymous service

### Can children and young people message each other on Kooth?

The safety of our users on Kooth is really important to us. Therefore, children and young people cannot add friends or directly message other young people on the site in the same way they can on gaming platforms or social media sites. This is because we are an anonymous service and we need to make sure everyone using the site is safe.

## Keeping Kooth Safe

We are an anonymous service. It means that neither we nor other service users know the identity of a young person on the site. For many young people this enables them to talk freely about their experiences without having to worry about being judged.

All of our discussion boards and live forum discussions are moderated by our team of moderators, further ensuring the platforms remains safe.



# KOOTH

## Accessing Kooth

### Do children and young people need to be referred by a GP?

Children and young people do not need to be referred to Kooth to access the service. Kooth users are invited and welcome to join Kooth as long as they fall within the age range that is available to their area.

### Talking to our team

When can children and young people talk to someone? The Kooth team are available to chat 7 days a week, 365\* days of the year. Kooth users can access the magazine, discussion boards and any other online content whenever they like, from wherever they are. Our friendly online team are available to chat during the following times:

**From 12 noon until 10pm weekdays.**

**From 6pm until 10pm weekends.**

How long a child or young person will have to wait in the chat queue depends on how busy the site is so we kindly ask for service users to be patient with us!

Children and young people can send a message to the team at any time and it will be responded to during service working hours. Our counsellors are employed by us and are fully qualified with the BACP or equivalent.

\*We offer a reduced service on bank holidays.



# Lancashire Fire & Rescue

## Sleepover



If your child is invited to a sleepover you will want them to be safe - both in general and in the event of a fire. So before you agree here are some things that might help.

### Check that your child:

- Is normally woken by and recognises the sound of a smoke alarm

If they don't, or they have a hearing impairment or other disability, tell the sleepover parents so that someone must wake them and/or help them in an emergency

- Knows what to do if they hear a smoke alarm go off
- Knows not to hide from fire
- Knows how to raise the alarm
- Is happy to ask about the escape plan of the place they are going to



- Will tell you if they don't feel safe

### If you are in any doubt:

- Reverse the sleepover and invite the friend to your home instead

### And remember to:

- Go through your fire plan with any guests you have staying

### Check that:

there will be a responsible adult present at all times in the property.

Make sure there is a working smoke alarm.



Some of these questions may be uncomfortable to ask but why not look at it this way; you wouldn't dream of travelling in a car without seatbelts - they are lifesavers if there is an accident.

Working smoke alarms and escape plans are like seatbelts for sleep-overs - you hope never to need them - but they must be there just in case...

For more information check out [www.lancsfirerescue.org.uk](http://www.lancsfirerescue.org.uk)

- Lancashire Fire and Rescue Service
- @LancashireFRS
- LancashireFire

Free Home Fire Safety Advice Line  
**0800 169 1125**

making Lancashire safer



Contacts : [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk)

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# Lancaster & Morecambe College



**ALWAYS WEAR  
YOUR HARD HAT ON  
SITE**



**THIS SIGN MEANS  
DANGER**



**MAKE SURE TO WEAR  
YOUR HIGH VISIBILITY  
CLOTHING**



**THIS SIGN MEANS NO  
ENTRY**



**PROTECTIVE FOOTWEAR  
MUST BE WORN**



# School Holiday Activities

Sign up to  
**FREE** School  
Holiday Fun!

Children and young people receiving free school meals can sign up to enjoy free activities during the

Easter, Summer and Winter school holidays with our Holiday Activities and Food Programme (HAF).

HAF is a great opportunity for local children and young people to get up and active and enjoy happy healthy holidays whilst making new friends.

All activities include a nutritious meal each day.



For more information on the activities on offer and details on how to book visit [lancaster.gov.uk/holidayactivities](https://lancaster.gov.uk/holidayactivities) or email [haf@lancaster.gov.uk](mailto:haf@lancaster.gov.uk)



Contacts : [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk)

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# North West Ambulance Service

## DEFIBRILLATORS

An automated external defibrillator (AED) is commonly referred to as a defibrillator or 'defib'. It is a device that gives an electric shock to the heart through the chest wall to someone in cardiac arrest.

AEDs can be used by anyone – even those without awareness training – in the event of a sudden cardiac arrest.

Without defibrillation a person in cardiac arrest will die. There are many defibrillators in public places which anyone can use in an emergency.

If an AED is used in the first few minutes of collapse, the person's chance of survival is significantly increased.

### FEATURES OF AN AED INCLUDE:

- Can be used by anyone!
- Gives verbal prompts on how to use it and what to do next.
- Found in most public places where there may be a high footfall of people – look out for those in your area.
- An AED will only deliver a shock to someone who needs one; it is not the responsibility of the user to decide whether a shock is necessary.
- A person suffering a cardiac arrest is clinically dead - you will never put that person into a worse condition.
- AEDs can be used on pregnant ladies.
- AEDs can improve chance of survival up to 80%.
- No servicing is required; AEDs self-test and indicate when batteries and pads are required.



Speak to the ambulance service about getting an AED for your community, workplace or school.

[www.nwas.nhs.uk](http://www.nwas.nhs.uk)

[facebook.com/nwasofficial](https://www.facebook.com/nwasofficial) [twitter.com/NWAAmbulance](https://twitter.com/NWAAmbulance) [youtube.com/northwestambulance](https://www.youtube.com/northwestambulance)

## LIFE SAVING SKILLS

Simple Skills, Save Lives

**NHS**  
North West  
Ambulance Service  
NHS Trust



## WOULD YOU KNOW WHAT TO DO IN AN EMERGENCY?

### REMEMBER – DR SABC!

**DANGER** – Keep calm and check the scene is safe to approach.

**RESPONSE** – Shout "Are you alright?" and shake the person's shoulders.

**SHOUT FOR HELP** – Send someone for help and call 999.

**AIRWAY** – Tilt the head back gently to open the airway.

**BREATHING** – Check for 'normal breathing':

- Look for the chest rising and falling
- Listen for 'abnormal sounds' - infrequent and noisy gasps are called agonal breathing and are a sign of cardiac arrest
- Feel for breath on your cheek

**COMPRESSIONS** – If the patient is not breathing normally, start hands only CPR; pushing hard and fast in the centre of the chest.



**!** If there is a defibrillator nearby, send someone to get it. This could be vital in saving someone's life.



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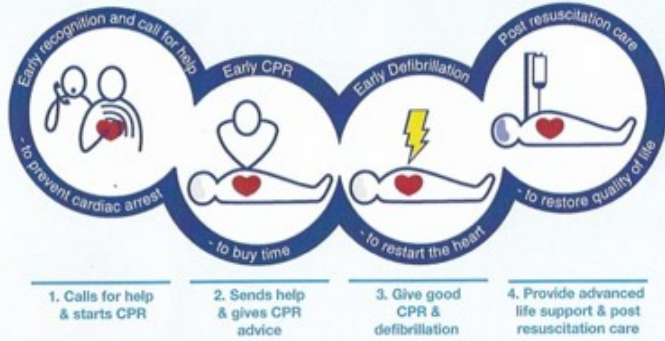
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# North West Ambulance Service

## CHAIN OF SURVIVAL

When someone has a cardiac arrest, if certain things happen in a certain order, their chances of survival are hugely increased. This concept is known as the 'Chain of Survival'.



## CARDIAC ARREST VS HEART ATTACK



A cardiac arrest is the most extreme emergency and happens when the heart stops beating in a normal way, preventing blood from pumping around the body.

Someone who is having a cardiac arrest will suddenly lose consciousness and will stop breathing normally. Unless immediately treated by CPR, the person will die within minutes.

### HOW TO RECOGNISE A CARDIAC ARREST:

- They are unconscious and not breathing
- No obvious signs, symptoms or warning signs prior to patient collapsing
- Always remember cardiac arrest can happen at any age, anytime, anywhere



## 60,000

Approximately 60,000 people suffer an out of hospital cardiac arrest every year in the UK and



## 1 IN 10

Currently only 1 in 10 people will survive.



A heart attack can lead to a cardiac arrest but they are not the same thing.

A heart attack happens when there is a sudden interruption to the blood supply to part of the heart muscle and it is starved of oxygen rich blood. It is likely to cause chest pain and damage to the heart.

### HOW TO RECOGNISE A HEART ATTACK:

The person will usually be conscious, breathing and describing such symptoms as:

- Heavy or crushing chest pains
- Pains down the arms and into their back
- Nausea and vomiting
- Shortness of breath
- Pallor and clamminess

### EARLY TREATMENT IS VITAL

A heart attack is a serious life-threatening emergency and can lead to cardiac arrest if untreated.

Both a heart attack and a cardiac arrest are life-threatening medical emergencies and require immediate medical help – call 999 immediately.



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# WATER IS UNPREDICTABLE!

## 4 THINGS YOU NEED TO KNOW:

**STOP AND THINK** –  
*what dangers can you see?*

*Don't be caught out on  
your own* – **STAY TOGETHER**

*If you fall in, stay calm and*  
**FLOAT** to live

*Someone in trouble?*  
**CALL 999 OR 112** and tell them that  
*someone's in trouble in the water*

## BE SAFE AND HAVE FUN

The RNLI is the charity that saves lives at sea.  
Registered charity number: 1049385. Registered in England and Wales number:  
1049385/00001000. Registered office: 100 Victoria Road, Poole, Dorset, BH12 9DQ.



Lifeboats



# LEARN TO FLOAT

If you get in trouble in the water, don't panic – follow these steps:

1



Keep calm. Don't swim hard. Hold onto anything that floats.

2



Lean back to keep your mouth and nose out of the water.

3



Push your belly up and stretch out your arms and legs into a star shape.

4



Gently move your hands and feet to help you float.

5



Do this until you feel more relaxed.

6



When you're calm, raise your arm and shout for help. Swim to safety if you can.

The RNLI is the charity that saves lives at sea.  
Royal National Lifeboat Institution, a charity registered in England and Wales (209408), Scotland (SC037736),  
the Republic of Ireland (20020202), the Bailiwick of Jersey (514), the Isle of Man, the Bailiwick of Guernsey and Alderney.

# RNLI



  
Lifeboats

**The red flag means danger!**  
Never go in the water when  
this flag is flying.



  
Lifeboats

Black and white flags mark  
the area for surfers and  
non-powered watercraft.  
Do not swim here!



  
Lifeboats

An orange windsock  
flying means that  
the wind is *very* strong.  
You must not take  
inflatables into the sea.



  
Lifeboats

Red and yellow flags mark  
the area where it is safer  
to swim because lifeguards  
are on patrol here.



  
Lifeboats

This sign means do not jump.  
Tombstoning is dangerous.



  
Lifeboats

This sign means do not use  
inflatables. It's unsafe in  
strong winds.



  
Lifeboats

This sign means beware of  
rip currents in this area.  
They can drag you out  
of your depth.



  
Lifeboats

This sign means beware of  
the tide. You could get cut off  
when the tide comes in.



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# BE SAFE HAVE FUN!

If you are in and around the water  
ALWAYS REMEMBER TO:

1

STOP AND THINK

2

STAY TOGETHER

3

FLOAT

4

CALL 999 OR 112

FIND MORE FUN  
AND SAFETY TIPS AT  
[RNLI.org](http://RNLI.org)

The RNLI is the charity that saves lives at sea

Registered Charity (No. 207476) and company registered in England and Wales (Limited by guarantee (No. 0207794)). Registered charity number 207476 in the Republic of Ireland



Lifeboats



# We Are With You

## Get in touch

### Central Team

Ringway House  
Percy Street  
Preston  
PR1 1HQ

### East Team

C/O CVS Building  
62-64 Yorkshire  
Street  
Burnley  
BB11 3BT

### North Team

C/O YMCA  
New Road  
Fleet Square  
Lancaster  
LA1 1EZ

### Call

0808 164 0074 (This number is free to call)

### Facebook

facebook.com/WeAreWithYouLancs

### Instagram

Instagram.com/wearewithyoulancs

## We Are With You in Lancashire

We provide free and confidential support to young people experiencing issues with drugs, alcohol or mental health. We help young people achieve their goals, whether that's staying safe and healthy, making changes or reducing harm.

Want to chat? We Are With You.

[wearewithyou.org.uk](http://wearewithyou.org.uk)

# We will work with you to make a change

A free and confidential service for young people under 25 affected by drugs and alcohol.

## Our office opening hours are

### Monday - Friday

9am to 5pm

### Webchat

Monday - Friday 9 am to 9 pm and  
Weekends 10 am to 4pm



we are  
withyou  
in Lancashire

In partnership with:  
**Lancashire**  
County Council



Contacts : [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk)

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# We Are With You

## Come and visit our free, confidential service and talk to one of our trained staff.

We're here to listen – you can tell us as little or as much as you want.

We'll work with you on your own goals, whether that's getting a bit of advice, cutting down your drug or alcohol use or stopping completely.

## Who's this service for?

This service is for you if you're:

- Under 25
- living in Lancashire (Excluding Blackburn and Blackpool)
- worried about either your drug or alcohol use or someone else's

## Help for friends and family

You're welcome to come and talk to us if you're worried about someone else's drinking or drug use.

## What happens when you visit us for the first time

When you first visit us, we'll talk about your drug or alcohol use so staff can get an idea of what help you need.

We may also talk about other aspects of your life, for example education, work, your friends, family and how you're feeling in general.

This will help us give you the right support.

## Talk to us online

Whether you need information for yourself or advice to support a friend or relative our webchat service is here for everyone.

Start a webchat by clicking on the chat button on the bottom right hand side of our website. You can access webchat on your laptop or mobile.

We've used our webchat service to speak to over 11,000 people in need

need  
to talk?  
we are  
withyou



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# Wise Up Workshops

## Creative Hub for young people.

Inspiring individuality through creativity.



**Confidence Building Workshops.**

**Ages 5 to 12**

**Creative Arts and Performance Projects.**

**Tuesdays 6pm till 8pm at our Morecambe Venue.**

**07506295782**

Funded by



**[www.wiseupworkshops.com](http://www.wiseupworkshops.com)**



Contacts : [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk)

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# Wise Up Workshops

## After School Well-being Club



**Creative Arts, Storytelling and Relaxation.**

Age 5+

All abilities welcome.

Central Morecambe Venue

Call the team for more info

07506 295782

Funded by



[www.wiseupworkshops.com](http://www.wiseupworkshops.com)



Contacts : [sarah.baines@mbht.nhs.uk](mailto:sarah.baines@mbht.nhs.uk)

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# Thank You

On behalf of Lancaster Integrated Care Community (NHS) and Lancaster City Council, we would like to thank the school for allowing us to put on this event and all the local organisations, groups and individuals that have supported our Schools Health, Wellbeing & Safety Day.



We hope this newsletter gives you some idea of the amazing things your child/children have seen and taken part in today and that the information in this newsletter will help you to have some really useful and important conversations with them about what it means to stay healthy and safe.



We'd love to see you at this years Lancaster Health Festival.

All the activities can be found at:

[Festival | The Bay Health Festivals](#)

[Lancaster Integrated Care Community | Facebook](#)

