

# Wellbeing Newsletter

## March 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.

#### 5 steps to mental wellbeing

*Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.*

- Connecting with other people
- Being physically active
- Learning new skills
- Giving to others
- Paying attention to the present moment (mindfulness)

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing>



TALK & LISTEN.  
BE THERE.  
FEEL CONNECTED



DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES. SEE  
OPPORTUNITIES.  
SURPRISE YOURSELF



YOUR TIME.  
YOUR WORDS.  
YOUR PRESENCE



REMEMBER THE  
SIMPLE THINGS THAT  
GIVE JOY



# 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.



**BSWA**

Birmingham & Solihull Women's Aid

**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

**ManKind**   
Initiative

<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.

**citizens  
advice**

**Birmingham**

**It's okay... to speak to someone**

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

**NHS**

**LivingWell**

Mind  
Birmingham

# 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

