



# Family health & wellbeing!

## October 2022 Update

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## Halloween Activities

Stuck for things to do in the upcoming weeks to Halloween?  
Why not fill your spare time with some of these activities?



### Pumpkin carving

Research your favourite scary faces and with a parent or carer carve your pumpkin.



### DIY candy bags

Have any spare arts & crafts?  
Why not create yourself a trick or treating bag?



### Write a scary story

Use your imagination to create a scary story you can read out in class.



### Apple bobbing

Grab a bucket of water and some apples and try this activity with your family.



### Pumpkin picking

Stuck for something to do?  
At the weekend head down to your local pumpkin patch.



### Dress up

Have you got your costume ready? Try out as many costumes as you can.

## Trick or treat safety advice for children

### Do's

- 👻 Cross the street safely
- 👻 Walk on the path where possible
- 👻 Respect other peoples property
- 👻 Tell your parents where you are going
- 👻 Set a time you will be home

### Dont's

- 👻 Never go in a strangers house
- 👻 Only knock doors of decorated homes
- 👻 Do not take sweets off strangers
- 👻 Never damage other peoples property
- 👻 Never knock a door more than once

# Black History Month

Black History Months runs throughout October with the theme of Time for Change: Actions Not Words. Black History Month is an opportunity to recognise and celebrate the accomplishments of Black Britons throughout our history. It is a great way to learn about and remember important people and events There are many ways you can get involved with the campaign. Click on the links below to find out more:

- [Black History Month](#) – information, support and advice.
- [Mentally Healthy Schools](#) - A set of resources for schools for Black History Month, focusing on mental health themes.



## Dyslexia Awareness Week

Dyslexia Awareness Week will take place between 03-09 October 2022, with the theme of 'Breaking Through Barriers'.

Dyslexia is an information processing difficulty and can affect someone's reading and writing skills. Dyslexic people may have difficulty processing and remembering information they see and hear, which can affect learning. Someone with dyslexia can also struggle with their organisational skills.

It is believed that ten percent of the population are dyslexic, but it is still often poorly understood. You can learn more about dyslexia and find advice and available support services on the [British Dyslexia Association website](#).

Dyslexia affects more than just the ability to read and write. In fact dyslexia can have an effect on areas such as coordination, organisation and memory. Find out more about the signs of Dyslexia visit [here](#).



# Useful contacts

## Mental health & wellbeing

### CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

### Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

### Relate

Counselling service for young people.

### Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

## Family support

### Family Lives

Support for a wide range of topics relating to family life.

### Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

### Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)

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[www.compass-uk.org/services/c4h](http://www.compass-uk.org/services/c4h)

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