



Bridge the Gap Child Mental Health

Rainbow and Sunshine Membership

The following services are included, please email enquirybridgethegap@outlook.com when you wish to book onto one of the sessions – please quote your membership number within the email. Any members being found to be sharing their membership will have it cancelled and no refund will be given – please see full terms and conditions below for details. Dates of sessions can be found on our websites 'Book Online' page.

Services in more detail:

1. Live webinars

Our webinars have received such wonderful feedback from our parents and school staff.

“Thank you for such an informative, engaging webinar, you are both so relatable and I feel I have come away with so many ideas on how to support my child’s mental health” Parent

We have been running these workshops for three years and we continue to update them every time we run them - we continue to evolve evidence-based practice through updated research in all parts of mental health and emotional literacy. Our webinars are LIVE where you can access support directly online through qualified professionals in emotional literacy and mental health. This allows parents and teachers to personalize the webinar and receive targeted information for their individual children. Our workshops have proven, through research and impact studies, to help parents and teachers increase awareness of mental health needs and how to support children to gain confidence, self esteem and build resilience.

2. Recorded webinars

Each of our webinars are available on demand as we record our live delivery sessions. This allows for parents and teachers to access our sessions whenever they like, and still gain all the brilliant advice. Also gives you the joy of pausing and rewinding if required!

3. Mini Relaxation Kits – Children and adults

We talk about relaxation kits A LOT at Bridge the Gap as they are amazing for supporting children and adult mental health and wellbeing, as well as promoting good sleep. We sell these on our online shop but you get one delivered for free when you buy into the membership for both a parent and child. These include a mixture of small items that are proven to scaffold mental health and emotional



literacy development. To include: a feather, a scented ribbon, mini squishy toy, wooden button, stickers, mini fiddle toy and a book full of effective coping strategies such as breathing and grounding exercises. In the adult's kit they get a scented Yankee tealight, herbal teabag, coping strategies book, scented ribbon, feather, marble in net, wooden button.

4. Vulnerable Child Pack Delivered

As part of our community work at Bridge the Gap we offer vulnerable children full packs of goodies that promote and scaffold emotional literacy and wellbeing! These are available for anyone to donate to and leave a message of support for children who cannot easily access mental health support across the UK. These might be children within nurseries or schools in deprived areas, social care, foster families, adoption services, women's refuges, or other vulnerable areas. The packs include: Understanding anxiety guide, squishy toy, pack of bubbles, glider, pack of stickers, mini relaxation kit (as above), bubble breathing postcard, handwritten message of support, mini fidget toy, handknitted soft toy. For every membership bought, we will send out one of these kits to a vulnerable child.

5. 3-week parent course – supporting your child's mental health

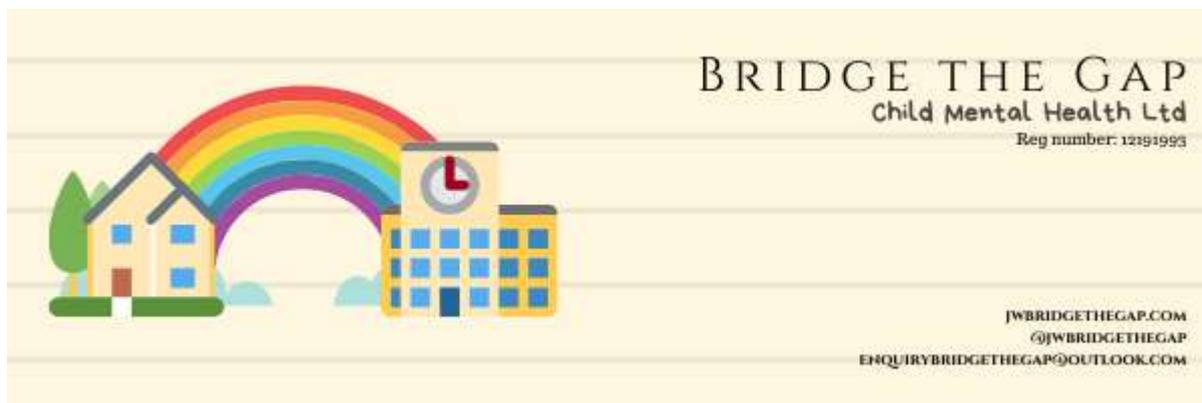
This course has been incredibly popular as it covers a LOT about child mental health and how to embed good coping strategies to support wellbeing. This course is currently being researched by the University of Derby and already the feedback has been amazing:

"I feel I have so many tools to support my child's mental health, I feel heard and supported like I never have before" Parent

The course focuses primarily on: emotional literacy, anxiety, sleep, screen time, coping strategies, warning signs, when to access support for your child and how, relaxation techniques and more. A thorough course, empowering parents to be able to support their own child's mental health and to not feel alone in the process.

6. Parent and Child 7 Week Sessions

7 weeks – a session a week for an hour a time – these sessions are aimed at starting conversations around mental health in the home; encourages parents to share time with their children exploring and having fun together around emotions. Really lovely, laid back sessions for child and parent to access together in a safe way. Our feedback reports for this have shown that the sessions have allowed children to share more and talk with their parents more than they ever have. These 7 sessions cover the following areas: Week 1 - Emotions and Storm Starters Week 2 - Understanding Anxiety Week 3 - Grounding and Soothing Strategies Week 4 - Self-esteem - 'The Value of YOU' Week 5 - Sleep Week 6 - A Gratitude Attitude Week 7 - Let's



Reminisce! Includes a free resource pack that will be sent via special delivery to your address. The pack includes all the resources you need to take part in the sessions. You will need to be available to attend all of the sessions LIVE as no recordings will be available. These are designed for you to enjoy with your child, opening up conversations around emotions and wellbeing, they are developed to be connection fuelling and bonding. We hope it is the start of your connection with our friendly Bridge the Gap community. Children can chat to the host and each other via the chat bar and ask questions using the Q&A tool bar but we will not be able to see or hear you. We love these sessions and we CAN'T WAIT to share them with you.

7. Understanding Emotions and Boosting Self Esteem

This popular 4-week course is just for children to access without their parent present. We run this course regularly with a group of 6 children (currently online due to social distancing restrictions) and the feedback from the children has shown that this space is very much needed for children:

"I feel normal, I'm not alone, I understand more about emotions than before."

Children will attend with their video on, via Zoom link with 2 members of Bridge the Gap and work through a fun program all based on Cognitive Behavioural Therapy skills to improve mental health and wellbeing. The sessions cover: Emotions, Self Esteem, Gratitude, Understanding anger, relaxation, and coping strategies. Helping children understand the links between thoughts, feelings and behaviour improves mental health in a long-term way.

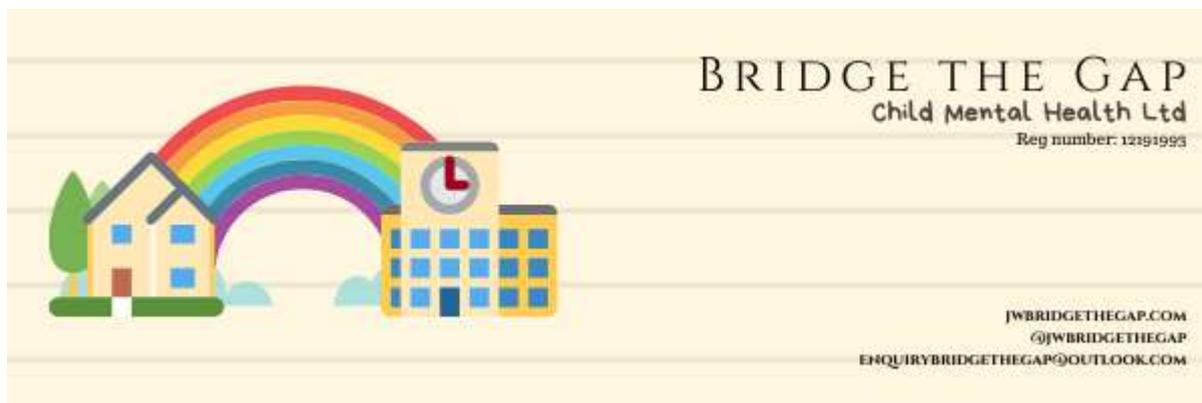
8. Fun with Feelings for children – 6-week sessions of afterschool

Really fun sessions for children to access afterschool time to include a story, an activity and a short talk based around emotional literacy and boosting self-esteem. Delivered in a safe, therapeutic way by a member of our team at Bridge the Gap.

9. Adult ACT therapy sessions

Join Nikki in a fun, informative and self-explorative series of 7 'ACT' workshops online!! A place to really engage in wellbeing for YOU.....

Acceptance and commitment therapy (ACT) is an action-oriented approach to psychotherapy that stems from traditional Cognitive Behaviour Therapy (CBT). It helps people learn to move away from avoiding, denying, and struggling with inner emotions and, instead, accept that these deeper feelings are appropriate responses to certain situations that should not prevent us from moving forward in our lives. With this understanding, we begin to accept issues and hardships and commit to making necessary changes, regardless of what is going on in our lives, and how we feel about it. This series of ACT sessions will help you understand yourself better, help you learn to acknowledge difficult



emotions and move through them towards your values in life. We will focus on understanding our core values, what really drives us and what we need to change in our lives to really commit to those goals we set. I love ACT – it really helps us move towards what we want our lives to be, how to really place value in all aspects of our life. These sessions are delivered by ‘ACT’ accredited practitioner and mental health nurse Nikki Webster. They will be delivered online in small groups of 10 so that you can really make the most of the program for your own individual needs. It will be a safe, non-judgemental space. These sessions are truly for YOU (available age 16+).

These 7 workshops will be based on the following topics:

- Life not as we know it – Time to explore current anxieties, struggles and stresses
- Nurturing Emotions – Understanding Emotions, Thoughts and how they link to our Behaviour
- Accepting Difficult Emotion – Coping strategies to help us move through stress in our lives
- The Internal Struggle – Understanding what prevents us from moving towards our goals or values.
- Committing to our Values and Changing Beliefs – What do we really want our life to be, how do we make it happen?
- Mindfulness, Grounding and Gratitude – Exploring coping strategies to help us through to our values
- Sleep and Relaxation – Hints and tips for reducing stress
- You also get a full packed ACT Wellbeing Workbook to download and complete alongside the course.

10. Monthly Bridge the Gap postcard sent out to your address

We will hand write and deliver a postcard with a message of support or empowering statement for your child every month!

Terms and Conditions

The fee of £29.95 a month is payable over a 12-month period

After 12 months payments will cease, and the membership will stop

A new membership may be purchased after the 12-month period.

Links are for members only, and registration will be required to gain access, we can then check details against our register. Any member found to be sharing their links with others will be contacted and membership will be under review. This is to protect and sustain our service. Our courses, resources and sessions have taken years to develop, the value of this work should always be



considered and respected. If you know somebody who needs the support, please let them contact us and we will support them in the ways that are accessible to them.

Once your membership has started you can contact us to book and gain a link for any of the LIVE webinars, recordings, or for a place on a programme or after school session. This request should be emailed to enquirybridgethegap@outlook.com.

You may request a list of dates that sessions are planned for so you can plan for potential webinars you would like to view LIVE.

If your child attends the 4-week sessions, then an agreement must be signed prior to the start of sessions.

The agreement contains the following information:

I agree that once my child is logged into the Zoom meeting with a member of Bridge the Gap Child Mental Health, the room shall remain private in order to retain a safe, therapeutic space for my child. All members of the household must remain outside of the room to maintain confidentiality and dignity for the duration of the session.

I agree that I will not share any of the Bridge the Gap Child Mental Health worksheet content with third parties.

For the child taking part in the session:

I agree that I will not screen shot any part of the Zoom session unless I am asked to by the Community Mental Health Practitioner.

I agree that I will not send any worksheets shared by Bridge the Gap Child Mental Health during the session to other people.