

# **Summer 2024 Wellbeing Newsletter**

## **Summer sunshine?**

Wellbeing is for many linked to the weather, so this newsletter can't be written without commenting on the weather, sunshine, strong winds and showers have all played their part during the summer term and heading into the school summer break. I hope that you are all managing to keep hydrated on the inside and dry on the outside in another of our busy periods for courses.

There has been a noticeable change in atmosphere as terms have ended, and summer activities are being planned both personally and in centres. Whether you are involved in the later or not, please remember to find time to rest and recuperate in some way before the autumn term brings back the school groups to centres.

Heading outside can have some really positive benefits to our wellbeing, rain or shine! The dates for the diary highlight some of the nature events happening over the summer that may encourage you and friends/family to get out and get involved.

## **Wellbeing in Action**

The Mental Health First Aiders regularly catch-up and check-in with one another. A recent summary showed collectively over 25 hours of formal 1-to-1 conversations have been had across the network, both face-to-face and via phone/video chat. That doesn't include general check-ins that the MHFAiders are naturally doing as a result of the training.

Thank you to those who have taken the time in their schedules to have those conversations and supported colleagues. Also, to those who have reached out please continue to do so, we are here for you.

The group are looking at more proactive ways to assist you as staff, so, if you have any ideas on what you would like to see, please email [wellbeing@field-studies-council.org](mailto:wellbeing@field-studies-council.org)

## **Dates for the Diary**

**26<sup>th</sup> July – 4<sup>th</sup> August Love Parks Week**

A great opportunity to get outside and investigate your local park... the one you never go to because it's too close! Luckily this week includes two weekends so you have 9 days to find some time to head outside and have a wander. Check out the Keep Britain Tidy website for more details:

<https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-2024>

### **27<sup>th</sup> July – 11<sup>th</sup> August National Marine Week: “Sea” The Connection**

No mistakes – although it's not lost on me that this is definitely 16 days! A celebration of all things marine by the Wildlife Trusts' according to the website the length is to allow for the tidal variation around the British coastline, so that everyone can get involved. <https://www.wildlifetrusts.org/national-marine-week>

### **Useful Links**

**Hub of Hope** – Helps provide a directory of services that is searchable by location and the type of support/ advice you are looking for, with an option to only highlight services suitable for young people. Whether for yourself or someone else you can find links and contact details for local support organisations. <https://hubofhope.co.uk/>

**Wellbeing Padlet** - General links to some organisations such as Mind, Mental Health Training organisations and advice leaflets can also be found on the [Field Studies Council Wellbeing Padlet](#)

**Westfield Health – 24 hour Advice Line** – 0800 092 0987 (charges may apply)

This is available to all staff, you do require your Westfield Health account number to access this service. To get *your Westfield Health scheme number* take a look at your welcome letter/email or call [0114 250 2000](tel:01142502000) (8.30am – 5.30pm, Mon-Fri).