

## Warwickshire Primary Mental Health Team North Warwickshire District – 2019/2020

### Parent 1:1 Consultations

Are you a parent or carer of a child/young person living in Warwickshire?

Would you like the opportunity to speak in confidence with one of our Primary Mental Health Practitioners about your child/young person?

**We offer one-off 45min 1:1 consultations where you are able to discuss your child/young person's current difficulties with a professional!**

We use a solution-focussed framework to explore strategies and ways to help you better support them.

These consultations can be in person or over the phone and they are open to any member of the family. We recommend family members attend consultations together, to ensure a consistent approach

AVAILABLE DATES		LOCATION
2019	2020	
9th September 23rd September 7 <sup>th</sup> October 21st October 4th November 18th November 2 <sup>nd</sup> December 16th December	13th January 27th January 10 <sup>th</sup> February 9th March 23 <sup>rd</sup> March 20 <sup>th</sup> April 11th May 1 <sup>st</sup> June 15th June 29th June 13 <sup>th</sup> July	<b>The Ratcliffe Centre,            Ratcliffe Road            Atherstone,            CV9 1LF</b>

**You are welcome to book onto ONE consultation and booking is ESSENTIAL!**

Please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk) or call  
07917 504682 to book your time slot

**Please DO NOT call the Rise Navigation Hub**

These consultations are for parents/carers ONLY  
Please DO NOT bring children to the appointment

## Parent Information Sessions/ Coffee Chats

We also offer FREE Parent Information Sessions and Coffee Chats within the local community! At these sessions you will have the opportunity to meet other parents and learn about common emotional wellbeing concerns in children/young people and find out what you can do to help!

Parent Information Sessions are more structured sessions on a particular topic and afterwards, Coffee Chats are more informal, where you can get to know other parents and have a 'chat' about your experiences!

### **LOCATION:**

The Ratcliffe Centre, Ratcliffe Road, Atherstone, CV9 1LF

TOPIC	DATES
<b><u>Understanding and supporting children aged 3-11 years with Anxiety</u></b> You will learn about anxiety and how can we help our children people manage their worries. You will learn to identify the signs & symptoms of anxiety and how it might present in children of different ages. You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child. You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	7 <sup>th</sup> Oct 2019
<b><u>Understanding and supporting children aged 12+ with Anxiety</u></b> Similar to the above topic, you will learn about anxiety in relation to young people aged 12+ years. You will also learn some new strategies to support a young person within this age group. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	4 <sup>th</sup> Nov 2019
<b><u>Understanding Sensory Needs in school aged children</u></b> You will learn about sensory processing in children/young people and gain an understanding of how it affects them in their day to day life. You will learn about your child's sensory needs and how you can support them to better manage their anxiety, low mood and other common mental health difficulties. You will learn practical strategies & techniques to try at home to manage your child/young person's sensory needs and will also find out where you can access local support if you are worried about your child's emotional wellbeing.	2 <sup>nd</sup> Dec 2019
<b><u>Understanding and supporting healthy Emotional Development in children aged 3-11 years</u></b> You will learn about healthy emotional development in childhood and understand what healthy emotional development looks like at different ages. You will learn about the challenges children and parents face at different ages and what can you do to help. You will learn practical strategies and techniques that may be helpful to support your child's emotional development and you will also find out where you can access local support if you are worried about your child's emotional wellbeing.	10 <sup>th</sup> Feb 2020
<b><u>Understanding and supporting young people aged 12-18 years who Self-harm</u></b> You will learn about self-harm, what it is and how you can help your child/young people? You will learn about some of the reasons young people self-harm and what can maintain this behaviour. You will learn practical strategies and techniques that may be helpful for a child/young person who is self-harming. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	20 <sup>th</sup> April 2020
<b><u>Understanding and managing Challenging Behaviours in children aged 4-12 years</u></b> You will learn about social learning theory and why some children may develop difficult or challenging behaviours. You will have a greater understanding of some possible underlying causes of these behaviours. You will learn practical strategies and techniques that may be helpful to manage your child's difficult behaviours at home. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	1 <sup>st</sup> June 2020
<b><u>Understanding and supporting children and young people with School Refusal</u></b> You will gain an understanding of what school refusal is, who it affects and why. You will learn practical strategies and techniques you can do at home to support your child may be refusing to attend school. You will learn about developing an action plan to support your child to improve school attendance. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	13 <sup>th</sup> July 2020

Please note these sessions are for parents/carers ONLY & booking is ESSENTIAL

Please do NOT bring children to these sessions

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