

Lancashire Mind's weekly wellbeing newsletter



Monday 5th October

This week's theme is: World Mental Health Day 2020



Did you know that Saturday 10th October is World Mental Health Day?

The theme of the day this year is 'Mental Health for All'. Greater investment, greater access - everyone, everywhere. At Lancashire Mind, we feel this is a really important message, especially during this challenging year.

This newsletter contains resources and activities that help us to look after our mental health every-day, plus information about events you might want to get involved in.

Children and Young People

Pages 2 and 3 have information on how to get involved in World Mental Health Day, as well as lots of resources you might find useful for your wellbeing everyday.



Adults

Find resources to support your own mental health, and the wellbeing of young people in your life, on pages 4 and 5. Also remember to check out this year's Mental Elf, with details on page 3 and our website.

Follow us on social media - @lancsmind
Find more resources for Children and Young People, Adults and Parents on our website:
www.lancashiremind.org.uk



Monday 5th October

Take a look at the resources on this page for ideas about how to get involved in World Mental Health Day 2020. Remember we have lots more activities and support on our website, including all previous newsletters <https://www.lancashiremind.org.uk/>



Show your support for World Mental Health Day 2020 and get involved in #HelloYellow!

Get your brightest yellow item of clothing at the ready!

Visit <https://youngminds.org.uk/get-involved/how-to-fundraise/helloyellow/>



Wellbeing and resilience

Try filling in as many of these as possible:

Something I am good at	Something that helps me feel happy or relaxed	Someone in my life that makes me feel happy
A place that makes me feel happy	Something that helps me feel supported	Something I am proud of
Something helpful I do to help myself cope when things are tough	How did doing this make me feel?	How can I use what I have learnt to help me be more resilient?

Reflection:

My wellbeing challenge booklet 8

<https://www.twinkl.co.uk/resource/my-wellbeing-challenge-booklet-t-tp-2550427>

These resources are great for thinking about your own wellbeing, and for helping you express your emotions.



Here is a word bank to help you fill this in

Sad

Frustrated

A letter about how I'm feeling

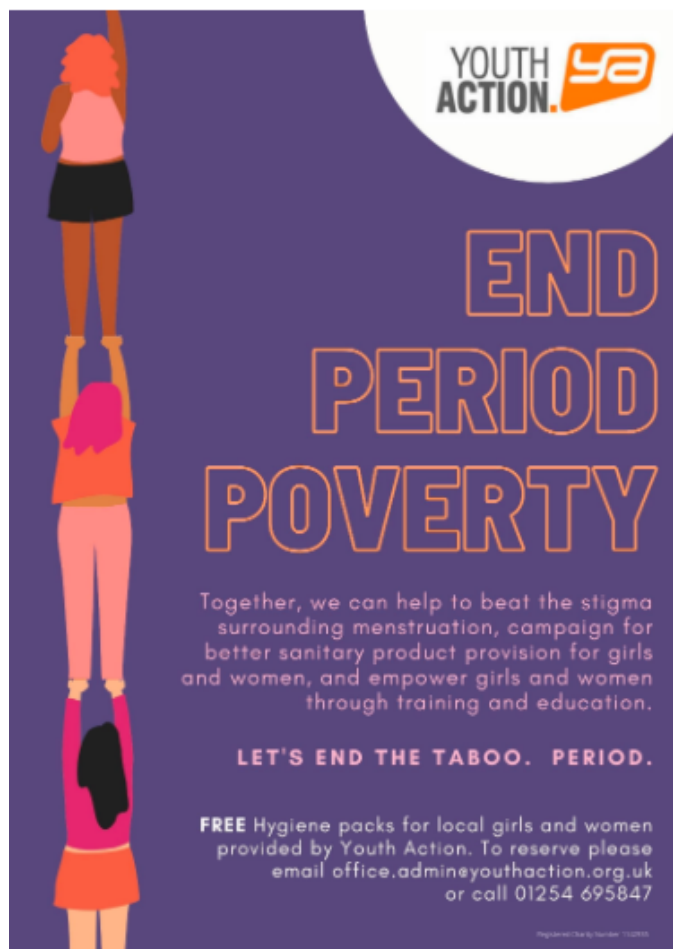
Dear _____

I have been feeling _____

I have been feeling this way because _____

<https://youngminds.org.uk/media/2933/a-letter-about-how-i-m-feeling.pdf>

In other news...



<http://www.youthaction.org.uk/>



<https://www.facebook.com/YouthActionNW>



This year we are asking you to join us in our biggest fundraising challenge to date.

We need you to help us cover an incredible 3226 virtual kilometres, the distance from Lancashire to Lapland!

How far you go and whether you run, walk, cycle or swim is totally up to you!

More details can be found at: <https://www.lancashiremind.org.uk/events/76-mental-elf-2020-lancashire-to-lapland>

Adults - wellbeing through the day

Building activities that benefit your wellbeing into your daily routine can sometimes feel tricky, so this resource can help.

A balanced daily routine should include time for work and time for you. Try filling out the wheel with examples of activities you do for each section.

These resources can be found at <https://www.twinkl.co.uk/resource/staff-wellbeing-looking-after-your-mental-wellbeing-t-tp-2549707>

Looking After Your Mental Wellbeing

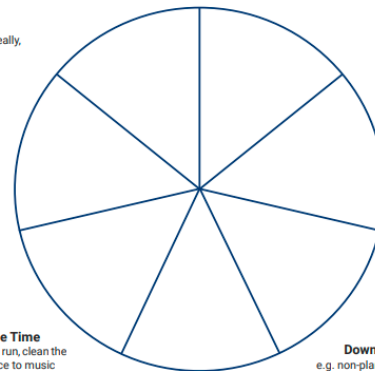
In order to keep a healthy mind, it is important to address each area below every day. If we leave out some areas, or overload in others, we can begin to put our mental and emotional wellbeing at risk. Use this activity sheet to plan out example activities you could realistically complete every day during school closures to keep your mind healthy. The more examples you create, the more variety you will have to choose from!

Sleep Time
Plan how many hours you would ideally, but realistically, have each night.

Focused Time
Choose a manageable project that you would like to make some progress on with any new spare time that you may have. There is no need to set a target to complete it, just see how far you get!



Active Time
e.g. go for a run, clean the house, dance to music



Time In
e.g. meditation and mindfulness

Connecting Time
e.g. time socialising remotely with family and friends

Work Time
This may be time spent in a school setting, or working remotely at home, or you may be assisting a vulnerable person. Try to maintain a routine where possible.



Down Time
e.g. non-planned activity



When you get home...Having an end of day wind down routine can be really helpful to help relieve the stresses of the day. Both for your young people and for you! Try making an end of day checklist and think about what helps you to chill.



End of the School Day



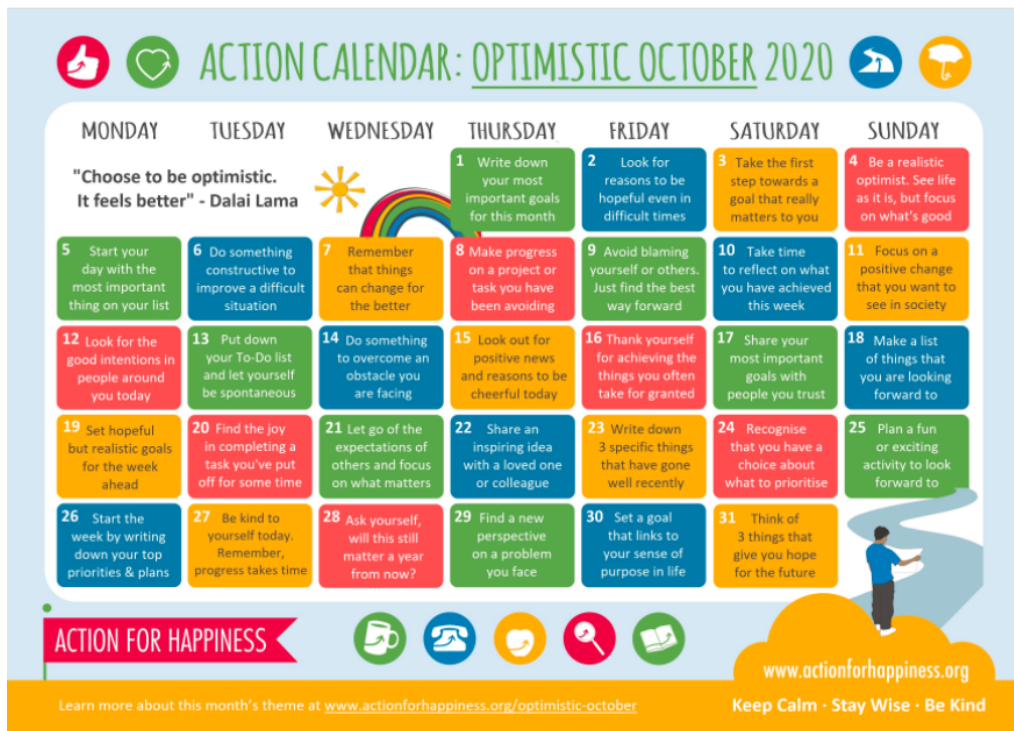
Looking for more information? Go to [mind.org.uk/coronavirus](https://www.mind.org.uk/coronavirus)

End of the School Day

Follow these simple steps to help you wind down after school.

- Take a moment to think about today in school.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your school day (for example, change out of your school clothes)?
- What can you do now to help you relax (for example, play a game)?

All previous newsletter editions are on the Lancashire Mind website, including our issue on 'Back to School Anxiety', which has a great guide to mindfulness https://hubble-live-assets.s3.amazonaws.com/lancashire-mind/redactor2_assets/files/490/Schools_newsletter_-_back_to_school_anxiety.pdf



To download your own calendar to display visit <https://www.actionforhappiness.org/optimistic-october?fbclid=IwAR37xMw76OQbXwOgGk3CwgKabfQXxhL85dcqQGxkEh2T6ryTxQqvA9A-BsG>

Parent workshops and webinars with O2

The NSPCC and O2 are offering free 30 minute webinars for groups of parents, grandparents and carers, making it easy for you to keep your family safe online.

Webinars are delivered by experienced NSPCC staff. Topics covered include:

- why children enjoy using the internet and how it can help them, as well as the risks
- concerns that families might have about their child's use of the internet
- exploring how families can navigate the digital landscape together, safely.

If you'd like to organise a webinar on behalf of a group or register your interest to attend a pre-recorded webinar, please contact parentworkshops@nspcc.org.uk

For more information and guidance on internet safety for your family, visit the NSPCC website <https://www.nspcc.org.uk/support-us/partner-with-us/nspcc-O2-online-safety-partnership/>

We have a previous newsletter edition on the topic too: https://hubble-live-assets.s3.amazonaws.com/lancashire-mind/redactor2_assets/files/313/Schools_Newsletter_15th_June_-_Staying_Safe_Online.pdf

Links to helpful information & resources

General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungminds.scot.nhs.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribbles Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356