

# FAMILY WELLBEING TEAM (FWT)



**CHUMS**

Mental Health and Emotional  
Wellbeing Service for Children  
and Young People

[www.chums.uk.com](http://www.chums.uk.com)



# 1:1 & GROUP SUPPORT

## Getting Support Groups and 1:1 Support Using Evidence Based Guided Self Help

### Parent interventions

**Anxiety:** For Parents with Children aged 11 years or under – This intervention provides parents with anxiety management skills and strategies to support their child. It uses literature from “Helping Your Child with Fears and Worries” by Cathy Creswell and Lucy Willetts and incorporates Cognitive Behavioural Therapy techniques. Up to 8 Sessions.

**Behaviour:** For Parents with Children Under 7 Years of Age – This intervention provides parents with techniques designed to promote positive behaviour in children and overcome challenging behaviour. Up to 7 Sessions.

### Teenage interventions

**Anxiety:** Delivered to Young People aged 12-17 Years– This intervention incorporates Cognitive Behavioural Therapy techniques to provide the young person with anxiety management skills and strategies to overcome difficulties. Up to 8 sessions.

**Low Mood:** Delivered to Young People aged 12-17 Years – This intervention uses Behavioural Activation to provide the young person with strategies to help with low mood. Up to 8 sessions.

### Group interventions

**Anxiety group:** For Parents and Young People aged 8 to 12 Years– 4 group sessions which are 2 hours long and delivered fortnightly. The sessions incorporate Cognitive Behavioural Therapy techniques to help equip the young person and parent with strategies for managing child anxiety.

To refer into any of the above please go to [www.chums.uk.com/refer](http://www.chums.uk.com/refer)



# GETTING ADVICE WORKSHOPS

**Our workshops are designed as a starting point for families with children who have low level difficulties.**

If you are concerned that your child's problem is causing a moderate/severe impact on their life or they are presenting with risky behaviours (self-harm, suicidal ideations), the workshops will not address these concerns. If this is the case we would recommend making a CHUMS/CAMHS referral by visiting: [chums.uk.com/bedfordshire-and-luton-referral-forms](https://chums.uk.com/bedfordshire-and-luton-referral-forms)

To refer to the workshops, please complete our online registration form: [www.chums.uk.com/fwt\\_workshops\\_form](https://www.chums.uk.com/fwt_workshops_form)

Please visit our website for workshop dates and times: [www.chums.uk.com/fwt\\_workshops](https://www.chums.uk.com/fwt_workshops)

Please note, all workshops are one off and you will be discharged after the workshop.

If you do not attend the workshop, you will also be discharged. In order to be accepted onto a workshop, your child must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton.



# GETTING ADVICE WORKSHOPS

## Resiliency Workshops

- **0-5 Resiliency (parent only)** – One-off workshop to promote resiliency in the Early Years. Explores the importance of relationships, healthy attachments, emotional regulation, basic anxiety / behavioural strategies.
- **Primary Resiliency (parent only) & Secondary Resiliency (parent and child)** – Separate one-off workshops for each age group. Explores the following topics; mental health vs mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation.

## Sleep Workshops

- **Parent Only for Children 4-12 Years of Age** – One-off workshop which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.
- **Teenage Workshop 13+ Years of Age** – One off workshop, explores why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

## Self-esteem Workshops

- **Parent only for children 5-12 years of age** – One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.
- **Teenage workshop for parents and young people 13+ -** One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

# GETTING ADVICE WORKSHOPS

## Transition Workshops

- **Lower-Middle School Workshop for Parents** - Available during the Summer Holidays. One-off psychoeducation workshop that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.
- **Middle-Upper/Primary-Secondary School Workshop for CYP's (parents can also attend)** - Available during the Summer Holidays. One-off psychoeducation workshop that provides anxiety strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.

## Anxiety Workshop

**For Parents of Children Under 12 Years of Age** – One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

## Exam Stress Workshop

**Teenage workshop for young people aged 12+ and their parent/carers** – One-off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self care. The workshop also offers parental tips for supporting their adolescents exam stress.

## Mental Health and Stigma Awareness Workshop

**For Community Groups and clubs working with young people age 12+.** One off workshop for young people focusing on mental health awareness and stigma. A choice of three of the following stigma topics can be selected to cover in the workshop: Puberty, Male Mental Health, LGBTQ+, Ethnicity and Social Media. Please note, there is an age restriction on the Male Mental Health topic of 14+. To express an interest in this workshop please email [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com).