

Solihull #WeAreThinkingOfYou Summer Emotional Wellbeing Workshops

At Solar we want all children and young people to have good mental health and emotional wellbeing. We know the last few months have been very different and potentially difficult. Over the summer we are putting on a number of focussed emotional wellbeing and mental health workshops to support children and families in Solihull. These will happen by video call. Places are limited, and are offered first come first served. We ask that people are mindful when asking for a space and ensure they do attend.

Workshop Title	Date	Time	Delivered by	Attendee's
Anxiety Management	Tuesday 11 th August	11am-1pm	Microsoft Teams (link to be sent)	13-18 year olds
Parenting an Anxious Child	Tuesday 11 th August	1pm-3pm	Microsoft Teams (link to be sent)	(Parents/Carers)
Parenting an Anxious Child	Monday 17 th August	3pm-4.30pm	Microsoft Teams (link to be sent)	(Parents/Carers)
Sleep Hygiene/ Lifestyle	Tuesday 18 th August	1pm-3pm	Microsoft Teams (link to be sent)	(under 13's)
Anxiety Management	Tuesday 18 th August	1pm-3pm	Microsoft Teams (link to be sent)	(under 13's)
Parenting an Anxious Child	Tuesday 18 th August	2-3.30pm	Microsoft Teams (link to be sent)	(Parents/Carers)
Anxiety Management	Wednesday 19 th August	9.30-11.30am	Microsoft Teams (link to be sent)	(under 13's)
Anxiety Management	Wednesday 19 th August	10am-12noon	Microsoft Teams (link to be sent)	13-18 year olds
Anxiety Management	Wednesday 19 th August	1pm-3pm	Microsoft Teams (link to be sent)	13-18 year olds
Distress Tolerance (must attend both sessions)	Thursday 20 th August and Thursday 3 rd September	2pm-4pm	Microsoft Teams (link to be sent)	13-18 year olds
Sleep Hygiene/ Lifestyle	Friday 21 st August	10am-12noon	Microsoft Teams (link to be sent)	(Parents/Carers)
Sleep Hygiene/ Lifestyle	Tuesday 25 th August	11am-1pm	Microsoft Teams (link to be sent)	Under 13's
Sleep Hygiene/ Lifestyle	Tuesday 25 th August	1pm-3pm	Microsoft Teams (link to be sent)	Under 13's
Anxiety Management	Wednesday 2 nd September	3.30-5.30pm	Microsoft Teams (link to be sent)	13-18 year olds
Sleep Hygiene/ Lifestyle	Friday 4 th September	10am-12noon	Microsoft Teams (link to be sent)	13-18 year olds
Arts and Create	tbc	tbc	Microsoft Teams (link to be sent)	

To book:

- If you are known to Solar already please talk to your Solar worker / care co-ordinator and email bsmhft.barnardos@nhs.net
- If you are not known to Solar already you will need to complete the attached form below, and email along with your request to bsmhft.barnardos@nhs.net



About Data and Information (Privacy Notice)

Our full privacy notice is on our website: www.bsmhft.nhs.uk/our-services/solar-youth-services/
By completing this form and sending it to us you understand data will be stored in order to provide a service in the public interest.

About You (Referrer's Details)

Referrer:	Choose an item.	Name (and Job Title / Relationship to child):	
<i>If you are asking for support for yourself, do your parents/carers know you are contacting us?</i>			Choose an item.
Address (including postcode):			
Email:		Telephone:	
Have you gained the young person and parent's consent to contact Solar? [Please note we may not process the referral if consent has not been obtained]			Choose an item.

About the GP (GP's Details)

Solar provides support to young people in Solihull, if the child has a Birmingham or Warwickshire GP, you will need to contact [Forward Thinking Birmingham](#) or [Coventry and Warwickshire RISE](#)

Name of GP:		Name of Practice:	Choose an item.
Telephone:		Fax / Email:	

Reason for Referral

Choose an item.	[Other]
(Secondary) Reason for Referral	Choose an item. [Other]

About the Child / Young Person

Name of Child / Young Person:		Date of Birth		Age	
Address and postcode:				Gender	Choose an item.
Young Person's Mobile Number:		Young Person's Email:			
Current School/College		Choose an item.			
Ethnic Origin	Choose an item.	Interpreter Required?	Choose an item.		
Person(s) with Parental Responsibility including Local Authority if applicable					
Parent/Carer Name:		Parent/Carer Name:			
Date of Birth:		Age:		Date of Birth:	
Address:		Address:			
Postcode		Telephone		Postcode	
Email address:		Email address:			
Relationship to Child:		Relationship to Child:			



Exclusive Solar sessions at Meriden Adventure Playground

In addition to the focussed sessions we provide within Solar, we have also worked with our colleagues at Meriden Adventure Playground Association and are pleased to announce we have some exclusive sessions at the Adventure Playground for children and young people open to Solar only.

<p>Wednesday afternoon: 1.30 - 4.00 5th August 12th August 19th August 26th August 30 spaces (timings may change, depending on demand)</p>	<p>Friday morning: 11.00 -1.30 7th August 14th August 21st August 28th August 30 spaces (timings may change, depending on demand)</p>
---	--

Booking – To book please send the child's **name** and **Rio** number to valerie.spence@nhs.net
Please ensure there is commitment from a family before confirming their place, so it doesn't remove an opportunity for another child if they do not attend.