

## Benefits of the C.A.R.E. Programme:

- Increased understanding of emotions
- More confident in communicating feelings to others
- Increased tool box of strategies and techniques to cope with upsetting thoughts and feelings
- Greater knowledge and awareness of where and how to access help and support



Specialist Winchester CAMHS  
Avalon House  
Chesil Street  
Winchester

Phone: 0196283104  
E-mail:  
SPNT.specialistwinchestercamhs@nhs.net

Looking After Emotional Wellbeing

**C.A.R.E.**  
(Coping and Resilience Education)  
**PROGRAMME**

Health  
Wellbeing  
Happiness

A collaboration between Anstey Junior School  
& Winchester Child and Adolescent Mental Health Service

The poster is a vertical banner with a black border. At the top, a speech bubble contains the text 'Looking After Emotional Wellbeing'. Below this, the title 'C.A.R.E. (Coping and Resilience Education) PROGRAMME' is written in bold green letters. In the center is a large, hand-drawn yellow sun with a smiling face. Below the sun, the words 'Health', 'Wellbeing', and 'Happiness' are written in a green, cursive font, stacked vertically. At the bottom, a green box contains the text 'A collaboration between Anstey Junior School & Winchester Child and Adolescent Mental Health Service'. A dotted line separates the sun from the text below it.

## ▶ C.A.R.E. Programme

There is growing recognition that young people's emotional and mental health is an important component of overall health, wellbeing and happiness.



Anstey Junior School together with The School Nursing Team will be running an interactive and engaging emotional wellbeing programme developed by Hampshire Child and Adolescent Mental Health Service (CAMHS, Sussex Partnership NHS Trust) for all young people in Year 5.

### When:

1- week beginning 30th April 2018

2- week beginning 7th May 2018

3- week beginning 14th May 2018

All sessions will be held within school hours as part of the school day on either a Tuesday or Wednesday afternoon.

## Session Overview

### SESSION 1

- Learning to identify and express different emotions
- Learning a few techniques and strategies to cope and manage emotions

### SESSION 2

- Learning the links between our mind and body (fight/ flight/ freeze response) and the impact this can have on our emotions and ability to cope
- Learning more coping techniques and strategies

### SESSION 3

- Learning about difference and embracing our unique qualities in order to boost self-esteem
- Learning about how and where to access help and support if struggling to cope

### Optional Post-Programme Parent Workshop

Date: Tuesday 23rd May  
Time: 2pm–3pm  
Location: Anstey Junior School

The aim of this session will be to:

- share further details about the context of the programme
- To help parents support their child when they are struggling emotionally
- To provide details and advice relating how and where to access further help, advice and support if their child encounters emotional health difficulties