



**MRS SPRATT**



**Honesty • Excellence • Aspiration**



**MRS ROBINSON**

Welcome to our latest edition of Wellbeing Weekly. For those of you who did not see our other bulletins, we would like to introduce ourselves, we are Mrs Spratt and Mrs Robinson and we sit in an area within the academy called “The Hub”.

The intention of the hub and our roles, is to provide drop in sessions, groupwork and 1:1 Emotional Health and Wellbeing support, for our students, on a referral basis. Another aspect of our role, is to support the Emotional Health and Wellbeing of our parents/carers and staff by offering helpful resources around services and self-care. We will be sharing a weekly bulletin via twitter and MyEd for your reference.

In this week’s bulletin, you will find the following information:

- WELLBEING PARENT/CARER COFFEE MORNING – THURSDAY 30th JUNE
- TAKE 5 BRIEF INTERVENTION
- PEER TO PEER SUPPORT LEAFLET
- GET YOUR DAILY D.O.S.E OF HAPPINESS
- JOYFUL JUNE WELLBEING CALENDER

**If you have any queries or wish to ask for advice about your son/daughters Emotional Health and Wellbeing then please contact us in The Hub.**



## WELLBEING PARENTS/CARERS COFFEE MORNING



**Come and join us at our weekly parents or carers Wellbeing Coffee Morning**

**VENUE: COMMUNITY HUB (SITUATED OUTSIDE OF MAIN SCHOOL GATES)**

### **What is the purpose of the Wellbeing Coffee Morning?**

**Do you feel like your child struggles with their emotional wellbeing and mental health? Or do you or members of your family home need help, support and guidance? Please come along and speak to Mrs Spratt and Mrs Robinson and we can explain the services we have on offer within the academy, along with signposting you to external services that will support your child's or your own mental health.**

**THURSDAY 30TH JUNE 2022**

**TIMES: 9.15AM – 10.15AM**

**TEA, COFFEE AND REFRESHMENTS PROVIDED**

**LITTLE ONES WELCOME!**



## PEER TO PEER SUPPORT

### What is Brief Intervention?



Brief intervention aims to help support Young people struggling with low level mental health difficulties such as anxiety, low mood, stress, anger, self esteem and confidence.

A Practitioner will listen to the young person, to find out what they are struggling with, and will try to guide them to overcome their difficulties by working through their chosen pathway together, learning tips,

strategies, and techniques that they can practice in everyday life.

Brief Intervention is 1:1 support based on guided self help. The appointment that lasts for approximately 45 minutes, the young person will be offered up to 3 appointments with their allocated practitioner.

If you would like to access this support, you will need to attend a drop in service on a Thursday evening 3-8pm to have a chat with one of our practitioners to see if this service is suitable for you.

If you have any questions or queries, please give TOG Mind a ring on 0161 330 9223 or email [take5@togmind.org](mailto:take5@togmind.org)

Tameside, Oldham & Glossop Mind  
19-25 Union Street  
Oldham  
OL1 1HA

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## PEER TO PEER SUPPORT



# Peer Support Group!



Are you 15 - 18 and interested in building your self esteem and confidence?

Peer support is a safe space for you and others to talk openly and support one another - This can help with:

- Opening up about feelings and experiences
- Boosting self esteem and confidence
- Introducing ideas and approaches that others have found beneficial
- Helping you to connect with others and value your strengths

**Every Thursday from 5:30pm till 6:30pm!**

Our Oldham Office: 19-25 Union St, Oldham , OL1 1HA

If you would like to find out more about this service feel free to come to a drop-in on Thursday's between 3pm and 7pm.

Alternatively call us on 0161 330 9223.



Take The Hive

Families in Mind

THRIVE

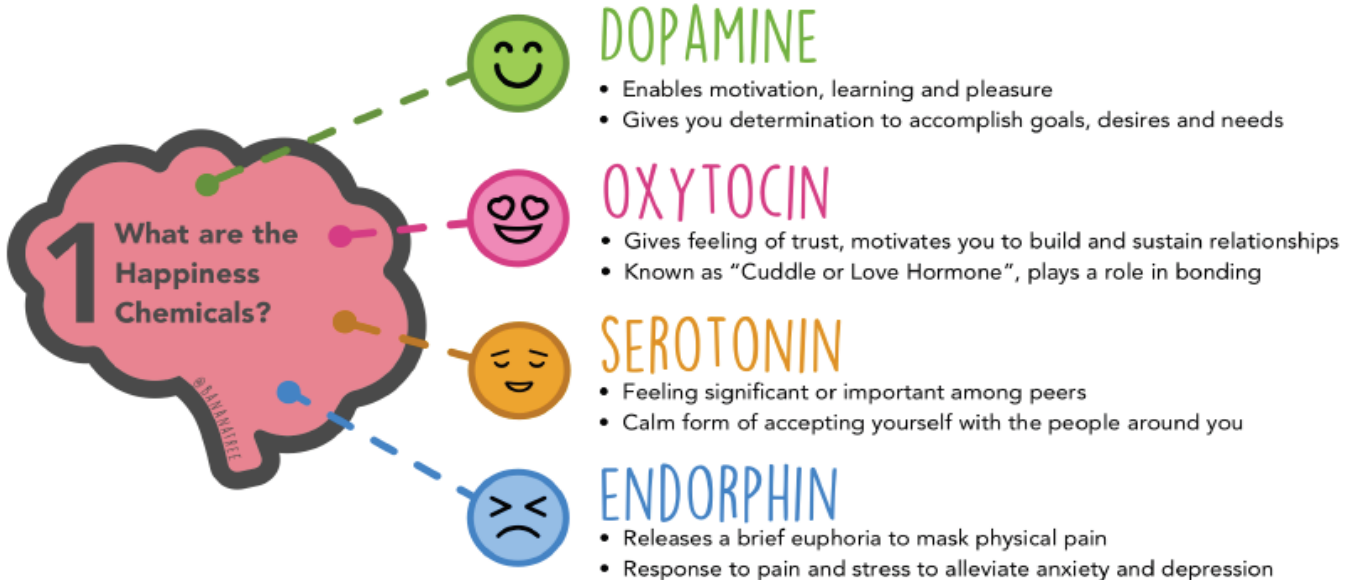
Youth in mind

Mind  
Tameside,  
Oldham  
and Glossop

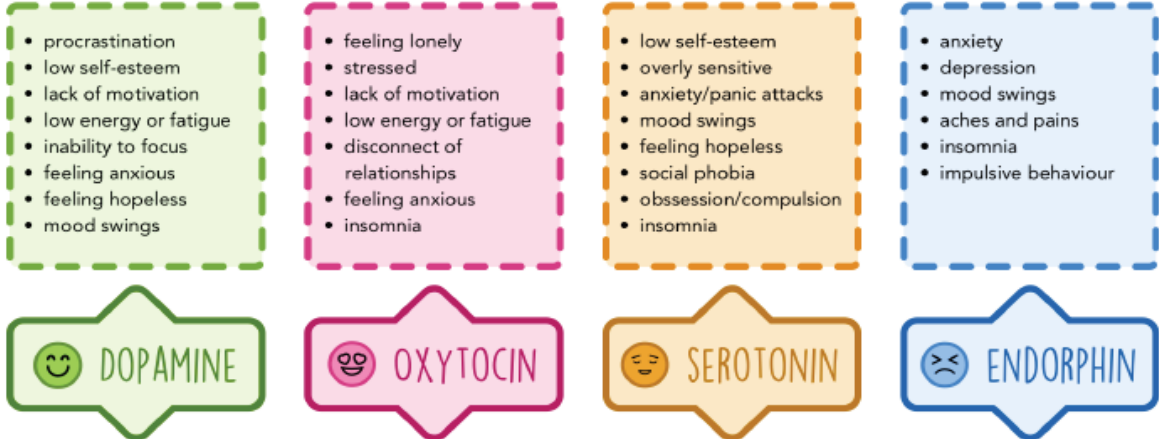
# DAILY D.O.S.E OF HAPPINESS

## GET YOUR DAILY D.O.S.E.

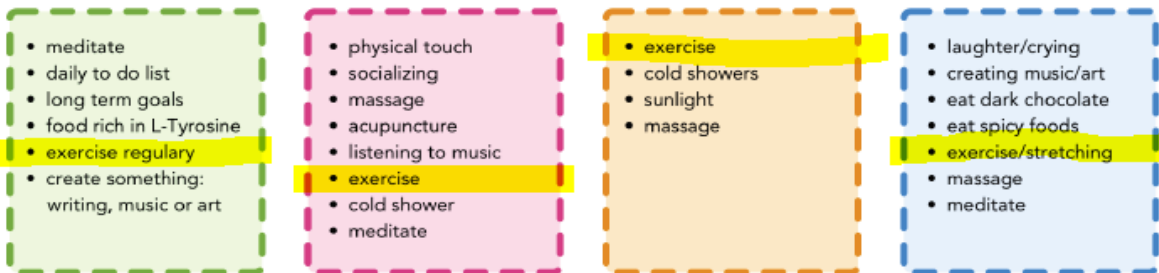
How to get your daily DOSE of happiness chemicals



## 2 How Deficiency Affects You



## 3 How to Increase Happiness Levels



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# JOYFUL JUNE WELLBEING CALENDAR

Joyful June 2022

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together



# WELLBEING THE E-ACT WAY

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**Eat well**

**A**ctivity everyday

**C**onnect with others

**T**reat others as  
you wish to  
be treated

