

## Wellbeing Team

Wellbeing Lead	Wellbeing Champion	School Counsellor	Wellbeing Governor
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Useful links if you need any help or advice:

[www.sunderlandcommunitycamhs.nhs.uk](http://www.sunderlandcommunitycamhs.nhs.uk)

[www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)

[wellbeinginfo.org](http://wellbeinginfo.org)

[youngminds.org.uk](http://youngminds.org.uk)

[www.place2be.org.uk](http://www.place2be.org.uk)

[www.kooth.com](http://www.kooth.com)



At UCPS we believe the wellbeing of our pupils, staff and families is paramount. The brighter weather and spring blossoms bring feelings of hope and new beginnings.

This term we hope and encourage you all to enjoy the outdoors and focus on the **Connect** strand from the **5 Ways of Wellbeing**.



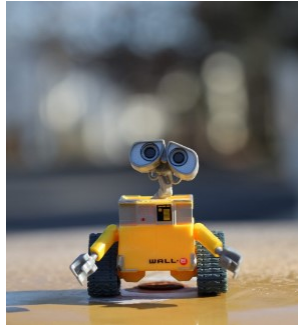
### Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

## Loneliness

Loneliness is an issue that can affect us all, young or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated. You should not blame yourself for feeling like you are struggling, now or at any other time.



### Advice for Loneliness

#### 1. Keep in touch with those around you

Talk to friends and family. Sometimes a friendly chat can make a big difference, whether someone is around the corner or further away.

#### 2. Join a group

Find a group with a shared interest. Think about activities that you would like to try out and look for groups centred around these.

#### 3. Do things you enjoy

Filling your time doing more things you like can stop you from focusing on feelings of loneliness and is good for your wellbeing.

#### 4. Share your feelings - but do not compare

Being able to talk about how you feel with others can help with loneliness, and hearing a familiar voice or seeing a friendly face makes us feel less isolated.

## 5. Help someone else feel connected

Reach out to others - think about people you know who might be feeling lonely and make an effort to connect with them.

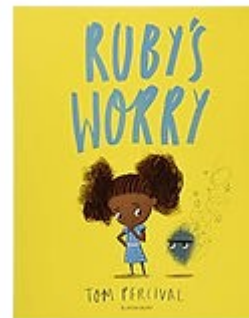


### Why talk to children about mental health?

Calmly and confidently opening up conversations can encourage children and young people to understand that mental health is something we all have, and that we should be aware of it and learn skills to look after it. Importantly, we can also ask for help when we need support.

When children are younger, it's important that they understand how there can be changes in their bodies which are connected to their feelings and thoughts. For example, when our heart beats very quickly after we have been running, the same is true when we are nervous or scared.

By helping children with these concepts and getting them to think about how feelings and thoughts are linked to behaviour, we can then explain how a combination of all these elements affects our mental health.



### Recommended Read!

This book is about how important it is to tell someone if you have a worry. So much discussion can be had around this book, which is beautifully illustrated and uses colour brilliantly to reflect Ruby's mood.