

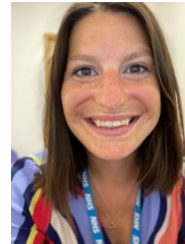


Welcome to our spring edition



As you know we are introducing you to members of our team which you may not have met yet.

Charlotte is a Clinical Psychologist. She works with children and young people looked after by our team, their siblings and/or parents, as needed. She helps people who feeling distressed associated with their health condition or where people are struggling to live with elements of having a medical condition.



Some of the things she commonly supports families with include:

- Understanding, and coping with a diagnosis
- Managing difficult feelings including anxiety, low mood, frustration and other emotions linked with living alongside a long term condition
- Managing specific fears related to procedures or experiences in hospital (e.g. of needles or blood transfusions)
- Non-medical help with symptoms such as pain and fatigue
- Keeping up with the things your child needs to do to keep themselves healthy (e.g. taking medications, drinking plenty of water)
- Some people with conditions like Sickle Cell Disease and Thalassaemia experience changes in their thinking and learning, either due to their condition or missing school due to difficult symptoms. Charlotte runs a Cognitive Assessment Clinic where she invites children into hospital to complete certain games and tasks designed to assess their thinking and learning skills. She also talks to parents and schools as part of this and then writes a report to summarise things she thinks might help them with thinking or learning.

If you would like more information or think your child would benefit from support with their condition please contact Hayley on 01173420658 or Hayley.wiles@uhbw.nhs.uk

Inside this issue:

Make a move 2

Mental Health Support 3



SAVE THE DATE

MAKE A MOVE!

with Bristol Royal Hospital for Children

Together...through treatment and beyond.

SATURDAY
2 SEPT
2023

**A day of different sporting activities
for patients both past and present.**

Patients 0-16 under the care of the
Oncology and Haematology Department.
Parents and siblings also welcome!

TeamBath Sports Training Village,
University of Bath,
Claverton Down, Bath,
BA2 7AY



**Limited spaces
so register your
interest now!**

make-a-move.org.uk



Bristol Royal Hospital
For Children



University Hospitals
Bristol and Weston
NHS Foundation Trust





From 6th—10th February we raised awareness of Children’s Mental Health week here on Ocean Unit.

If you feel you need support as a parent or that your child needs support with their well-being the websites below may be helpful.

<https://www.otrbristol.org.uk/> - Off the record is a mental health social movement by and for young people in Bristol and South Gloucestershire

<https://www.offtherecord-banes.co.uk/> - Off the record is a mental health social movement by and for young people in Bath

<https://www.kooth.com/> - Free, safe and anonymous support throughout the UK

<https://www.youngminds.org.uk/> - Mental health support and advice for parents, children/young people

<https://www.bewellglos.org.uk/category/children-young-people-and-families/> - Mental health support in Gloucester

<https://www.dcfp.org.uk/health-and-wellbeing/emotional-and-mental-health/> - Mental health support in Devon

<https://www.cornwall.gov.uk/health-and-social-care/mental-health/> - Mental health support in Cornwall

Bristol Children's Hospital
Upper Maudlin Street
Ocean Unit, Level 6
Bristol BS2 8BJ

Call Anna, Laura and
Morag CNS's on
01173428721 or
07747004996 or
07920545620

Or Hayley Benign
Haematology Family
Support Worker on
01173420658

If you would rather receive this newsletter in another format, for example via email please let us know. Also if you wish not to receive a copy please let us know using the details provided.

Energy bills and the cost of living is affecting us all. Below are a few websites which can help you with finances and cook nutritious meals on a budget:

Cookingonabootstrap.com
Moneysavingexpert.com
Citizensadvice.org.uk
Stepchange.org

If you are struggling to keep up repayments on your household bills always discuss with your energy provider, mortgage provider or housing officer.