

Happier January 2024

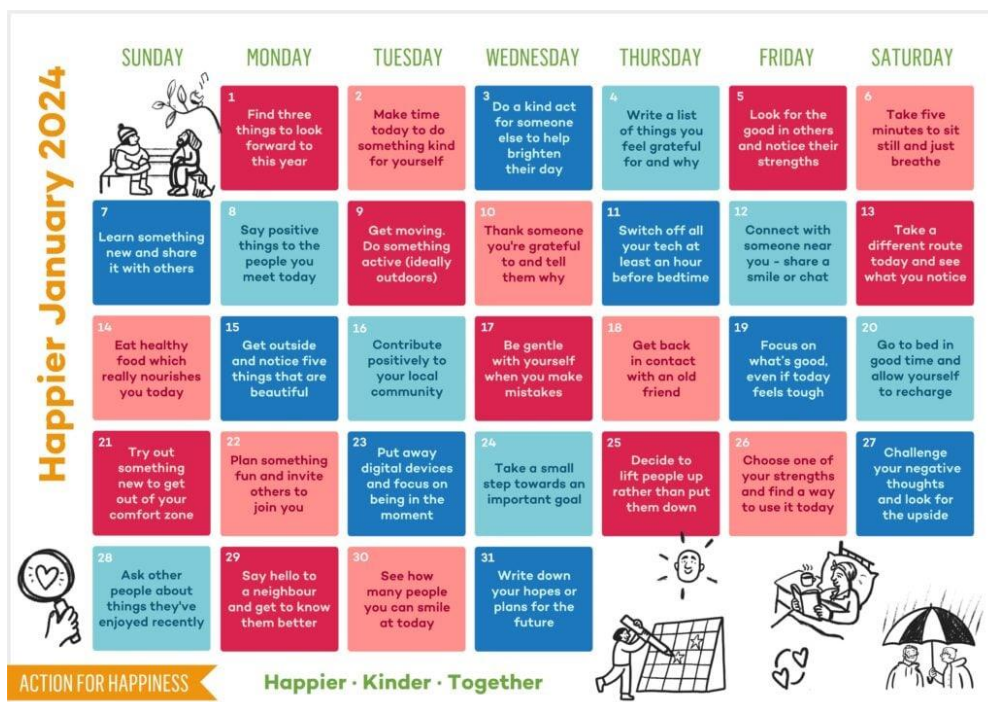
Happy New Year!

January always feels like a little bit of a deflated month to me. Sorry for the delay in this wellbeing post, I have been confirming some of the details. Over the Christmas break there is a tendency as most people in the UK are off work to see family and friends, socialise and consume way too much food and drink.

I appreciate everyone is just getting back into things so I will keep it short.

1. There is now a **Mental Health First Aider Network**, who have been trained to in order to provide support for us as staff. Details of who we are and how to contact us below.
2. This short video about [rocks, pebbles and sand](#) is a nice little a reminder about considering your priorities, and what to focus time on.
3. A reminder that [Westfield Health](#) and [Westfield Rewards](#) are available and can help support you with the cost of medical treatments and save money on things from the weekly shop to holidays. Including access to a [24 hour Advice and Information line](#)

Please note the half day training offered in the last newsletter is on hold. I am still waiting for the training organisation to respond (hopefully the Christmas break is to blame). In the meantime the Action for Happiness Calendar is below, along with dates of initiatives you can get involved with this month – all with a cup of tea or coffee in hand.



Dates for the Diary

15th January – Brew Monday. Supporting Mental Health awareness and combatting loneliness, take time for a tea break and have a chat. Maybe call someone you haven't spoken to in a while? Share support over social media: #BrewMonday #ConnectOverTea #MentalHealthMatters #ShareAndSupport

21st January – National Hug Day. Share the love, but always ask permission first.

27th January – Parent's Mental Health Day. With 8 in 10 parents/carers saying they can sometimes feel overwhelmed and isolated, it's important to recognise that Creating Positive Relationships matters. For details, including resources and a webinar at 7.30pm on the day go to [stem4 Parent Mental Health Day](#) #stem4PMHD

1st February – [Time to Talk Day](#) Charity partners across the four home nations, share ideas and resources about how to get involved. #TimeToTalk #MentalHealthMatters #BreakTheStigma #OpenConversations

5th – 11th February – Children's Mental Health Week This Year's Theme is **My Voice Matters**. Activity Ideas and resources can be found [here](#).

Mental Health First Aiders

There is now a **Mental Health First Aider Network**, of Field Studies Council staff who have been trained in order to provide support for us as staff. We will be encouraging Wellbeing initiatives across different teams and are another point of call to reach out to if you want a chat or are needing some help finding support. As part of the training, we have access to lots of resources and can help signpost to local and national support groups. Through advertising the training opportunity we also found some others who had already received training.

You can contact anyone in the network no matter where you are based, please contact the person you think you will feel the most comfortable speaking to. You may wish to contact us for yourself, a friend, colleague or how to support someone else. All conversations are had in confidence subject to safeguarding, and concerns related to personal safety or the safety of others.

The **Mental Health First Aid Network** is currently made up of the following people:

- Rosie Molton r.molton@field-studies-council.org Regional Senior Tutor Coordinator & MHFA Network Lead
- Emma Brigg e.brigg@field-studies-council.org Regional Senior Tutor (North)
- Irene Barriga Garcia-Lisbona i.barriga-garcia-lisbona@field-studies-council.org Flatford Mill
- Nikki Brown n.brown@field-studies-council.org Dale Fort
- Robyn Landy r.landy@field-studies-council.org Nettlecombe Court
- Sarah Wyper s.wyper@field-studies-council.org Juniper Hall
- Zena Plaskett z.plaskett@field-studies-council.org HR Business Partner (North)
- Sam Thurston s.thurston@field-studies-council.org Sustainability Manager
- Ollie Kent o.kent@field-studies-council.org Epping Forest – Ollie’s training was delayed so will be fully trained by the end of February.
- Ellen Tiffin e.tiffin@field-studies-council.org Youth Mental Health First Aider, Juniper Hall. Ellen is available for advice on speaking to young people about Mental Health and Wellbeing topics.

If you wish to contact us you may do so directly through our email’s, to arrange a face-to-face (virtual) chat, or in-person (location dependent). If you want to contact the team as a whole or someone in general about wellbeing then you can contact the group by emailing wellbeing@field-studies-council.org

If you prefer contact over the phone Emma and Rosie are available by WhatsApp/ Text to arrange a conversation. Rosie: 07579852308, or Emma: 07579813852

Useful Links and Resources

The [Wellbeing Padlet](#) is also freely accessible and can be shared with those outside the organisation. It includes lots of useful links to external support as well as self help guides.

Newly added:

- For Support in Wales [C.A.L.L. Mental Health Helpline – Community Advice and Listening Line \(callhelpline.org.uk\)](#)