



MONTHLY NEWSLETTER



Mental Health Support Team

MHST



THIS MONTH'S THEME: 5 WAYS TO WELLBEING

MEET THE TEAM

Hello! My name is Neil; I am an Education Mental Health Practitioner (EMHP) in the Mental Health in Schools Team for Hyndburn, Rossendale and Ribble Valley. I am chuffed to be part of a fantastic team delivering support that is long overdue.

I live just over the border in West Yorkshire, and have worked in East Lancashire care services for the last 13 years. My background is in the substance misuse field where I worked in harm reduction, then recovery services and ended up running service user involvement and peer mentoring programs in the East Lancashire service, Inspire.

I have a real passion for activity in support and am currently working with a colleague to develop a program to help engage young males in services.

I have just signed up as a Health & Wellbeing champion for the Trust as I believe in making working life positive for mental & physical wellbeing. For my part, I practice Tai Chi Movements for Wellbeing (TMW) every day and, as often as possible cycle to work using a bike bought through the tax-free scheme.



THE MONTH OF MAY



May is a very busy month, there seems to be a lot happening! Here are some of the things happening during May:

National Walking Month

Start of GCSE Exams

International Nurses Day

Eid Al-Fitr

The Queen's Platinum Jubilee

National Children's Day UK

Mental Health Awareness Week

National Biscuit Day

Wow, so much happening! We don't want to overwhelm you with too much information in this newsletter so for that reason on the last page please find links to lots of different information that you can view at your leisure. We have chosen this month to focus on the 5 Ways to Wellbeing as our main topic with a bit of added extra on National Walking Month. Enjoy :-)

Five Ways to Wellbeing is a framework of things we can do to promote positive wellbeing and support our mental health. Evidence indicates that a small improvement in wellbeing may lessen the impact of some mental health difficulties and aid people to thrive.



OBSERVE

Observing is the skill of noticing our thoughts, behaviour, our body, and world around us. It is the skill of being present in the moment, also referred to as mindfulness.

CONNECT

We are social beings, connecting with others is vital for our wellbeing. However, not all of us have a social circle or family. Meeting new people for the first time can be scary, trying different groups or making online friends which then turn into face to face friendships.

KEEP ACTIVE

Keeping active has been proven to boost your mental health as well as your physical health! Benefits include: It can improve your self esteem, the sense of achievement you receive from setting and achieving goals, and the chemical changes in your brain gives your mood a boost!

GIVE

Giving to others can help our wellbeing by developing positive emotions and a sense of reward, it can help us connect with others. This can be through smaller acts, or larger such as volunteering with a local charity.

KEEP LEARNING

Learning new skills keeps your brain active and can help raise your self-esteem. It can also give you a sense of purpose and direction, boosting your mood.

Walking, and the benefits have been well documented. Better still, whilst walking it can give you up to four of the Five Ways to Wellbeing: **Observe** - be mindful of the environment you are walking in, plants, animals, and the changes through seasons are just a few. **Connect** - walking with others can be a wonderful way to connect and socialise with others. **Keep Learning** - the natural world can offer many opportunities for learning, whether that be new routes, animals, habitats, plants (ones you can eat or have medicinal uses), and new skills such as orienteering. **Keep Active** - this one is quite self explanatory, walking is a really good way of keeping active, and can be tailored to anybody's fitness level, whether that is hiking a mountain, or walking on the canal path! Facebook is a great place to find local walking groups. Please be mindful to follow online safety advice though and always seek medical advice if you are unsure about fitness levels or health conditions.

Click here for more information on walking for wellbeing



PLACES TO EXPLORE IN LANCASHIRE

We are lucky to live in an area where we are never far from glorious countryside! If you are feeling more adventurous and want to wander further, the Yorkshire Dales and Lake District are not too far either, and both are areas of outstanding natural beauty.

If you can't venture too far, there are lots of wonderful places right here in Lancashire, we have included a few here, but please visit the website visitlancashire.com for more places. As always, please click on the images for links to the websites.

The Tolkien Trail - Hurst Green, Lancashire. Follow in the foot steps of J. R. R. Tolkien on this magical 6 mile walk,

Pendle Hill and the Sculpture Trail - Embedded in local legend is Pendle hill, a notorious area for the story of the Pendle Witches. Additionally, the sculpture trail begins nearby in Barley, and takes you through the woods. These walks can be done separately or if you are feeling adventurous in the same day.



Please click on any of the images for more information

5 STEPS TO MENTAL WELLBEING



How to deal
with Exam
Stress



YOUNGmINDS

Mental Health
Awareness Week



zzzZ

Topic based session based on
mental health and wellbeing
with time for discussion.

All ideas and feedback
welcome.

BWD PARENT SUPPORT GROUP
Wednesday 25th May 2022
Time - 6-7pm via Microsoft Teams
This Month's Topic is SLEEP

If you are interested in
attending, please email
emma.jackson@elht.nhs.uk
You will be sent an electronic
invite to access the meeting
via Microsoft Teams

Safe | Personal | Effective

