

BRIDGE THE GAP

You matter, you are loved, you are not alone...

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Child Mental Health

Community Interest Company based in Derby (C.I.C)



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Child Mental Health C.I.C

You matter, you are loved,
you are not alone...



Community Interest Company based in Derby



Training in all aspects of how to support Mental Health
Emotional Literacy specialists



Private 1:1, group support, education, and interventions for children and parents



Relationship focused & holistic approach



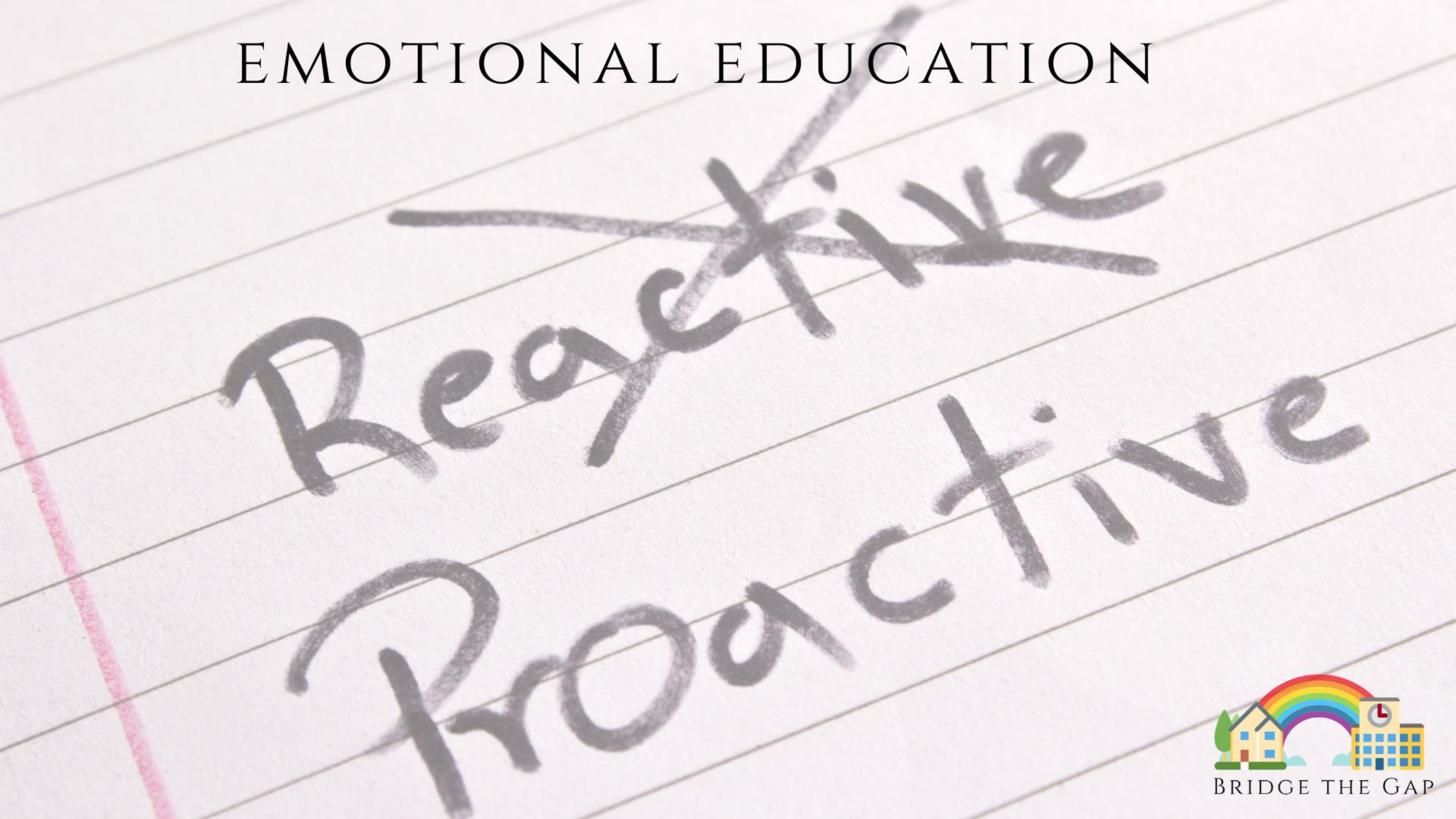
Community Projects



Trauma responsive organisation

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EMOTIONAL EDUCATION



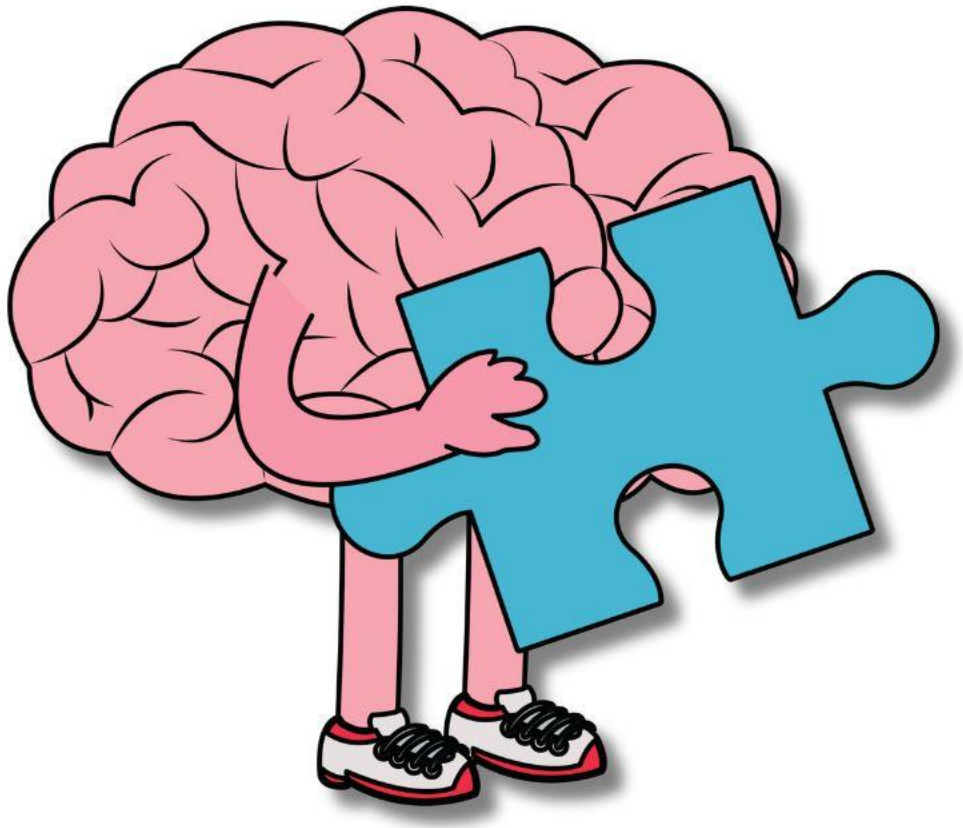
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LONG-TERM SUPPORT AND CHANGES



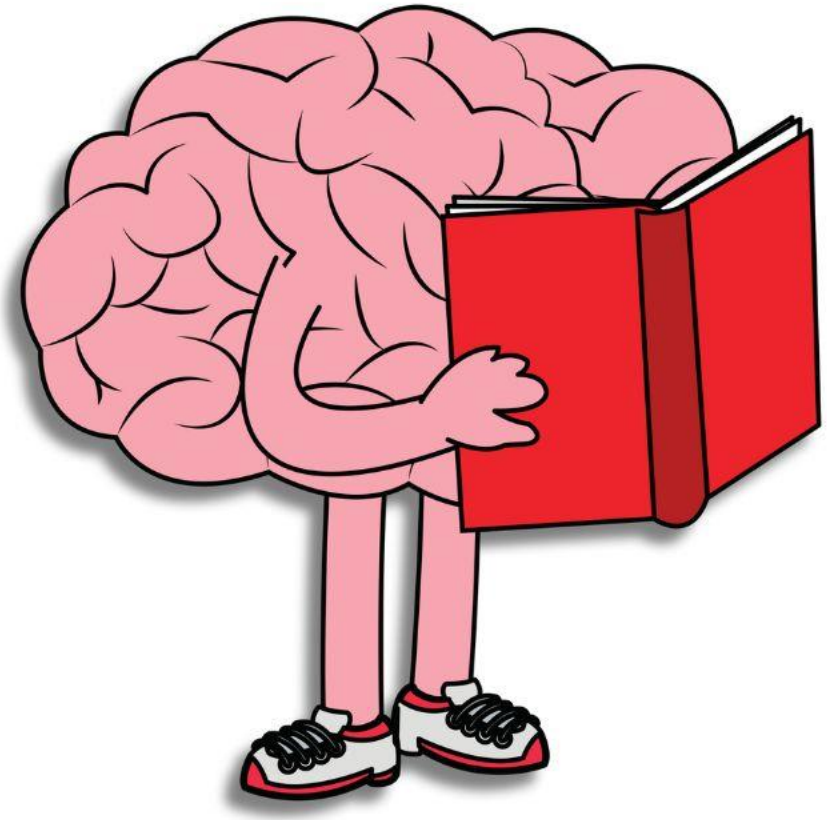
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A vital aspect of Emotional Education is training adults in a child's life on how to nurture child emotional development, using the newest research in brain development to inform interactions.

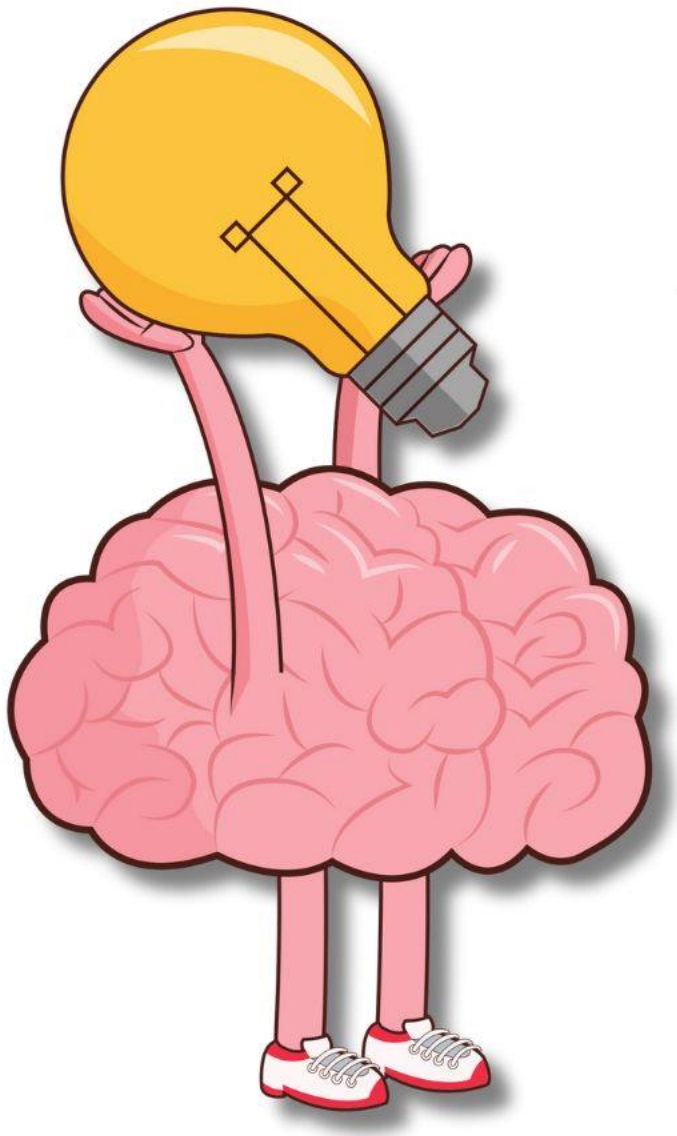


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The 'emotional brain' (pre-frontal lobe/cortex) doesn't mature until around the age of 25 years, this means that children's experiences and interactions continue to help wire this part of the brain.



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This is new information, we had previously thought that the brain matured by age 5. We also know more than ever before about how that part of the brain wires.

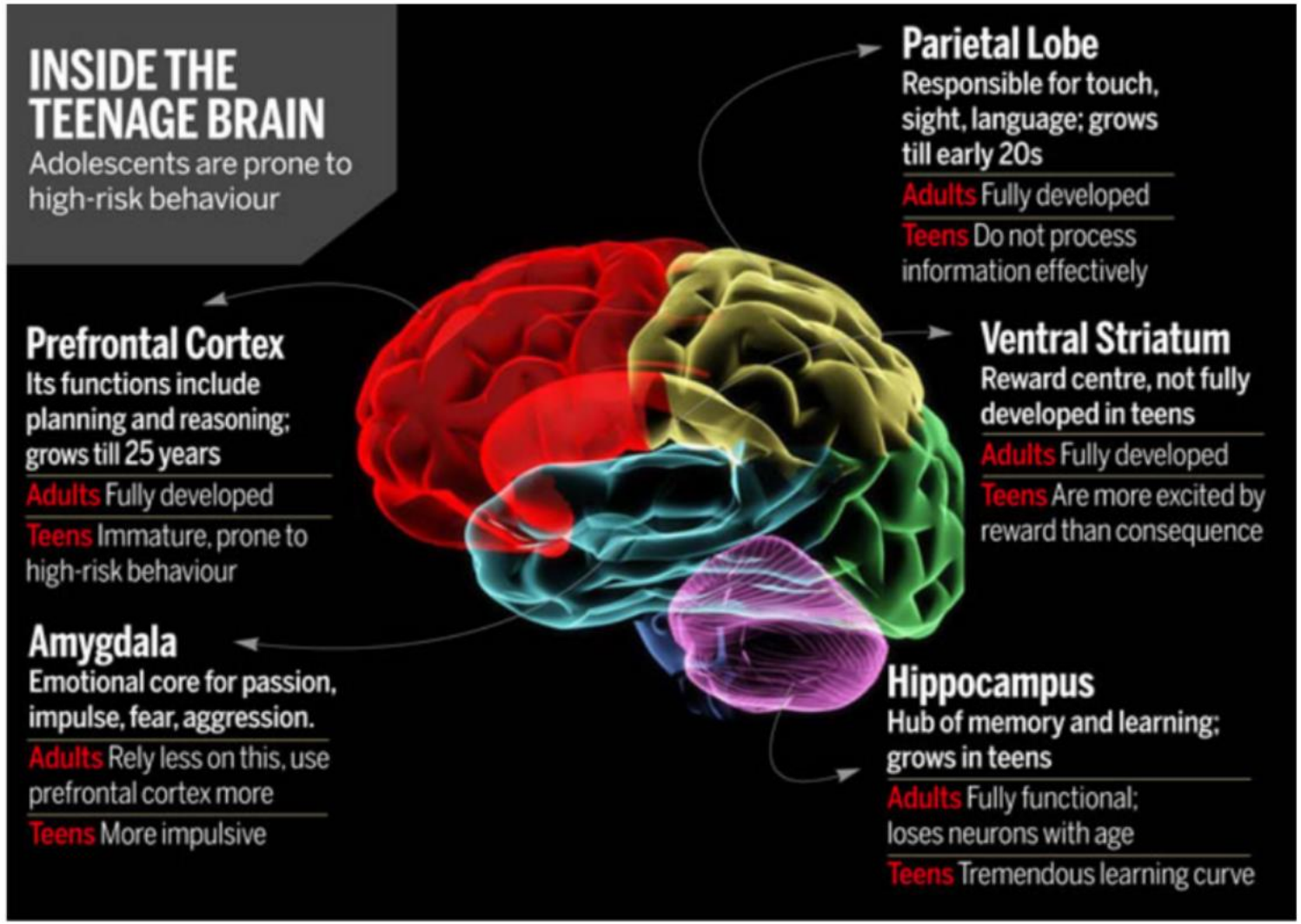
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Which is interesting because parenting information and school systems were curated around those old beliefs.



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This information means that everything we do has a focus on child and brain development.



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WHAT IS EMOTIONAL LITERACY?

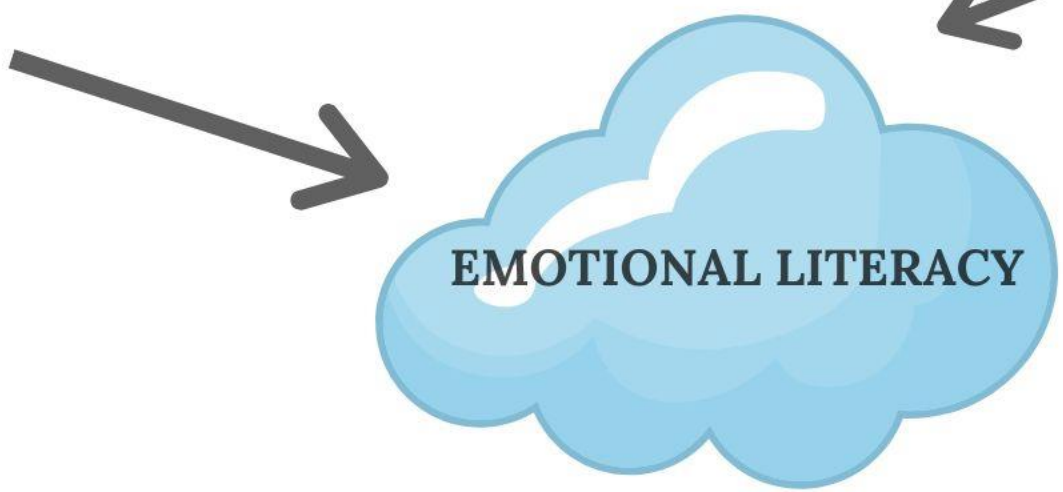
Being aware of the emotions you are experiencing



WHAT IS EMOTIONAL LITERACY?

Being aware of the emotions you are experiencing

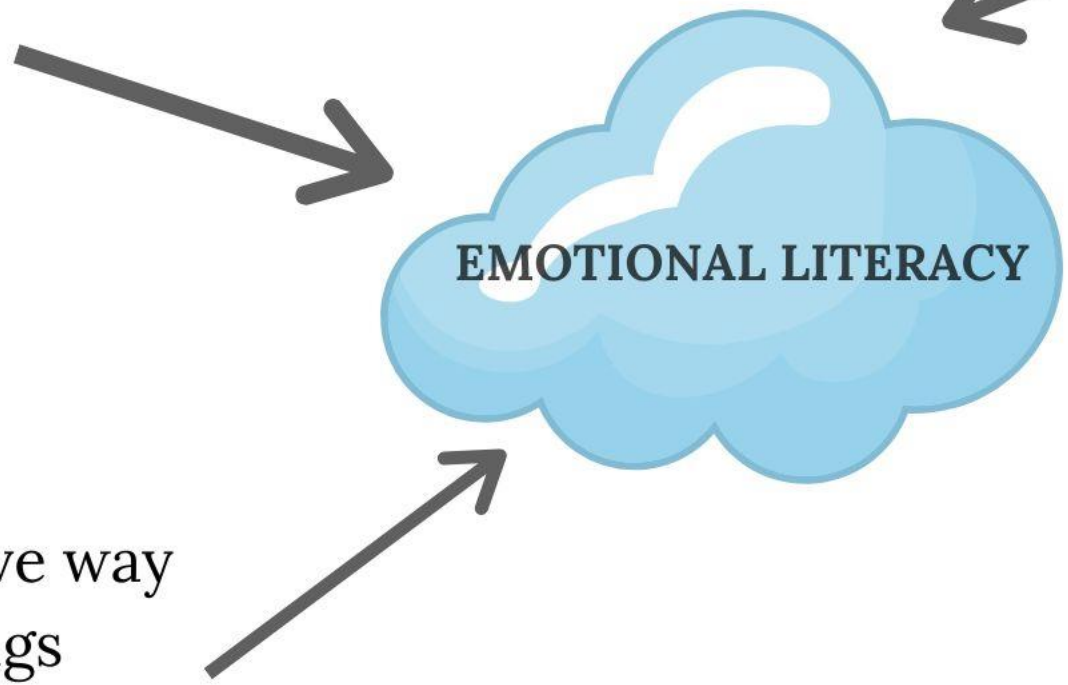
Understanding why you might be feeling an emotion



WHAT IS EMOTIONAL LITERACY?

Being aware of the emotions you are experiencing

Understanding why you might be feeling an emotion

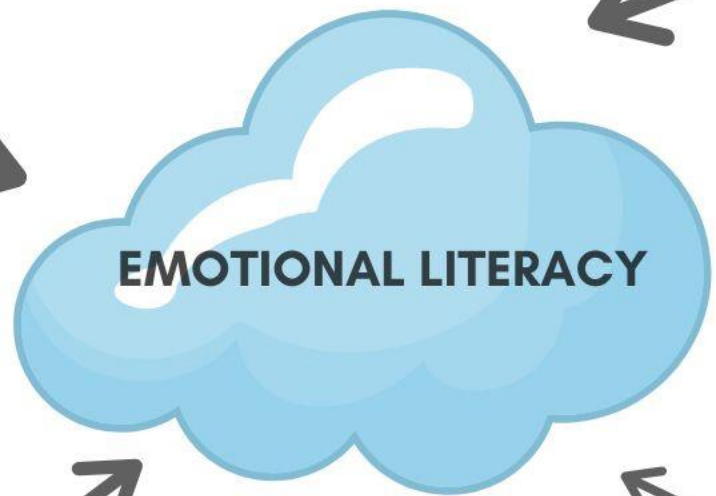


Knowing the most effective way to express feelings and being able to put it into action

WHAT IS EMOTIONAL LITERACY?

Being
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Knowing
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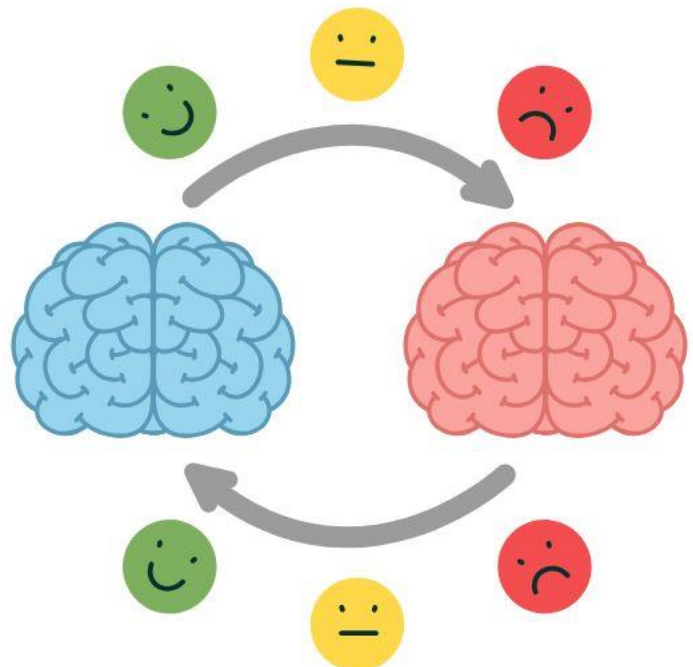
UNDERSTANDING
AND TAKING INTO ACCOUNT
THE FEELINGS OF OTHERS AND
ADJUSTING YOUR RESPONSES
ACCORDINGLY

EMOTIONAL LITERACY

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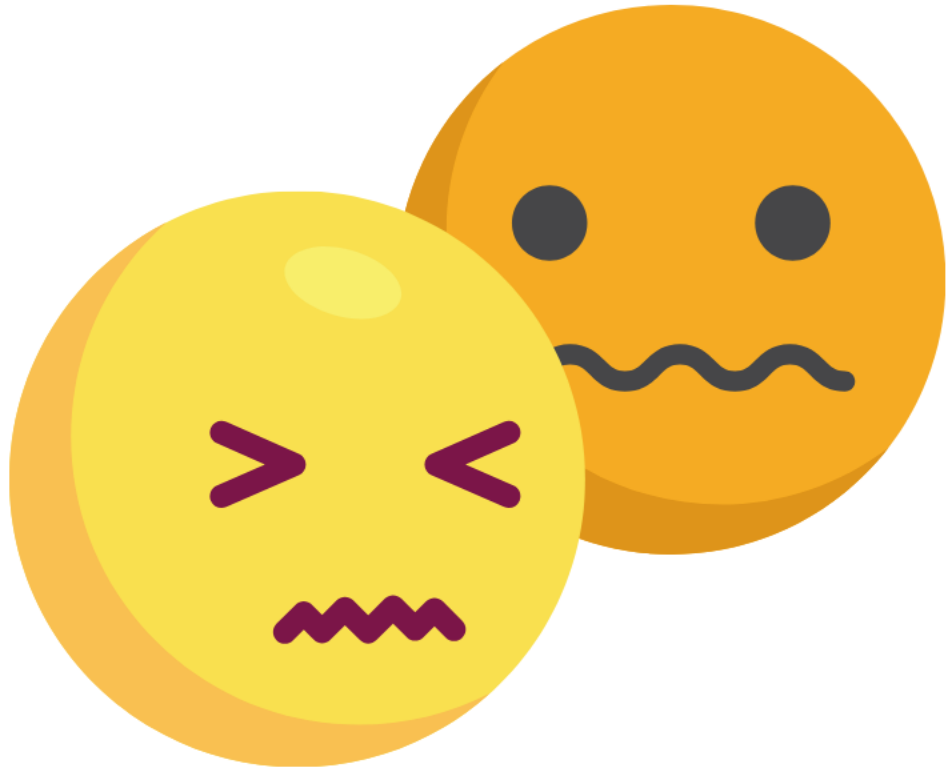
Active emotional learning/education

Passive emotional learning/education



We want to avoid children developing anxiety about having anxiety.





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We want children to learn that ALL emotions are normal, and therefore MANAGEABLE.



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How we respond to our child's emotions tells them a lot about just how mangeable these emotions are.



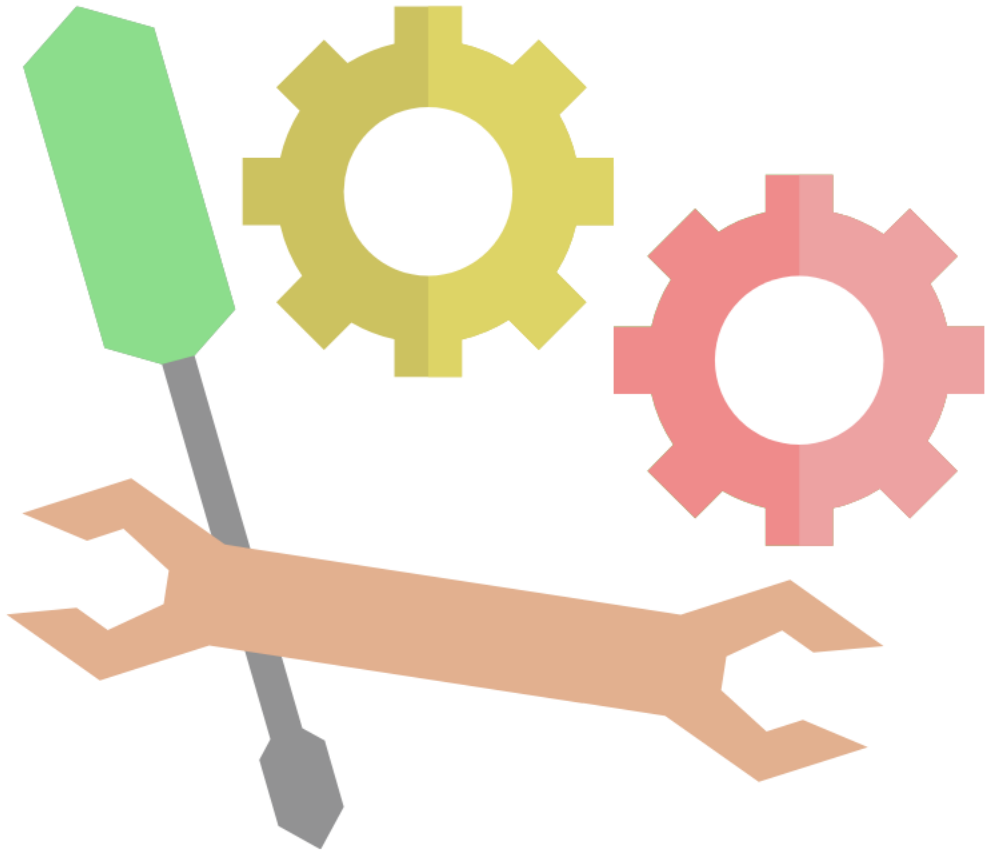
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When you acknowledge how your child feels, you strengthen your connection and help to build important Emotional Literacy skills.



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It hurts us to see them struggle so we want to 'fix it' for them, we want to make their (and our own!) discomfort around the situation go away.



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This closes down the conversation, doesn't solve problems, doesn't take their worry away, and leaves them with unanswered questions.



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Instead we can respond calmly and openly, keeping the door open for us being able to educate them around their anxiety.



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If they feel like we 'get it' they are more likely to explore with us, paving the way for understanding and strategies.



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WHAT YOU ARE USING 'COPING STRATEGIES' FOR?

Are you using them with the hope that they stop the emotion or are you using them to cope with the emotion whilst it is there?

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We are the sky , and
the emotions are
just the weather.

Just like the weather
our emotions
change.



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Our coping tools help to guide us through the storm, like a lighthouse guiding sailors to safety through storms at sea.



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There is no ‘one size fits all’ approach to strategies and support, every child is different with different needs, triggers, experiences, family dynamics, social pressures etc.



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NO QUICK 'FIX'

Teaching children to recognise and articulate their emotions reduces anger outbursts and supports emotional regulation.

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How can we help you?



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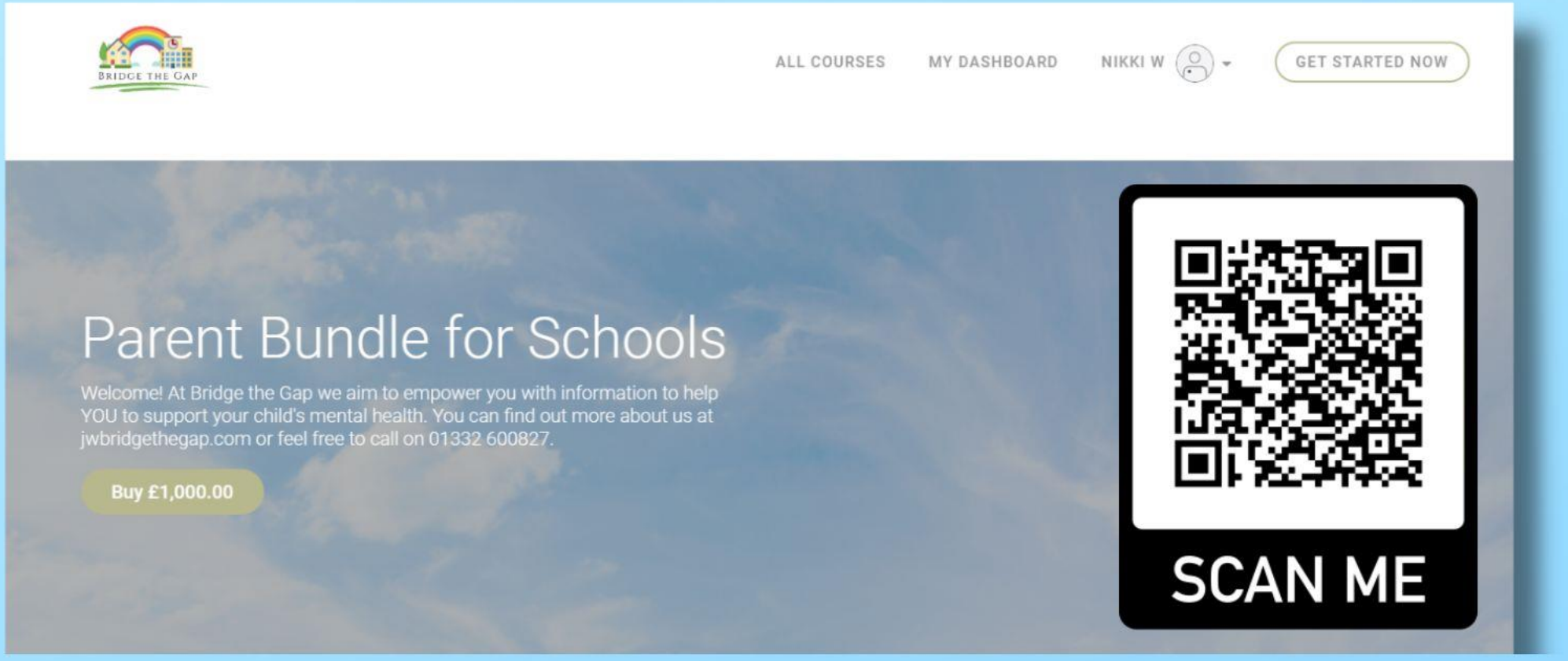
WHOLE SCHOOL MENTAL HEALTH ONLINE PLATFORM



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FOR PARENTS

Your school will send you a link to the parent bundle that they have purchased for you to access. YOU WILLNOT NEED TO PAY ANYTHING, THE SCHOOL CODE IS WHAT YOU WILL ENTER AT CHECKOUT.



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You will have access to:

- **Supporting Your Child's Mental Health: an in-depth approach**
- **Supporting an Anxious Child**
- **Exploring Anger: a parent and child course (pre-recorded webinar style delivery with activities)**
- **Time for You: Adult Wellbeing**

Please get in touch with Richard Wyman richardwyman@jwbridgethegap.com with any questions.





Once you have clicked on the button that says Buy £1000 you will be re-directed to this page. Firstly, you will need to sign up to Thinkiffic using your email. Within your bundle are courses to help guide and support you and your child.

Account Setup ▸ Confirm & Pay

Create a new account

I already have an account!

First Name

First Name

Last Name

Last Name

Email

Email

Password

New Password

Full Name of School (required)

Full Name of School (required)

☐ I have read and agree to the Terms of Use and Customer Privacy Policy.

Sign up



Parent Bundle for Schools

Welcome! At Bridge the Gap we aim to empower you with information to help YOU to support your child's mental health. You can find out more about us at jwbridgethegap.com or feel free to call on 01332 600827.

VISA

Powered by stripe

Secure Checkout

100% secure checkout powered by Stripe.

Help

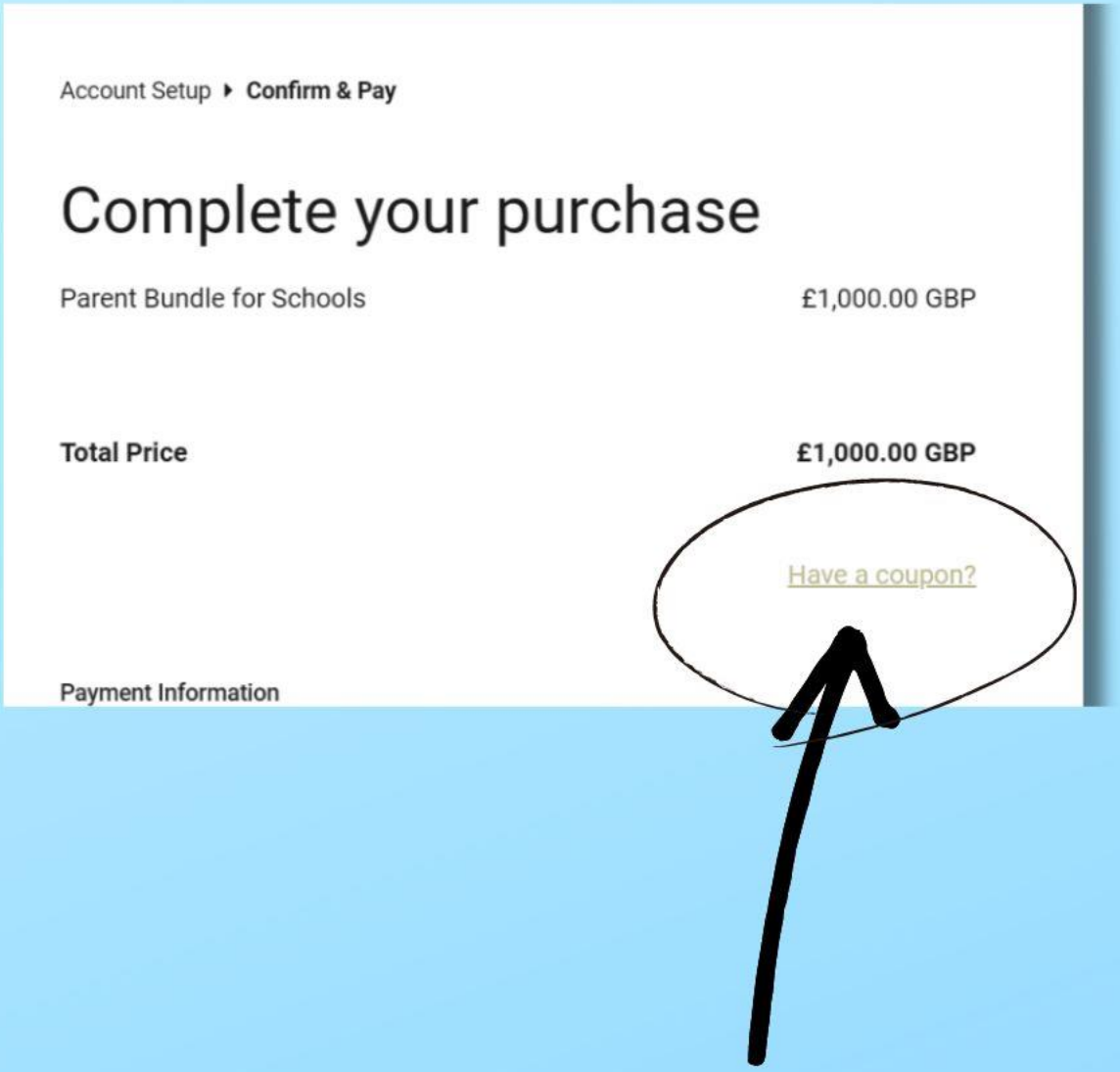
Need help placing your order?

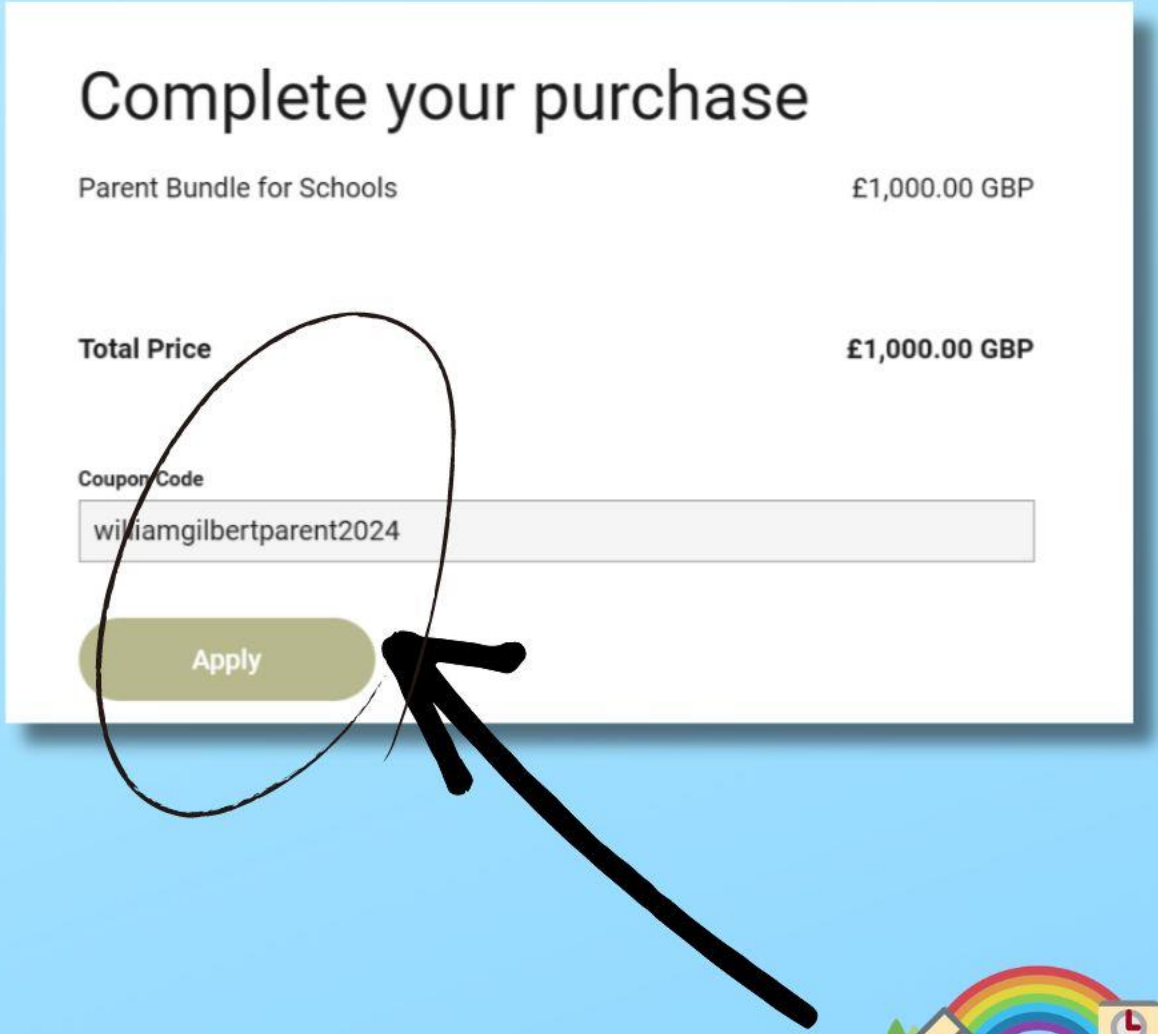
Contact us

SCAN ME

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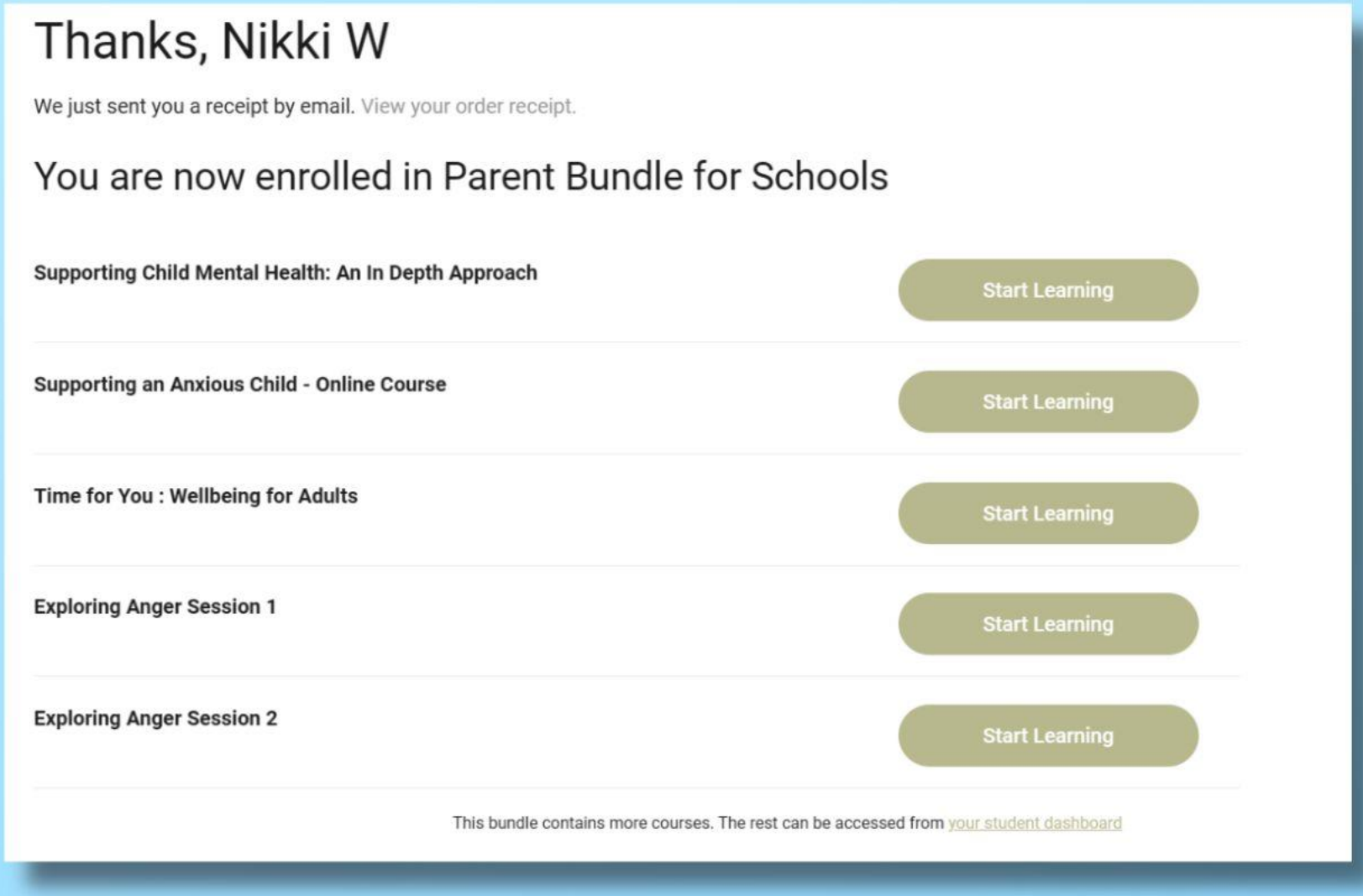
Where it says, 'Have a Coupon?', click and enter the code assigned to your school and click apply





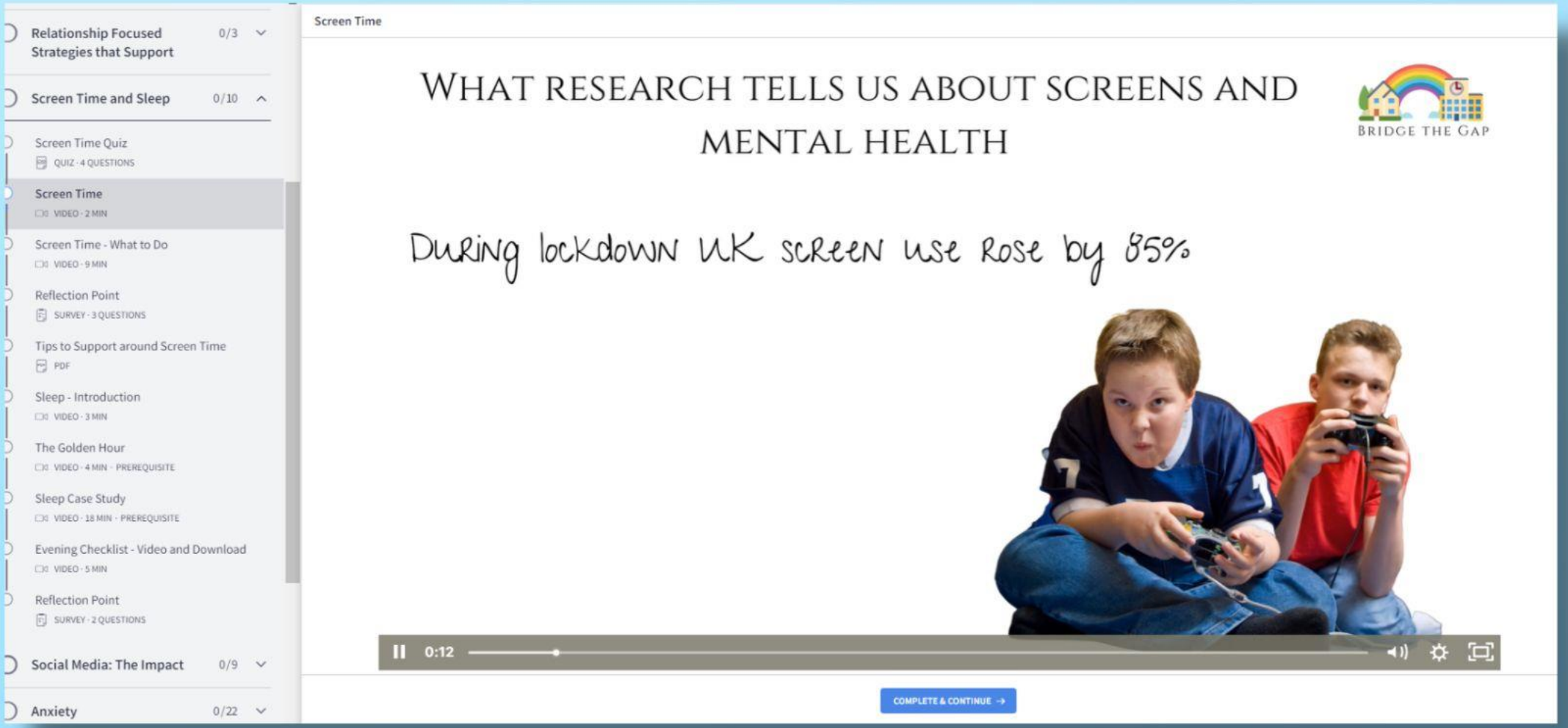
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To start a course just click on the thumbnail, this will then take you through to the course landing page where you can start.

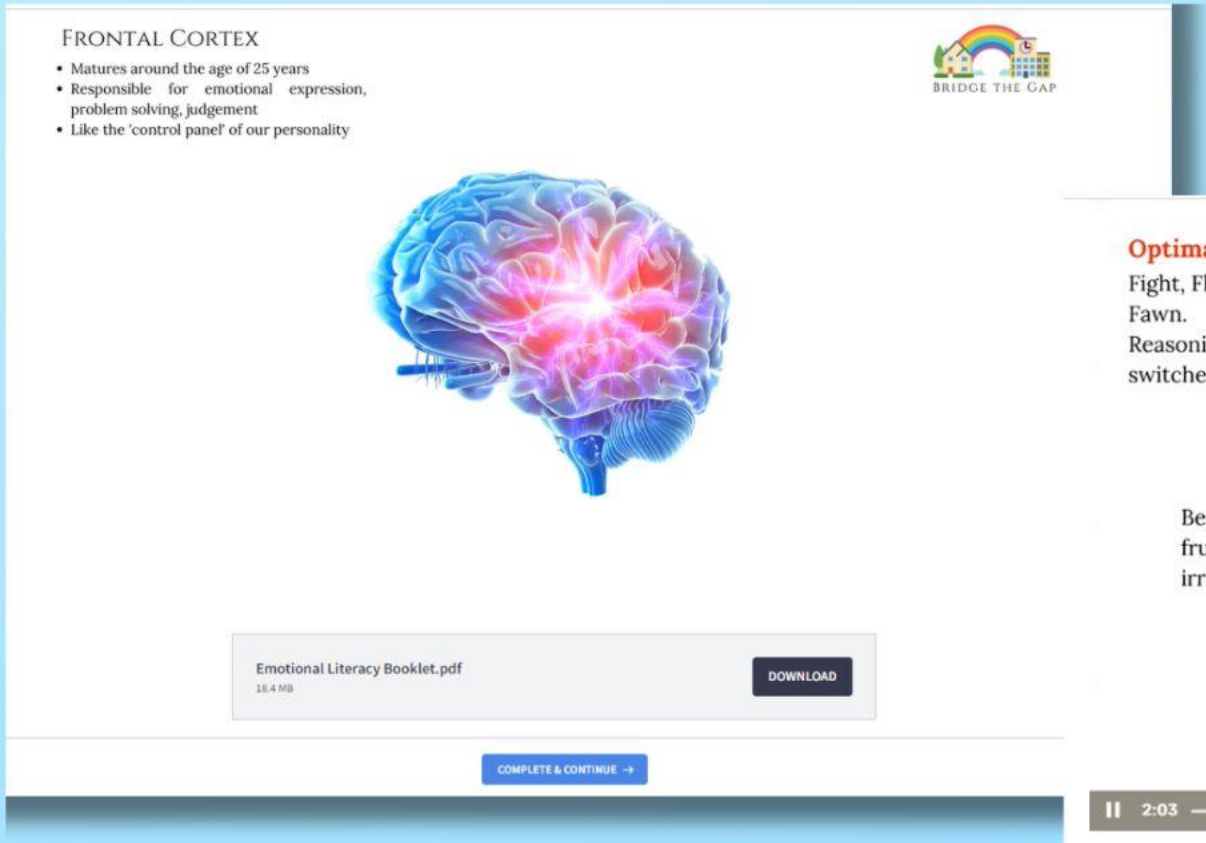


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You can then begin working your way through the course by clicking on the lessons and clicking 'complete and continue' once you have completed a section.



You will find videos, surveys, questions, reflection points, downloads, and presentations. If you have any questions, you can contact us at any point.





How to get in touch...

Call us **01332 600827**

Email us **info@jwbridgethegap.com**

Resources available at www.jwbridgethegap.com

Exclusive downloads on the online platform.
Looking for something for a child or parent...get in touch, we are here to support the schools we work with in any way that we can.

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Funding for early intervention **saves lives**. Let's brighten up the city and show young people that Derby Cares!

DERBY CARES
Wear a Rainbow

WEAR A RAINBOW

Choose a date, wear something that represents the rainbow, pay a pound to donate to **Derby Cares!**



Share your pics
#WearARainbow



4th - 18th Nov 2024

jwbridgethegap.com

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Scan me to learn more



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CHILD MENTAL HEALTH

OPEN DAY!

SATURDAY 9TH NOVEMBER
10AM - 2PM

10/11 ST. MARY'S GATE,
DERBY, DE1 3JR



DERBY CARES
Wear a Rainbow

DERBY CARES
Wear a Rainbow

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ROOM SIGN DESIGN COMPETITION





FOR 5-18 YEARS OLD

LET YOUR CREATIVITY BE SEEN THROUGH THIS COMPETITION AND GET THE PRIZE OF YOUR DESIGN BEING ON THE DOORS OF BRIDGE THE GAP - AND WIN A SENSORY TOY BUNDLE!

The Rainbow Room



The Dream Room

Our Dream room isn't ready yet, but will look very similar to this...



The Sunlight Room



The Nest



The Cloud Room



The Greenery



INDEPENDENTLY JUDGED | WINNERS ANNOUNCED 29TH NOV

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Judges

BRIDGE THE GAP

Baasit Siddiqui

TV Personality (Gogglebox),
Motivational Speaker

Dr Victoria Erbes

Educational Psychologist

Katherine Jennick

Creator of award winning 'What's your Strength' Cards

More to be announced!

FREE REGISTRATION

Send your designs to info@jwbridgethegap.com or post to Bridge the Gap, 10/11 St. Mary's Gate, Derby DE1 3JR

Bridge the Gap Community

BRIDGE THE GAP

- Free parent/child drop-ins each week 9-11 (Tuesday and Weds but to be extended.
- Donation only Compassionate Crafts sessions and courses
- Adult and Child Workshops (from £8.50)
- Free resources
- Online workshops for parents and for adult and child together (from £7.50)
- Free 10-week Emotions Course for early years (Beckett Family Hub)
- Free weekly creative wellbeing support and emotional literacy play (parent or parent with child welcome (Sinfin Family Hub)

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Safe 1:1 Emotional Support

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- Long-term 12-week.
- Bespoke to each child's needs and circumstances.
- Communication, targets and reports shared with network around the child.
- Child led, relationship focused, non-clinical.
- Emotional Literacy, ACT and CBT informed practice.
- Clinically informed practices, processes and supervision.

We work with children proactively as well as a children who are struggling with ***anxiety, low mood, low self-esteem, bereavement*** and support ***those facing life challenges***. We also work with children who have ***ASD or other additional needs***.

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FACEBOOK

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