



# Ysgol Uwchradd Llanidloes High School Health, Wellbeing and Support Booklet



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

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# Kooth

Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free, there is no cost, and it offers complete anonymity. All you need to do is visit [www.kooth.com](http://www.kooth.com) and sign up for free.

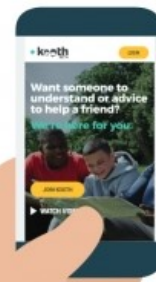
## How to sign up to kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:  
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages and articles are accessible at any time.

Log on through mobile, laptop and tablet.



[www.kooth.com](http://www.kooth.com)

<p>1 Click on the <b>Join Kooth</b> button located in the centre of the home page of the Kooth website</p>	<p>2 Choose from the drop down box the location you are in</p> <p>The place I live is...</p> <p>Choose <input type="text"/></p>
<p>3 Click on the gender you identify with I am...</p> <p>Male <input type="checkbox"/> Female <input type="checkbox"/></p> <p>Agender <input type="checkbox"/> Gender Fluid <input type="checkbox"/></p>	<p>4 Choose from the drop down box the ethnicity that best fits you</p> <p>My ethnicity is...</p> <p>Choose <input type="text"/></p>
<p>5 Add the month and year you were born</p> <p>I was born in...</p> <p>Year <input type="text"/> Month <input type="text"/></p> <p>Choose <input type="text"/> Choose <input type="text"/></p>	<p>6 Create an anonymous username (not your real name) and secure password</p> <p>I would like this username</p> <p><input type="text"/></p> <p>My password will be</p> <p><input type="text"/></p>
<p>7 Choose from the drop down box to explain where you found out about Kooth</p> <p>Where did you learn about Kooth?</p> <p>Choose <input type="text"/></p>	<p>8 Click on the <b>Create Account</b> button to complete your registration</p>

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team."

[www.kooth.com](http://www.kooth.com)

# What can you do on Kooth:

The screenshot shows the Kooth website interface. At the top left is the Kooth logo. In the center is a teal box titled "HOW DO YOU FEEL TODAY?" with a form to log feelings and a "SUBMIT" button. To the right is a chat icon and the name "Sadams". Below the teal box is a menu with options: Goals, Journal, Links, Meet the Team, and Feedback. Three arrows point from the teal box to the text "News and articles you can read.", "Discussion boards and Blogs you can join to read and comment on.", and "Everyday between 12:00 and 22:00 you can chat with a member of the Kooth counselling team.".

News and articles you can read.

Discussion boards and Blogs you can join to read and comment on.

Everyday between 12:00 and 22:00 you can chat with a member of the Kooth counselling team.

Goals	>
Journal	>
Links	>
Meet the Team	>
Feedback	>



Free, safe and anonymous online support for students

Monday - Friday 12pm - 10pm  
Saturday - Sunday 6pm - 10pm

● Offline

LOGIN

IN CRISIS?

## On Kooth you can



Chat online to qualified counsellors



Read articles written by other students

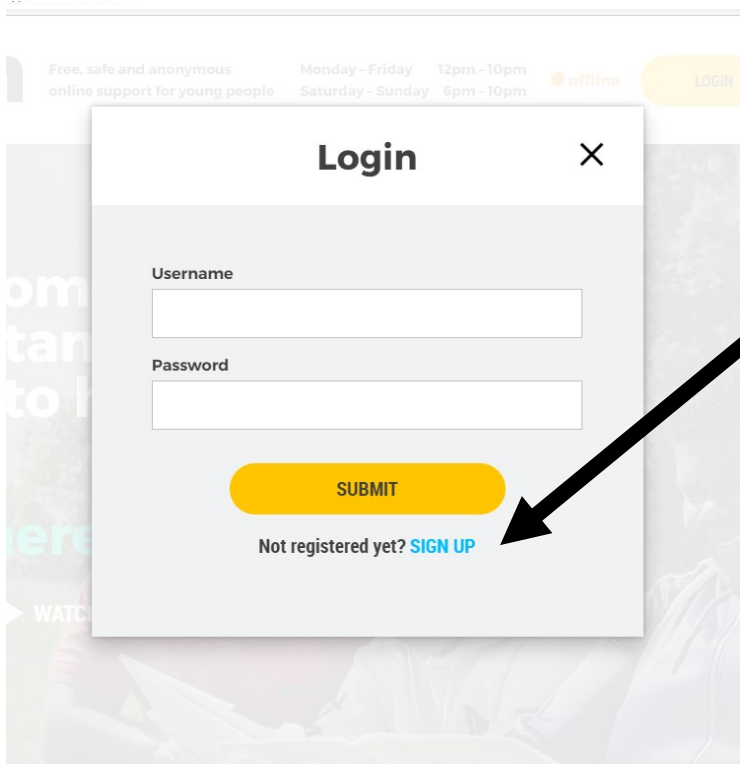


Get online support from the Kooth community



Set personal goals and record how you feel

# How to sign up to Kooth:



Free, safe and anonymous online support for young people

Monday - Friday 12pm - 10pm  
Saturday - Sunday 6pm - 10pm

offline LOGIN

## Login

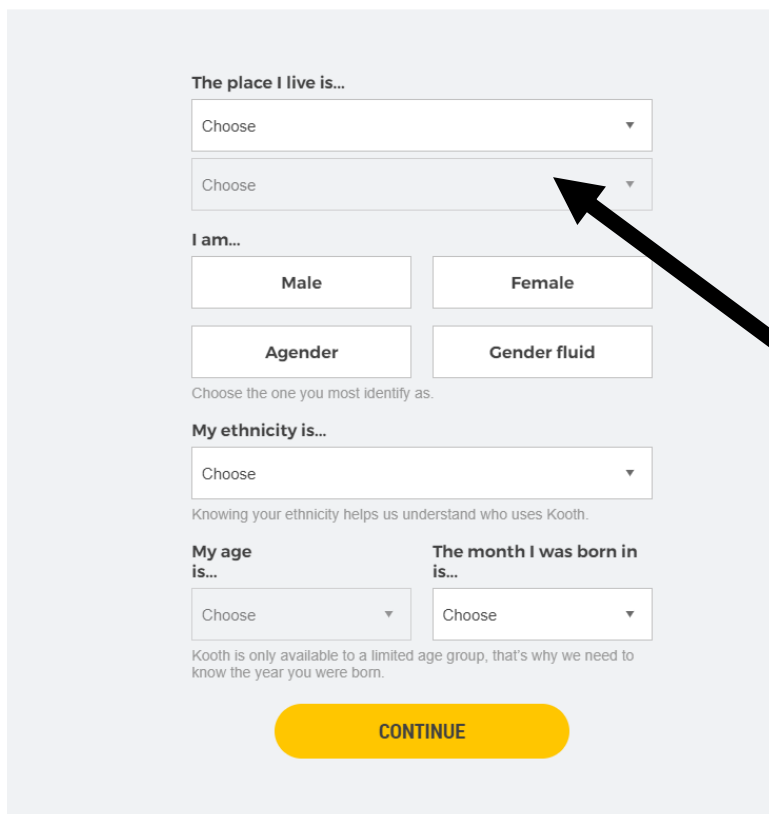
Username

Password

SUBMIT

Not registered yet? [SIGN UP](#)

If you haven't signed up to Kooth before then click the blue 'Sign up' button at the bottom of the box.



The place I live is...

Choose

Choose

I am...

Male Female

Agender Gender fluid

Choose the one you most identify as.

My ethnicity is...

Choose

Knowing your ethnicity helps us understand who uses Kooth.

My age is... The month I was born in is...

Choose Choose

Kooth is only available to a limited age group, that's why we need to know the year you were born.

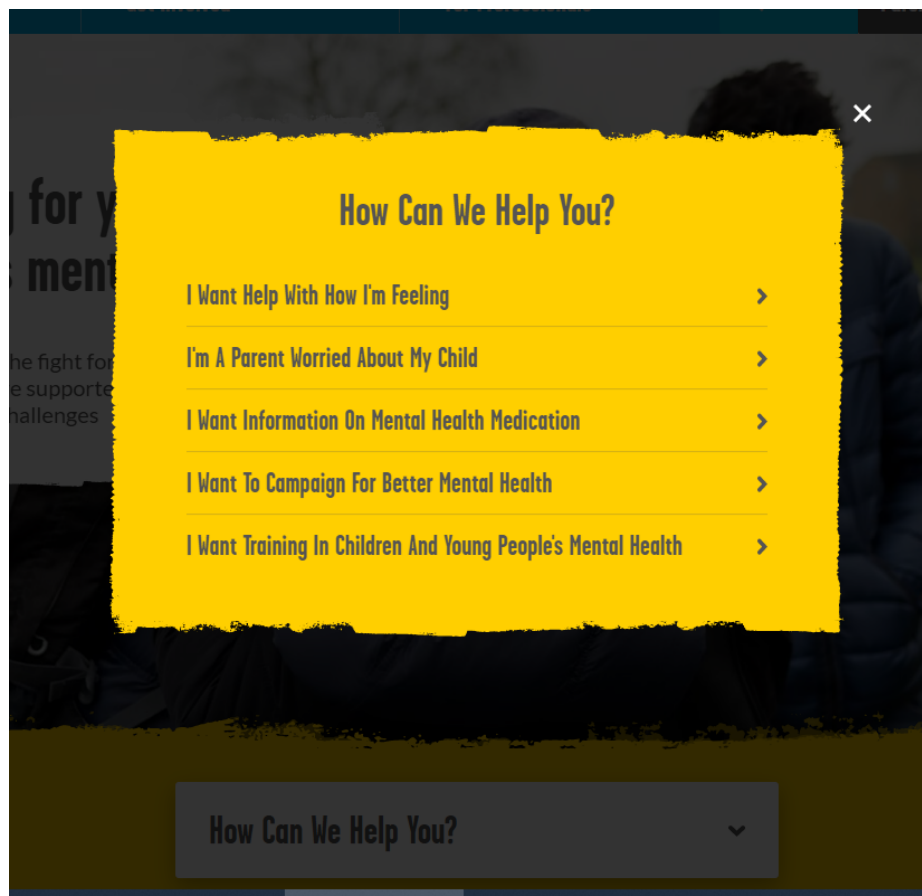
CONTINUE

It will ask you a few questions, this is all confidential and will not be used to know who you are. It is entirely anonymous.

# Alternative options:

Young Minds - [www.youngminds.org](http://www.youngminds.org)

Young Minds UK are a mental health charity that aim to make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges. For advice on a wide range of issues just visit the Young Minds website.



# Alternative options:

**Cruse Bereavement Care** - <https://www.cruse.org.uk/>

Cruse Bereavement Care looks at grief, and how bereavement affects people. Grief is a natural process, but it can be devastating. The website offer lots of different kinds of support, such as articles cover what you can do to help yourself, and what you can do to help others.

The screenshot shows the Cruse Bereavement Care website. At the top left is the logo, which consists of a stylized '3' and the text 'Cruse Bereavement Care'. To the right of the logo, the text reads 'Call our free helpline ☎ 0808 808 1677', 'Opening hours >', and 'helpline@cruse.org.uk'. A yellow 'Donate' button is located in the top right corner. Below the header is a purple navigation bar with the following menu items: 'Get help ▾', 'Get involved ▾', 'Training ▾', and 'About Cruse ▾'. A search bar with a magnifying glass icon is on the right side of the navigation bar. The main content area features a large purple banner with the text 'Services' and 'Coronavirus: dealing with bereavement and grief'. Below this text is a yellow 'Find out more' button. To the right of the banner is a photograph of a woman wearing glasses and a headset, talking on a phone in a call center setting. Below the banner, there is a white box with the text 'We offer support, advice and information to children, young people and adults when someone dies.' At the bottom of the page, there are three small photographs: the first shows a woman with a headset working at a computer; the second shows a man in a plaid shirt talking to a young boy; the third shows a group of people sitting around a table, engaged in a discussion.

# Alternative options:

## Mind UK - <https://www.mind.org.uk/>

When you're experiencing a mental health problem, supportive and reliable information can change your life. Mind UK empower people to understand their condition and the choices available to them through:

- Their Infoline which offers callers confidential help for the price of a local call
- Legal Line which provides information on mental health related law to the public, service users, family members/carers, mental health professionals and mental health advocates
- Their award-winning publications and website, now certified by the Information Standard.

**mind**  
for better mental health

Information & support About us News & campaigns Get Involved Workplace Shop

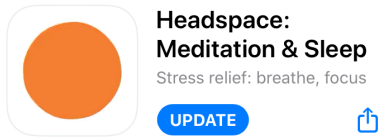
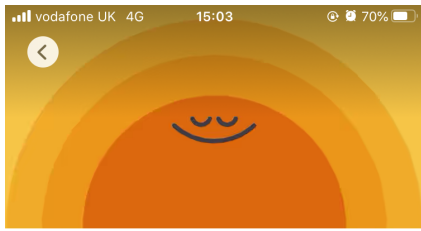
Don't know where to start? **Start here.** We can help you make choices about treatment, understand your rights or reach out to sources of support.

Can you support us? £ enter amount **> Next step**

- > A-Z Mental health
- > Information & support
- > Find your local Mind



# Apps to support wellbeing:



★★★★★  
4.8, 224K Ratings

Editors' Choice  
Apps

No. 4  
Health & Fitness

4+  
Age

## What's New

[Version History](#)

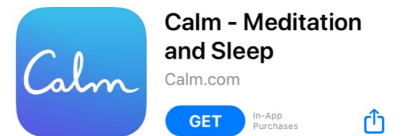
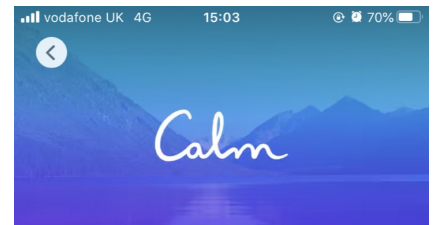
Version 3.104.0 1d ago

Thanks for using Headspace! This update includes bug fixes and performance improvements. [more](#)

## Preview



**Headspace App**—There are thousands of studies that have shown mindfulness meditation can positively impact mental and physical health. Whether it's by [reducing stress](#), [improving sleep](#), [increasing focus](#), or improving relationships, research shows mindfulness works. While the research on mindfulness, especially digital mindfulness programs, is still growing, there is evidence to support the use of mindfulness training for many outcomes.

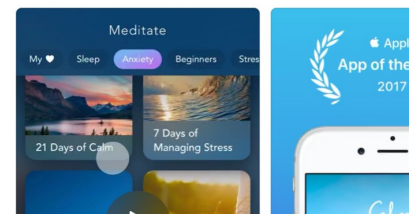


★★★★★  
4.7, 140K Ratings

Editors' Choice  
Apps

No. 2  
Health & Fitness

4+  
Age

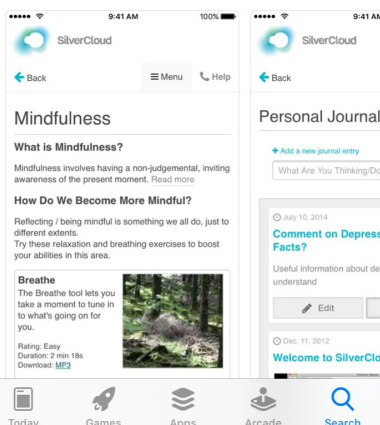


**Calm**—Calm is an app for sleep, relaxation, and mindfulness meditation, built to **help you feel calm** in a natural way that's in tune with your body's innate ability to switch from 'ready for action' to 'resting'.



2.5 ★★★★★  
18 Ratings

17+  
Age



**SilverCloud Toolkit**—SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.

# Coping Skills and Strategies:

Coping skills are things we can do to make ourselves feel better when we are going through difficult times. The activities listed below are things you can do to help you feel better when you are upset or anxious.

## TAKE CARE OF YOURSELF

Eat healthy food

Sleep Well

Understand how you are feeling

Talk to someone close to you about how you are feeling

Take a break

Use a worry stone or doll

## EXERCISE

Go for a walk

Do a sport you enjoy

Do Yoga or Pilates exercises

## CHANGE YOUR THOUGHTS BY USING DIFFERENT PARTS OF YOUR BRAIN

Read

Write a story or a poem

Set a goal

Learn something new

Write in a journal

# Coping Skills and Strategies:

## **KEEP A POSITIVE ATTITUDE**

Make a list of things you like

Focus on what you can control

Say positive affirmations – “I am...”

Use a stress ball

Take 10 deep breathes

Do figure of 8 breathing

Use the ‘Be Calm’ grounding technique:

Look around and find –

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

## **DO THINGS YOU ENJOY**

Draw or colour

Enjoy nature

Laugh

Sing

Hang out with friends

Play a game

Watch a film

Paint

Listen to music (make a playlist)

Doodle – Zen Doodling is great

Make a list of things you like or that make you happy

**MOST IMPORTANTLY:**

**TAKE TIME FOR YOU**

**YOU ARE IN CHARGE OF YOU**

**BE NICE TO YOURSELF.**

# Relaxation Techniques:

When a person is confronted with anxiety, their body undergoes several changes and enters a special state called the fight-or-flight response. The body prepares to either fight or flee the perceived danger.

During the fight-or-flight response it's common to experience a "blank" mind, increased heart rate, sweating, tense muscles, and more. Unfortunately, these bodily responses do little good when it comes to protecting us from modern sources of anxiety.

Using a variety of skills, you can end the fight-or-flight response before the symptoms become too extreme.

These skills will require practice to work effectively, so don't wait until the last minute to try them out!

## Deep Breathing

It's natural to take long, deep breaths, when relaxed. However, during the fight-or-flight response, breathing becomes rapid and shallow. Deep breathing reverses that, and sends messages to the brain to begin calming the body. Practice will make your body respond more efficiently to deep breathing in the future.

- Breathe in slowly. Count in your head and make sure the inward breath lasts at least 5 seconds. Pay attention to the feeling of the air filling your lungs.
- Hold your breath for 5 to 10 seconds (again, keep count). You don't want to feel uncomfortable, but it should last quite a bit longer than an ordinary breath.
- Breathe out very slowly for 5 to 10 seconds (count!). Pretend like you're breathing through a straw to slow yourself down. Try using a real straw to practice.
- Repeat the breathing process until you feel calm.

## Imagery

Think about some of your favourite and least favourite places. If you think about the place hard enough—if you really try to think about what it's like—you may begin to have feelings you associate with that location. Our brain has the ability to create emotional reactions based entirely off of our thoughts. The imagery technique uses this to its advantage.

- Make sure you're somewhere quiet without too much noise or distraction. You'll need a few minutes to just spend quietly, in your mind.

# Relaxation Techniques:

- Think of a place that's calming for you. Some examples are the beach, hiking on a mountain, relaxing at home with a friend, or playing with a pet.
- Paint a picture of the calming place in your mind. Don't just think of the place briefly—imagine every little detail. Go through each of your senses and imagine what you would experience in your relaxing place. Here's an example using a beach:
  - a. Sight:* The sun is high in the sky and you're surrounded by white sand. There's no one else around. The water is a greenish-blue and waves are calmly rolling in from the ocean.
  - b. Sound:* You can hear the deep pounding and splashing of the waves. There are seagulls somewhere in the background.
  - c. Touch:* The sun is warm on your back, but a breeze cools you down just enough. You can feel sand moving between my toes.
  - d. Taste:* You have a glass of lemonade that's sweet, tart, and refreshing.
  - e. Smell:* You can smell the fresh ocean air, full of salt and calming aromas.

## Progressive Muscle Relaxation

During the fight-or-flight response, the tension in our muscles increases. This can lead to a feeling of stiffness, or even back and neck pain. Progressive muscle relaxation teaches us to become more aware of this tension so we can better identify and address stress.

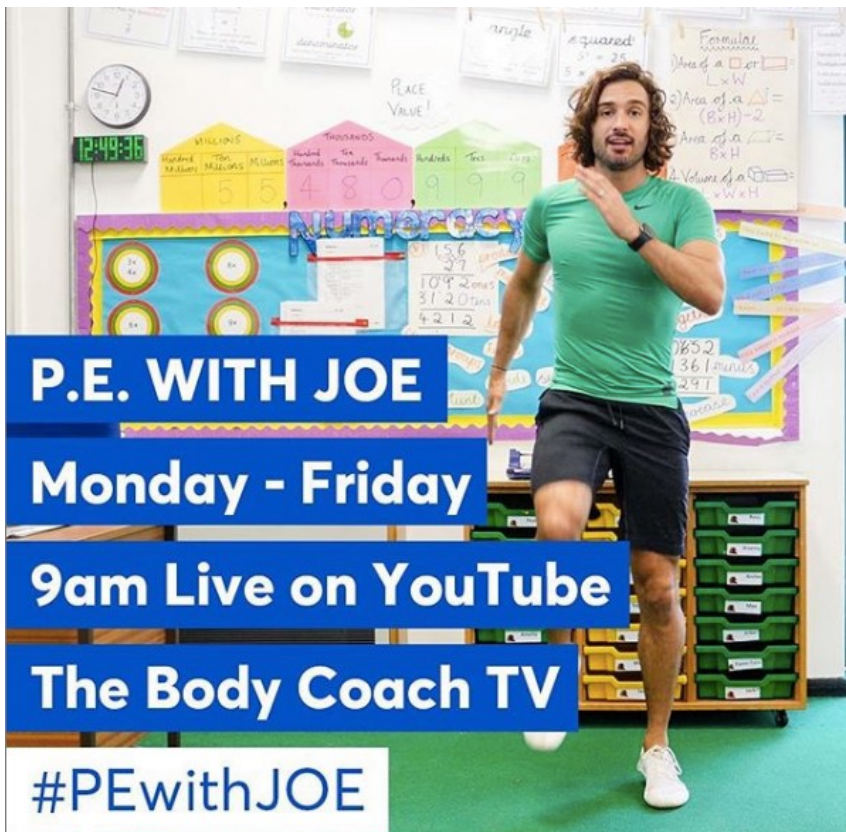
- Find a private and quiet location. You should sit or lie down somewhere comfortable.
- The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practice with your feet.
  - a. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.
  - b. Release the tension from your toes. Let them relax. Notice how your fingers feel differently after you release the tension.
  - c. Tense the muscles all throughout your calf. Hold it for 5 seconds. Notice how the feeling of tension in your leg feels.
  - d. Release the tension from your calf, and notice how the feeling of relaxation differs.
- Follow this pattern of tensing and releasing tension all throughout your body. After you finish with your feet and legs, move up through your torso, arms, hands, neck, and head.

# Health and Fitness

**Joe Wicks—PE with Joe**—<https://www.youtube.com/user/thebodycoach1?reload=9>

Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins.

Every single day from Monday to Friday Joe Wicks is going to do a live workout called 'PE with Joe' on his Youtube Channel, The Body CoachTV. The sessions could help to get you moving and feeling more energised, positive and optimistic.



 **thebodycoach** • Follow

 **thebodycoach** I produce so much free fitness content online and I never ask for anything in return but today I need your help 🙏 I need your support to help spread this online so as many parents as possible know that this is an option for them to use next week. I am holding LIVE PE lessons at 9am Monday to Friday on my YouTube channel for children of all ages. All I need is for you to screen shot this and post it on your wall, story, Twitter, facebook, whatsapp, linked in and anywhere else. Parents are going to be under pressure next week and for 30 minutes a day I can take over and inspire and energise the kids to get active, bounce around and have fun. You can even join in with the kids. Please share away. This is going to help

👍 🗨️ 📌  
**17,987 likes**  
1 HOUR AGO

Log in to like or comment.

# Advice and support for all kinds of problems:

## **Childline**

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.

Phone 0800 1111 (24 hours)

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

## **The Mix**

Information, support and listening for people under 25.

Phone 0808 808 4994 (24 hours)

<https://www.themix.org.uk/get-support/speak-to-our-team>

## **Youth Access**

Get connected with the right support services and organisations in your area. For anyone aged 11-25.

<https://www.youthaccess.org.uk/services/find-your-local-service>

## **Samaritans**

24 hour confidential listening and support for anyone who needs it. (Adults included.)

jo@samaritans.org

Phone 116 123 (24 hours)

## **B-eat**

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18.

Phone 0345 634 7650 (4pm – 10pm 365 days a year)

<https://www.beateatingdisorders.org.uk/>

# Advice and support for all kinds of problems:

## **Frank**

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else.

0800 7766 00 (24 hours, won't show up on your phone bill)

<http://www.talktofrank.co.uk/>

## **Children's Legal Centre**

Legal advice and representation for children and young people, plus information about your legal rights as a child.

<https://lawstuff.org.uk/contact-us/>

## **Stonewall**

The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice and where to get local support.

Call their information service on 08000 50 20 20

<https://www.stonewall.org.uk/help-advice/coming-out/coming-out-young-person>

## USEFUL CONTACT DETAILS:

<b>Mrs C Taylor</b>	<b>Deputy Headteacher - Teaching &amp; Online Learning</b>	<b>C.Taylor@llanidloes-hs.powys.sch.uk</b>
<b>Mr R Williams</b>	<b>Assistant Headteacher - Wellbeing / Safeguarding Officer</b>	<b>R.Williams@llanidloes-hs.powys.sch.uk</b>
<b>Mrs A Lewis</b>	<b>Family Liaison Officer Deputy Safeguarding Officer</b>	<b>P.Lewis@llanidloes-hs.powys.sch.uk</b>
<b>Mr M Scrase / Mrs T Turner</b>	<b>GOFAL – Social Inclusion Officers</b>	<b>gofal@llanidloes-hs.powys.sch.uk</b>
<b>Mrs S Thomas-Young</b>	<b>FSM Coordinator / Learning Coach</b>	<b>S.Thomas-Young@llanidloes-hs.powys.sch.uk</b>
<b>Mr D Craig</b>	<b>Digital Lead</b>	<b>W.Craig@llanidloes-hs.powys.sch.uk</b>
<b>Mr N Gibson</b>	<b>IT Technician</b>	<b>N.Gibson@llanidloes-hs.powys.sch.uk</b>
<b>Mrs A Beese</b>	<b>Additional Learning Needs coordinator</b>	<b>A.Beese@llanidloes-hs.powys.sch.uk</b>
<b>Mrs J Charles</b>	<b>ASD Lead</b>	<b>J.Charles@llanidloes-hs.powys.sch.uk</b>
<b>Ms B Harrison</b>	<b>Year 7 Leader</b>	<b>B.Harrison@llanidloes-hs.powys.sch.uk</b>
<b>Mr A Thomas</b>	<b>Year 8 Leader</b>	<b>A.Thomas@llanidloes-hs.powys.sch.uk</b>
<b>Mr F Rocher-Jones</b>	<b>Year 9 Leader</b>	<b>f.rocher-jones@llanidloes-hs.powys.sch.uk</b>
<b>Miss N Davies</b>	<b>Year 10 Leader</b>	<b>N.Davies@llanidloes-hs.powys.sch.uk</b>
<b>Dr E Palfrey</b>	<b>Year 11 Leader</b>	<b>E.Palfrey@llanidloes-hs.powys.sch.uk</b>
<b>Mr A Morel</b>	<b>Year 12 Leader</b>	<b>A.Morel@llanidloes-hs.powys.sch.uk</b>
<b>Mrs J Jerman</b>	<b>Assistant Head - Head of 6th Form</b>	<b>J.Jerman@llanidloes-hs.powys.sch.uk</b>
<b>Office</b>	<b>General Queries</b>	<b>Office@llanidloes-hs.powys.sch.uk</b>

## Emotional Health and Wellbeing Services in Powys Central Contact Information for Children, Young People and Families

**School Nursing** 01547 521207

**CAIS** (Young Persons Substance Misuse)  
03007772258 [www.cais.co.uk](http://www.cais.co.uk)

### **Youth Intervention Service**

(South and Mid) – Mary Evans [mary.evans@powys.gov.uk](mailto:mary.evans@powys.gov.uk)

(North) – Simon Titley [simon.titley@powys.gov.uk](mailto:simon.titley@powys.gov.uk) Detached Youth  
Work Team – contact the team at [https://www.facebook.com/  
DetachedYouthPowys/](https://www.facebook.com/DetachedYouthPowys/)

### **Open Access Youth Service**

01874612226

Helen Quarrell - 07805024126

Rhodri Jones – 07909882525

Facebook page – Powys Open Access Youth Workers

Instagram – powysopenaccessyouthworkers

Twitter – Powys Open Access Youth Workers - @PowysOAYW

Email – [youth.service@powys.gov.uk](mailto:youth.service@powys.gov.uk)

Brecon Youth Club – <https://www.facebook.com/Breconyouthcentre/>

Penrhos Youth Club – <https://www.facebook.com/penrhosyouthclub/>

Newtown Youth Club – <https://www.facebook.com/YouthClub-Newtown-121812497932989/>

Llandrindod Youth Club – <https://www.facebook.com/Llandod-YouthClub-331272480221703/>

### **Xenzone and Kooth (counselling)**

Louise Greenwood - 07975590119 or [Louise.greenwood@xenzone.com](mailto:Louise.greenwood@xenzone.com)

Referral link for professionals - [www.koothf2f.com](http://www.koothf2f.com)

Kooth website - [www.kooth.com](http://www.kooth.com)

**Child and Adolescent Mental Health Services (CAMHS)** 01874 615662

### **Additional Learning Needs (ALN)**

Mike Wheeler - 01597 826 281 or [mike.wheeler@powys.gov.uk](mailto:mike.wheeler@powys.gov.uk)

**Educational Psychology**

Alun Flynn – 01686 614044 or [alun.flynn@powys.gov.uk](mailto:alun.flynn@powys.gov.uk)

Caroline Rees - [caroline.rees@powys.gov.uk](mailto:caroline.rees@powys.gov.uk)

Hayley Smith - 01597 826705 or [hayley.smith1@powys.gov.uk](mailto:hayley.smith1@powys.gov.uk)

**Tros Gynnal Plant** (Advocacy service)

Phone - 01545 571865

Email - [midandwestwales@tgpcymru.org.uk](mailto:midandwestwales@tgpcymru.org.uk)

Website - [www.tgpcymru.org.uk](http://www.tgpcymru.org.uk)

**Credu** (Young Carers)

Phone: 01597 823800

Email: [Bekcy@credu.cymru](mailto:Bekcy@credu.cymru)

You can still get support over the phone by ringing your outreach worker or the office and via social media.

Please do not hesitate to contact us about anything that is concerning you and your family. If you are not registered with Credu and Care for someone in your family, please get in touch with the office.

**Montgomeryshire Family Crisis Centre**

Phone: 01686 629114

Email: [admin@familycrisis.co.uk](mailto:admin@familycrisis.co.uk)

**Calan DVS**

Phone: 01874 625146

Email: [enquiries@calandvs.org.uk](mailto:enquiries@calandvs.org.uk)

Live Fear Free: 0808 801 0800

**Windfall Centre**

Phone: 01597 829346

Email: [info@windfallcentre.co.uk](mailto:info@windfallcentre.co.uk)

Support, advice and a listening ear for parents, foster carers and children and young people who may be feeling under stress and need to talk.

**Powys Front Door Service**

To make a referral to Children's Services or to request information, advice and assistance:

Phone: 01597 827666 (Option 1, Option 1) to speak to a member of staff if you have concerns about a child or young person and their family which you need to discuss with a Children's Services representative.