

Wellbeing Newsletter

February 2023

Meet the Team

Miss Groom: Mental Health Lead



My role is to make sure that Heathlands is a mentally healthy school.

I support the whole school community including children, staff and parents to improve their own wellbeing and mental health.

I also help those who are struggling with mental ill-health to find support.

Mrs Williamson :Pastoral lead



My job is to support our children and their families in with the range of problems they face.

These include mental health issues, family breakdown, behaviour, bereavement, financial issues, housing problems and many more.

I will help however I can and contact specialist support when needed.

If there is anything you need help with, you can contact us by leaving a message with the school office and we will get back to you as soon as we can.

What is Gratitude?

This is the quality of being thankful and appreciating the little (and big!) things in your life. This can help you to see the overall picture of your life and identify the positives of your day.

The practice of gratitude has positive impacts on your mental health. Ask yourself or write in a diary the answers to some of the following questions.

What life experience has had the biggest positive impact on you?

What are some things you can be thankful for on your hardest days?

Which stress-relieving items are you grateful for?

What do you find yourself taking for granted?

What's something positive that happened to you today?

What qualities or talents are you thankful you have?



Roots & Branches Connecting Communities in Birmingham

Opening First Friday Of Every Month

Between 4.30pm To 6.30pm

3rd Feb 2023
3rd Mar 2023
7th Apr 2023
5th May 2023
2nd June 2023

7th July 2023
4th Aug 2023
1st Sep 2023
6th Oct 2023
3rd Nov 2023
1st Dec 2023



The Community Kitchen will be open on the
1st Friday of every month and will provide
FREE HOT MEALS.



HODGE HILL CHURCH
COLESHILL ROAD, BIRMINGHAM, B36 8BG (NEAR HUNTERS MOON)





HelpinBrum



Starting 6th February 2023

Shard End Community Food Club

Ownall Road, Shard End, Birmingham B34 7AJ

£1 annual
joining fee,
£3.50 per box!

Warm Space, Friendly Support and
Affordable Food!

Every Monday
12pm - 2pm

Our community
fridge is open
to all
community
members





Wellbeing Support

GREENHEART
LEARNING PARTNERSHIP

shout
for support in a crisis

Often, speaking out about your mental health is easier said than done. You might not know who to trust, you might be feeling frightened about the thought of opening up, or you just might not know how to find the words.

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text 85258

Birmingham and Solihull Women's Aid <https://bswaid.org/>

Call 0808 800 0028

Our helpline is open 7 days a week 9.15am-5.15pm.

Every day our specially trained team of female workers provide emotional and practical support to women and children affected by domestic violence and abuse.
You are not alone.



CALL [01823 334244](tel:01823334244)

Confidential helpline for male victims of domestic abuse and domestic violence

Weekdays 10am to 4pm

Call 999 if in immediate danger



<https://www.bcabs.org.uk/>
Telephone Advice Line:

03444 77 1010

Lines are open Monday to Friday from 9:30am-4:30pm

Our service is free, confidential, independent and impartial. We will not judge you, persuade you or tell you what you should do. We will listen, explain all the options available to you and advise you on the course of action you decide to take. It is about helping you to understand both your rights and responsibilities so you can make informed choices about the problems you face.



It's okay... to speak to someone

For urgent mental health support, 24/7.
Just call **0121 262 3555** or **0800 915 9292**.

