



An Update from the Healthy Minds Network

Dear Parents/ Carers,

Healthy Minds Network are continuing work towards the Wellbeing Award. This half term's newsletter is to provide you with information on upcoming awareness days and signposting for useful mental health advice and support with the summer holidays fast approaching.

1st – 30th June Pride Awareness Month

Stonewall, the LGBTQ+ charity, are working to protect LGBTQ-inclusive education so that younger generations do not need to feel unsafe or excluded. Follow the link below to their website.

[LGBT+ History Month 2024 | Stonewall](#)



10th – 14th June Healthy Eating Week



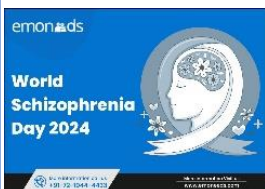
The British Nutrition Foundation are encouraging everyone, including early years settings, schools, workplaces and community groups, to 'Give it a go' this Healthy Eating Week. Whether that's having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe, or using up leftovers - Healthy Eating Week 2024 is all about giving it a go!

For ideas and resources, visit [British Nutrition Foundation Healthy Eating Week - Food A Fact Of Life](#)

1st July International Joke Day

International Joke Day is not just a day for you to prove to everyone how funny you are. It is the perfect day for you to share laughs and to put a smile on people's faces, including your own. Whether you prefer to share jokes or you like to listen to them, this is a day that is all about smiling, laughing, and having fun, and who wouldn't want to be a part of a day like this?

For more information, visit [International Joke Day \(July 1st\) | Days Of The Year](#)



24th July Schizophrenia Awareness Day

National Schizophrenia Awareness day shines a light on the everyday challenges the millions of people living with a diagnosis of Schizophrenia face and how we can tackle the stigma and discrimination around it. Schizophrenia is a very complex condition that can affect how a person thinks, feels, and experiences the world around them.

For further details, visit [National Schizophrenia Awareness Day \(rethink.org\)](#)

30th July International Day of Friendship

World Friendship Day, also known as International Day of Friendship, takes place on 30th July. It has become popular to reserve a day for celebrating friendships and to exchange gifts between friends.

For further information, visit [World Friendship Day / International Day Of Friendship 2024 - Awareness Days Events Calendar 2024](#)



Here are some useful links below should you or a young person need support with mental health.

NSPCC

The NSPCC have a fantastic website which is full of tips, links and further organisations that can help. Follow the link to find out more information.

[Mental health and parenting | NSPCC](#)



Mind CPSL is a mental health and wellbeing support group for families and parents in the local area. Each year they support lots of local people through counselling, peer support groups and 'good mood cafes' providing safe spaces for individuals to discuss their wellbeing.

[CPSL Mind](#)



If your child is struggling with their mental health and they need some help, you may be feeling really worried as a parent - and also like you're not sure where to start. Remember that you and your child are not alone. On this page you can find the services, professionals and organisations that can help you, and information about how to access them.

[Getting support from mental health services | YoungMinds](#)



Place 2 Be offers advice and resources for parents and carers regarding young people's mental health.

For further advice, visit [place 2 be - Google Search](#)

