

Supporting our Children's Mental Health



At Kids Collective, we are extremely passionate about providing a safe, secure and fun environment for children in our care. In recent months, we've discovered there has been a huge increase in children and adults being diagnosed with mental health issues. After lots of research into this issue, we have uncovered some startling statistics.

- 75% of mental illnesses start during childhood, before the age of 18
- 50% of mental health problems in adult life take root before the age of 15 (excluding dementia)
- 10% of school children have a diagnosable mental illness
- 10% of children aged between 5 and 16 have been diagnosed with a mental health problem. This means on average in a class of 30 young people, three of them will have a mental health problem.

With mental health currently at the forefront of the media, people's mindsets are changing. Mental health is now recognised as being just as important as physical health, so Kids Collective decided to look into where we can help.

As a wraparound provision before and after school, we realise that children spend a lot of time away from home. This means it can be difficult for you to recognise when your child is experiencing difficulties that are concerning enough to seek out additional support.

We believe children and their parents should be supported through challenging life events. We fully support the potential introduction of mental health screening in schools, as this early intervention can prove crucial.

Children's behaviours, emotions and thoughts can be influenced by a range of experiences and situations. Kids Collective has created a variety of home support bags covering a range of these areas, including: Life's Firsts – Optician, Dentist and Hospital Visits

Bullying
Bereavement
New Siblings
Terminal/Long-Term Illness
New Home
Parent Separation

To support children and parents through these difficult and challenging times, each home support bag contains a variety of resources, including: coping strategies; activities and games; advice; guidance booklets and story books. Each bag also contains a 'Worry Monster' – a fantastic resource that encourages children to talk about the things that worry or trouble them. Your child can write their worries on a small piece of paper and feed them to the Worry Monster, who will gobble them up so they no longer need to worry.

These home support bags are stored at our head office. If you'd like to use one, please speak with a member of your Kids Collective team or email us at iwanttobe@kids-collective.co.uk

Further support links:

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>


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





APS 2017
Well Green Club 2008, 2012
Heyes Lane Club 2010, 2016
Navigation Club 2011, 2016
Cloverlea Club 2011, 2016
Bowdon Club 2012, 2016
Worthington 2018




Forthcoming Events

 **Carols By Torchlight - w/c 10th December.** Join the children for a sing song, mince pie and mulled wine. See individual clubs for dates.


 **Christmas Jumper Day - w/c 10th Dec** - In aid of Save the Children we'll be wearing festive threads until we break up for Christmas!

 **Christmas Parties/Movie Nights -**


APS - 17th December
Bollin - 20th December
Bowdon - 20th December
Cloverlea - 20th December
Heyes Lane - 21st December
Navigation - 21st December
Well Green - 19th December
Worthington - 20th December

 **Hanukka - 2nd - 10th December**


The children will be taking part in a variety of activities including making menorahs, spinning dreidel art, healthy menorah snacks and Star of David decorations.

 **Burns Night - 25th January 2019**


Children will explore Robert Burns Poetry and listen to some traditional Scottish music.

 **Australia Day - 28th January 2019**


The children will be learning all about Australia today by making flags, looking at Australian wildlife and have the chance to create some Aboriginal artwork.

 **Chinese New Year - 5th February 2019**


2019 is the year of the Pig! Children will learn about the celebration, take part in dragon dancing, make cards and sample some Chinese cuisine.

 **Valentine's Day - 14th February 2019**


Children can make cards for loved ones and bake cakes to take home.

 **St David's Day - 1st March 2019**

Children will create daffodils using a variety of media to mark this patron saint's day.

 **Shrove Tuesday - 5th March 2019**

Children will be celebrating Shrove Tuesday making their own pancakes and learning about the meaning of Shrove Tuesday through stories.

 **St Patrick's Day - 17th March 2019**

Go green to celebrate St Patrick - see your child's individual clubs for activities.

KIDS COLLECTIVE NEWS

What have we been up to?

Right; Heyes Lane celebrate Bonfire Night by making tasty sparkler treats!



Above; Bollin enjoy a week of healthy activities. Here the children are learning about healthy food, unhealthy food and the different food groups.



Left; Cloverlea celebrate Thanksgiving by making tasty apple pies.



Above; Worthington get germ busting and create blown germ monsters!



Above; Bollin showing their support by wearing odd socks and making sock puppets for Anti-Bullying week 2018

Right; Heyes Lane celebrate the great outdoors by creating natural collages.



Below; Navigation enjoy making art from natural



Above; The children have been learning about Islam. Asmaa created lots of Henna hand art.

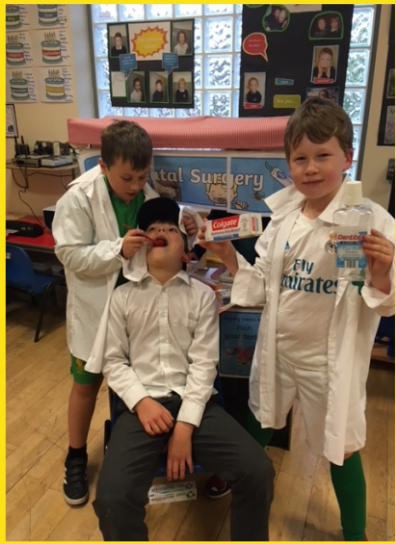




Left; Well Green enjoyed a week of transport themed activities. They took the model competition very seriously!



Above; Chess is a serious business at Cloverlea.



Left; Navigation's favourite place to be is in the role play area. This time it's a dentist surgery!



Left; Our team love playing in the role play area. Here Kurtis at Bowdon is enjoying a pamper session in our hairdressers.



Right; APS celebrated a 100 years of Roald Dahl. They baked Bruce Bogtrotter chocolate



Left; Well Green capture the staff and make a mummy out of them for Halloween!



Left & Right; The children love exploring the outdoors. Bowdon enjoy a nature hunt whilst Worthington create a banquet table outside!





HOLIDAY CLUBS

Outstanding childcare for 3 - 11

January 2019: 2nd - 4th January
February 2019: 11th - 22nd February

@

Altrincham Preparatory School
Bollin Primary School
Cloverlea Primary School

 0161 980 0003
 www.kids-collective.co.uk



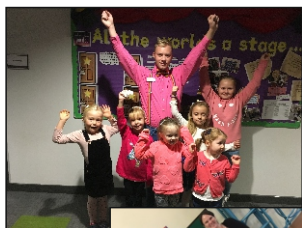



Community Matters



Clubs hosted a variety of events and raised a total of £418.76! Well Done & Thank you.

A big thank you to our clubs who collected much needed supplies for our local food banks. Thank you to all the parents that donated.



Thank you to those who took part in Wear Pink Day for Breast Cancer Awareness. We raised a total of £57.00



FREE WORKSHOPS

The children have been taking part in our Drumz Aloud Workshops. A great 1 hour workshop that explores rhythm and team work.



In the new year Gemma, our Deputy Group Manager will be visiting clubs to deliver a micro first aid workshop covering illness, CPR and recovery

This term we've been taking part in internet safety workshops held by Safer Children Ltd.

We've learnt how to stay safe online and when we should report any concerns.



TEAM TRAINING UPDATE

Embedding the EYFS, Preparing for Inspection, GDPR Law & Manual Handling

Entire Kids Collective Team

Health & Nutrition

Lisa B, Carol S, Ritsuko K, Jess H, Mair R, Emma E, Shannon B and Marta P.

Fire Marshall Training

All Club Leaders

Safer Working Practice

Asmaa B, Danny F, Rachel F, Tyler H, Shannon H, Sally I, Hannah K, Jeevan K, Candice M, Lisa P, Kurtis O, Marta P, Heather W.

Level 1 Safeguarding

Asmaa B, Rachel F, Tyler H, Shannon H, Candice M, Marta P, Vira D, Heather W.

A huge thank you to the team for your ongoing commitment to professional development.



Wishing all our Kids Collective families all the best for the festive season and the new year.



Kids Collective Ltd
27 Warwick Road, Hale, Cheshire WA15 9NP
Tel: 0161 980 000.
Email: iwanttobe@kids-collective.co.uk
www.kids-collective.co.uk
Kids Collective Ltd is part of the Elmscot Group ©2001-2018

