

PHA Youth Hub Blueprint

March 2023



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Introduction – The PHA Vision

The People’s Health Alliance (PHA) launched in April 2022 with a vision to facilitate the creation of a holistic healthcare service that empowers people to take responsibility for their own health. How do we envisage this happening? By creating a network of independent, integrated health hubs around the UK that support their local communities as well as the wider PHA network.

Education is going to be a huge part of what we offer, particularly as the current model of healthcare absolves the patient of responsibility and predominantly looks at treating the symptoms rather than getting to the root cause; it’s time to shift the paradigm from treating disease to creating health.

We know that true health comes from taking an integrated approach, considering mind, body and soul and empowering people to co-create a health plan that works for them. Encouraging and supporting people to tune into their inner wisdom is hugely important if we want to move away from the dependence on others to determine what is right for us. The relationship between practitioner and patient must be built on trust and an understanding that both parties have an important role on the healing journey.

We are supporting the hubs in our network with funding and resources that enable them to support their local communities with affordable healthcare. This is an organic approach that embraces collaboration and connection and returns power of choice back to The People.

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Youth Hub Blueprint

This Youth Hub Blueprint outlines our strategy and good practice for supporting, encouraging and empowering young people with their health. We are offering individual and group activities, signposting and learning and it is the individual’s own responsibility as to what they do with that information. This is part of the main ethos of the PHA - self responsibility is key.



Some of this information is aimed at the Hub organisers / service providers and some is suggested for use by visitors to the Hubs.

We want to appreciate and allow space for all aspects of a young person's being: spiritual, emotional, mental and physical.

This Blueprint includes a Youth Health Optimisation document.

Our Blueprint incorporates some of the existing protocols and practices whilst remaining focused on a future model.

We recommend all PHA Hubs join in the PHA Hub Chat Telegram Group:

<https://t.me/+fwgQ0wObnSkxMThk> in order to share ideas and developments with other Hubs in the UK and around the world.

PHA Hub Life: <https://t.me/+ooan7DLmsTZkODVk>

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The PHA Youth Hub Strategy - EEES

Engage	Engage with young people
Encourage	Encourage young people to look after their own health
Empower	Empower with knowledge, tools and strategies
Support	Support with outside agencies and/or other sources of help

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What is Mental Wellbeing?

The PHA wants to make sure that all Hub organisers as well as visitors to each Hub are working towards optimum mental wellbeing for all. Mental Wellbeing is how people feel about themselves emotionally and socially. Some people have healthy mental wellbeing, others don't. Mental Wellbeing changes too as we cope with life events. Losing a loved one or getting into debt can suddenly impact your mental wellbeing. Healthy mental wellbeing is important, as important as physical health, so be aware of the signs and make sure you look after yourself and talk about it. It is not uncommon for young people to have moments of feeling low, depressed, anxious, stressed and/or angry. These resources may be able to help or steer people towards others who can assist. We are signposting to other services when helpful or necessary, and people need to use their own discernment. We may be able to get signposting to our own Hubs from these other local organisations.

Each Hub needs a number of trained First Aiders as well as First Assist Being Well Facilitators. See Helen Gibson and her team for the one nearest you: <https://t.me/authenticdiscovery>

Also important is mentoring and support for Hub organisers who need to talk to someone after having been dealing with someone in a crisis. **Anam Cara** provides a fortnightly support call to serve this purpose (free): <https://t.me/AnamCaraTransformYourHealth>

Please see Youth Health Optimisation document below

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Safeguarding and Working with Young People

We advise a common sense approach to safeguarding – for both children and adults alike. Avoid situations that can be misinterpreted or misunderstood for example children should avoid having zoom calls in bedrooms etc., it is better to sit comfortably in an open area with adults around. Be connected with your family! They can also help if you experience emotions too.

The UK regulations state that children and vulnerable adults are classed as a “regulated activity”. Children are any person who has not yet reached the age of 18 years. Each Hub is encouraged to require parents to participate in a chaperoning rota for children’s activities.

It is recommended that anyone supervising children needs to have a valid clean DBS check in place. Each Hub is encouraged to provide their own Policies around working with children. Photos and videos should not be taken without the express explicit permission from the parent or guardian, and obtained in advance of any photography or digital recording.

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Property and Health and Safety Issues

We advise a common-sense approach to health and safety. Common sense and a bit of foresight can help prevent accidents and situations that will be reviewed and investigated afterwards. Yes, hindsight is useful, but foresight is so much more valuable to prevent issues arising in the first place.



Think about the community size and its needs, as well as any neighbouring areas.

Property considerations:

- Premises that have been empty a while may require decorating. If this is the case then negotiate a low-rent period with your prospective landlord.
- Consider buildings insurance, if not included in the lease
- If your Hub wishes, you could get Public Liability Insurance
- Business rates - these can qualify for a discount or free from rates for a year or more via your local council as a new small business and providing a service for the community.

Please use the following as simple guidance for consideration when setting up your Hub – whilst it is correct at the time of writing, policy can change. It is therefore important that you make sure the recommendations you are considering are current. Not all factors in the following table may be applicable to your Hub:

Maintenance Considerations	Frequency (if applicable)	For your Records/Notes	Applicable Y/N
----------------------------	---------------------------	------------------------	----------------

Gas Appliances	Annual	Gas Safety Certificate (11) Must be carried out by a Gas Certified Engineer.	
Fire Alarm System	Weekly Annual	Test manual call points (break glasses - test key required) - trained staff may carry this out and record. Test of the Fire Alarm panel, detectors and manual call points	
Fire Extinguishers/Fire Blankets	Monthly Annual	Inspection by staff that fire extinguisher is fully charged Inspected	Fire safety info (12)
Electrical Installation	Five yearly	Periodic Electrical Test Certificate EICR - Electrical Installation Condition Report.	(13)
Hand Dryers	Three Monthly Annual	Inspection Fixed Appliance Test	
Water Boilers - Under sink or counter top.	Annual Fixed Appliance Test	Copy of Fixed Appliance Test Certs.	
Extract Fans - see also Ventilation	Annual Fixed Appliance Test		
PAT Testing	Annual	Mobile equipment which can create wear on a cable. For equipment that is not moved frequently, you may include on a Risk Assessment to extend this period.	
Ventilation Checks: Belts, Pulleys, Fans, Filters, Extract Fans	Six Monthly	Filters may need replacing more frequently if it is e.g. close to construction site.	
Air Conditioning incl: Split A/C, Air Source Heat Pumps	Six Monthly	General maintenance checks and cleaning of the wall or ceiling mounted cassette unit.	
Legionella e.g. Sink taps, Showers, Hoses	Weekly	Run low used taps/showers weekly for approx. 2 minutes to minimise the risk of bacterial build up.	
Asbestos	Annual inspection if known to be present.	Is the Hub in a building built before 1999? Ask the Landlord if there is an asbestos register or details of asbestos contained within the building. If there is possible asbestos contained within plaster for example, screws or pins should not be used for posters, pictures, etc.	

Further Considerations:

1. Is the Hub within a shared building? Check if it is the Landlord's responsibility for the maintenance upkeep of fixed equipment.

2. Is the Hub part of a shopping precinct? If so, there may be agreements in place where maintenance costs may be shared.
3. Accessibility, parking and any parking charges.
4. Bus routes to your Hub.
5. Display Public Liability, H&S Poster and Fire Notice describing escape routes and assembly points.
6. First Aider – Some Hub volunteers will be trained, as well as First Assist being well trained.
7. Fire Marshal - in the use of Fire Extinguishers. There may be agreements in place for first responders in a shared building or shopping centre/precinct.
8. Risk Assessments - the first three entries of the most common hazards. www.hse.gov.uk/ has a good working template with a scoring matrix that can be used. These may be scored 1 to 3 or 1 to 5, scoring Likelihood and Severity. The higher the score the higher the risk. You would then identify mitigation and control actions that should be considered to reduce the score to minimise the risk of injury or dangerous occurrence.

Risk assessment template

Organisation name:

Assessment carried out by:

Date of next review:

Date Assessment was carried out:

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Responsibility (Who)	Due Date	Completion Date
Trips - cables, boxes	Staff/public	Cable ties, designated storage areas for boxes	Train staff to identify hazards - 'Don't Walk By'			
Slips – liquids	Staff/public	Liquid products located in cupboards and only out when in use.	Clean up materials, mop/bucket, signage			
Manual Handling	Staff	Staff Training	Use trolleys, divide loads			

More information on managing risk: <https://www.hse.gov.uk/simple-health-safety/risk/>

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Suggested Hub Activities

- Meditation
- Sand play
- Water play
- Board games
- Table tennis
- Table football
- Video games
- Films
- Recording studio
- Guest speakers
- Hot and cold drinks
- Grounding techniques for people with ADHD (see Diana)
- Self Care Health mini workshops (see June)
- Jan Yordy near Toronto has been teaching children energy work for years and has published books and board games to teach children to work with their energy bodies (see Linda)
- Space for Home Educators
- LifeBook – the adult version can be adapted for teenagers, Hubs might want to get printers to be able to print these off for kids who don't have printers at home (see Monique)
- Outdoor exploring of nature and games like football, basketball etc.
- Wild Wellbeing activities (see Jo Smith)
- Drawing and art – very calming
- Sofas for chilling and socialising
- Zoom sessions for young people - including Monique, June - Touch for Health Self Care, Jo Smith - Wild Wellbeing, Diana - NLP for kids, grounding, mindfulness. Children and parents together, not children alone in their rooms. Recorded and saved for our own protection with everyone's permission and not shared with people we don't know.
- Fairy Houses – as done by The Creatigo Program in Warwick, RI (see Linda)
- Family nights – to include various activities for the whole family
- PFFA connections, with seed swaps, space to grow food, kitchen area to learn how to prepare food
- Spelling to Communicate (for non-verbal children) – see Monique
- Life Animated is an interesting story of a non verbal autistic boy who became verbal after watching animated films.



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Good Health and Healthy Nutrition – depending on the available Health Guides in each Hub

May include, but not exclusively: Ayurveda, Chinese Medicine, Nutritionist, etc.

From JC in the PHA Mental Health Telegram group:

- 1 Exercise (one of the best ways to deal with many mental wellbeing issues).



- 2 A group setting to do it in (we are social animals we need connection).
- 3 Dietary advice (the gut is the second brain).
- 4 Correct breathing (the breath is the remote control to the body).
- 5 Relaxation techniques (a calm brain/body = a calm life).
- 6 Confidence building (becoming secure with who you are and self-worth)
- 7 Self-knowledge (knowledge is power, self-knowledge is self-empowerment).

Youth Health Optimisation

We want to appreciate and allow space for all aspects of a young person's being: spiritual, emotional, mental and physical.

People with specific conditions may present in our Hubs and we need to be prepared to speak with them in the appropriate way. Including but not exclusively the ones below. We may need to involve people with particular training in special needs. Whilst being aware of the stigma that can be felt with these labels, we have a partial list below of some conventional descriptions.

Definitions

ADHD	Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.
Anxiety	A feeling of worry, nervousness, or unease about something with an uncertain outcome.
Autism	Autism spectrum disorder is used to describe a variety of traits. Some people with ASD have a known difference, such as a genetic condition. There are also environmental toxins and stress factors. People with ASD often have problems with social communication and interaction, and restricted or repetitive behaviours or interests. People with ASD may also have different ways of learning, moving, or paying attention. These characteristics can make life very challenging. It is important to note that some people without ASD might also have some of these symptoms.
Bipolar	Having or relating to two poles or extremities. Psychiatric illness - characterized by both manic and depressive episodes, or manic ones only.
Depression	Feelings of severe despondency and dejection
Eating disorder	Any of a range of mental conditions in which there is a persistent disturbance of eating behaviour and impairment of physical or mental health
Schizophrenia	A serious mental condition of a type involving a breakdown in the relation between thought, emotion, and behaviour, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.

Top Tips for Looking After Our Own Mental Wellbeing

From PAUSE (forwardthinkingbirmingham.nhs.org)

Each PHA Hub may have their own perspective according to who is supporting and providing services in each Hub.

We know that exercise and eating well are good for your physical health but what about your mental wellbeing? What can you do to keep your mind fit and healthy? To help balance your emotional wellbeing, we've put together some top tips on looking after your volunteers' and visitors' mental health.

1. Talk about how you feel

If you are dealing with some difficult feelings and emotions, talking to someone you trust can make a big difference. You'll probably feel like a weight's been lifted and the person you speak to may be able to help you put things into perspective and offer reassurance.

2. Stay connected

Spending time with friends and loved ones can have a big and positive impact on how you feel. Plan a regular get together with mates or just put aside some time for a call or catch up over text. Keeping up healthy relationships will improve your mood, increase your confidence and boost your brain power. Surround yourself with positive people. If you find some relationships are destructive or toxic then may be these relationships are not in your best interests.

3. Keep active

Regular exercise isn't just good for your body, it is also great for your mind. Whenever your body is active, chemicals are released that lift your mood, making you feel happy and positive. Getting moving can also reduce stress and relieve anxiety, as well as help you sleep better. Do something you like to do, a walk, a run, swimming, cycling, going to a gym.

4. Have a break

Busy lives can be so destructive and we should remember to book time out for your mental health. And the great thing about self-care is that you get to do what works for you - whether that's going for a walk, listening to music or just having a nice long lie in. Whatever you do to relax, make sure you put a little time aside each day. It'll help you think more clearly, reduce stress and improve your concentration.

5. Eat well

Another one that works for both body and mind is your diet. What you eat can make a massive difference to how you feel and eating a healthy, balanced diet of nutritional foods can give you more energy, help you concentrate and balance your mood. Plus, if you get creative in the kitchen, you get the added satisfaction of making something yourself. Try to minimise processed and high sugar foods. Try to avoid cola, espressos, high sugar or high energy drinks.



6. Give back

Doing things for others can really improve the way you see yourself, increase your self-esteem and generally help you to feel happier and useful. Volunteering, helping out a friend and contributing to a good cause can all give you a well-deserved boost, as well as providing you with something positive to focus on and increase your community of positive friends.

7. Accept yourself for who you are

Everyone is different and accepting yourself as a unique person is much healthier than trying to be the same as someone else. When you embrace yourself in this way, you develop a better sense of self, become more confident and find it easier to make and maintain healthy relationships. Avoid comparisons with others on social media. Ideally minimise accessing social media altogether, spend time with real people! If you find yourself struggling with self-confidence, don't worry. Start by thinking about three things you like about yourself - maybe you're loyal to friends, kind to animals or good at solving problems. Whatever it is, jot it down and enjoy it! Focus on the positive, not the negative.

8. Remember to have fun

We all have responsibilities, whether it's work pressures, homework tasks or jobs around the house. But we should also have some fun and reward yourself for successes, or just to enjoy an occasional treat. Set aside some time to do something you really enjoy - maybe plan a trip to the cinema, pick up a good book or just catch up with friends. Having something to look forward to can help motivate you for the less exciting bits of life.

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Stress-Busting Study Bag Essentials

Starting university or school can be more than a little stressful – an unknown new routine, new place to live, new faces and lots of different things to learn and remember. You can easily end up feeling like life is all a bit too much. To help you find your feet and keep the nerves at bay, we have put together a list of stress-busting study bag essentials – those little items that can help keep us calm and focused when we're feeling a bit anxious. Keep the survival bag handy to help make life

that little bit easier. That way you can focus on the more important stuff like studying, revision... oh and having fun.

1. A nice cool drink

You'll be taking in lots of information over the next few days so it's really important to stay hydrated. Drinking plenty of fresh water not only helps you to stay focused, it is also great for calming the mind if you start to feel a little anxious. Stop for a moment, take a few gentle breaths and enjoy a couple of cooling sips. Ideally use filtered tap water, rather than buy water bottles. Avoid carbonated water, or anything with sugar in.

2. A few blank pages

You're going to have to learn a lot. Make a lot of notes in the first few weeks – different classes, lecturers, room numbers. A handy notepad isn't just great for organisation, it can help you keep focused and avoid brain overload. If you're a tad overwhelmed, don't discount the positive effect that jotting down your thoughts can have. Putting pen to paper is a great way of expressing how you feel and can really help to clear some space in your mind. Don't forget to write a very quick "done-list" at the end of each day to reflect on what you've achieved.

3. A tasty snack

It's a fact that what we eat affects how we think and feel, so don't forget to pop a healthy snack in your bag to stay well fuelled. A nutritious bite will ensure your energy levels are topped up and can also help to get rid of that horrible dry taste that comes with stressful situations. The odd sweet treat is useful for a quick boost of energy – but don't overdo it or rely on sugar. Fruit is better.

4. A few Favourite Tunes or Quiet Time

Phones and electronic devices are must-have items for most of us. Make yours a mindfulness machine by loading it up with some top tunes that lift your mood and help to relax. There are also loads of great apps and podcasts for beating stress, and helping meditation. Alternatively switch off. Literally. Find a quiet time and space each day without electronic devices to sit or lie down and reflect on your life, the day, and what you want to or need to achieve the next day.

5. A Good Book

Even if your first week's looking pretty full on, it is important to take time out to chill out and unwind. Spend half an hour with a good book or your favourite magazine and let your mind wander. Having something else to focus on can be really good for taking your mind off the things that are making you anxious. Switch off electronic devices during this time so you are not distracted or disturbed.



6. A Little Refresher

If things do get a bit too much, you might need to take a few moments to stop, refresh and gather yourself. If that's the case it's good to have a couple of confidence boosters at hand – a nice cool face wipe perhaps or maybe some aftershave or chewing gum. Whatever you choose, you'll feel better just knowing you've got it if you need it.

7. Remember to Switch off

Take time to protect your sleep. Anxiety and poor mental health can seriously affect sleep. Without proper sleep everyone will struggle to function and make a difficult situation even worse. Prepare for bed by switching off electronic devices an hour before going to bed. Dim the lights to start winding down. Try not to have a tv in your bedroom, and switch off phones and 4G and 5G signals. Ideally switch off Wi-Fi so you can minimise EMF in the house and your room if you can. If you do need a mobile phone put it the other side of the room, and do not sleep with a mobile phone near your head or under your pillow. Avoid stimulants just before bed, including alcohol and caffeine. Try a camomile or herb tea, or just a milky drink just before bedtime.

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Holidays

The school holidays are a time to relax and enjoy some sunshine (if the weather allows). For many, summer is the season of fun and freedom but if you are living with a mental health issue, you might not be quite so excited at the prospect of the weeks ahead. The festive season is one of the busiest times of the year. For some, it can be an exciting occasion, whether spending time with loved ones, eating festive treats or catching up with old friends. However, the weeks ahead may be a daunting prospect for those living with a mental health issue. The festive season can be stressful for anyone, so it is important take the time to look after your mental health.

1. Take some time out to reflect on the year

You deserve some time to reflect on everything you have gone through and seek support where needed. It's the simple things that make a difference. The last term and last year go so fast and some time to reflect on the year and the period ahead is helpful. Often, we can go through life without reflecting on where our minds and bodies are at. We just keep busy and avoid dealing with any issues until they are too big and too late.

2. Keep to a Routine

Long lie-ins are a must sometimes but if you're sleeping lots every day, it can have a negative impact on your mental health. It's ok to relax your routine a little – we're not suggesting 6am starts – but try to go to bed at a reasonable time and get up not much more than an hour later than you normally would. Have a shower and get dressed, even if you've got no plans. You'll feel refreshed and more energised.

3. Be true to your feelings

Often, we can feel pressured to go out when we're not feeling so great. It's important to put ourselves on pause if we need to and not mask our feelings. Saying no can be empowering and also needed. The energy it takes to mask your feelings can be greater than acknowledging your true feelings.

4. Stay connected

If you can't meet up with your family and/or friends over the holiday, the break can feel like a lifetime. Having some company is important for everyone, so make an effort to catch up with family members and keep in touch with friends if possible. Try to make new friends if you can, on local walks or find a local club that interests you.

5. Talk about how you feel

If you're struggling, the best thing you can do is to talk to someone. Talking to others, whether it's your loved ones or a professional, can help lift the weight and give you reassurance and put perceived problems into a better perspective. Others can also suggest further help if needed.

6. Get Planning

If you're struggling to get motivated, planning your time can help. Give yourself something to do every morning and afternoon, and make sure you have a good mix. Schedule in some time for gaming, reading or watching TV and add in a couple of chores. It's not just to keep your parents happy (although that's an added bonus), it'll give you a sense of achievement and make the fun stuff more enjoyable.

7. Practice Self-care

Self-care is all about being kind to yourself, listening to what your body and mind need and making time for the things that make you feel good. Check in with yourself each morning and evening to see how you're feeling and if there's anything you need. Sometimes a few minutes of mindfulness, a short walk or a nice relaxing bath can do wonders. Try making a list of some feel-good activities and plan them out for the weeks ahead.

8. Enjoy the great outdoors

It may feel like we are miles from the countryside but there's more to see in cities than you might think. As well as beautiful parks and nature reserves, a walk around the city itself can be pretty interesting. Whatever works for you, try to get outside at least a few times a week. If you need some inspiration, look at local places to visit, search on the internet and/or social media or visit the library for suggestions.



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First Week Back in School or University

School or university holidays can sail past and soon you will be facing a new term starting once again. Many of us get nervous at the start of term so, if you're feeling a little anxious, don't worry – you're definitely not alone. And even if you're living with a mental health issue, going back to school doesn't have to be a nightmare. Take a look at our top tips for a smooth first week back:

1. Get organised

Over the next few days make a list of everything you'll need on your first day and start getting it together. You'll feel much more relaxed knowing you're well prepared and it'll make the first morning back that little bit easier. Also, check what day and time you're due back in (most schools list this information on their website) – the last thing you want to do is turn up a day early or a day late.

2. Return to a routine

OK, so you probably want to savour those last few lie-ins but if you want to feel fresh for your first day back, you need to ditch the summer sleep pattern. If you're anything like us, lack of sleep can make you grumpy and unfocused, so get a couple of early nights in and try to get up no more than an hour later than you would on a school day. If you need some help getting a good night's sleep see above.



3. Talk to your Teachers or Lecturers

It's not easy talking to teachers about personal stuff but if you're struggling with a mental health issue or you're worried about something, from a problem at home to exams later in the year, it can be helpful to talk to someone. Plus, if you let your teacher know now, they can make sure you've got any support in place that you might need or suggest things to make school life a little easier. If you're not comfortable talking to them yourselves, you could always ask a parent or friend to talk to them on your behalf.

4. Think positive

If you're filled with negative thoughts about getting back into the classroom, the start of term can be a big worry. Try to spend a few minutes focusing on some of the good things; trust us, there are some, even if it's just catching up with mates or enjoying a favourite item on the lunch menu. Jot them down so that you can take a look at your list when you start to focus on the negatives.

5. Plan for the Worst, Hope for the Best

As odd as it sounds, one of the best ways to deal with anxiety is to think about the worst thing that could happen. Often when you do this, the "worst" will not seem quite as bad. And if you're still feeling the nerves, come up with a plan to stop the worst from happening or to cope if it does. Heading to a new school and worried you'll get lost? Make sure you ask where each area is when you get your timetable and, if you do find yourself confused by the corridors, stop and ask a member of staff for directions. You can't guarantee you won't get lost but having a plan in place in case you do will make it seem like less of a big deal. Having planned for the worse, always hope for best, keep a positive attitude at all times and no matter what is thrown at you or comes your way. It will help you cope better, particularly if you are physically healthy and have had a good night's sleep.

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University

Heading off to university is one of the most life-changing things many of us will ever do. You're meeting a whole new set of people, taking on studies that are more advanced than anything you've done before and maybe even leaving home for the first time. As well as all the excitement that this naturally brings, you're probably also a bit apprehensive, wondering how you'll get on in your new world. To support you along the way, we've put together a few top tips to help you nurture your mental health as you jump into this new challenge.

1. Get unpacked

Whether you're moving into halls or stepping into a flat share, when you first walk into your new room, it's likely to look pretty bare. If you're already feeling a bit emotional, this can be quite overwhelming. As tempting as it might be to leave unpacking some of your boxes for later, don't put it off. This is going to be your home for the next nine months or so – you'll sleep here, relax here, work and probably eat here, so it's worth making it a space you want to spend time in. Get those boxes open and fill your room with all your things; it'll quickly feel much more like home.

2. Remember everyone's in the same boat

One of the scariest things about going to university is meeting new people and making friends. It might feel like you're on your own but it's worth remembering that most people won't know

anybody either and are just as worried as you about fitting in. You'll probably find that people are pretty understanding of how scary the whole experience is – after all, they're feeling it too!

3. Register with a local GP

This one might seem a bit of a chore but it's definitely worth it. Being registered with a local GP isn't just a godsend if you come down with freshers' flu, it's also important for accessing mental health support if you need it. Most services will only see patients registered with a local GP, so get yourself down to your nearest practice as soon as possible. You'll feel better knowing you can go there if you need to.

4. Keep in touch

You might have moved away from home but that doesn't mean you have to leave your old life behind completely. If you feel like you need to call home, do it. Hearing a friendly voice (or seeing a familiar face if you're Face-timing) can be really reassuring. Plus, you'd be amazed how often everyone else is on the phone to mum and dad.

5. Don't be afraid to ask for support

You're going to be juggling a lot over the next few months – classes, coursework, cooking and cleaning (ok maybe not!), socialising, budgeting and much more. It's ok to find this tough. If you're really struggling to meet a deadline, talk to your tutors about an extension and, whatever the issue, don't be afraid to ask your friends and family for support and advice. If you're finding that stress is getting too much, visit your GP or university counselling service. They see lots of students like you every day and will be able to help you get the support and advice you need.

6. Be kind to yourself

Believe it or not, you're not a superhero. Make sure you take time to relax and do the things that make you happy. If you're feeling a bit stressed, it can be easy to start questioning yourself, so take a moment to remember why you're here. You wouldn't have been accepted on the course if the university didn't think you were capable!

7. Have fun

Don't forget to have some fun. Sign up for some societies that interest you and enjoy some of the freedoms of being a student.

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#YOUVEBEENMISSED

The #YouveBeenMissed campaign is led by Forward Thinking Birmingham, Birmingham City Council and Birmingham Education Partnership supporting pupils, parents, carers and professionals to aid our children and young people manage their mental wellbeing in school. As part of the project, clear guidance for schools and primary care professionals have been developed to support children and young people to remain in school. A range of resources, videos and webinars have also been created for children, young people, parents/ carers and professionals to support the mental wellbeing of children and young people in Birmingham. You can find themed resources and videos to support children and young people return to school on the following:

- Anxiety and worry
- Challenging thoughts
- Emotions
- Self-care

Clear guidance has been created for our colleagues in [Early Help](#) and education, along with young people and their families and carers, to ensure appropriate resources, videos and webinars are available; these resources and videos cover topics such as anxiety and worry, challenging thoughts, emotions and self-care.

[#YouveBeenMissed | Forward Thinking Birmingham](#)

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Eating Disorders

Visitors to the Hub may struggle with an eating disorder. At stressful times they may find themselves feeling increasingly vulnerable to negative emotions so keeping on top of an eating disorder is important when they are feeling an overwhelming loss of control, and dealing with new situations. There are a few things that can be done to take care of you and ensure an eating disorder doesn't take the lead:

1. Stay connected and build your support network

As we have all been encouraged to practice social distancing, it's easy to feel cut off from others. You may struggle with isolation and feeling you are on your own. Don't forget, you are not alone.

2. Mind the gap

Sometimes at times of uncertainty, when you have no idea what might happen next, you'd be forgiven for letting your mind run away with itself and filling the "gap" with all the possible worst-case-scenarios. As our thoughts are linked to our feelings, it is helpful to be aware and mindful of where your thoughts wander to. Here are some techniques to help:

Stay in the moment

Do your best to stay in the moment. Practice deep breathing. For example, breathe in through your nose for four seconds, hold for a few seconds, exhale for four seconds, hold, and repeat. Use all your senses – sight, smell, hearing, taste, touch to stay connected to the moment. What can I see/hear/smell/feel/taste right now? Seek out nature, and green spaces, ideally woodland or hills, and practice deep breathing. Search online for free guided visualizations and meditations.

Think outside of yourself

Feeling helpful or useful to others is one way to maintain a positive sense of self. Consider ways you might give back.

Identify one thing a day you feel grateful for

Focusing on what we have versus what we do not can help us maintain a positive outlook. Sometimes it is the little things that count a lot.

Switch to self-compassion mode

Stressful times often trigger the temptation to fall back into old unhealthy patterns but remember a relapse/lapse is not a failure. It is a journey, not a final destination. Recognize that this is a reaction to what is going on in the world and remind yourself that those old behaviours, whilst numbing in the short term, can cause/accentuate serious long-term physical and mental health difficulties, potentially undoing all of the hard work you have put in so far. Work towards reconnecting with healthy coping strategies. Try to be as neutral as you can about foods and push back against “good” and “bad” food thoughts. In line with being compassionate towards yourself, give yourself permission to eat what you need.

Push back against exercise guilt

Limiting or avoiding exercise may well have been an important step forward for you in your recovery. As advised above, “switch to self-compassion” mode and do what is best for you and your recovery right now. Don’t be afraid to un-follow unhelpful influences or influencers. Remember, you still need enough food even when you are doing less and you do not need to compensate or punish yourself for being less active (by restricting food or over-exercising). Even if the odd social media posts slip through and makes you feel like you aren’t doing enough, remember your goal is to do enough to keep your recovery going in the right direction. Literally.

If you want to keep active, it might help to remember that group activities are easier to manage in recovery than solo routines, as these can easily become obsessive. So ditch the intense workouts for fun activities with the rest of your family. Let the dance battles begin.

Eat, sleep, self-care, repeat

Establishing a healthy daily routine is a good strategy for keeping your recovery on track and can support you to manage triggers. Remember, whatever the routine was that you had a few weeks ago, or even a year ago, may look very different now. But that’s ok. Let’s pencil this new routine in as your “While You Wait (for life to get back to normal) plan”. Dietitians recommend eating regular meals and snacks on a schedule similar to the one you’re used to and sticking to your meal plan.

Sleep is very important too. With a general lack of daily order, the temptation may be to stay up/wake up later and sleep more. However, we would advise following a regular sleep pattern to help balance your mood and make your nutrition schedule less confusing for you.

Keep going - because recovery is worth it

With all this uncertainty it might be helpful to remind yourself of the one thing that is certain... that recovery is most definitely worth it.

Now might be a time to revisit or write that Dear Future Self letter as a reminder of where you hope to be and why. No doubt you will have already recognised and listed the numerous ways your eating disorder has been holding you back from “living your best life”.

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Self Harm and/or Suicide

If you feel suicidal or wanting to harm yourself or anyone else STOP. Speak to someone you trust, or contact one of the recognised help lines below, or another local organisation that can be more accessible in person. For example:

Your local PHA Health Hub practitioners, the PHA website, or telephone doctors like Dr David Cartland

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

<https://www.samaritans.org/>

[Help for suicidal thoughts - NHS \(www.nhs.uk\)](https://www.nhs.uk/)

<https://www.papyrus-uk.org/help-advice/about-hopelineuk>

Alternatively contact 111 or your local registered GP.

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Further Information

Information from PAUSE and <https://forwardthinkingbirmingham.nhs.uk/>

[How to Build Mental Resilience | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk/)

[The Association for Child and Adolescent Mental Health \(ACAMH\)](https://www.acamh.org/)

[SPACE – Supporting Parents and Children Emotionally \(a course delivered by Rockpool, free in Cornwall\) https://rockpool.life/ - based in Torquay](https://rockpool.life/)

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Appendix A - Previous documents from the Focus Group and Children’s Group

Research info and websites for PHA Children, Teens and Young Adults section:

Acupuncture

<https://www.acupunctureresearch.org/>

[For Patients – AAC \(aac-uk.org\)](https://www.aac-uk.org/) see bottom of page for research

[Acupuncture Research - BAcC](https://www.bac.ac.uk/)

<https://www.britishacupuncturefederation.co.uk/full-member/>

<https://www.acupuncture-society.org.uk/>

For Paediatric Acupuncturists in the UK, please contact June Tranmer:
june.tranmer@protonmail.com

<https://www.evidencebasedacupuncture.org/>

Homeopathy

Homeopathy at home <https://homedoctorguide.com/book/>

<https://www.homopath.com/GetCovidRepertory>

<https://trinitywinchester.org.uk/>

<https://apps.apple.com/gb/app/homeopathy-uk/id1099742333>

<https://homeopathy247.com/remedies/free-course-for-flu-symptoms/>

<https://images.helios.co.uk/downloads/basic-guide-to-homeopathy.pdf>

<https://www.findahomeopath.org/search/postcode>

Osteopathy

<https://www.osteopathy.org.uk/visiting-an-osteopath/about-osteopathy/>

Hypnotherapy

<https://www.hypnotherapists.org.uk/hypnotherapy/>

<https://cnhc.org.uk/>

Reiki

<https://pubmed.ncbi.nlm.nih.gov/31638407/>

Reflexology

<https://www.aor.org.uk/what-is-reflexology/>

<https://cnhc.org.uk/>

Kinesiology

<https://cloud.ikc.global/> (<https://cloud.ikc.global/>)

<https://kinesiologyfederation.co.uk/>

<https://kinesiologyfederation.co.uk/>

For online or in person courses in Touch for Health Kinesiology, contact June Tranmer:
june@wellbeinginyork.org

Flower Essences

<https://www.bfvea.com/> - for registered practitioners

[Healing Herbs Online Shop - Bach Flower Remedies - Bach Essences](#) - for free training and information in flower essences

Aromatherapy

[Home - Oshadhi Essential Oils](#) regular newsletter

[Home Page | CNHC](#)

Mental Wellbeing Support

[The Association for Child and Adolescent Mental Health \(ACAMH\)](#)

[Rock Pool Life C.I.C | Training In Trauma Informed Approaches](#)

[Home | Forward Thinking Birmingham](#)

Counselling/Talking Therapies

[About BACP](#)

Birth/Ante-natal and Post-natal

<https://www.whenpushcomestoshove.co.uk/>

[Resisting Coercion in Health and Social Care - The Autonomy Hotline](#)

Baby Handling

[Smart Growing UK \(smart-growing.uk\)](#)

Support for children with Additional Needs – more needed here....

[Skylarks Charity – based in Richmond upon Thames, for children with disabilities and special needs](#)

Vaccine Recovery Support

TARSAN – Teen Adverse Reaction Support Advocacy Network (UK) – one of our partner organisations <https://t.me/TARSANteenadversereaction>

The Informed Parent

 <https://www.informedparent.co.uk>

Home Education

Wild Wellbeing

<https://thewildwellbeingcoach.com/>

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Appendix B - Focus on Babies, Children and Young People

The Paediatric Focus Group would like to have all of these in every Hub, ideally, and we would like to have mixed communities where the more mature, retired people in the community interact with the young. Inter-generational get-togethers and projects can help to build stronger communities. Our more mature citizens have so much love and wisdom to help nurture our young. And the young bring such joy and fun into older peoples' lives.

Being mindful all the time of child protection and not bringing children into contact with older people who may not have pure intentions. No one should be left on their own with a young person.

We would like to see children involved in nature more, with community projects offering belonging, growth, love, purpose, skills. For example, Jo Smith's Wild Wellbeing course hopefully could be rolled out to other areas of the country to reach as wide a number of hubs as possible. Getting out of thinking all the time (and so much time spent on gadgets), and getting back to feelings, and instinct, and how we are part of nature not separate from it.

We want to provide information about Electromagnetic energy disturbances, hormone disruptors, and other toxins in our environment that can be avoided or reduced. Children are particularly vulnerable to accumulating these environmental toxins in their bodies and these can have long lasting effects throughout their lives. Along these lines, we will include self-care and courses in basic natural medicine and wellbeing.

We would like to see physical activity provided for children and young people. Community groups/teams could offer belonging, growth, love, purpose, skills, including QiGong for children and adults.

At the same time, there needs to be an outlet for children to express their creativity. Community art and music projects offering belonging, growth, love, purpose, skills and self-esteem. They could also be offered CV writing, sovereignty lessons, and understanding of finances.

There also needs to be provision of Peer Support Groups for young people of different age groups. Somewhere for young people to meet up with each other and just chat.

We want to offer our support wherever we can for children and their families, including children in care. We want people to be able to access affordable healthcare, with a wide range of choices. This would include taking our services out into the community from the Hub in order to reach people in their own community centres for example.

We would like to approach institutions with offers of integrated care. Approaching Academies / independent schools to see if they would include our therapies, if they see that it will improve the children's wellbeing. Later – approaching medical professionals and local children's services. We need to be able to offer ways to fortify young people who are having medical treatments for cancer and other conditions – including nutritional support. We have much to offer CAMHS and other children's charities to help while they are struggling to meet the requests for support. We could approach local groups but also nationally from the main PHA admin. We can offer to go into young offenders institutions and help those neglected and ignored young people.

We will have books and other information available. Possibly access to laptops and internet connection for searching for resources in each hub. We could be a central location for home schooling groups in the neighbourhood.

We need a paediatric dentist and an ear, nose and throat specialist in or near each hub.

Obstetrics and Infants

Mums/Parents-to-be are fully supported physically, emotionally and spiritually in their pregnancies or preparation for children, ensuring they are in the best shape to deliver and/or nurture (fostered or adopted) their children. Bring back something like Surestart for supporting parents and carers to better help their children.

Fertility Support

Nutrition

Energy Healing

Reiki

Crystals

Acupuncture

Kinesiology

Homeopathy

Reflexology

Hypnotherapy

Mental Health Support

Conception environment

Osteopathy

Ayurvedic / Herbal Medicine

Three Step Rewind – for previous trauma



Antenatal Training for Parents to be

Feeding – breast feeding consultants

Neuromotor Immaturity affecting developmental milestones – things for parents and practitioners to look out for

Using the correct language when communicating with children to avoid shaming and recognising own triggers

Paediatric health and first aid including natural remedies and supporting trauma

Weaning

Discuss childhood immunisation alternatives – emphasis on informed choice

Delivery Support

Continuity of care from Midwifery / Doula / Holistic doctor

Biomechanics

Birth plan options – home birth / cottage hospital environment

Hypnobirthing

Homeopathy

Water birth

Yoga

Acupuncture / Acupressure

Kinesiology

Aromatherapy

Reflexology

Flower Essences

Reiki

TENS machine

Trusted hospital / midwifery unit team if required



Postnatal Community Support Team

Cranial osteopathy for all babies and mums

Post natal Doula

Lactation consultant

Human rights Antepartum / Postpartum

Health visitor

Midwife

Tongue tie assessment

Women's Health Physiotherapist or Osteopath

Audiology checks

Acupuncture, Moxibustion

Homeopathy

Nutrition/Naturopathy/Ayurvedic Medicine for feeding mums, colicky babies and preparation for weaning

Mental health support if needed

Holistic Paediatric Nurse/GP/Paediatrician if required

Toddler (Pre-school) Development

Speech therapists

Neurological Developmental Therapists

Audiology

Acupuncture / Acupressure

Kinesiology

Aromatherapy

Flower Essences

Homeopathy

Reflexology

Crystals

Osteopathy if milestones delayed

Homeopathy for illnesses

Holistic GP/Paediatrician/Nurse for more complex conditions

Movement classes

Music classes

Story time

Cooking classes

Forest School

Gardening/Growing
Spiritual growth – books, play, creativity
NO screens!

Children of all ages with additional needs

Including SEND advice for parents, therapies, and school liaison

Osteopathy
Acupuncture
Kinesiology
Neurological Developmental Therapy/OT
ABA tutors
Physiotherapy
Nutrition/Naturopathy/Ayurvedic Medicine
Homeopathy
Energy Healing
Aromatherapy
Flower Essences
Reflexology
Reiki
Crystals
Holistic Paediatric Specialists – Paediatrician/GP/Nurse
Parental Support / treatments / training
Vaccine injury

Teenagers

Mental Health Support
Socialising with other teenagers
Osteopathy / Clinical Somatics for embodied trauma, immune support, discomfort related to growing or injury, children with additional needs
Acupuncture / Acupressure
Kinesiology
Aromatherapy
Reflexology
Reiki
Flower Essences
Homeopathy
Crystals
Vaccine Injury – team of people to support this with holistic protocols
Spiritual growth
Qi Gong classes
Nutrition/Naturopathy/Ayurvedic Medicine



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Appendix C - First Aid

First Aid in the Home for Children and Young People

This is not comprehensive but a starting point

We are providing information for first aid in the home, not providing emergency treatments unless we have practitioners who are trained and experienced First Aiders / emergency treatments in their own modality.

Things to do in a mental health emergency situation, or after any injury. Choose the most suitable at the time:

Breathing – focusing on the out-breath, and clearing the lungs, pausing and then breathing in to fill all of the lungs

Counting – can be with or without the focus on breathing

Emotional Stress Release from Touch for Health – for pain relief as well as calming the mind – hold the forehead gently during or after a stressful situation

5 Flowers / Emergency Essence (needs to be repeated in an emergency situation)

EFT tapping (also needs repeating) – taught by an experienced teacher

Having (while thinking about the event / situation that causes stress – stroking the face, arms)

Drinking water (impossible to hyperventilate while drinking)

Catch a ball – an automatic reflex that takes the mind off the issue and onto catching the ball.

Make sure the child / young person knows there is a way out of the situation

The 5 S's:

Safety – are they in immediate danger?

Stop any harm – will they do harm to themselves or others in the future?

Support recovery – in-the-moment techniques to help them manage their feelings now (see above)

Someone to listen – listening without judgement is one of the most powerful things you can do for someone suffering with mental health issues

Show support – how can you support them now and in the future?

Things to have in a kit for emergencies:

Bicarbonate of soda (bee stings)

White vinegar (wasp stings)

Rehydration salt and sugar sachets

Thermometer

Sling

Plasters (hypo-allergenic)

Micropore (hypoallergenic)

Stretch bandage

Cotton wool

Safety pins

Scissors

Tweezers

Lavender oil

Tea tree oil

5 flower / emergency essence – diluted or full strength – not aromatherapy

5 flower / emergency essence cream

Shepherd's purse tincture / womb string – for after birth uterine bleeding and period disruption

Arnica cream

Calendula cream

Aloe vera gel / plant in the house (cut into one leaf and rub on the affected part)

Coconut oil

Eye wash cup

We would suggest short classes in each hub to discuss these items and incorporate parents and carers own ideas of what works for them, and how to use these remedies.

Homeopathy

Homeopathic First Aid advice (normally free)

- [Helios Homeopathy](#)
- [Ainsworths](#)

Homeopathic First Aid Kits

Kits to keep at home to support your children and family with Homeopathic First Aid remedies for everyday minor illnesses and injuries. Please note that more kits are available from these Homeopathic Pharmacies but are only available (due to current legislation) by contacting them

directly to discuss your requirements. All kits come with traditional First Aid and specialist Homeopathic remedies together with a booklet outlining how to use the remedies at home.

FREE Online Homeopathy Home Prescriber Course

If you would like to learn more about Home Prescribing, for a limited time you can access this free course: [CHE Online | The Home Prescriber Course | Hilery Dorrian](#)

More complex symptom picture

If you/your child is experiencing more complex symptoms, or your First Aid remedies are not holding, alongside getting conventional medical advice where appropriate, please seek 1:1 support from a qualified and registered Homeopath.

This information is not exhaustive nor comprehensive, but a basic place to start in understanding that we do have to skills to care for our children at home, and to know when something more serious is happening that would require a medical professional. We do not aim to replace doctors. Just to empower parents and carers to help their children at home, when they can.

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