



Schools Well-Being Newsletter Issue No. 35 - April 2019

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Schools Well-Being Newsletter

Keeping you up to date with what's happening in wellbeing

Mental Health Awareness Week 2019



For one week each May, the Mental Health Foundation campaign around a specific theme for Mental Health Awareness Week. This year, the focus is on body image and how we think and feel about our bodies.

Magazines and television are often blamed for portraying an ideal body image, that causes people to question their looks and lose confidence in themselves. These issues can directly impact our mental health and affect all of us at any age.

[Read more](#)

**One You and every
mind matters**



The five steps to well-being

Point #4 - Give to others

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre or regularly donating to a charity by a scheme called payroll giving.

Payroll giving (also known as Give As You Earn or workplace giving) is a valuable, long term source of revenue, providing regular income to help charities budget and plan ahead more effectively. You can choose to support any charity of your choice with a regular donation direct from your pay.



Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. It can also help us have more positive relationships with those around us.

One You has published a series of 14 bite sized audio sessions, where you can hear from people working through their own mental health problems, as well as from experts who explain more about how to manage and improve your own wellbeing.

To hear to these audio clips, click [here](#).

Get on the road to a healthier lifestyle!

Join the Cycle2work scheme and make huge savings on the cost of a new bike and safety accessories.



Sign up to the scheme this year – that's between 1 April and 31 May.

Employees in local authority maintained schools can find out more on [HR Infospace](#).

Please note: Some Academies and Trusts may offer their employees similar schemes, please check with your Headteacher.

If you have a disability as defined by the Equality Act 2010, and need an adapted bike costing over the current £1000 limit, you can still use the scheme, just apply for the total value of the bike and, if necessary, extend the scheme from 12 to 18 months.

If you live in Norwich or Great Yarmouth, [Pushing Ahead](#) is a project funded by the Department for Transport to encourage residents to leave their cars at home and use alternative methods of travel. Details of cycling and walking options including a Cycle Loan scheme – hire a bike (£10 for 4 weeks),

For more information regarding payroll giving, please click [here](#).

Learn more in [Give for mental wellbeing](#).



Are you a Domestic Abuse Champion?



A new Facebook page has been set up for trained Domestic Abuse Champions to share information, news and ideas.

If you are a trained Domestic Abuse Champion and want to join this closed group, it's easy search for "Norfolk Domestic Abuse Change Champion Network" on Facebook, request to join and once the coordinators have checked you are a champion, you'll be added to the group.

If you would like to train to become a Domestic Abuse Champion, then please email da.change@norfolk.gov.uk for more information.



Dementia information and advice fayre 2019

The popular Norfolk and Norwich University Hospital Dementia Information and Advice Fayre will be returning to the East Atrium this spring.

Personal Journey Planning, 'Fix & Ride' sessions, and much more.

More than one million people got fit on their way to work – you can too!

Five ways to wellbeing free workshop



The poster features the title 'Healthy Habits for your Head: 5 Ways to Wellbeing' at the top. Below the title are five colorful speech bubbles, each representing a wellbeing strategy: 'CONNECT' (blue), 'BE ACTIVE' (purple), 'TAKE NOTICE' (orange), 'KEEP LEARNING' (green), and 'Give' (red). Each bubble has a corresponding icon and a brief description of the strategy. At the bottom, there is contact information for the workshop, including the date (Friday 3 May 2019, 1pm to 3pm), location (Wensum Lodge, Crown Room), and contact details for Colin Howey.

Join Norfolk Community Learning Services tutor and wellbeing activist, Colin Howey, for a FREE relaxed and informal introduction to the '5 Ways to Wellbeing'. These are a set of practical evidence-based 'actions' that we can use in everyday life to improve/maintain our mental health and 'bounce back ability'.

Friday 3 May 2019
1pm to 3pm

Wensum Lodge
Crown Room (next to reception)
169 King Street
Norwich
NR1 1QW

To book your place please email
Colin Howey on: CLDO@norfolk.gov.uk
www.norfolk.gov.uk/adultlearning
0344 800 8020

Join the Norfolk Community Learning Service for a free relaxed and informal workshop into the '5 Ways to Wellbeing' on Friday 3rd May in the Crown Room at Wensum Lodge, Norwich.

To book your free place, please contact [Colin Howey](mailto:ColinHowey@norfolk.gov.uk).

Spring into Action Workplace Challenge

This May, workplaces from Norwich and Great Yarmouth can take part in the "Spring into Action Workplace Challenge". It's a fun and engaging way to support your colleagues with their physical health and mental wellbeing.



There will be a wealth of experts and agencies on hand to answer any questions you may have about dementia, which will take place in the East Atrium on Monday 13 May 2019 from 10am to 4.30pm.

The event is traditionally held on the week before dementia awareness week, which this year runs between 20th and 26th May.

For more information about this event, click [here](#).



Ladies, are you ready to start exercising?

This Girl Can is a campaign run by Active Norfolk to get women and girls more involved in physical activity. It helps to breakdown the barriers that can stop women participating and helps them take part without fear of judgement.

Read more about and get involved in the This Girl Can campaign [here](#).



Would you like to get a better nights sleep?

There are four main factors that affect the quality of your sleep. Health, Environment, Attitude and Lifestyle.

To find out more about how to sleep better, download a free guide from the Mental Health Foundation [here](#).

Participating workplaces will be in with a chance of winning £100 for the charity of their choice, and there are nearly £300 worth of prizes up for grabs every week for employees to win simply by walking, jogging and cycling in Greater Norwich and Great Yarmouth, so there's lots of reasons for employees to take part.

The challenge starts on May 1st, so for more information and to get involved, click [here](#).

Who's who in the Well-Being Team



Left to right: **Kathy Lamacraft** - Health and Safety Support Officer, **Anne-Lisa Hardwick** - Health and Safety Support Officer, **Dawn King-Williams** - Well-Being Officer, **Paddy Lorenzen** - Occupational Health and Well-Being Manager, **Jo Hanson** - Well-Being Officer, **Annette Young** - Well-Being Officer and **Julie North** - Well-Being Officer.

Health awareness days in 2019

April 2019

1-30 April - [Bowel Cancer Awareness Month](#)

22-28 April - [Be Bold in Blue - MS Awareness Week](#)

May 2019

1-31 May - [National Walking Month](#)

6-12 May - [Sun Awareness Week](#)

13-19 May - [Mental Health Awareness Week](#)



Try this quick fix relaxation exercise

Listen to this quick fix relaxation and breathing podcast for whenever you're feel tense or stressed. It's a great simple way to calm your mind and body down and something you can easily do in while sitting at your desk.

Listen [here](#).



Get Easter cracked this year - where to visit in Norfolk

It always feels good to have a break from work and Easter is the first long break of 2019.

The days are brighter, longer and (hopefully) warmer, and all the fabulous family attractions are open again.

Find out what's on around Norfolk over Easter [here](#).

Have there been any changes to your Well-Being Facilitator(s)?

To keep our records up to date, we regularly try to check and see if there have been any changes to your school well-being facilitators.

If there have been any changes to your school well-being facilitator(s), you can tell us by clicking [here](#).



June 2019

8 - 16 June - [Bike Week](#)

10-16 June - [Men's Health Week](#)



If there are any articles you would like to see in our next edition, please let us know by emailing us on well-being@norfolk.gov.uk by Friday 14th June 2019 with your suggestions and we will try to include them.

Did you know.....?

Since the well-being programme became a traded service in 2016, over 90 schools have participated in the programme. With 12 schools having completed their second review and receiving comparative data to see in what areas their school has improved or highlighted concerns.

If it's has been more than two years since your school last did a review, then please contact the [Well-Being Team](#) for more details about what to do next.

Watch out for our next issue due out in July 2019

Email: well-being@norfolk.gov.uk Telephone: 01603 223763

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