

Armed Forces Children & Young People

Update 5 – March 2021



Welcome to our monthly update for school/nursery staff which provides information on resources available, useful websites, books and organisations, funding opportunities etc. which could help support the young people in your establishment. Please feel free to circulate to staff/colleagues.

Your Mind Matters



As the dedicated Wellbeing Worker for Your Mind Matters, Lynne Clement, SAMH, will work collaboratively with children, young people, staff, parents/carers and community stakeholders to develop and deliver a diverse programme of activity with support programmes, peer programmes, workshops/trainings, signposting and events, tailored to meet the needs of the Armed Forces Children and Young People (AFCYP) in your community.

This new and unique project aims to improve the mental health and wellbeing of AFCYP including both serving and veteran families within West Scotland - more specifically around Helensburgh (Serving families) and Kilmarnock (Veteran community). The overall aim is to offer person-centred mental health and wellbeing support. This will involve generating ideas for building resilience and helping to produce digital support solutions in partnership with the Royal Caledonian Education Trust (RCET).

This service will be open for on line referrals in the near future and for face to face sessions, once restrictions allow.

For further information email lynne.clement@samh.org.uk or call 07860949357

Never Such Innocence

About us: At Never Such Innocence we aim to give children and young people across the world a voice on conflict. We offer opportunities to reflect on conflict throughout history and today through poetry, art, speech and song.



Workshops for Schools: Never Such Innocence offer schools across the UK workshops to help pupils create brilliant pieces of work to enter into their international competition. Workshops are facilitated by experienced poetry, speech and song writing professionals who are DBS checked. To request a workshop, contact enquiries@neversuchinnocence.com.

Voices of Armed Forces Children: Never Such Innocence is inviting Service children to have their voices heard through poetry, art, speech and song. Exciting opportunities will be available for those who participate!

Visit <https://www.neversuchinnocence.com/voices-of-armed-forces-children> for more information.

MOD DCYP – Children’s Education Advisory Services (CEAS)

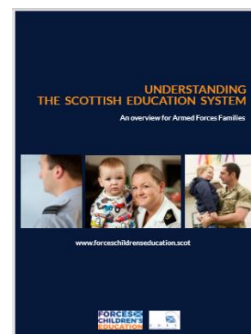
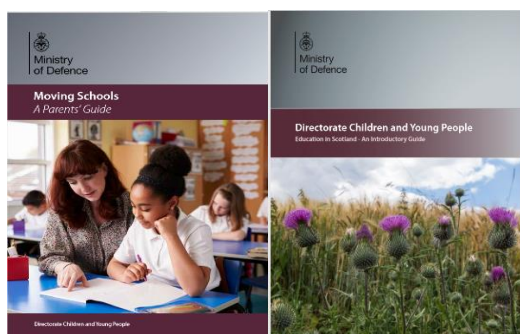
The following extracts are from a CEAS letter written for Head Teachers to outline the support that they provide for armed forces parents of school-aged children.

“Service-related lifestyle can be challenging for families with children of school-age, especially when their mobility is particularly high and/or when their child has Special Educational Needs or Disability/Additional Needs.

“You may or may not be aware of the educational support and advice which we can offer to Service families, and we can make a real difference when there are complications with a child’s educational provision, either at their current school or when they move on.

“Movements between systems can sometimes be confusing for parents, and this is something we can help them to navigate, whether they are moving into Scotland (and are unfamiliar with the Scottish education system), or moving elsewhere...”

If you feel that a family would benefit from our support, please do give them a copy of the leaflets and if appropriate suggest that they contact us at DCYP-CEAS-enquiries@mod.gov.uk



Ministry of Defence
Children’s Education Advisory Service - CEAS
Directorate Children & Young People
DCYP-CEAS-enquiries@mod.gov.uk

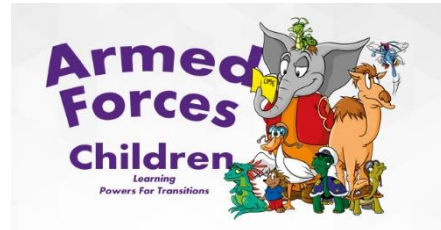
NOTE: These resources are all available on the ADES Forces Children’s Education website <https://forceschildrenseducation.org.uk/resources/>



Armed Forces Children's Comic

Carolyn MacLeod, National Transitions Officer has created a special comic and set of characters to help children during their transition to the Scottish education system.

The stories of introduction (before each comic) provide a context for life experiences of children of armed forces families. They help to connect the experience with a learning power that will be supportive in learning skills for life.



To view the comic please click on the following link

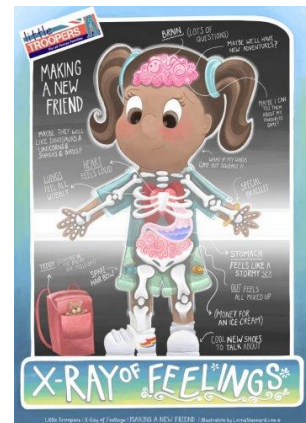
<https://edition.pagesuite.com/html5/reader/production/default.aspx?pubname=&edid=702413ef-85d5-4ffd-8f6c-af14252ad655>

Mental Health Resources for Teachers, Children and Young People

- Dekko Comics have produced a free mental health and wellbeing comic and teacher resource guide which you can download by clicking on the following link

<https://buff.ly/2ObyimR>

- Little Troopers - The X-Ray of Feelings resources are a series of five beautifully illustrated pictures showing an X-Ray of a child's body which undercovers some of the thoughts and feelings they might be experiencing when facing some military life situations such as 'my stomach feels like a stormy sea', 'my brain is full of questions', 'my heart feels loud', 'I have jelly knees', 'my head hurts because I miss mummy / daddy so much'. [X-Ray of Feelings - Little Troopers](#)



- Clare Shaw is an author of children's books about bereavement, parent being deployed etc. During the first lockdown last year she wrote a short story to help children understand "What's Going On?" It was well received and she has since updated this book regarding the vaccine.

To view please click on the following link

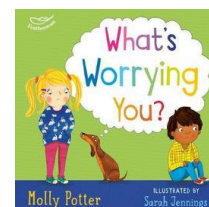
<https://www.flipsnack.com/CSKidsBooks/what-s-going-on.html>

To view Clare's website please click on the following link [Clare Shaw Children's Books – Mindful stories for children \(cskidsbooks.com\)](http://Clare Shaw Children's Books – Mindful stories for children (cskidsbooks.com))

What's Worrying You? (4 years +)

This is a **book for small children who have big worries**. It has step-by-step solutions for problems including falling out with a friend and getting in trouble at school.

It will help young children understand and deal with worries and give tips on controlling them. It has ideas for things to do when feeling overwhelmed by thoughts and feelings and even has step-by-step tips to get through various scenarios.



No Worries! An Activity Book for Young People who sometimes feel anxious or stressed (7 years +)

No Worries! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.

The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing.



Fighting Invisible Tigers: Stress Management for Teens – Earl Hipp

Stress is something we all experience, but research suggests that adolescents are affected in unique ways that can lead to increases in impulsive and risky behaviour. While eliminating stress completely isn't realistic, young people can learn to control how they respond to it. "Fighting Invisible Tigers" offers proven techniques that teens can use to deal with stressful situations in any environment - in school, at home, even among friends. It also includes fully up-to-date information on how stress affects health and decision making, as well as the latest stress management skills. Filled with interesting facts, real life stories, and fun activities, this is a great resource for teens everywhere.



NFF RESOURCES



Time, On My Watch

- nff.org.uk/timeonmywatch

This art project, which is funded by the Armed Forces Covenant Fund, gives family members of all ages an opportunity to show us how they spend their time and what it means to them. It's a great opportunity to get creative. Send in a photo of your work to us, so that we can feature it in our exhibition, which will be developed by artist Tim Mann. There's also a chance to win a prize in our draw, which is open to everyone who takes part.



Headspace

- nff.org.uk/headspace

Covid-19 has brought many additional new challenges, such as home-schooling, working from home and being apart from our usual network of family and friends. Headspace isn't just for adults - there are activities and meditation courses for different age groups from 5 years.

We are delighted to offer non-serving family members free access to Headspace with support from RN FPS.



Family Resource Project

- nff.org.uk/family-resource-project

Whether it is 'weekending' or deployment, we understand that our families spend a considerable amount of time away from each other. That is why our family resource project, funded by Royal Navy and Royal Marines Charity, can provide you with book resources to support resilience. The list of resources includes resources for all ages to assist with times of separation, parenting challenges, anxiety, bereavement and more.

If you would like further information on any of the above then please contact:-

Emer Flett - Service Pupil Advisor

Tel: 01436 658921

Email: emer.flett@argyll-bute.gov.uk

Twitter: @AdvisorPupil

Facebook: Service Pupil Advisor Helensburgh & Lomond