

BC Wellbeing News

#6  @BCCCWellbeing

May 2022



Jubilee

Next week we celebrate the platinum jubilee of our Queen, Elizabeth II. Whatever our personal views about monarchy, there is no denying that she is a remarkable woman; 96 years old and still going, in the 'job' she took on 70 years ago. Even accepting that she has great wealth, the best care and the greatest comforts the western world can provide, she has known the trials and tribulations that so many experience and throughout has shown remarkable resilience. So what can Her Majesty teach us about well-being?



Keep to a routine that works for you- we're led to believe that the Queen rises at 7.30 and retires at 9.30 every evening; getting enough sleep is essential for well-being

Make time for what you enjoy – a life-long equestrian, her joy was plain to see at the Windsor horse show earlier this month

Pet a pet - a devoted dog-lover, corgis are never far from HRH when she is at home. Stroking a pet has the power to reduce the stress hormone cortisol and increase the feel-good hormone oxytocin

Sometimes you just have to put a brave face on and get on with it (remember her sitting alone at Prince Philip's funeral)

Accept help when you need it. HRH now has mobility issues and visited the Chelsea Flower Show this week in an electric buggy

The healing power of the nature- we might not all have a country estate to retire too but we can get out to a park, or perhaps go for a walk in the countryside

Why not make time to have a little tea party with family and friends over the long weekend?

St Martin's Counselling

We are fortunate to be working with St Martin's Counselling Centre in Digbeth, who are currently providing counselling to a limited number of our students in school. They have made us aware of their wider, adult, counselling services which anybody can access. St Martin's is a registered charity and they aim to make counselling affordable for all. Pick up a leaflet from school reception or register our interest via this link.:

<https://www.smchh.co.uk/>

Public Examinations

Public examinations are well underway and, after a gap of two years, it is wonderful to see our students get the chance to show what they can do in a formal setting. However, given that for our Year 11 and 13 students, the last public examinations were SATs in primary school, it is not surprising that some students are finding the experience both strange and challenging. [Click here](#) for some useful tips from Young Minds.



LONDON BUS

Mental Health Awareness Week; Monday 9th - Friday 13th May

We recently marked Mental Health Awareness week, which this year had the theme of loneliness, with presentations and themed assemblies. Students were reminded of the many extra-curricular opportunities in school, where they can meet new friends, beyond their form group, classes and year group. But what about the adults? Loneliness can affect us all and yet there is something of a stigma attached to admitting that we feel lonely. The mental health charity Mind provide a useful article and some practical tips which you can take a look at by [clicking here](#).



Come and join us, children, young people, families, friends and trustees

Celebrate the history of Coronation Road Playcentre, our new home. Enjoy a vegetarian buffet brunch by Change Kitchen and handy healthy food tips.

A mosaic of inclusive play opportunities including puppetry and bubbles

Admission FREE but Donations Welcome. Booking essential.

e: charlotte.stokes@parks4play.org or text 0788 2011 295

Parks For Play Coronation Road Playcentres, Coronation Road, Bournbrook www.parksforplay.org
Parks for Play was created by parents, play and youth professionals in 2004 and has been awarded for its continuous offer of welcoming services delivered in streets, parks and community spaces.