

Early Intervention Family Worker Newsletter

7th February 2022

Early Intervention Family Workers

are linked to Primary Schools and are available to provide information, support, and signposting for parents.

The St. Neots area is covered by Lorraine Simon and Charlotte Dean, and we are working virtually at present, providing phone and email support.

Feel free to get in touch via the contact details at the bottom of this newsletter.

In addition to Children's Mental Health Week, last week included Time to Talk Day (3rd Feb), encouraging us all to talk about mental health and wellbeing.

- One in 4 of us will experience a mental health and wellbeing problem each year.
- We want everyone to feel comfortable talking about mental health – whenever they like.
- Opening up the conversation about mental health problems is important – by talking about it, we can support ourselves and others.
- It is important to talk with children about looking after their mental wellbeing.



See conversation starters on: <https://timetotalkday.co.uk/> or <https://www.mentallyhealthyschools.org.uk/getting-started/how-to-start-a-conversation-with-children-and-young-people-about-mental-health/>

Top 10 Tips to Stay Safe Online



Free poster: <https://www.highspeedtraining.co.uk/hub/wp-content/uploads/2019/09/Top-Ten-Tips-To-Stay-Safe-Online.pdf>

Another Resource

7th-13 February is Children's Mental Health Week:
<https://www.childrensmentalhealthweek.org.uk/>

For further information on supporting children's mental health and wellbeing:

Every Mind Matters (NHS):

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cambs.org.uk) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to www.cambridgeshire.gov.uk/residents/children-and-families/local-offer



Cambridgeshire
County Council

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