

Other Events to attend, promote and share with parents/ carers and professionals



A free event open to all parents/ carers and professionals. A great CPD and networking opportunity. Workshops and information stands on a range of useful topics

**Thursday 27 September 2018 - Open from 11am-7pm**  
Rushmoor Borough Council Building, Farnborough Road,  
Farnborough, Hampshire, GU14 7JU  
Stay as long as you like but booking is essential for workshops  
Book at [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

**Monday 12 November 2018 - Open from 11am-7pm**  
New Forest; Lyndhurst Community Centre,  
Main Car Park, Lyndhurst, SO43 7NY  
Stay as long as you like but booking is essential for workshops  
Book at [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)



Service provided by Sussex Partnership NHS Foundation Trust

**Wednesday 21 November 2018 - Open from 11am-7pm**  
The Lights, West Street, Andover, SP10 1AH  
Stay as long as you like but booking is essential for workshops  
Book at [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)



Service provided by Sussex Partnership NHS Foundation Trust

## FIT FEST

The health and wellbeing festival for young people.

Join us for inspiring interactive workshops and activities to get you thinking about your emotional, physical and mental health

- Martial arts
- Yoga
- Cyber safety
- Coping in a crisis
- Song writing
- Body image and self-esteem
- Pottery

Schools can now book places for workshops at [www.hampshirecamhs.nhs.uk/events](http://www.hampshirecamhs.nhs.uk/events)

**Thursday 29 November**  
Andover Baptist Church, Charlton Road,  
Andover, SP10 3JH

Fit fest Events are brilliant opportunities for young people to explore, learn, develop, create, connect, experience and be inspired. Workshops and information stands on a variety of topics all aimed at improving emotional, physical and mental health.

A free event open to any young person.

Ideal for schools to bring a group of young people.

## One Year to Make a Difference Project

### Topic 5:

### Communication and Connection

This topic focuses upon communication with others; asking for help when needed and how to get needs met in an appropriate way. This includes; our top tips for helping young people communicate and resources for professionals and the importance of seeking support yourselves.

This issue also provides details of The Everybody Campaign Events which are aimed at:

- Primary School aged Young People
- Secondary School aged young people
- Professionals working with young people
- Parents and Carers

#### ADULTS; LEAD BY EXAMPLE

Young People learn from those around them. Make your pledge to lead by example

I could:

Ensure I attend the relevant Everybody Campaign Event

Encourage and share details of the events to others

Familiarise yourself with the resources within this newsletter

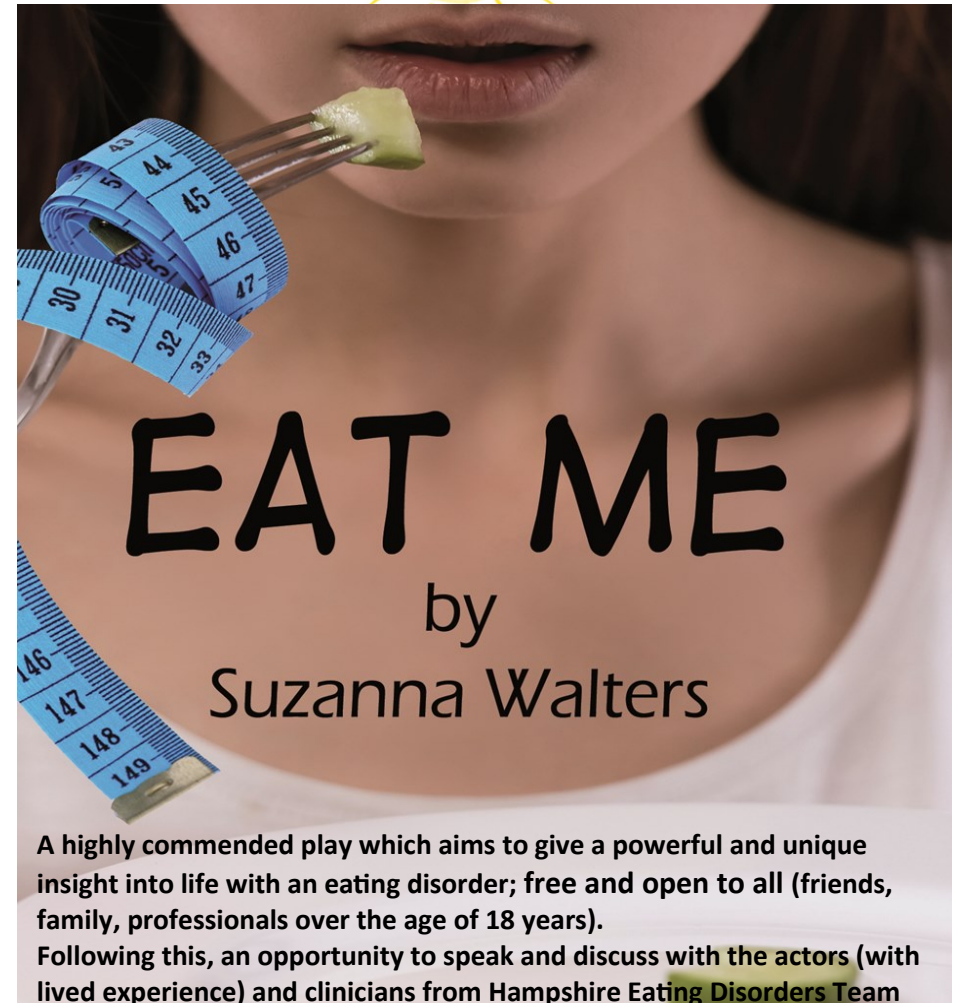
# THE EVERYBODY CAMPAIGN

**EVERYBODY HAS  
A BODY AND EVERY  
BODY IS BRILLIANT**

A key philosophy of Hampshire CAMHS involves empowering young people to know how and where to access help and support should they need as well as feeling confident enough to do this if needed.

Here are our top tips for helping to support this philosophy:

- Normalise and promote the fact that everyone needs help from time to time; it's ok to ask for help
- Ask for help as soon as possible, don't wait for a crisis before accessing help
- Encourage young people to share information with parents and carers where possible (know the limits around confidentiality and don't forget to share these with young people— see page 4 of this newsletter)
- Be aware of what is available for young people in your area. Rather than telling young people what to do, give them choices and options about available resources.
- Young people vary in confidence and skills to communicate. Don't assume a young person is able to do this. Ask if they want or need help to do this.
- Be aware some young people find verbally communicating difficult. Consider alternative options such as writing, emailing/ texting if appropriate and available
- Behaviour is a form of communication. If young people are behaving in unusual ways for them this could be a sign they are struggling. Pay attention to what young people do and do not say.



**DATE: Wednesday 10th October 2018 Time: 7pm– 9pm**

**VENUE: Tower Arts Centre Winchester, Romsey Road, Winchester, SO22 5PW**

**FREE (18yrs + only)**

Register your place: <https://www.eventbrite.co.uk/e/eat-me-a-play-by-suzanna-walters-part-of-the-everybody-campaign-tickets-50067376872>

## PROFESSIONALS CONFERENCE

Learn useful strategies and techniques to support a young person with eating difficulties, body image and self-esteem difficulties. Suitable for education, social care and health professionals.

Keynote speaker Caroline Price,  
Chair of BEAT eating disorder charity

Speakers Harnaam "The bearded Dame" &  
Emma Wolf share their stories and their work

Meet the Hampshire eating disorder team  
and take part in problem solving table debates

Cost: £75 per person to include lunch and refreshments

Wednesday 10 October  
Hope Church, Winchester, 9am - 5pm

Book at [bit.ly/2HvVW9a](http://bit.ly/2HvVW9a)

**THIS EVENT IS ESSENTIAL FOR ANY FRONT LINE  
PROFESSIONAL; HEALTH, SOCIAL CARE AND  
EDUCATION PLUS THOSE WORKING IN VOLUNTARY  
AGENCIES**

*Don't keep things bottled up*

*A number to text*  
**CHATHEALTH NURSE**  
**07507 332 160**

*Apps to keep you going*  
**STAYING ALIVE**  
**MEMORY STAR**  
**WELL MIND**

*Phone numbers for help*  
**SAMARITANS**  
**116 123**  
**HOPELINE UK**  
**0800 068 4141**  
**CHILDLINE**  
**0800 1111**

*Websites for info*  
**THEMIX.ORG.UK**  
**LIFESIGNS.ORG.UK**  
**YOUNGMINDS.ORG.UK**  
**YOUTH.ANXIETYBC.COM**  
**HAMPSHIRECAMHS.NHS.UK**

 Hampshire Child and Adolescent Mental Health Service

Services provided by  
Sussex Partnership NHS Foundation Trust

If you would like copies of this and similar posters to display,  
please contact: [hdove@nhs.net](mailto:hdove@nhs.net)

## Resources For Professionals

For general information, advice and support on all topics related to teaching and working with young people, click on the link below to take you to the Teacher Support Network.

Alternatively contact them on their FREE 24/7 help and supportline on 08000 562 561

<http://teachersupport.info/>

For information and advice on a range of topics on everything from supporting young people with mental or physical health difficulties, dealing with change and transition and for additional useful resources, click on the link below to take you to the Well At School website

<https://www.educationsupportpartnership.org.uk/>

For information and advice about confidentiality, what to say to a young person and how to manage information sharing, click on the link below... :

<http://www.ayph-behealthy.org.uk/confidentiality-comic/>



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## PRIMARY SCHOOL EVENT

Fun, engaging activities for young ambassadors to learn, discuss and experience more about body image and self-esteem

Tuesday 2 October  
Hope Church, Winchester  
9.15am - 3.30pm

Book at  
[www.hampshirecamhs.nhs.uk/campaigns/everybody-campaign](http://www.hampshirecamhs.nhs.uk/campaigns/everybody-campaign)

**THIS IS AN EVENT FOR PRIMARY SCHOOLS TO BRING A GROUP OF YOUNG PEOPLE!**

**IT IS NOT APPROPRIATE FOR TEACHERS TO ATTEND WITHOUT PUPILS**

This is an exciting and inspiring event for young people in years 5 and 6; to learn, share and develop information, skills and resources to take back to schools for the benefit of your local school community.

Young people will have an opportunity to experience all activities and take part in our Everybody Campaign Celebration Event; celebrating and promoting individuality and difference.

Mask Making

Interactivity Activities

Information stands

What's in the food?

Coping boxes

Confidence building  
through drama

**PLUS MUCH MORE!**

## SECONDARY SCHOOL EVENT

A unique and inspiring event for school ambassadors to come and discuss, learn and understand more about eating difficulties, body image and self-esteem

Wednesday 3 October  
Hope Church, Winchester  
9.15am - 3.30pm

Book at  
[www.hampshirecamhs.nhs.uk/campaigns/everybody-campaign](http://www.hampshirecamhs.nhs.uk/campaigns/everybody-campaign)

**THIS IS AN EVENT FOR PRIMARY SCHOOLS TO BRING A GROUP OF YOUNG PEOPLE!**

**IT IS NOT APPROPRIATE FOR TEACHERS TO ATTEND WITHOUT PUPILS**

This is an exciting and inspiring event for secondary school aged young people; to learn, share and develop information, skills and resources to take back to schools for the benefit of your local school community.

Young people will have an opportunity to experience all activities and take part in our Everybody Campaign Celebration Event; celebrating and promoting individuality and difference.

- 9.00-9.15** Arrival and Welcome
- 9.15-9.45** Intro and warm up "Digital Game" using smart phones
- 9.45-10.15** Meet the Hampshire Eating Disorder Team
- 10.15-11.30** Debating tables; key issues for young people
- 11.30-11.45** Break (drinks and biscuits provided)
- 11.45-12.45** Harnaam "The Bearded Dame"; Her story
- 12.45 -1.20** Lunch (provided)
- 1.20- 2.20** Emma Woolf personal testimony and media and society influences/her work
- 2.20- 3.20** Dave Chawner- Award Winning Comedian and Mental health campaigner
- 3.20 -4.00** Q&A panel with our key notes speakers & ED team
- 4.00** Close

## Communication and Connection Online; Digital safety!

Help young people think about appropriate safe information sharing, particularly online.

If you need or want specific guidance on supporting safety online here are our top resources for info, guidance and support:

Police (Think U Know Scheme):

<https://www.thinkuknow.co.uk/>

NSPCC:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

Safety Net Kids:

<http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

These resources are suitable for young people, parents/ carers, professionals to access.