



**CHUMS**

Mental Health and  
Emotional Wellbeing Service

# CHUMS Workshop & 1:1 Offer in Bedfordshire & Luton Emotional Wellbeing Service

## Emotional Wellbeing Service Interventions

### Emotional Wellbeing Service 1:1 Intervention

**5 to 18 Years of Age** – CHUMS offer 1:1 support for mild to moderate mental health difficulties through short term interventions. Presenting issues include anxiety, low mood, emerging self-harm and bereavement.

### Bereavement Workshops

**Under 8 Years of Age** - Adult only workshops to support parents/carers with children Under 8 years who are too young to access virtual support. The group provides psychoeducation about children and how they grieve, with advice and guidance along with age-appropriate resources.

**8 to 12 Years of Age** – Young People and Parent/Carer workshops. Support children and young people and their parent/carers in a variety of ways, when someone close to them has died. Includes psychoeducation about grief, advice and information and parent support.

### Bereavement 1:1 Intervention

**8 to 18 Years of Age** – CHUMS Bereavement Service offers children and young people 1:1 support in a variety of creative ways when someone close to them has died. This includes advice and information for the parent/carer, if required.

To refer into any of the above please go to: <http://chums.uk.com/refer>



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## Family Wellbeing Team - Getting Support

### Anxiety Workshop

**For Parents of Children Under 8 Years of Age** – One-off session for parents, with children who struggle with anxiety. Parents learn some techniques to help manage their child's anxiety. Focus of workshop is on emotional regulation and anxiety management strategies and techniques.

### Anxiety Group

**8 to 12 Years of Age** – Parents and children both attend this group. 4 group sessions, which are 2 hours long and delivered fortnightly. There is a check-in call after session 1 and a follow-up call after session 4.

### Behaviour Workshop

**For Parents of Children Under 8 Years of Age** – One-off session for parents of children who struggle with challenging behaviour. Focus of workshop is on emotional regulation and working on parenting techniques to help promote positive behaviour in their child.

### Self Esteem Group

**13 to 18 Years of Age** – Aimed at teenagers, but there is scope for younger age self-esteem groups. Focuses on Guided Self-Help Cognitive Behavioural Therapy (CBT) techniques, applied to confidence and self-esteem difficulties. 4 group sessions, which are 2 hours long and delivered fortnightly. There is a check-in call after session 1 and a follow-up call after session 4.

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## Family Wellbeing Team - Getting Advice

### Resiliency Workshops

**Building Resiliency in the Early Years 0-5 Years of Age** – One-off workshop, discussing Resiliency in the Early Years – Focuses on health relationships / attachments, emotional regulation, basic anxiety / behavioural strategies.

**Primary & Secondary** – Separate one-off workshops for each age group, explains differences between mental health / mental illness, emotional regulation. Basic psychoeducation on anxiety and low mood, basic relaxation techniques.

### Transition Workshops

**Parent Workshop for Children Under 12 Years of Age** – Available during the Summer Holidays. One-off psychoeducation workshop that provides anxiety / behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.

### Sleep Workshops

- Parent Only for Children 4-12 Years of Age
- Teenage Workshop 13+ Years of Age

One-off psychoeducation workshop that provides strategies to help overcome a variety of sleep difficulties.

To refer into any of the above please email : [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com)



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## Family Wellbeing Team - Guided Self-Help

### Anxiety

**For Parents with Children Under 11 Years of Age** – This intervention uses the manual “Helping Your Child with Fears and Worries” by Cathy Creswell and Lucy Willetts. The aim of this intervention is to provide parents with anxiety management strategies to support their child with their anxieties. Up to 8 Sessions.

### Anxiety Teenagers

**Delivered to Young People aged 12+ Years of Age** – This intervention uses Guided Self-Help to provide the young person with anxiety management techniques and strategies to help manage difficulties with anxiety.

### Behaviour

**For Parents with Children Under 7 Years of Age** – This intervention provides strategies and techniques designed to promote positive behaviour in children. Up to 7 Sessions.

### Low Mood

**Delivered to Young People aged 13+ Years of Age** – This intervention uses Behavioural Activation to help provide strategies and techniques to help with low mood.

To refer into any of the above please go to: <http://chums.uk.com/refer>