



Family health & wellbeing!

October 2021 Update

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World Mental Health Day

About mental health

Good mental health isn't just about the absence of a mental health problem - it's about feeling able to make the most of life, reach our full potential, and have healthy relationships with others and our community. Mental health is just as important as our physical health. Our mental health often changes as we go through different phases of our life - we may experience setbacks that impact on our mental health, and may bounce back quickly from this or feel weighed down for a long time. It's healthy to recognise and acknowledge our mental health and its status, and often this can be the first step to getting help when we need it. You can get details of support services for mental health [on page 4](#).

[Learn more about general mental health](#)

[10 practical ways to look after your mental health](#)

World Mental Health Day - family wellbeing activities

World Mental Health Day takes place on Sunday 10th October 2021. In support of this, here are some of our favourite activities that can be done as a family to promote wellbeing:

[Autumn activities](#)

Autumn brings bright trees, bold colours and bountiful harvests with the turning of the season. These activities for all the family can help you embrace this beautiful time of year.

[Creative writing](#)

Writing can be an amazing way of expressing the thoughts and feelings you're experiencing. Sometimes you might realise how you're feeling about a particular situation when you write it into a story, as you can empathise with the character more than you do with yourself.

[Relaxation Techniques](#)

There are lots of different relaxation techniques you can try as a family. Breathing techniques have been proven to help when you are feeling overwhelmed, stressed or anxious, and can also be done as part of a regular routine to help you feel more grounded. Relaxation techniques are often recommended in a lot of therapies.

- ★ [Box Breathing](#)
- ★ [Progressive Muscle Relaxation](#)
- ★ [Belly Breathing](#)



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Did you know....

- i** Breast cancer is the most common cancer in women the UK, with one woman diagnosed every 10 minutes.
- i** Around 55,000 women and 370 men are diagnosed with breast cancer every year in the UK.
- i** In England, every year around 46,000 people are diagnosed with breast cancer.
- i** One in seven women in the UK will develop breast cancer in their lifetime.
- i** Every year, around 11,500 women and 85 men die from breast cancer in the UK – that's nearly 1,000 deaths each month, 31 each day or one every 45 minutes.
- i** Breast cancer is the fourth most common cause of cancer death in the UK.



[Source: Breast Cancer Now](#)

Signs and symptoms

Breast cancer can cause a number of changes to your breasts. It's really important to be familiar with these and check your breasts regularly, as early detection significantly improves the chance of recovery. Encourage your child to be familiar with their breasts when they develop and what changes are normal within their cycle, so that they get into this habit early.

[Signs and symptoms - Breast Cancer Now](#)

[Checking your breasts - NHS](#)

Support services for children and young people who have a parent/ carer with cancer

[Riprap](#)

Riprap is a UK website designed to offer support to teenagers of all ages who have a parent affected by cancer. They have an email information service, an online forum and information about local support.

[Hope Support Services](#)

Hope is a UK charity supporting children and young people when a close family member is diagnosed with a serious illness, such as cancer.

Hope provides a free, safe online service which is accessible from anywhere across the UK for those aged 11-25. Hope Online includes a peer support community where young people can share experiences and ways to cope.



[Winston's Wish](#)

This UK based organisation provides support for children who have lost a parent.

Helpline : 08088 020 021

[Other support organisations](#)

There are many cancer support groups for people with cancer. They are a way of people coming together to share their experiences, and to offer and receive support from other group members. It may help you to find out from other parents how they have coped and talked to their children.

Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support with a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org



@schoolhealthC4H



@compassc4h



@c4hwarwickshire

www.compass-uk.org/services/c4h

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