



# Family health & wellbeing!

## April 2022 Update

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# War and conflict

## How families can support each other with difficult world events

Feeling worried about war is normal. When there is news about conflict on the TV, social media and newspapers it can make those feelings even more difficult to deal with. You might also have specific reasons to feel worried if conflict involves someone in your family or one of your friends, or somewhere which is close to home. It's important to be able to discuss your worries as a family and find ways to support one another.



### Simple tips for families

- 🔍 Fact check – read and listen to reliable sources of information.
- 🎨 Draw your thoughts and feelings and have a conversation about them.
- 🏊 Get active – exercise makes us feel good.
- 🌿 Practice relaxation and mindfulness.
- 📺 Limit how much you watch the news, and instead do things you enjoy.



### Family Activity

Create a mood board with an arrangement of pictures, materials, uplifting quotes and facts that are meaningful to your family.

You can either do your mood board as a collage, using things like magazine clippings, print outs, and any other craft materials you have, or you can make your mood board on the computer

Look at the mood board to lift your spirits when you feel down. It can also be shared with others to explain how you feel.

Download '[Worrying about war and conflict – a resource to support children & young people's emotional wellbeing](#)'.

### Useful websites

- 🌐 [UNICEF: how to talk to children about war and conflict](#)
- 🌐 [Place 2 Be: talking to children about war](#)
- 🌐 [War Child: find out what War Child do to protect children living through conflict](#)

# Stress Awareness Month

It's normal to feel stressed from time to time - our stress response can even help us to deal with difficult situations in life. However, when we start to feel stressed most or all of the time over a longer period, this can have a highly negative effect on both our physical and mental wellbeing. It's important to learn to deal with our stresses as they arise, and to seek support when things are getting too much.

Ever-changing world events and worries about their future, combined with normal stresses like upcoming exams or difficult relationships, are causing many children and young people to feel stressed.

Our [Stress Awareness Pack for families](#) can help you spot the signs if a child or young person is continuously stressed, and provides activities, resources, apps, websites and services that can support them. It also looks at ways to build resilience, so that children and young people can learn to bounce back from life's difficult moments.

Young people who are struggling with stress, or parents/carers with concerns about their child's stress, can [contact our service](#) for support from a friendly nurse.



## Learn all about Ramadan

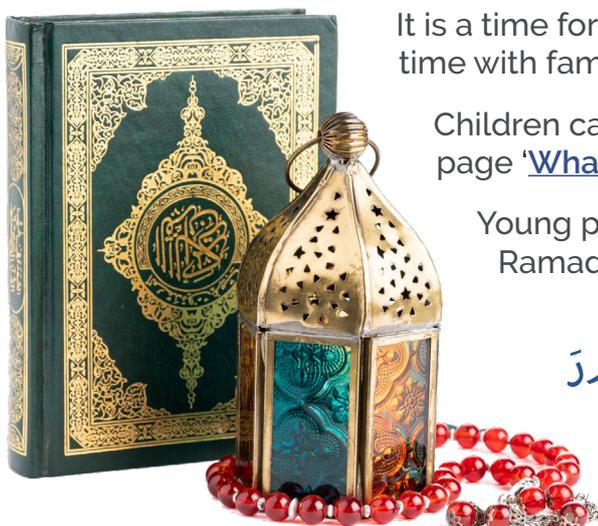
In the UK, Ramadan will begin in the evening of Saturday 2 April and will end on Sunday 1 May. Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad.

During the month of Ramadan, during the hours of daylight Muslims won't eat or drink. This is called fasting. Most Muslims fast between dawn and sunset. Fasting allows Muslims to devote themselves to their faith and it is thought to teach self-discipline and reminds them of the suffering of the poor. It is common to have one meal (known as the suhoor), just before dawn and another (known as the iftar), directly after sunset.

Almost all Muslims try to give up bad habits during Ramadan. It is a time for prayer and good deeds. They will try to spend time with family and friends and help people in need.

Children can find out more by visiting the BBC Bitesize page '[What is Ramadan?](#)'

Young people and adults can find out more about Ramadan [here](#).



كَرَابُ مُنَاضِرَ

Ramadan Mubarak

Have a blessed Ramadan

# 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 Warwickshire. Includes counselling via text service.

## Family support

### Family Lives

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

### Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

### Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

[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](mailto:connectforhealth@compass-uk.org)

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[www.compass-uk.org/services/c4h](http://www.compass-uk.org/services/c4h)

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