

Chorley & South Ribble Primary Care Team Newsletter

Spring 2025

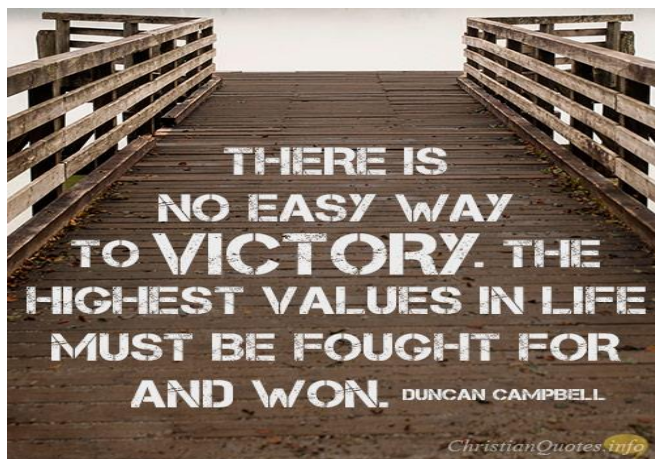
In the words of John Lennon

**Imagine all the people
Living for today
Living In Peace
Sharing All the World
And
Living as one**

On the back of all the talk about the Netflix series Adolescence, we thought that this term we would consider Values and how children and young people develop and understand their own life values.

Values (strongly held beliefs) are what influences what drives our behaviour. They shape our goals, priorities and identity and are influenced by culture, faith, family, friends and society.

Staying true to our values help us be our most authentic self, supporting our choices, relationships and emotional wellbeing.



**And yet values develop unconsciously
in us.**

There's nothing that compares to modelling values. If [a child] sees a parent dealing with people in an honest way, dealing with people in a dignified way, that's the best lesson you can give.

— DONNA LAIKIND, LMFT



We can support these values in all the people we meet on a daily basis?

We can be empathic and treat people with compassion.

We can help children to develop healthy relationships with themselves and others and the natural world and order?

We can help children to identify their strengths by exploring their talents and nurturing their skills.

We can encourage their individuality and build their curiosity instead of values being restricted to achieving via the best job, the most money or the biggest car or house.

Service Update

Our CYWP team is currently down to 1 practitioner who has also taken on training responsibilities of students. This will affect the number of referrals and groups that can be offered in the meantime.

There has been a big response to the upcoming Parent-Led CBT group which will run in the summer term.

Camhs in Chorley and South Ribble is currently recruiting more staff.

The RAIS team is undergoing review and changed in how they operate. What this means in terms of service delivery is not yet clarified.

The current times scales for completion of the ASD and the ADHD screening and assessment is about 3 years.

Quote:

According to Edward Deci and Richard Ryan, intrinsic values—social responsibility, a desire for personal growth, and meaningful relationships—are more likely to be associated with happiness and well-being than are extrinsic values, such as financial success, physical attractiveness, and social recognition. This is because extrinsic values depend on external reward and recognition from others, whereas intrinsic values depend on feelings of personal satisfaction that come from one's self rather than requiring others to make a judgment.

Psychology Today, 22 October 2019

HOW TO CONTACT PRIMARY MENTAL HEALTH WORKERS:

PMHWCHORLEYSOUTHTRIBBLE@LSCFT.NHS.UK

CHILDREN AND YOUNG PEOPLE'S WELLBEING PRACTITIONER: 01772 644644

For any requests for consultation, training, advice or support around children and young people's emotional & mental health or early intervention. Please note that we prefer that this email is **not** given out without our knowledge, or we have requested it to be passed on, thank you.

Urgent queries or if children are open to CAMHS call CAMHS Duty on 01772 644 644

Useful Contacts

Mental Health Crisis Line 0800 953 110

Crisis Team: 0800 013 0708
24/7 urgent advice

PAPYRUS: 0800 0684141
(prevention of young suicide)

CHILDLINE: 0800 1111

Samaritans: 08457 90 90 90

KOOTH.com (live chat counselling)

Non-emergency Police support: 101

Young Minds Parents Helpline:
0808 802 5544

Mon to Fri 9.30am – 4pm
Free for mobiles and landlines

Children's Social Care: 0300 123 6720
or **0300 123 6722** (out of hours)

National Domestic Violence Helpline:
0808 2000247

CALM Helpline (for males only):
0800 585 858

**We are
LSCft**



@WeAreLSCFT



@WeAreLSCFT



@WeAreLSCFT