

THERAPY & WELLBEING NEWSLETTER



Dear Parents & Carers,

For many the winter holidays can be a busy time of year with what can feel like a never ending list of tasks to work through in preparation for celebrations or time spent with loved ones. The pressures of this time of year will likely be varied for everyone however the impact can leave us feeling tired and perhaps even fractious. It is not surprising therefore, that alongside the moments of joy and connection, conflicts can also be a common theme for families at this time of year. Conflict is a theme we also encounter on a daily basis in the media.

With this in mind, the topic for this edition of the newsletter is **'Conflict and Connection'**. The following pages include information about recognising and managing conflict, and ideas for working to build connections. Please remember that the therapy team are here to support you. Don't hesitate to contact the team at your site if you would like further support.

In this edition we would also like to introduce you to a member of the LSEAT Therapy Team who works at Bromley Trust Academy, Hayes.

We hope that amongst the pressures of the season, you will be able to carve out some time to regroup, relax and reflect. We look forward to connecting with you again in the new year.

With Warmest Wishes,
The Therapy Team

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RESOURCES

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MEET THE TEAM - BROMLEY TRUST ACADEMY, HAYES

SIGNPOSTING

ACTIVITIES

For more information, resources or
support, contact your school therapy
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CONFLICT AND CONNECTION

EDITION 8 VOL. 1
AUTUMN TERM 2023

In a world marked by conflict and discord, the need for healing, understanding and connection has never been more urgent. Conflict has many guises, masquerading as traumas, fears, worries, stresses, shame, embarrassment, guilt, anger, frustrations, to name a few.

There are five stages of conflict which we can relate to

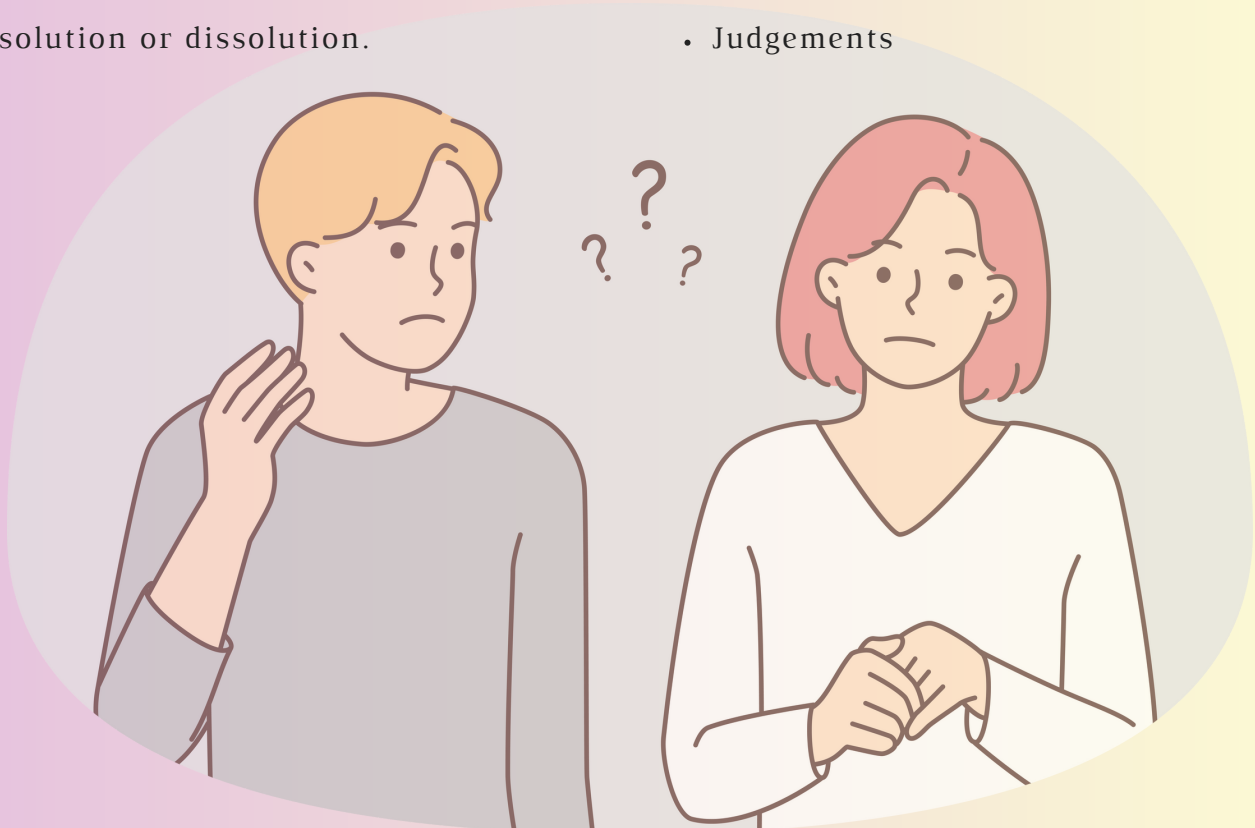
- Latent Stage: Not yet aware of conflict or identifying potential conflict.
- Perceived Stage: Aware a conflict exists (internally or externally).
- Felt Stage: Stress, anxiety, worry, racing heart, bodily tensions, sweating, shaking.
- Manifest: Conflict is open, on display and can be observed.
- Aftermath: Outcome of conflict, resolution or dissolution.

How do we identify when conflict is happening?

It may be through increased heart rate, clammy hands, rapid breathing, stomach churning, having butterflies or even trembles. This is when we should be leaning on our support as we may feel at our most vulnerable or out of control. Practicing a pre-planned ritual such as, breathing, meditation or other relaxation techniques, can help to manage feelings linked to conflict.

Common causes of conflict?

- Unreasonable expectations
- Perceived poor level of service/care
- Heightened sense of vulnerability
- Mental illness (involving insecurities, paranoia, anxiety, depression)
- Differing beliefs or views
- Judgements



CONFLICT AND CONNECTION

Why is it important to build connections?

Building healthy connections and relationships within which we can support one another increases our support networks and can be very useful in trying to increase skills for managing conflict and adversity.

Therapy can play a useful role in the journey towards healing, connection and reconciliation in the aftermath of conflict. Therapy can support with exploration of the role of empathy and compassion in bridging divides and fostering understanding in order to overcome what can seem like insurmountable differences.

Conflict Resolution Strategies

- Raise the issue early
- Manage your emotions
- Show empathy
- Practice active listening - paraphrase, look out for non-verbal signals, use appropriate body language
- Acknowledge criticism
- Consider your tone of voice
- Communicate through expression, not influence
- Take the past out of the equation
- Practice saying, 'No'.
- Be open to compromise
- Be accomodating



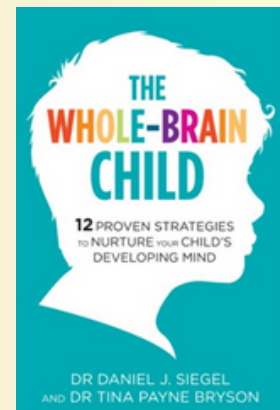
Creating connection from conflict takes work, but it is worth the effort. Doing so increases our empathy, our ability to withstand difficulty and also to recover from and repair relationship problems in the future.

Here are some step-by-step ideas you can explore to help your child develop their resilience and skills for resolving conflict with others.

1. Help your child to develop their self-regulation skills

To deal with conflict in a calm way, we first need to develop our own strategies for keeping calm and learn ways to process big feelings. The Whole Brain Child is a fantastic book written for parents by world-leading neuroscientists, with tools, ideas and evidence for how to develop this skill in children at home, through conversations and activities to use when they are emotionally dysregulated (i.e. struggling to soothe themselves when overwhelmed, sad or angry). Free worksheets are also available on their website.

<https://drdansiegel.com/book/the-whole-brain-child/>



2. Active Listening

We all need someone to listen to us when we are struggling with certain issues. Children are no different – in fact, being able to support your child through active listening is a fundamental building block to help them develop their self-regulation skills. Being listened to without judgement is an incredibly powerful force to help people feel less alone in their experience and to develop trust that they will be heard and respected.

Here are some tips on how to demonstrate active listening:

- Pay attention – It can be hard to open up about things that are troubling us, so give the speaker your full attention and acknowledge what they are saying to you. If your child finds it hard to open up, it can also be helpful to have these conversations in the car, while the adult drives and the child sits in the backseat. Not having to look directly at each other can make a conversation feel less intimidating and therefore encourage young people to open up more.



How to Listen by Katie Columbus and The Samaritans - a great book with more practical advice on listening skills.

- Show you're listening – Be aware of non-verbal communication by using your body language to show that you are paying attention to what's being said.
- Check that you're understanding fully – This isn't about giving opinions: the role of the listener is to understand what is being said. Reflect back on what you've heard to clarify certain points and check that you've understood properly, e.g. 'It sounds like you're saying X... Is that correct?'
- Avoid making judgements – Resist interrupting the speaker. Let them say everything they need to say before asking further questions.
- Respond respectfully – The purpose of active listening is to deepen respect and understanding, so treat the speaker with sensitivity whilst they share with you; it's not so easy to open up!

3. Conflict resolution

The following advice on conflict resolution for children is taken from Connections Academy (for more information visit www.connectionsacademy.com):

‘The earlier that children can learn how to manage disputes, the sooner they begin cultivating their emotional intelligence, which factors into conflict prevention and tolerance. This model can help students resolve conflicts on their own:

1. **STOP.** Don't let things get out of control. Take a step back and try to calm down, since anger makes conflicts more difficult to resolve.
2. **SAY** what the conflict is about. Make sure you both have a clear understanding of what is causing the disagreement and clarify what each of you wants or doesn't want.
3. **THINK** of positive options. What's a fair solution that meets both of your needs?
4. **CHOOSE** a positive option that everyone can agree on.
5. **RESPECT** the opinions of others, even if you can't agree.'



MEET THE TEAM BROMLEY TRUST ACADEMY, HAYES

We would like to take the opportunity to introduce you to the Therapy Team across London South East Academies Trust. In this edition we meet Natasha, who works at Bromley Trust Academy, Hayes.

NATASHA STILL

I'm Natasha and I am the Counsellor, Mental Health and Wellbeing lead at Bromley Trust Academy Hayes. Counselling is a talking therapy that can be used to support both adults and young people in navigating difficulties they are facing. Helping them to express themselves through words or play, build positive relationships and manage their emotion in order to improve their mental health in the long term. At Hayes, we aim to provide a safe and non-directive space in which students feel accepted without judgement and are able to explore their experience of the world including things like life's changes, stress and bereavement. Counselling can help improve a young person's social skills, self-awareness and learning capacity. We use a whole school approach to enhance their overall mental health and emotional wellbeing, in order to support them moving forward in school and beyond.



WHAT'S ON?

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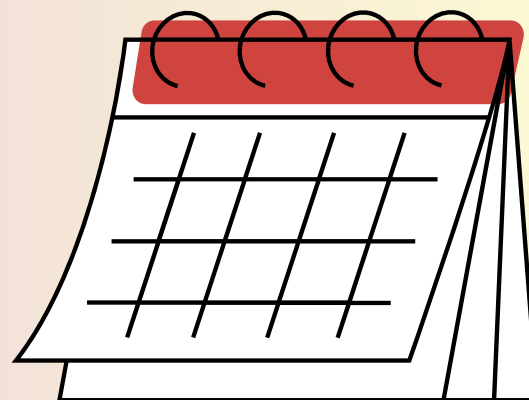
Here are some events taking place out and about over the next few weeks and ideas for the upcoming break.

BROMLEY

CHURCHILL THEATRE BROMLEY
PANTO - CINDERELLA
FROM 2ND DECEMBER

CHRISTMAS FESTIVE MARKET
THE PAVILION LEISURE CENTRE
16TH DECEMBER, 10AM - 6PM.

FABRIC TINSEL MAKING WORKSHOP
THE GLADES, BROMLEY
14TH DECEMBER 4PM
AGES 6-ADULT
[HTTPS://WWW.EVENTBRITE.CO.UK/E/MAKE-BEAUTIFUL-FABRIC-TINSEL-FROM-FABRIC-SCRAPS-TICKETS-754747458967](https://www.eventbrite.co.uk/e/make-beautiful-fabric-tinsel-from-fabric-scrap-tickets-754747458967)



BEXLEY

THE ICE RINK RUXLEY MANOR
10TH NOVEMBER - 7TH JANUARY
WWW.RUXLEY-MANOR.CO.UK/WHATS-ON/ICERINK

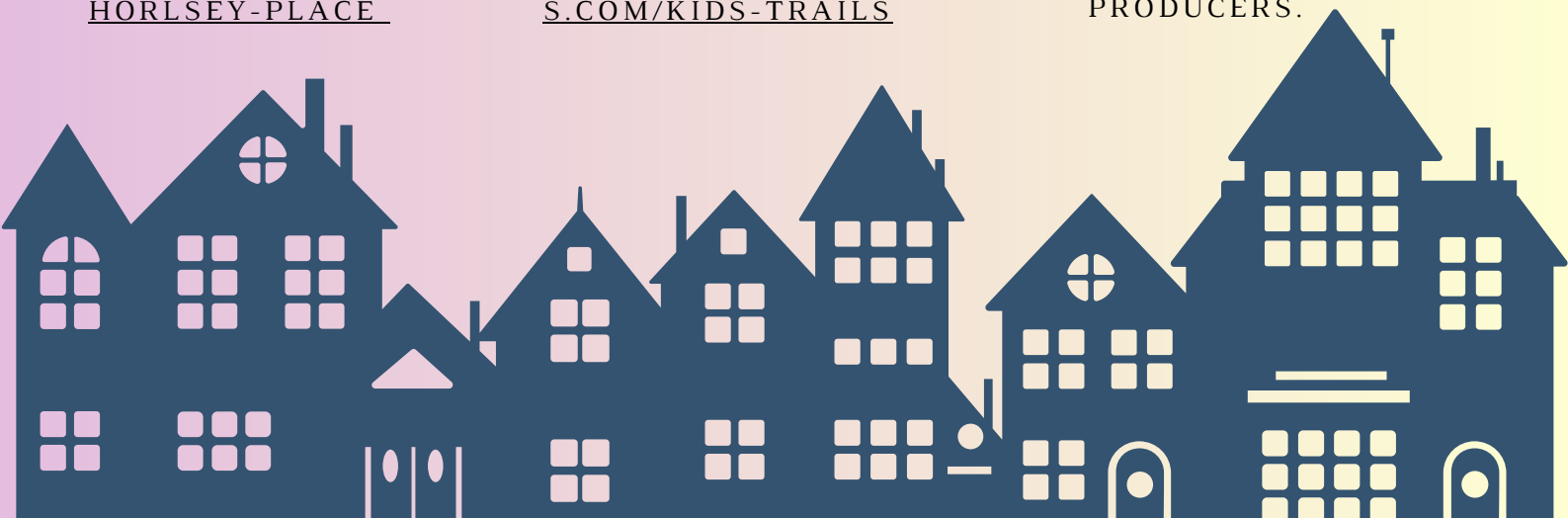
BEXLEY AND GREENWICH CHRISTMAS GROTTO
DANSON HOUSE AND GREENWICH MARKET
WWW.CITIZENTICKET.COM/ORGANISER/GREENWICH-AMP-BEXLEY-COMMUNITY-HOSPICE/

GUILDFORD

MEET FATHER CHRISTMAS
WEST HORSLEY PLACE
16TH-20TH DECEMBER.
[HTTPS://WWW.WESTHORSLEYPLACE.ORG/EVENT/MEET-FATHER-CHRISTMAS-AT-WEST-HORLSEY-PLACE](https://www.westhorsleyplace.org/event/meet-father-christmas-at-west-horsley-place)

PARADOX PARLOURS - MOUSE'S PRESENT PRESENTING PROBLEM
CHRISTMAS PUZZLE SOLVING FUN AT DENBIES VINEYARD, DORKING
16TH AND 23RD DECEMBER
[HTTPS://PARADOXPARLOURS.COM/KIDS-TRAILS](https://paradoxparlours.com/kids-trails)

GUILDFORD FARMERS' MARKET -
19TH DECEMBER
HIGH STREET, GUILDFORD
HIGH QUALITY FRESH LOCAL PRODUCE FROM LOCAL FARMERS AND PRODUCERS.



WHAT'S ON?

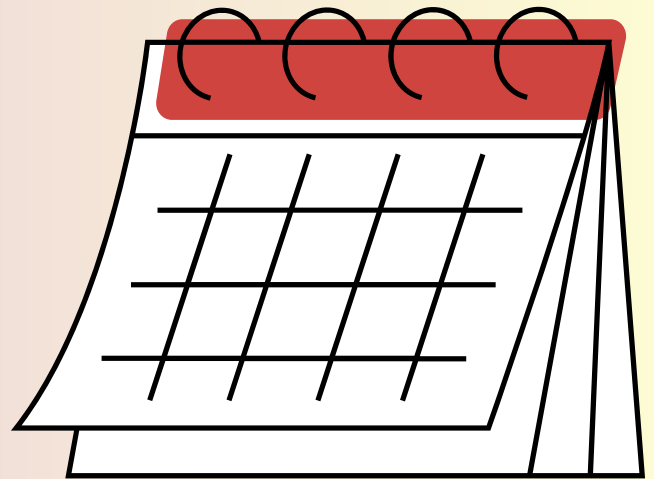
LONDON

CHRISTMAS LIGHTS IN LONDON
FREE

**‘WALKING WITH THE SNOWMAN’
SNOWMAN TRAIL**
FEATURES A DOZEN DECORATED
SNOWMAN SCULPTURES DOTTED
AROUND THE FLEET STREET
QUARTER.
ENDS 5TH JANUARY
FREE

FESTIVE CHRISTMAS MARKETS
LEICESTER SQUARE - OPEN NOW -
JANUARY 7.
COVENT GARDEN - OPEN NOW -
JANUARY 7.
TRAFALGAR SQUARE - OPEN NOW -
JANUARY 2, 2024.

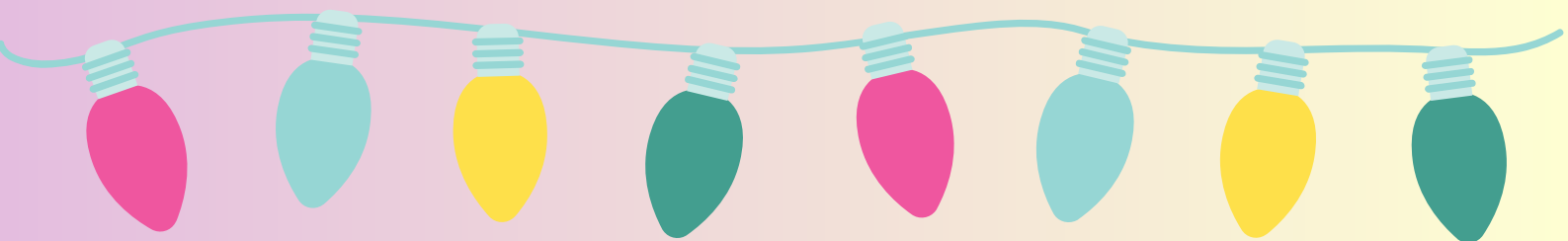
HYDE PARK WINTER WONDERLAND
ENTRY FROM £5
[HTTPS://HYDEPARKWINTERWONDER
LAND.COM/](https://hydeparkwinterwonderland.com/)



**BIG FISH LITTLE FISH VAUXHALL /
CENTRAL LONDON JINGLE BELL BALL
MEGA FAMILY RAVE**
17 DEC 1-3PM
FIRE & LIGHTBOX, VAUXHALL
ENTRY £9 FOR CHILDREN, £12 FOR
ADULTS

**LONDON SOUTHBANK CENTRE
WINTER MARKET**
2ND NOVEMBER - 26TH DECEMBER
FREE ENTRY

**LONDON'S NEW YEAR'S DAY PARADE
2024**
1ST JANUARY 12NOON - 3.30PM
FREE



Websites with support and guidance for parents and carers

Available across all regions

Action for Children -Advice and support across a range of issues;
www.parents.actionforchildren.org.uk

Anna Freud National Centre for Children and Families -Therapeutic support, resources and training; <https://www.annafreud.org/services/services-for-families/>

Place2Be -Advice and Resources to support your child through difficult experiences; www.place2be.org.uk/our-services/parents-and-carers/

Citizens advice- Financial advice for a range of issues including cost of living, energy bills, benefits and compensation.
<https://www.citizensadvice.org.uk/>

Shelter- Support and advice around housing insecurity.
https://england.shelter.org.uk/get_help

SANE - A charity that works to improve the quality of life for anyone affected by mental illness. They provide care and emotional support for people with mental health difficulties, their families and carers.
<https://www.sane.org.uk/>

T: 020 2805 1790

The Campaign Against Living Miserably (CALM) - Support service that raises awareness of suicide, running life-saving services and bringing people together.
www.thecalmzone.net

T: 020 8466 0790

[Parents' A-Z Mental Health Guide](#) | [Mental Health Advice](#) | [YoungMinds](#)

[Counselling & Therapy](#) | [Parents Guide To Support](#) | [YoungMinds](#)

[Mental health and parenting](#) | [NSPCC](#) – (Mindfulness guides for families, tips and coping strategies)

[Parents' Guide to Looking After Your Mental Health](#) | [YoungMinds](#)

[Self-Care for Parents and Carers](#) | [Why consider self care?](#) | [Anna Freud Centre](#)

[Getting help for your child](#) | [Information and advice](#) | [YoungMinds](#)

Regionally specific services

Bromley

Bromley parent voice - A forum aiming to be a voice informing service providers of the needs of children and young people with a disability or additional needs and their families in the London Borough of Bromley. <http://www.bromleyparentvoice.org.uk/>
T: 07803 287838

Bromley Local Offer- Directory of support services for families with a child with additional needs. <https://www.bromley.gov.uk/LocalOffer>

Bromley Changes - Drug & Alcohol Service that supports adults, young people and families whose lives are affected by substance misuse, homelessness, poverty, unemployment, domestic abuse, mental health issues and offending.
<https://www.changegrowlive.org/>
T: 02083131107

Bromley Mencap - User led service which offers free support across a range of areas for families with a child who has social/communication or learning difficulties.
www.bromleymencap.org.uk
T: 020 8466 0790

Bromley and Croydon's Women's Aid - Support for domestic abuse.
<https://www.bcwa.org.uk/>
T:02083139303

Welcare in Bromley - A family-focused charity dedicated to helping children and families overcome challenges and build towards a better future
www.welcare.org.

Bromley Y - Free support for children and young people with mental health and wellbeing needs.
<https://bromley-y.org/>

Bexley

HeadScape - Designed by Oxleas NHS Foundation Trust for young people who live in Bexley. Resources about a range of mental health difficulties. <http://www.headscapebexley.co.uk/>

Bexley Voice - An organisation for parents and carers of children with SEND needs in Bexley. Offering signposting, support and empowering families to obtain the best care and services.
<https://www.bexleyvoice.org.uk>

Love Bexley - Support for Families in need of support.
<https://lovebexley.org/>

Bexley Local Offer- Family wellbeing teams aiming for early intervention.
<https://www.bexleylocaloffer.uk/>

Bexley Moorings - Offers one-to-one befriending and specific group sessions to young people who may be experiencing material or emotional deprivation, in crisis, at risk or having a caring responsibility.
www.bexleymoorings.co.uk
T: 020 8304 9609

Bexley Women's Aid - Support for domestic abuse.
<https://bexleywomensaid.org.uk/>
T:0208 301 1536

Children, Young People and Family Service - Information, support and advice for families to access as and when needed across Bexley.
<https://www.bexley.gov.uk/services/children-young-people-and-families>

National Autistic Society Bexley Branch- Regional support group for families with autistic members.
<https://www.autism.org.uk/what-we-do/branches/nas-bexley-branch>

Surrey

Surrey Family Information Service - Information, advice and courses for parents that feel they are in need of support.

<https://www.surreycc.gov.uk/children/support-and-advice/families>

Surrey Local Offer- Information on a range of local support services for families with children with additional needs.

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

Mindworks Surrey - Emotional wellbeing and mental health service. They offer support, advice and resources for children, young people and parents. This includes a crisis line that runs all day every day.

<https://www.mindworks-surrey.org/>

T: 08009154644

Women's Support Centre Surrey - Support for domestic abuse and other challenging experiences such as homelessness.

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

T: 01483 726621

Children and Family Health Surrey - Provides support on all aspects of child health, development and parenting

<https://childrenshealthsurrey.nhs.uk/>

T: 01932 558570

Surrey Care Trust - Support for vulnerable families struggling with a range of issues.

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


National Autistic Society Surrey Branch - Local support and community for families with autistic members.

<https://nassurreybranch.org/>


ACTIVITIES

Here are some activities that you and your children might like to try together over the holidays or whenever you have the time.

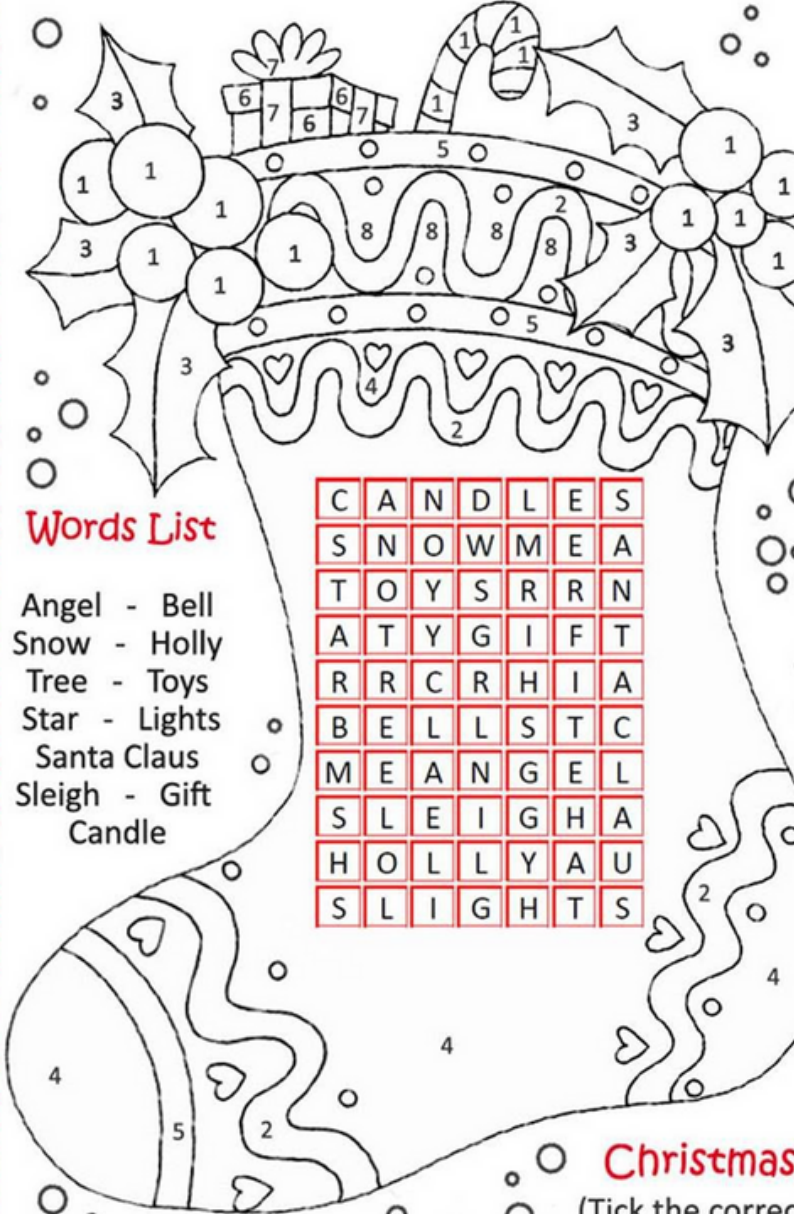
We hope you enjoy them!



CHRISTMAS FUN



Find the words that are in the wordsearch below, then circle the fourteen remaining letters and complete the message on the tag.



Words List

Angel - Bell
Snow - Holly
Tree - Toys
Star - Lights
Santa Claus
Sleigh - Gift
Candle

C	A	N	D	L	E	S
S	N	O	W	M	E	A
T	O	Y	S	R	R	N
A	T	Y	G	I	F	T
R	R	C	R	H	I	A
B	E	L	L	S	T	C
M	E	A	N	G	E	L
S	L	E	I	G	H	A
H	O	L	L	Y	A	U
S	L	I	G	H	T	S

Colour Code

one = red
two = yellow
three = green
four = blue
five = orange
six = pink
seven = purple
eight = white

colour the rest of the stocking as you want.

Christmas Quiz

(Tick the correct answer)

- Christmas carols are:
- Santa's sleigh is pulled by:
- Help Santa to make toys:
- Santa gives to children:

<input type="checkbox"/> songs	<input type="checkbox"/> vegetables
<input type="checkbox"/> bears	<input type="checkbox"/> reindeer
<input type="checkbox"/> elves	<input type="checkbox"/> squirrels
<input type="checkbox"/> apples	<input type="checkbox"/> presents

ISI Collective.com

ACTIVITIES

CHRISTMAS GAMES

‘Santa Says’ Game

Try this fun, festive take on the classic game Simon Says. Try including actions that Santa would do such as riding on his sleigh, making toys, sliding down the chimney and reading a Christmas wish list.

Scavenger Hunt

Set up a scavenger hunt using things you have around the house such as Christmas decorations or everyday objects. Depending on the age of your child/children you can hide the objects in easy-to-spot locations or make them more difficult to find.

Charades

A great game for all the family, which can bring laughter and connection as well as being a fun way to celebrate your favourite films, books and songs.

Good Luck!!



ACTIVITIES

RANDOM ACTS OF KINDNESS

Why not spread some festive spirit with some random acts of kindness the whole family can get involved in. Here are some ideas to try...

SMILE AT AS MANY PEOPLE AS
YOU CAN

CHOOSE A TOY TO DONATE
TO CHARITY

GIVE SOMEONE A COMPLIMENT

WRITE A THANK YOU NOTE TO
SOMEONE WHO HAS HELPED
YOU

OFFER YOUR HELP TO SOMEONE

PRACTICE SOME SELF-KINDNESS
AND DANCE TO YOUR FAVOURITE
SONG