



Mental Health & Wellbeing Newsletter

We hope you enjoy reading our first Mental Health and Wellbeing Newsletter of 2026. Our aim is to empower you with valuable insights, practical tips, and resources to navigate the various facets of your child's emotional well-being. This half-term I am excited to share with you information about the HertsHub

A MINDFUL MOMENT

Mind Bubbles

A simple activity to help your child find their 'calm'

- 1) Support your child to sit mindfully with their spine straight and their body relaxed.
- 2) Imagine they are holding a bubble wand.
- 3) Ask them to breathe in deeply, then breathe out as if they are blowing a bubble through a wand
- 4) Breathe in again and ask your child to notice their worry, to imagine what it looks like.
- 5) Ask your child to breathe out and blow through their bubble wand and imagine a bubble forming.
- 6) Then imagine the bubble pops and disappears.
- 7) Keep blowing out worries until your child feels ready to go on with their day.

TIP: YOU CAN TRY THIS WITH A REAL BUBBLE WAND AND BUBBLES

The Children and Young People's Mental Health Service (CYPMHS) HertsHub website is now live! The website contains children and young people's mental health and emotional wellbeing information and signposting to self-help resources, early support options, and more specialist services. This is now all in one place for Hertfordshire's young people, parents/carers and professionals. www.hertshub.co.uk A flier with further information is attached to the bottom of this newsletter.

Mental Health Support for Adults



It is important that, as parents and carers, we look after our own mental health and seek out support if needed. Hertfordshire Partnership University NHS Foundation Trust, sometimes known as HPFT, provides most of the mental health services for people who live in Hertfordshire. Their 'single point of access' (SPA) will connect you with advice and support if you are experiencing mental health difficulties. This website provides more information about the services they offer: [Mental health services in Hertfordshire - Herts and West Essex ICS](#)

Our New Pastoral Care Workers



Miss Sambridge



Mrs Blott

Welcome to HertsHub! www.hertshub.co.uk

Advice, self-help
and information
about mental
health and
emotional
wellbeing services
for Hertfordshire's
children and
young people



Hertfordshire's Children and Young People's
Mental Health Services (CYPMHS) system

www.hertshub.co.uk



Mental Health Support

for adults in Hertfordshire

You are not alone.
We are here in your community providing care and support.
Contact us.



Working together
for a healthier future