

NURTURE NETWORK



CHILD-FOCUSED NURTURING INCLUSIVE AMBITIOUS February 2025

Children's Mental Health Week 2025



Children's Mental Health Week 2025 took place from 3rd - 9th February 2025.

Children's Mental Health Week is a mental health awareness week launched by children's mental health charity, Place2Be.

The week exists to empower, equip and give a voice to all children and young people in the UK.

This year the theme was Know Yourself, Grow Yourself.

Know yourself, grow yourself

Know Yourself, Grow Yourself will put a spotlight on how we can build resilience, grow and develop by understanding who we are and what makes us tick.

The more we understand about ourselves, the better we're prepared to tackle life's ups and downs. By helping children get to understand and accept themselves, they start to build self-awareness. This allows them to develop the skills they need to cope with what life throws at them.



Further Support

If you're a parent or carer, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs.

<https://www.childrensmentalhealthweek.org.uk/families/>
<https://www.bbc.co.uk/newsround/articles/c0jn10nnn8xo>

What is Mental Health?

Mental health describes our emotional, psychological, and social wellbeing. Everyone has mental health - it affects how you feel and think, and sometimes how you act and cope with things going on in your life. It is completely normal for us all to feel all sorts of emotions. We all feel sad, angry or worried sometimes.

But when those feelings won't go away and they start to really affect day-to-day life, that is when there might be a problem.

Tips for Families

Encourage Journaling

1

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.



Practice Mindfulness

2

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.



3

Be Visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4

Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

5

Make Space for Reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.



KEY CONTACTS



01226 644876 (option 2)
barnsley.communitypaediatrics1@nhs.net



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0800 0345 340
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https://barnsley.cloud.servelc-synergy.com/Synergy/Local_Offer/



Scan the QR code to access Barnsley's Local Offer.

What is A Local Offer? A local offer gives Children and Young People with Special Educational Needs and Disabilities (SEND), and their Families information about any support and services that may be available to them.

WHAT'S ON IN YOUR LOCAL AREA

BARNSELY LIBRARIES

BARNSELY CIVIC

Barnsley Story Shell February 17, 2025



Hold a shell to your ear, listen and you will hear the sea. What if you could wander into that shell – what worlds, adventures, stories and wonder lies within?

Drop in between 11am and 3pm to experience The Story Shell, Barnsley Libraries' new immersive storytelling art space has been created by international artists Suzie Devey and Steve Messam. Special story times will take place at 11:30am, 1pm and 2pm with storyteller Richard O'Neill.

Richard O'Neill is a sixth generation master storyteller and author from the Romany tradition. His original stories, books and plays are inclusive, inspiring, funny, traditional and contemporary, with strong themes of inclusion, identity, community and ecology.

February 2025 Newsletter



Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION
Supporting Healthy Screen Use
A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb
19:00 - 20:30
£24



Cannabis & Ketamine Awareness
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb
19:00 - 20:30
£24



Understanding the Teenage Brain
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



Calling all Parents and Carers of Children and Young People with SEND

Come along to our

Building Bonds, Sharing Strengths Brunch Club

Meet with other parents and carers with lived experience & members of our Family Hubs team

Tuesdays 9.30am to 11.30am

A warm welcome and friendly faces await you

Central Family Hub
Overdale Avenue
Worsbrough
S70 4BD

Dearne Family Hub
Station Road
Thurnscoe
S63 0JR

21st January
4th February
18th February
4th March
18th March

28th January
11th February
25th February
11th March
25th March



Barnsley Family **HUBS**
Start for Life

KIDS FEB HALF TERM CAMP

OAKWELL RISE Primary Academy

FREE

REGISTER NOW

TUESDAY 18TH FEB
THURSDAY 20TH FEB
9:00AM - 3:00PM
BRING YOUR OWN PACKED LUNCHES!
OAKWELL RISE PRIMARY ACADEMY, S70 1TS

- SPORTS
- ARTS AND CRAFTS
- AND MORE...

CAMP

If you are interested in registering your child for the February half term camp, Oakwell Rise families please sign up via Arbor, under clubs - February Half Term Camp. Oakhill & Forest Phone: 01226 654960 Email: admin@grassrootsportsacademy.co.uk

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WHAT'S ON IN YOUR LOCAL AREA

**MONDAY 17TH
FEBRUARY
10-12PM**

**PENISTONE SCOUT HUT
MESSAGE TO BOOK A
SPACE**



**PENISTONE
HALF TERM
SESSION**

Inclusive groups for SEND children/
young people and their families living
within the Barnsley area.

FREE!!
(Donations accepted)



Attend with or without your child

Safe, friendly, judgement free space

Quiet space and sensory items

Toys, games, arts, crafts &
music

Access to IAS around all things
SEND

Food and drinks

Chat to other parents & carers

Barnsley
SEND Futures

**BARNSELY SEND FUTURES IS A CONSTITUTED COMMUNITY GROUP SUPPORTING
FAMILIES WITH CHILDREN OF ANY AGE WHO HAVE SPECIAL EDUCATIONAL NEEDS
AND/OR DISABILITY (SEND)**

**MONDAY 17TH
FEBRUARY
5:30-7:30 PM**

**MCLINTOCKS,
SUMMER LANE
MESSAGE TO BOOK A
SPACE**



**BARNSELY TOWN
CENTRE
HALF TERM
SESSION**

Inclusive groups for SEND children/
young people and their families living
within the Barnsley area.

FREE!!
(Donations accepted)



Attend with or without your child

Safe, friendly, judgement free space

Quiet space and sensory items

Toys, games, arts, crafts &
music

Information, advice and support

Food and drinks

Chat to other parents & carers

A diagnosis is not required

Barnsley
SEND Futures

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FAMILIES WITH CHILDREN OF ANY AGE WHO HAVE SPECIAL EDUCATIONAL NEEDS
AND/OR DISABILITY (SEND)**

**FREE
My Pet Pals workshops**



My Pet Pals - Winter Workshops

Event Duration: 45 minutes

Join our free workshops in a Pets at Home store near you.
You'll love meeting some of our small animals while doing
some colouring and puzzles.

Our much loved My Pet Pals workshops will be running in a
Pets at Home store near you from 1st February - 23rd February.
You can learn how to take care of small animals and the birds
in the garden from our lovely pet experts.

Kids will receive an activity sheet and a certificate as well as
meeting our amazing animals...all for FREE!
Come along and join the fun because we can't wait to see you...

<https://community.petsathome.com/events/child-workshop/my-pet-pals-winter-workshops/>

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