

CITY & HACKNEY CAMHS NEWSLETTER

JANUARY /
FEBRUARY 2023

JESS USES HER VOICE TO HIGHLIGHT WHAT MATTERS IN HACKNEY

Hello, I'm Jess and I used to attend the CAMHS service at City and Hackney. We, as young people, have the right to talk about the things that are most important to us and be able to feel heard. Whether it's about our mental health, financial pressures or austerity - we need a platform where we can openly share our thoughts and opinions about an issue without feeling judged.

**HACKNEY
YOUNG
LECTURERS**

I recently participated in a Young lecturers programme in which I had the opportunity to create a mini-lecture about a subject that concerns me - I picked racism. As a black person in Hackney, I felt that it was important to highlight the disparities between black students and their white counterparts within the educational system and how this influences educational achievement. The options are limited on what to talk about and I thought it would be interesting to mention this to see if a person who goes to CAMHS can participate!

I really enjoyed passionately talking about my subject and I got to meet some amazing people along the way. Not only did this experience help boost my confidence but it enabled me to develop various skills, like communication, which can be used in literally any setting from social to academics. Who knows? Maybe you can join?

YES, YOU!

It would be such a great idea to hear about how mental health services in Hackney can be improved or you can talk about any area of mental health - whatever floats your boat. It doesn't even have to be about mental health - any issue that is most important to **you**.

BY JESS S, HACKNEY RESIDENT, BLACK, CAMHS USER AND AWESOME!



Use QR code to the left to see an article in the Hackney Citizen or use this address: bit.ly/3CY8Dod

Use QR code to the right to see Jess's lecture on Youtube or use this address: <https://www.youtube.com/watch?v=EA3N-7tXR0A>





**2023 IS THE CHINESE YEAR OF THE
RABBIT, SYMBOLIZING LONGEVITY,
PEACE AND PROSPERITY**



Ade's Updates

I want to use this opportunity to wish everyone a Happy New Year! As we start this new year I want to reflect on a conversation I had in the waiting room at Homerton Row towards the end of last year.

To get our children and young people involved, paper baubles and colouring pencils were left in the waiting area for all to write on and hang on the Christmas tree. There were various different messages and alongside the star, right at the top of the tree was a bauble with the message "SCREW CAMHS".

I picked it up and read it out loud, not sure what to make of it, but appreciating it as the experience of one of our young people. Sitting in the waiting area next to me, was a mother waiting for her daughter who was in an appointment.

The mother and I shared a smile at the comment. The mum then told me "No, we can't screw CAMHS. CAMHS has saved my daughter's life!". I acknowledged that maybe things could be better and we spent the best part of 30mins talking about her experience of CAMHS. The mum gave positive feedback of the impact that the service has made in her life and her daughter's. She extended her "thanks and gratitude" to all our staff who are working hard towards the best outcomes for all.

Finally, as we start this new year, myself and the leadership here at City and Hackney CAMHS want to thank everyone for all the work through 2022. We wish everyone a great start to the new year and are very excited about the possibilities and opportunities ahead of us in 2023!

Ade Dosunmu, CAMHS General Manager, City & Hackney Specialist CAMHS



City and Hackney CAMHS Staff Team donate to Winter Toy Appeal and Hackney Baby Bank

Staff decided to do a Christmas tradition a bit differently in 2022, instead of the usual staff Secret Santa, Kirsten Mitchell and Cate Manning organised a toy donation. £315 was raised by staff donations meaning that Kirsten and Cate were able to choose 21 toys from the wishlist, and they look very pleased with their choices!



Sarah Nyame, Consultant Psychiatrist for Adolescent mental Health Team and Kirsten Mitchell, Consultant Psychiatrist for the Emotional & Behavioural Team and Paediatric Liaison Team bring smiles for the Christmas meal.

Thank you to everyone who found the missing elves who got lost at Homerton Row! Thank goodness they all made it back to the North Pole to help Santa pack up his sleigh with toys!



PEGASUS COURSE

East London **NHS**
NHS Foundation Trust

PEGASUS AUTISM SPECTRUM PARENT INFORMATION SESSIONS (4 parts)

Dates & topics covered over the four sessions:

Session 1: Friday 27th Jan 2023

- What is ASC? Strengths, myths and common challenges

Session 2: Friday 3rd February 2023

- Parent/caregiver strategies and stress management tips

Session 3: Friday 10th February 2023

- Sleep, sensory, rules and routine in daily life

Session 4: Friday 17th February 2023

- Building a support network of local services

10:30am-12:00noon

DELIVERED VIA ZOOM



IMPORTANT: PEGASUS is the first step following diagnosis. Further intervention cannot be considered until PEGASUS has been attended.

To confirm your attendance please email elift.ch-pegasus-group@nhs.net



Thursday 26th Jan 2023 10:00-11:00am
Family history of Neuro-diversity

Thursday 23rd Feb 2023 10:00-11:00am
Relationship and support: Schools

**NEURODEVELOPMENTAL
TEAM COFFEE MORNING**

ADDRESS TO ATTEND IN PERSON

Specialist CAMHS
Children & Young People Centre
15 Homerton Row
London
E9 6ED

On Zoom
Meeting ID: 952 2170 4596
Passcode: 488945

(please email Melissa.baxter1@nhs.net or Jacqueline.macaulay@nhs.net if you plan to attend in person, alternatively you can call 020 3222 5600)

NVR Parent Course - next running February to April 2023

Non-Violent Resistance

NVR

A programme for parents and carers to help address violent, destructive and harmful behaviours in adolescents.



Information for Parents/Carers

Feb. 2022 – April 2022

About the group:

- The NVR group will run weekly for 11 sessions starting in **February 2022**.
- Prior to the group starting, parents/carers will be invited to an initial interview to meet with professional and parent facilitators to find out how NVR could be useful for them.
- Sessions will be co-run with parents who have had previous experience of using NVR and attending a CAMHS led group



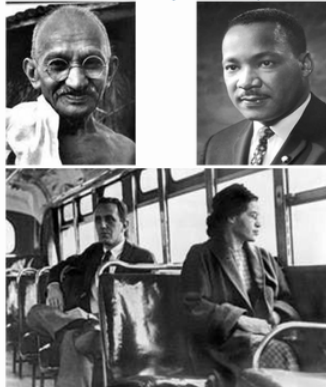
For further information please contact:
Claudia Livesey on
020 3222 5600

Children and Young People's Centre
15 Homerton Row
London
E9 6ED

About NVR

NVR addresses violent, destructive and harmful behaviours in children and adolescents and restores individual strength and self-respect in parents. It also supports caring and respectful relationships in the family and wider communities.

Mahatma Gandhi, Rosa Parks, Martin Luther King, followed NVR principles in fighting for freedom from colonialism and racial discrimination but NVR has also been used in the community and family context.



What can parents/carers gain from attending the programme?

- A better understanding of harmful/destructive behaviours
- Strengthened family relationships
- Support for the whole family
- Freedom from the feelings of powerlessness
- An increased presence in your child's life
- Hope for the future

Key concepts of NVR in parenting:

- De-escalating conflicts
- Increasing parental presence
- Recruiting and utilising supporters
- Taking a firm stand against violent or destructive behaviours.
- Announcing your commitment to your child or adolescent
- Breaking the cycle of shame and silence
- Connecting conversations
- Arranging sit-ins
- Creating reconciliation gestures that are not linked to the young person's behavior but increase positive interactions between parents and young people

There are plenty of opportunities to be involved in consultation and co-production at C&H CAMHS...

Participation in the NHS has a lot to offer:

- Discuss your ideas to improve CAMHS
- Plan fun projects
- Learn skills and develop confidence
- Contribute to our newsletter
- Share your experience
- Eat pizza!



Our monthly Participation Group, for all young people using Specialist CAMHS, is in person at Homerton Row on these dates:

Wednesdays, 5-6.30pm
 1st February
 1st March
 5th April
 3rd May
 7th June
 5th July
 2nd August
 6th September
 4th October
 1st November
 6th December

Email Rose for more information

elft.ppgchcamhs@nhs.net



FREE INTERVIEW SKILLS TRAINING

Would you like to have a say in who we recruit to work with young people in CAMHS?



Register with Participation to gain rewards for your interviews!

For all young people and parents/carers using C&H Specialist CAMHS

5-6.30pm February 7th

Online training to get you ready to sit on interview panels

Message Rose for the link
elft.ppgchcamhs@nhs.net

Participation Forum for Parents/Carers

- Feedback your views and opinions
- Share your experience
- Take part in improvement projects and staff interviews
- Develop workplace skills and confidence
- Be rewarded for your time



For all caregivers of children & young people using Specialist CAMHS

Tuesdays 5-6pm Online

31st January
 7th March
 4th April
 2nd May
 6th June
 4th July
 1st August
 5th September
 3rd October
 7th November
 5th December

Wednesdays 11am-12pm Online

1st February
 1st March
 5th April
 3rd May
 7th June
 5th July
 2nd August
 6th September
 4th October
 1st November
 6th December

Email Rose for more information

elft.ppgchcamhs@nhs.net



February is LGBTQ+ history month - look out for events at <https://www.lovehackney.uk/lgbt-history-month>



YOUTH OUT EAST YOUTH GROUPS

an online safe and inclusive space for LGBTQ+ young people

tuesdays online

5-6.30PM for 12-15s 7-8.30PM for 15-18s

Make friends, join discussions and activities, and have fun with other LGBTQ+ young people!

contact youth@elop.org or 07720 461158

elop is a Registered Charity 1067474

YOUTH OUT EAST MENTORING

Free online 1-to-1 mentoring for LGBTQ+ young people aged 12-18

Explore your LGBTQ+ identity, find support in coming out, and build confidence and self-acceptance.

contact youth@elop.org or 07720 461158 to refer yourself or another young person

elop is a Registered Charity 1067474

Youth Out East information available at www.elop.org

LGBTQ+ 18-25 GROUP

online meet-up twice a month every 2nd and 4th monday 7-8.30PM

A welcoming, relaxed & inclusive space to meet with others, enjoy activities & talk all things LGBTQ+

contact youth@elop.org or 07720 461158

elop is a Registered Charity 1067474



Our Turn to Talk

Youth led podcast available...

Hear the views of young people with disabilities on the issues that matter most to them in this series of podcasts.

<https://www.ncb.org.uk/about-us/media-centre/news-opinion/our-turn-talk-podcasts-0>

Parent support videos from well-known faces available online at <https://thismayhelp.me/>



All advice films

Downloadable advice

About this advice

Child's mental health



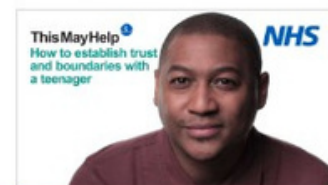
Self-harm



Gaming & online activity



Teenagers safety



Free Comics!



As a proud member of the East London CAMHS Crisis Service, Jocelyn Xavier, who is a nurse, has been working with the non-profit organisation ComicBooks For Kids.

Jocelyn knows Chris Thompson who together with Will O'Mullane are comic book industry veterans and have launched the UK branch of the charity. The charity was originally

founded in Chicago by Mark Weiss, who has supported nearly 200 hospitals in the United States to provide paediatric wards with free comic books.

Working alongside Will and Chris, Jocelyn is delighted to support the first hospital in the UK (Royal London) to be provided with free comics for young people.

Jocelyn said: 'We are now liaising with Homerton and Newham hospitals to provide their paediatric patients with free comics.'

Get to know... **Frances St John**

**Family & Systemic Therapist
Clinical Team Lead - Emotional
& Behavioural Team**



What's your favourite food?

Probably Italian, just a really good spaghetti with Puttanesca sauce, loads of parmesan cheese, salad and a good glass of red wine. I had this meal in Rome and sitting in a restaurant in Rome with all its history made it a real moment.

What's your favourite film?

One of my favourites is Crouching Tiger Hidden Dragon. I grew up in Hong Kong so I find the Chinese history really interesting; the way it was shot is beautiful, the love story too, and the fight scenes are like dancing. When it ended I found myself just wanting to allow it all to sink in. The music also introduced me to an incredible cellist, Yoyo Ma.

What do you want people to know about what you do?

I have a real passion to work with young people and families. Seeing families develop their communication and improve their relationships, and seeing the young people feel better because of it, makes me feel the work is really worthwhile. I love being a team lead and working with such dedicated clinicians. I feel grateful to have such a great team to work with and sometimes it's a lot of fun as well as being very hard and challenging work.

Nature Matters



HOW TO CONNECT WITH NATURE IN JANUARY

Adapted from an article by naturalist Susie White at CPRE, <https://www.cpre.org.uk/discover/a-month-in-the-countryside-connecting-with-nature-in-january/>

START YOUR OWN NATURE DIARY

Try to get outside every day and start a nature diary that can go on all year. The act of looking out, of noticing, takes you out of yourself. You could do a 5 minute drawing of what you see: plants in pavement cracks, a dandelion clock, a butterfly, conkers. It doesn't matter about the drawing, it's the process of looking that matters. Taking photos is also a great way to capture your discoveries.

EMBRACE THE JOY OF PUDDLES

It's fun to splash and jump in puddles, kicking the water and watching the ripples and if they freeze it's fun to break the ice and listen to the sound of snapping as it breaks into shards.



FIND THE FIRST GLIMPSE OF YELLOW

Winter aconites come in parks even before snowdrops or daffodils. They open with the sun once the temperature reaches 10 degrees, petals opening to reveal nectar and pollen for early insects.

NOTICE THE BEAUTY LEFT BEHIND

There is a link between bacterium found in soil and the production of serotonin so being amongst plants and soil can make you happier. Leaf skeletons are beautiful when held up to the light and a poppy seedhead is like a sculpture..



Contributions for the next newsletter happily received- news, information, groups, reviews, artwork all welcome!

Please email all contributions to elft.ppgchcamhs@nhs.net