



**Current Class Attendance**

Pre-School: 87.16%

Butterfly: 91.71%	Ladybird: 91.95%
1CB: 92.87%	1EM: 91.67%
2SH: 92.32%	2VI: 93.14%
3MR: 94.53%	3EW: 92.06%
4MC: 93.91%	4RH: 93.55%
5SL: 93.25%	5JB: 96.71%
6AJ: 95.63%	6CS: 94.73%

Useful Contacts

**North Northants Council:**  
0300 126 3000

**Kettering Town Council:**  
01536 697490

**Kettering Swimming Pool:**  
01536 234409

**Citizens Advice:**  
01536 482281

**Samaritans:**  
116 123

**Northants Domestic Abuse Service:**  
0300 012 0154

**Kettering MIND:**  
01536 523216

**Multi Agency Safeguarding Hub:**  
0300 126 3000 (Option 1)

**ChildLine:**  
0800 1111

**Young Minds Parent Helpline:**  
0808 805 5544



#holidayactivities



Family Hub

We have had another very successful term with our Coffee and Craft mornings and thank all of our parents, carers and pre-school children for attending.

Sessions will continue to run throughout next term, **starting on Tuesday 6th June at 9am.**

Please do come along and join us – new faces are always welcome!



# NHFT SUPPORT SERVICES

0-19 ADMIN HUB - 0300 111 1022 OPTION 4  
Monday to Friday - 8am-6pm

0-19 LIVE CHAT - www.nhft.nhs.uk/0-19  
Monday - Friday 9am-5pm

CAMHS LIVE - www.nhft.nhs.uk/camhslive  
Monday to Friday - 9am - 7pm, for Northants children between 11-19 years old

CAMHS CONSULTATION- 0300 1111 022 OPTION 1 AND OPTION 1 AGAIN  
Monday to Friday - 9am - 7pm

CHATHEALTH - TEXT YOUR SCHOOL NURSE - 07507329600  
Monday to Friday - 9am - 4pm, for Northants children between 11-19 years old

CHANGING MINDS IAPT - 0300 999 1616  
IAPT patients in the North of the county, if the line is busy call our IAPT North team on: 01536 444876 and 01536 444854.

MENTAL HEALTH INTEGRATED HUB - 0300 330 1011  
Open 24 hours a day, every day including bank holidays

PATIENT ADVICE AND LIAISON SERVICE (PALS) - 0800 917 8504 / 01536 452070  
Monday to Friday - 9am - 4pm (please leave a message and the team will respond) within 3 days)

MAKING A DIFFERENCE FOR YOU, WITH YOU

## Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

**WHAT ARE THE RISKS?**

**LIVING ONLINE**  
The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time - it may not always be appropriate, and children may not have the ability or the support to deal with it.

**DIGITAL DEPENDENCY**  
As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is becoming important to young people - both in digital and 'real' life - and being excluded from online conversations can cause emerging feelings of loneliness and isolation.

**PUSHY NOTIFICATIONS**  
Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

**DISGUISED DISTRESS**  
Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's especially something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

**BLURRED BOUNDARIES**  
There are now so many ways we can communicate in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quick exchanges of text - but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

**ANTI-SOCIAL SOCIALS**  
Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including flame war arguments which can escalate quickly and have harmful consequences. With so many people looking on, group shaming situations are also common - while there are continued opportunities for young people to compare themselves negatively with other social media users.

**Advice for Parents & Carers**

**LEARN THE BASICS**  
It's impossible to keep up with every online change at every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to stay safe - and why - when they're online. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

**PUSH DISTRACTIONS AWAY**  
Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into - especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

**KEEP CHECKING IN**  
Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away - so it's important to help your child manage their emotions when they're online, check in with them regularly when they're on their device, and remember that 'disconnection' and 'restoration' aren't always the same thing.

**TALK IT OUT**  
If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our involved brains, any perceived threat can get internalised while our body reacts as if we're in physical danger - raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

**LOOK FOR THE SIGNS**  
This is tricky - and may depend on the child's age - but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device - and, possibly, that they're in need of extra support.

**BE KIND: UNWIND**  
Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and you) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert  
Dr Corine Francis-Smith is an experienced counselling psychologist who specialises in providing safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications - thereby considering some of the more hidden impacts of the online world.

National Online Safety  
#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.03.2023

#weareNHFT

## ARE DAY TO DAY STRUGGLES GETTING YOU DOWN?

EVERY MONTH WE SPEAK TO OVER 1,000 PEOPLE WHO ARE FEELING STRESSED, OVERWHELMED OR FEEL LOW IN MOOD.

CALL CHANGING MINDS IAPT NORTHAMPTONSHIRE ON 0300 999 1616 OR VISIT WWW.NHFT.NHS.UK/IAPT

MAKING A DIFFERENCE FOR YOU, WITH YOU

**Who can access the courses**

- Adults aged 18 years and over, who
- Have identifiable mental health needs, which can be met by the course offered.
- Live in Kettering and the surrounding towns and villages. (Former Borough of Kettering)
- Are willing to reflect on, monitor their progress throughout the course and undertake any homework set that will help and benefit their understanding of the topic.

**How do I access a course?**

In the first instance contact us on the details below, to discuss which course you would like to apply for.

An application form for that course will need to be completed. On receipt of this form the course facilitator will be in touch to discuss the days and times of available places on courses.

Courses are facilitated from the Russell Street premises face to face where possible, and virtually.

**Contact :**

Telephone: 01536 523216 Email: info@ketteringmind.org.uk

**Registered Office address:**  
Kettering Mind, 49 - 51 Russell Street,  
Kettering, Northamptonshire, NN16 0EN

Follow us on:  
Twitter: @MindKettering  
Facebook: www.facebook.com/KetteringMind

Registered Charity Number: 1069373  
Registered Company Number: 3530898  
Nov 2021



## Wellbeing Courses

- Anxiety Management
- Anger Management
- Depression Management
- Understand Yourself Better



CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING Give

TALK & LISTEN, BE THERE, FEEL CONNECTED

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Your time, your words, your presence