

Freedom of Information Act 2000 – Request Reference FoI/24/307

Online Resource

Information Requested:

A few weeks ago I found this fantastic pdf document online, and then tried again a few days later and it had been taken off the site.

<https://cavuhb.nhs.wales/files/resilience-project/parent-group-resources/5-regulating-our-bodies-parents-english-pdf/>

It was a great resource (with about 3-4 pages) of up-regulating and down-regulating activities for children and teaching parents about the window of tolerance. It had images in it as well.

Would you have this pdf that used to be on the CAVUHB NHS website?

Response Details:

Please see the attached PDF.

This attached document and the other documents on the same webpage related to a formerly commissioned service which was decommissioned at the end of its contract. This decommissioning was part of a coordinated improvement and enhancement programme of the emotional wellbeing and mental health support provided to schools.

The documents were removed from the Health Board's website at the end of April 2024 to ensure that there were no risks posed by potentially outdated information relating to a service which had been superseded.

The Children, Young People and Families Health Directorate has a dedicated website for Emotional Wellbeing and Mental Health Services which provides information and advice including self-care materials – please find [here](#).