



Tithe Farm Primary Wellbeing Newsletter September 2023



Relaxation Activity:

Progressive muscle relaxation. In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group.

This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations.

In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. This is best done in a quiet area without interruptions. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat.



Welcome back to school, we hope you all had a lovely Summer Break and a chance to relax and spend quality time together.

Key Dates:

World Mental Health Day: 10th October 2023

World suicide prevention day: 10th October 2023

OCD awareness Week 10-16 October 2023

National Stress Awareness Day: 2nd November 2023

World Mental Health Day

Looking after Number 1

You can't pour from an empty cup. take care of yourself first!



**I am
ENOUGH**

Local Resources and Useful Websites

CHUMS

Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways to young people.

Website: <https://chums.uk.com/>

SORTED/FORTIS

Sorted offers a free and confidential counselling service for young people aged 5-25

Website: <https://sortedbedfordshire.org.uk/>

Central Bedfordshire Youth Services

Information and Services for young people

Website: https://www.centralbedfordshire.gov.uk/info/113/youth_services

Family Lives

Online parenting advice and support.

Website: <https://www.familylives.org.uk/>

ChildLine – 0800 1111

Talk to a counsellor for free anytime by calling 0800 1111. You can also log in for 1:1 chat.

Website: <https://www.childline.org.uk/>

YoungMinds Crisis Messenger – Text 'YM' to 85258

A free crisis messenger service – support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258

Samaritans – Call 116 123

Talk to a trained volunteer anytime for free non-judgemental support.

NHS direct – Call 111

NHS direct can help if you have an urgent medical problem and you are not sure what to do

Accident and Emergency

If you feel you cannot keep yourself safe, it is best to attend your local A&E so they can help to keep you safe.



Stay positive



Central Bedfordshire Young Person's Wellbeing Navigator Service

Our new service offers wellbeing and mental health support to young people aged 16-25 living in Central Bedfordshire.

The service offers up to 8 sessions of 1-2-1 support with a Mind BLMK Young Person's Wellbeing Navigator.

Sessions are tailored to explore barriers or challenges impacting the young person and work proactively with them to address problem areas that are detrimental to their mental wellbeing. Our Young Person's Wellbeing Navigators can provide support, information and guidance alongside community linkage and signposting.

The service promotes independence and resilience and works alongside the young person to enable and equip them with the tools, skills and knowledge needed to navigate challenges and positively manage their own mental wellbeing. Support can be provided across Central Bedfordshire within the community.

How to access support

Referrals can be made by completing the referral form on our website.

For more information, please contact:

e: ypwns@mind-blmk.org.uk
t: 0300 330 0648



Central Bedfordshire Council
Working in partnership



NHS
Bedfordshire, Luton and Milton Keynes Integrated Care Board



Mind BLMK
www.mind-blmk.org.uk

Charity No. 1068724

This service has been funded by the BLMK Integrated Care Board

Free workshops for 16-25 year olds in Flitwick, Biggleswade and Sandy



The Creative Mental Health Charity
poetsin.com

Struggling with your Mental Health?

Creative Mental Health Programmes, Workshops, Drop Ins and Support for 16 to 25 year olds.

Online and in person, in groups or individual. Award winning outlets to manage wellbeing.

Writing, Art, Songwriting, Rap Workshops and so much more, funded by BLMK and available in schools, further education, community and drop in centres around Flitwick, Biggleswade and Sandy.

Get in touch to see what's available and to book your place now info@poetsin.com



Techniques to Reduce Stress



30 minutes of daily moderate exercise



Mindfulness and meditation



Progressive muscle relaxation



Yoga



Visualization



Slow, deep breaths

verywell

