

# Community Wellbeing Newsletter



**Hungerford Primary Academy**  
learn to love and love to learn

**Issue 1 Summer 2021**

## Introduction

Welcome to our very first edition of Hungerford's Community Primary Academy's Wellbeing Newsletter.

Hungerford is committed to promoting the well-being of all staff, pupils, parents and carers

This newsletter will be completely dedicated to promoting the health and wellbeing with the aim of:

- Raising awareness of healthy behaviours
- Providing some useful tips
- Providing factual information
- Promote and provide support locally and nationally

We will release a newsletter every half term and always welcome your feedback and ideas. If you know of any local support groups that could be featured then please email the office:

[admin@hungerfordacademy.org](mailto:admin@hungerfordacademy.org)



## Signpost to support

For anyone who is struggling with their mental wellbeing or suffering with mental health illness, the Cheshire East Live Well site has a wealth of information and support links.

As well as linking to the NHS personal mind plan tool, it also has a number of rated apps aimed at improving mental health and wellbeing and links to local support services.

Please click on the image below to find out more.



### **In-school support:**

Senior Family Support worker—Ms J Atkinson

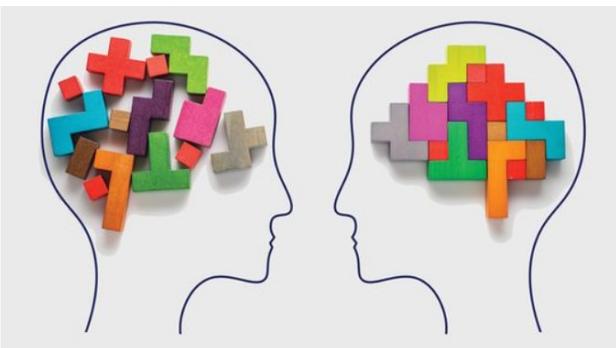
Family Support Worker—Mrs M Carman

Principal—Mrs A Wheaver

Vice Principal—Mrs A Bean

Vice Principal—Mrs C Blackburn

**All of the above are adult mental health first aiders**



# All about mental wellbeing



## What is Wellbeing?

The term 'wellbeing' can be used to describe our holistic health, including our physical, mental and emotional health. When we have good levels of wellbeing we feel that life is in balance and that we can generally cope well. We feel motivated and engaged and are able to show resilience and 'bounce back' from life's challenges.

We all experience pressure at some point, whether it is at work or within our own personal life, and this is quite normal. However, sometimes pressure can turn into stress and this may mean that we are not able to function at our normal level. Long term stress can impact on our wellbeing and mental health and can lead to the development of diagnosable mental health conditions such as anxiety or depression.

### FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS

**BE ACTIVE**

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

**CONNECT**

TALK & LISTEN, BE THERE, FEEL CONNECTED

**Give**

YOUR TIME, YOUR WORDS, YOUR PRESENCE

**TAKE NOTICE**

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

**KEEP LEARNING**

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

## Signs of poor mental wellbeing

- poor concentration
- being easily distracted
- worrying more
- finding it hard to make decisions
- feeling less interested in day-to-day activities
- low mood
- feeling overwhelmed by things
- tearfulness
- tiredness and lack of energy
- sleeping more or less
- talking less and avoiding social activities
- talking more or talking very fast, jumping between topics and ideas
- finding it difficult to control your emotions
- drinking more
- irritability and short temper
- aggression