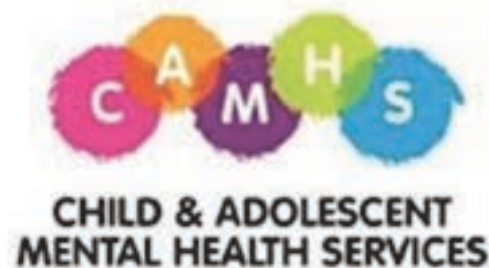
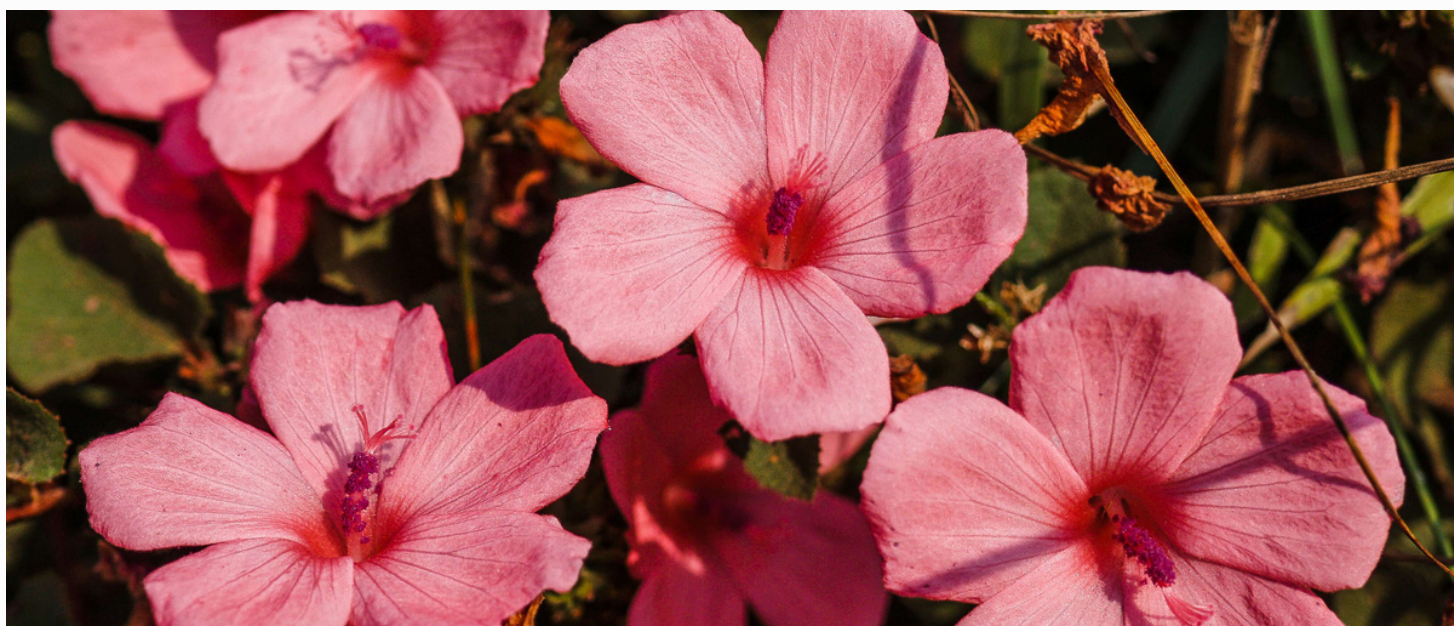


ISSUE 4 • JUNE 2021

# In Touch *with*



SPRING/SUMMER EDITION



## TAKE A PEEK!

RETIREMENT NEWS

MEET JULES

LETS GET CREATIVE

ELLIE'S BAKING

CREATIVE ART

CANDLE MAKING

ART WORK

UPDATE FROM IMPACT

CAMHS

SWAP SOME SUPPORT

NURSING SUPPORT SERVICE

## HELLO AGAIN :)

I'm sure you are all on countdown to school finishing and a few weeks off over the summer. What a tough year it has been for everyone!

Hope you enjoy the newsletter. As always if you have something you want to contribute to the next newsletter please speak to your keyworker in CAMHS. We love to see all the creative work people have done and keen to share anything you are involved in whether it is a sport or hobby etc.

# RETIREMENT NEWS!

**On 5th February 2021 we said farewell to our esteemed friend and colleague Joan Smyth, as she celebrated her retirement after 30 years working in CAMHS. During this time, Joan was always our “constant” during multiple changes to our service, be it clients, staff, management structure, or even our building, the iconic Number 10 that she took so much pride in.**

Joan started working for the EHSSB (which later became the Belfast trust) in 1984, initially in the Trust Head-Quarters which is now Dukes Hotel. They then moved to new premises in Linenhall Street, where Joan worked in the canteen for a short time before transferring to Adelaide Park Children’s Home for 4 years.

Joan then joined our team in Number 10 College Gardens in 1991, where she worked tirelessly until her retirement last month. Joan’s role was that of Domestic Assistant, but for those of us who had the privilege of working alongside her, she was so much more than that. In the early days when the Young People’s Centre was an in-patient unit, Joan would have often been the “Mother Figure” to those young people who found themselves there. In times of chaos and unpredictability, Joan would have been there to offer a steadying hand in her straight, honest, funny and hard-working way. Joan also minded the staff in a similar way, being there through marriages (divorces) babies, sickness, deaths, promotions, you name it, she was always there in the background with her words of wisdom, and sense of calm.

When College Gardens changed from being an In-Patient unit to solely Out-Patients, Joan then transferred her “Mothering” role to looking after the staff whatever their ages. There was no greater welcome when opening the door to Number 10 on a cold winters morning to the smell of a pot of home-made soup / stew / chilli on the stove, with an array of fresh bread to go with it. Joan always made it her business to ensure there was milk in the fridge so as staff could start their day with that all-important “cuppa”. Joan cleaned and scrubbed our building meticulously, often coming armed with her own products as those the Trust provided just didn’t meet the standard.

The end result being floors we could have ate our dinner off, all the more appreciated during her last year when we were trying to keep everyone safe from Covid. At Christmas, Joan also took great pride in putting up the all-important Christmas tree and decorations, again often buying from her own pocket, as the one’s provided just didn’t make the cut. She has given us her assurances that this is the one task retirement won’t stop her from doing, so we look forward to having her back in December to fulfil her duties.



# GOODBYE JOAN - WE WILL MISS YOU!!

Much as we were sad to say farewell to Joan, particularly when Covid prevented us from giving her the send-off she clearly deserved, we were also so very happy that she now gets the chance to drop a gear and slow down, and spend time with her husband Alan, children and Grand-children that she always spoke so fondly off.



SO FROM ALL THE STAFF IN CAMHS,  
PAST AND PRESENT,  
WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO WISH JOAN  
A LONG, HEALTHY AND HAPPY RETIREMENT,  
SHE HAS CERTAINLY EARNED IT,  
AND WE REALLY DO HOPE THAT SHE WON'T BE A STRANGER...

# MEET JULES!

**Hello**

**My name is Jules. I am one of the psychologists in CAMHS.**

**I will see a young person for as long as they need to be seen or else, for as long as they are happy to come to CAMHS.**

**I feel incredibly blessed to work in CAMHS and to have young people trust me with their stories, often including amazing testimonies of overcoming.**



**CAMHS is a place where we work a lot with feelings, tolerating these and being able to regulate ourselves when things become difficult. I am not sure about you, but I can feel the different emotions in my body as much as I experience them through my thoughts and behaviours etc**

**Through the years, I have come to understand that as much as we need to talk about how we feel, we really need to move in order to release tension stemming from anxiety, stress or worry. While I love to run (mainly short-distances ;-)), or to go on adventures with my 3 years old daughter, I have found that dance is one of my favourite ways to exercise, process and express my feelings and ultimately get to a place where I feel lighter or simply just like myself again.**

# Continued...

I think the attraction to dance comes from being able to use different types of music and its rhythms, and connecting with it my own state of mind. That way the music seems to feedback to how you feel, and it can be so soothing to not only feel e.g. sadness, anger, happiness inside, but also connect those feelings to something external such as music. I cannot quite put my finger on it, but it makes me feel that:

1

I AM NOT ALONE BECAUSE WHOEVER CREATED THE MUSIC APPEARS TO GET IT!

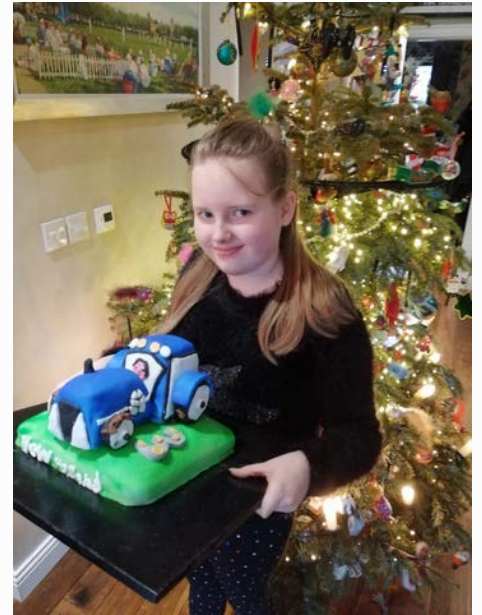
2

IT MAKES ME FEEL SO EMPOWERED, THAT I CAN USE THESE FEELINGS, EVEN THE NEGATIVE ONES, AND CREATE SOMETHING FROM IT OR AT LEAST RELEASE IT PHYSICALLY.

We often try to problem solve and find ways out of a bad feeling, but the reality is that most of us will experience anxiety, sadness, confidence issues etc. at some point. Dancing may be a way of making sense of these feelings without pushing them away, but giving you a space to process and tolerate those feelings and become more resilient because of this.

# Let's Get Creative

"MY NAME IS ELLIE AND I AM 12 YEARS OLD. I ENJOY ART AND DESIGN BUT MY MOST FAVOURITE THING TO DO IS BAKING. I LIKE TO BE ARTISTIC WITH MY BAKING AND SPEND TIME BEFORE HAND PLANNING MY CAKES".



"I SOMETIMES FEEL ANXIOUS AND STRESSED AND I FIND THAT BAKING REALLY HELPS ME RELAX. I LIKE DESIGNING WHAT I WANT TO MAKE AND I LOOK ONLINE FOR IDEAS. SOMETIMES IT'S SOMETHING QUICK AND EASY LIKE CUPCAKES. OTHER TIMES I MAKE BIRTHDAY CAKES FOR MY FAMILY. I GOT A BIG BAKING SET AND ICING SPRAY GUN FOR CHRISTMAS A COUPLE OF YEARS AGO AND I USE THEM TO MAKE MY CAKES".

"I have enjoyed baking since I was little. My Mum likes to bake and when I was about 4 we were making cupcakes together. I carried on stirring when she went to answer the phone in the hall. By the time she came back I had added the cat's food into the bowl. We didn't eat those!"

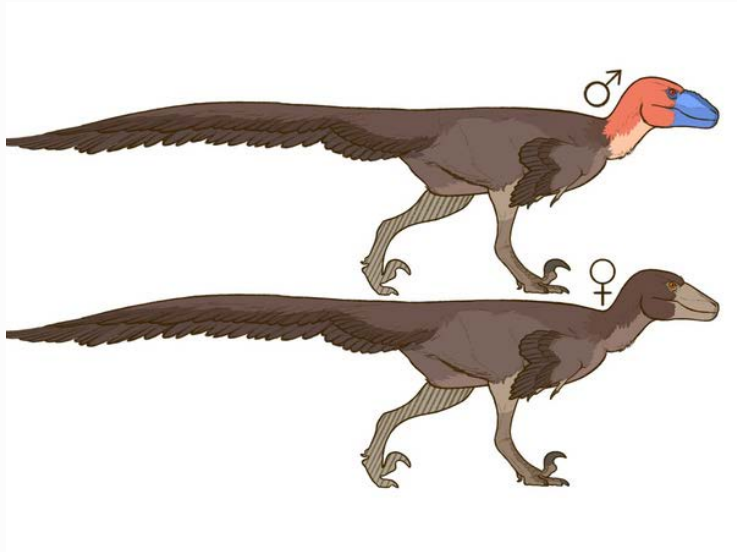


"I ENJOY BAKING BECAUSE ME AND MY MUM USUALLY DO IT TOGETHER. SOMETIMES WE GET DAD TO HELP AS WELL",

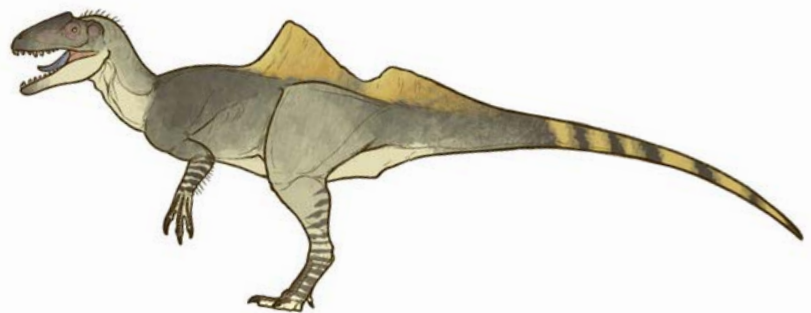
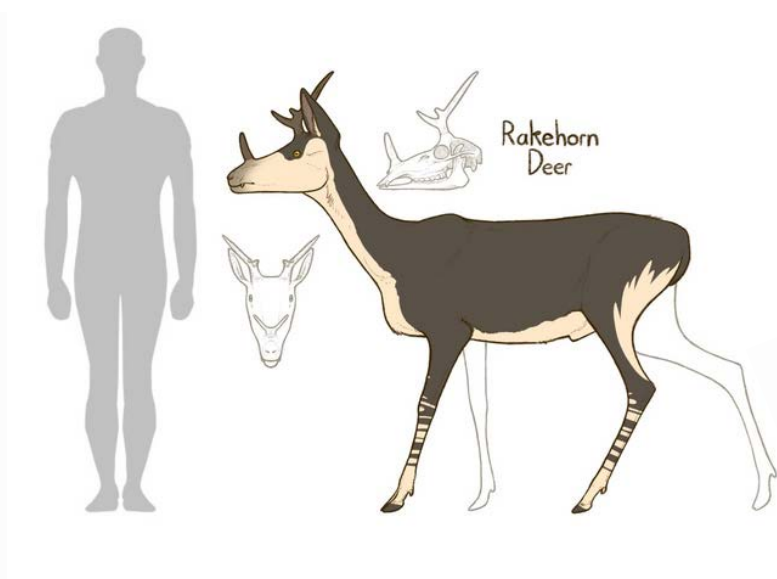
"I HAVE LOTS OF FUN AND AM ALWAYS LOOKING FOR NEW THINGS TO TRY, BUT MY FAVOURITE PART IS EATING IT WHEN IT'S FINISHED!"



# CREATIVE ART



Very impressive artwork created through use of the app Procreate!!



# Candle Making



**Check out these home made candles made by a young person. He feels that doing this really helps distracts him when his mood is low. They look great. Well done!!**

**I have enjoyed making candles during lockdown. I am a creative person and doing this keeps me busy! Maybe I will start up a business soon :)**



# ART WORK

Check out this lovely art work.  
Puppy in the background is very cute too!

zzzZ

"THIS WAS MY FIRST ATTEMPT AT PAINTING A WATER REFLECTION USING WATER COLOURS".

"Art helps me to relax and takes my mind off things"





**Update from**



**IMPACT CAMHS**

Members of IMPACT CAMHS were invited to co-present with Social Workers Shauneen O'Connor & Sarah Ombler at different conferences this year:

**SOCIAL WORK RESEARCH CONFERENCE  
10TH MARCH 2021**

**BRITISH ASSOCIATION OF MUSIC  
THERAPY CONFERENCE  
10TH APRIL 2021**

**INTERNATIONAL CAPA CONFERENCE  
11TH & 12TH MAY 2021**

This has been a great opportunity for the young people to gain skills in presenting at conferences but also has allowed us as a group to promote our work and share our learning.

# SWAP SOME SUPPORT

LOCKDOWN OVER THE PAST YEAR WAS FELT VERY DIFFICULT FOR LOTS OF PEOPLE. MANY PEOPLE REPORTED TO BE FEELING ISOLATED, MISSING LOVED ONES, AND STRUGGLING WITH LOSING THEIR NORMAL ROUTINES. OTHERS REPORTED FEAR ASSOCIATED WITH ILLNESS, JOB LOSSES OR UNCERTAINTY ABOUT EDUCATION/ EXAMS.



“WHEN I RECEIVED IT I LITERALLY JUST SAT AND CRIED, AS I’VE NEVER HEARD SOMEONE DESCRIBE THAT THEY FEEL THE SAME WAY AS I DO.. IT WAS SUCH A RELIEF”

YOUNG PEOPLE REPORTED FEELING LOWER IN MOOD, MORE ANXIOUS, AND LESS MOTIVATED. THE ARRIVAL OF THE POSTMAN FOR MANY PEOPLE, BECAME PART OF SOCIAL CONTACT, OR A WAY OF BREAKING UP THE DAY. BELFAST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE RECOGNISED THIS, AND WERE KEEN TO KEEP PEOPLE CONNECTED AND TO TRY AND COMBAT LONELINESS.

BELFAST CAMHS INTRODUCED THE “SWAP SOME SUPPORT” PROJECT. YOUNG PEOPLE WHO ATTEND CAMHS KINDLY SPENT THEIR OWN TIME WRITING PERSONALISED LETTERS/ POEMS, CREATING ARTWORK, OR MAKING RECIPE BOOKS TO OFFER SUPPORT TO OTHER YOUNG PEOPLE WHO EXPERIENCE MENTAL HEALTH DIFFICULTIES, AND TO GIVE THEM IDEAS AS TO WAYS OF COPING WITH THE DIFFICULT TIMES. THIS WORK WAS THEN ANONYMOUSLY POSTED TO ANOTHER YOUNG PERSON WHO ATTENDS CAMHS. AS CAMHS ATTENDEES, THE YOUNG PEOPLE INVOLVED WERE RECOGNISED AS “EXPERTS BY EXPERIENCE”- THEY HAVE EXPERIENCE OF MENTAL HEALTH DIFFICULTIES, SO THEY ARE BEST PLACED TO KNOW HOW PEOPLE MAY BE FEELING, AND WHAT MAY BE HELPFUL OR REASSURING TO HEAR. CAMHS STAFF WERE HUMBLLED BY HOW KIND AND CARING THE RESPONSES WERE, AND THE ARRIVAL OF THE POST WAS FOUND TO MEAN A LOT TO THOSE WHO RECEIVED THEM.

# New Service For Young People

## TEXT-A-NURSE

THE SERVICE IS AIMED AT 11 TO 19 YEAR OLDS AND WILL BE DELIVERED BY THE SCHOOL NURSING TEAMS. IT IS ONE OF A RANGE OF RESOURCES TO SUPPORT THE IMPLEMENTATION OF THE FRAMEWORK FOR CHILDREN AND YOUNG PEOPLE'S EMOTIONAL HEALTH AND WELLBEING IN EDUCATION.

THIS NEW SCHEME WILL ALLOW YOUNG PEOPLE TO SEEK ADVICE ABOUT SENSITIVE HEALTH ISSUES WITHOUT A FACE TO FACE APPOINTMENT. SCHOOL NURSES WILL PROVIDE HELP ON A RANGE OF ISSUES INCLUDING, EMOTIONAL HEALTH AND WELLBEING, ALCOHOL AND DRUGS, SEXUAL HEALTH, BULLYING AND GENERAL HEALTH ISSUES.

WE HOPE THROUGH THIS NON-JUDGEMENTAL, CONFIDENTIAL TEXT SERVICE YOUNG PEOPLE WILL BE EMPOWERED TO ASK THOSE QUESTIONS THAT THEY OTHERWISE WOULDN'T HAVE THE CONFIDENCE TO ASK.

A QUALIFIED SCHOOL NURSE WILL RESPOND TO THE YOUNG PEOPLE'S MESSAGES USING THE SECURE CHATHEALTH WEB PLATFORM. CHATHEALTH IS AN AWARD WINNING SERVICE IN THE UK AND IS THE FIRST OF ITS KIND IN NORTHERN IRELAND AND WILL TRANSFORM THE WAY YOUNG PEOPLE COMMUNICATE WITH HEALTH PROFESSIONALS.

Text-a-Nurse  
is a new confidential text  
messaging service for young  
people aged 11-19



## CONTACT NUMBERS:

BELFAST TRUST TEXT -A-NURSE:  
07507 328290

NORTHERN TRUST: TEXT -A-NURSE:  
07480 635982

SOUTHERN TRUST TEXT -A-NURSE:  
07507 328057

WESTERN TRUST TEXT -A-NURSE:  
07480 635984

SOUTH EASTERN TRUST TEXT -A-  
NURSE: 07507 327263

# Original Poem

EISOPTROPHOBIA

DESPITE RELUCTANT TO ADMIT.

I A TRAIN, RUN ON OPINIONS.

REPETITIOUS RITUALS OF PAIN EACH DAY.

TO FIT THE MOULD THAT THE BODIES PAVE.

ATTENTIVELY, STARE THE MIRROR.

AM I DOING THIS FOR THE PLEASURE?

GROTESQUELY MISSHAPEN IN THAT EYE LOOKING BACK.

I AM REMINDED OF THE SCALES AND THE MEASURE.

ASSIMILATE THE NUMBERS AND REVILE.

PUERILELY TO FIT THE IDEAL.

THROW MY HEAD DOWN ASHAMED OF THEE.

FOR I DO NOT FIT THE EPITOME.

PAINFULLY RIDDEN WITH COLD.

FOR I A PLANTATION OF THE BAD.

ENTHRALLED WITH EACH OF MY CRACKS.

GLANCING ENTRANCED WITH THIS EVERYDAY DANCE.

REPULSED BY NATURALITIES.

CURSE THE TANTALIZING MAGAZINES.

SO I TURN NOW TO THE WORLD AND I SMILE.

FROST NOW, INSIDE OF ME.

IMAGE IN THE MIRROR, VILE.

IS THIS WHAT THOSE BODIES SEE?

I WONDER WHAT THEY THINK OF ME.

RYAN KENNEDY



**Thanks for all the great  
contributions to this  
edition of the CAMHS  
Newsletter.**

**All of us in CAMHS hope  
you have a lovely summer  
and we look forward to  
the next edition of the  
newsletter.**

**Everyone is welcome to contribute :)**