

Wellbeing Team

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|----------------|-----------------|------------------------|-------------------|--------------------|
| Wellbeing Lead | P.S.H.C.E Lead | Family Liaison Officer | School Counsellor | Wellbeing Governor |
| Ellen Hickey | Claire Swinburn | Gina Sagers | Judith Potelle | Amanda Robson |



Useful links if you need any help or advice:

www.sunderlandcommunitycamhs.nhs.uk

www.washingtonmind.org.uk

wellbeinginfo.org

youngminds.org.uk

www.place2be.org.uk

www.kooth.com



At UCPS we believe the wellbeing of our pupils, staff and families is paramount. The darker nights, cold weather and financial worries heading into Christmas can leave us feeling down or anxious. It is now we need to think about how we can look after our mental wellbeing. This term we hope and encourage you all to enjoy the outdoors and focus on the **Keep Learning** strand from the **5 Ways of Wellbeing**.



Keep Learning

Research shows it is just as important for people of all ages and life stages to keep learning for happiness, health and wellbeing. Learning new skills can improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

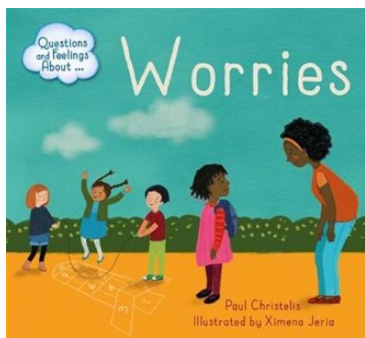
Even if you feel like you do not have enough time, there are lots of different ways to bring learning into your life.

Ideas to Keep Learning

- try learning to cook something new.
- try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online
- consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint



Recommended Read



Questions and Feelings About: Worries by *Ximena Jeria, Paul Christelis* A gentle, down to earth book for addressing the things that can cause children to be anxious and worried. Mindfulness expert Paul Christelis expertly explores everyday situations in picture book form, helping children to recognise signs

of worry and giving them reassurance and simple suggestions on how to cope with any worries.

Cost-of-living crisis and your mental health

We know that many people are feeling the strain as the cost of living continues to increase. The following website has lots of tips and hints to help;

<https://www.mentalhealthandmoneyadvice.org>

'Mickey's Place' @ St Michael & All Angels Church

Did you know that our local church provides a 'warm space' and food bank service? The warm space opening times are below and the number for a referral for the food bank is Tel: 0800 234 6084 or Tel: 0191 520 5551

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 09:30 - 15:00 | 09:30 - 15:00 | 09:30 - 15:00 | 09:30 - 15:00 | 09:30 - 15:00 | 00:00 - 00:00 | 12:30 - 15:30 |

Winter Coats

Following the success of our uniform initiative, we have decided to do something similar with winter coats. If your child



has a winter coat that they have outgrown, then please bring it into school. We will wash it and upcycle it. When we have a collection ready then we will let you know how you access it. As with the uniform, this will be free of charge. So please check through your wardrobes. We really hope that you will continue to support us in this initiative!