

Support with Mental Health and Wellbeing: Local Support and Charities

CAMHS Advice

CAMHS have a 'good advice' page where you can find a range of mental health support:

<https://www.oxfordhealth.nhs.uk/camhs/self-care/>

Single Point of Access (SPA)

The Single Point of Access (SPA) team serves as the front door for Buckinghamshire CAMHS. They aim to reduce and remove barriers to anyone seeking mental health advice and support for young people up to the age of 18. They can be contacted by phone or email: 01865901951

BucksCAMHSSPA@oxfordhealth.nhs.uk



Oxford Health
NHS Foundation Trust



Bucks Mind

This is a new initiative from Bucks Mind. It is free counselling for adults on low incomes.

www.bucksmind.org.uk/new-free-counselling-service/

PDA Society

The PDA Society is the only specialist PDA charity in the UK. Our goal is to try and make life better for PDA people and their families because we believe that happy, autonomous lives are possible. Our strong commitment to research underpins every step we take towards improving understanding, support and outcomes for PDA people in the future.

<https://www.pdasociety.org.uk/>



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Walking With You (WWY)

WWY group is a safe space where you can talk freely among people who are walking the same path as you, there is no judgment, and it is completely confidential. WWY is run by parent volunteers alongside the Participation Lead. The group is open to anyone who is supporting a child/young person experiencing difficulties up to the age of 25.

<https://www.oxfordhealth.nhs.uk/camhs/involvement/bucks/wwy/>

The Sleep Charity

They are one of the leading, independent expert voices on sleep issues in the UK and they are here to help everyone get a better night's sleep. Whether it's advice, education or support for children, teenagers, adults, workplaces or professionals, they are on hand with expert knowledge, resources and accredited training.

<https://thesleepcharity.org.uk/information-support/children/>



Support with Mental Health and Wellbeing:

Now and Beyond»»

[Now and Beyond](#)

This site has a variety of videos and resources to offer support with mental health and wellbeing.

[Now and Beyond - The mental health festival for schools and colleges](#)

[Bucks Mind](#)

This site has lots of information and advice specifically for people in Buckinghamshire.

www.healthandwellbeingbucks.org/home



kooth

YOUNGMINDS

[Kooth](#) and [Young Minds](#) can also offer support around mental health difficulties. Visit their websites for more information.

Young Minds also has a parent helpline: 0808 802 5544

[Autism Early Support Portal](#)

This is a free of charge service for residents of Buckinghamshire providing information for autism early support.

<https://portal.autismearlysupport.org.uk/bucks-registrations/>



Support with Mental Health and Wellbeing:

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day, involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to break routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.