

June Wellbeing Newsletter

It was great to see and hear lots of people talking about Mental Health Awareness Week and making time to get moving for mental health.

When we talk about wellbeing, people often talk about mental health, but wellbeing encompasses all aspects of life including physical, mental, social, spiritual, environmental and financial health.



I know from social media and various group chats/ conversations that people have been taking in the awe and wonder of the northern lights thanks to the Castle Head (Top) and Slapton Ley (bottom) Instagram accounts for these photos.



Wellbeing in Practice

This month a shout out to Grace who has put team activities into the diary to encourage the team to get together after/outside of work and do something fun together. Whether this is a “sports day”, a swim in the sea or a visit to a local pub it is a great opportunity for the team to develop a stronger bond outside of work but also support each other with different aspects of wellbeing, which can be difficult to develop in more rural areas.

Wherever you are and whatever age if you are looking to meet like minded people to socialise with then check out the Meet Up website: <https://www.meetup.com/>

Jumping into June

The action for happiness calendar can this month highlights some ideas for actions you can take to bring a little joy into every day. You can download the calendar [here](#).

Date for the Diary

This month the wellbeing calendar is filled with a variety of awareness days, but our spotlight falls this month on Mencap's [Learning Disability Week](#), 17th – 23rd June. This week is all about people with disabilities, being seen, heard, and feeling valued. A video from the Mencap website can be found [here](#).

The theme this year is: **"Do you see me?"**

Statistics from Mencap's report [accessed May 2024], such as "1 in 3 people with a learning disability spend less than 1 hour outside their home on a typical Saturday" highlights that the work we do as an organisation helping people to engage with nature is as, if not more important for those with disabilities.

Each day throughout the week Mencap suggests considering different questions:

What is Learning Disability Week about this year?

The topics to talk about each day during Learning Disability Week are:

- Monday 17 June: "Do you see me?"
- Tuesday 18 June: "Do you understand me?"
- Wednesday 19 June: "Will you work with me?"
- Thursday 20 June: "Do you hear me?"
- Friday 21 June: "Do you include me?"
- Saturday 22 June: "Will you support me?"
- Sunday 23 June: A summary of the week.

Resources and ideas of how you and your team can get involved can be found on the Mencap Website [here](#).

Useful Links

- Westfield Health 24-hour Advice Line: <https://www.westfieldhealth.com/benefits/benefit/24-hour-counselling-and-advice-line>
- Check out the [Wellbeing and Support Padlet](#) for lots of great resources and links to collections of articles about the importance of nature for wellbeing