

# Children & Young People's Mental Health Network

## Newsletter

March 24<sup>th</sup>, 2021, Volume 1

This is a quarterly member-led Newsletter.

If you have information to share regarding CYP MH please contact [Amy.mclean@wiltshire.gov.uk](mailto:Amy.mclean@wiltshire.gov.uk).

The Wiltshire Family Counselling Trust are organising a day's training 'Living with Autism - Stories, Strategies & Strengths'.

The event is aimed at parents, teachers, health & social care professionals and therapists and we are hoping for a diverse audience.

Your Family Liaison Officer: Liz Sirman

Contact them on: [flo-wiltshire@familycounsellingtrust.org](mailto:flo-wiltshire@familycounsellingtrust.org)

Please visit our website at: [FAMILYCOUNSELLINGTRUST.ORG](http://FAMILYCOUNSELLINGTRUST.ORG)

To find our eligibility criteria and a referral form.

Funds available to support some families.

Barnardo's 'Healthy Minds Wiltshire' interview on Wiltshire Radio. Interview is @ 1hr 56 mins



<https://www.bbc.co.uk/sounds/play/p097tp2b>

Wiltshire Libraries:

Reading Well Books on Prescription schemes for children and young people. The Reading Well schemes are about providing quality-assured information, stories and advice to support children's and young people's mental health and wellbeing. The books have been chosen and recommended by leading health professionals and co-produced with children, young people and families.

Children's titles: [Children | Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#)

Young People's titles: [Young people's mental health | Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#)

We have multiple copies of these books in our libraries (and will be getting more copies this year), they can be reserved (for free) by children, young people and families and/or by professionals who work with them.

The books can be found on our library catalogue (scroll down the suggested reads): [Suggested reads - Wiltshire Libraries](#)

**LIVING WITH AUTISM**  
**STORIES, STRATEGIES & STRENGTHS**

Tuesday 11th May 2021 9:30 - 4:30 via Zoom

Professionals £50 Parents £25

A Day for Parents, Teachers, Therapists and Health & Social Care Professionals

During the day you will have the opportunity to hear from families who will share their journey and learning with you

Theoretical underpinning will be provided by Michele Corley Independent Trainer in ASD

For further information & to book contact [chair-wiltshire@familycounsellingtrust.org](mailto:chair-wiltshire@familycounsellingtrust.org)

The logo for Family Counselling Trust, featuring a stylized figure with arms raised and the text 'Family Counselling Trust'.

<https://www.onyourmind.org.uk/events-2020/>

**YOUNGmINDS**

<https://youngminds.org.uk/youngminds-professionals/our-projects/>

**Wiltshire Council**

# Life in Lockdown...

Through the eyes of Wiltshire's Young People



Anon:

At the beginning of lockdown, I had just started year 7 and only just settled into life at secondary school. I had only made a few friends and not being able to see them for 5 months made it very difficult because we had only just met and its different keeping in contact with people over the phone. In the first lockdown, the lessons that I had were set like homework, and I wasn't able to ask questions to my teachers about the work they had set and I only very rarely get feedback about the work that I had done. This meant that, without the feedback I struggled with knowing if I was learning the correct things and whether I was doing right. However, in the most recent lockdown my teachers have been a lot better with the work as they set it on Microsoft teams. This lets me understand it better as they explain it via speaking rather than just written instructions. But sometimes my internet crashes and it means that I miss some of the lesson or the instructions about what I am meant to be doing. As well as this, sometimes I can only type questions into the chat bar and my teachers sometimes skip over it without realising. Having lots of things shut has meant that we don't go out as much and sometimes there isn't anything to do at home and so I get bored. I have also not been able to see my family properly because of my grandad being high risk. This upsets me because I miss them and worry about them getting COVID. I can't wait for the end of lockdown and getting back to normality.

Anon:

The last year has been more difficult than any other. I was due to take my A levels in the summer of last year but, because of covid, I had to settle for my predicted grades. This caused lots of anxiety over the summer of last year because there was so much uncertainty on what my A level grades would come out as despite the amount of hard work, I had put in. Luckily, I got the grades that I was hoping for and was able to get into my first-choice university. However, it was not what I expected: I would only have in person teaching once a week and seminars would be socially distanced there was also strict curfew about times that we were allowed to be out and we weren't allowed anyone in our university accommodation. This meant that it was very difficult to meet people on the course and I found it hard to get to know people. It was also very antisocial having practically all lectures online because it meant that I was in my room practically all day. This also means that the quality of teaching that I am receiving is much lower than others who are in their second or third years at university. But I am still under the same pressure to complete the same quality of work. After the second lockdown was announced, I decided to come home so that I would be able to help my dad with childcare for my sister as she would be home from school all the time and he would still have to work from home. This meant that having a chance at a proper university experience was even slimmer. As well as this, because of the second lockdown, it meant that my part time job at my local pub was having to make people redundant as they couldn't afford to furlough everyone again and so it meant that I was let go from my job. Trying to find a new job has been extremely difficult because everywhere is closed and no one is hiring. This has made me very nervous for my next year at university because of the financial burden it gives me. This is not helped by not being at university since the start of December and still paying full rent for my accommodation. My family are now starting to have their first vaccination which means it won't be long before I can start seeing them again but I am very close to my family and having being away from my support network for so long has been emotional and so tough so I am really looking forward to getting back to some kind of normality.



Anon:

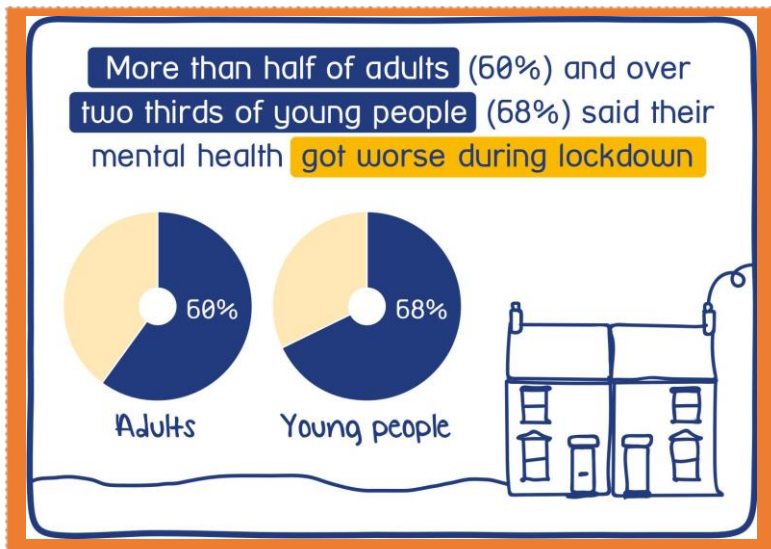
There is no doubt in my mind that lockdown has certainly thrown some challenges to my mental health. From starting off in April with having to shield even from those in my household, to feeling distanced from my friends.

Due to living with someone shielding, for the first 16 weeks of lockdown, I had to shield from my mum. We are both very close and so not being able to touch, hug, share things or even be in the same room as one another was agonising. We managed to get through it with themed days, many outdoor activities in the garden and making the best of the bad situation. She also has very limited mobility, so it restricted what we were able to do, even outdoors. This meant that unlike others my age I spent a lot of time indoors on my own. I felt guilty by my ability to go outside on walks and even to the weekly shop, as such I became a hermit and knuckled down in about anything else, I could do.

Additionally, to this, lockdown meant that I felt more separated than ever from my friends, who had been able to exercise outdoors and hug their family. Aside from that, the distance also meant that isolation and loneliness began to creep in, with any small daily task beginning to feel like a lot of effort. When I was able to hug my mum, it was a light relief from the sorrowing sight of seeing my friends being able to meet up without me, whilst I put the risks of my mum's health first.

To anybody that has conquered lockdown, I salute you. But the real heroes of this new and weird age, are those who just 'managed to get through it'.

I wouldn't go to any lengths to say that my mental health has worsened as a result of covid-19 and isolation, I would certainly agree that it has helped to build my resilience when facing unexpected and unforeseen challenges.



<https://www.mind.org.uk/information-support/coronavirus/>

Anon:

Lockdown life is okay, I'm lucky to be able to still be able to work! When we had to isolate it was horrible I struggled really badly going back to work and things after having to isolate just because the isolation took such a turn on my mental state, I had no motivation or anything, would just sit and cry because I was at a point where it was so hard to keep going!

