

**Tithe Farm Primary  
Wellbeing Newsletter  
Autumn 2024**



Welcome back from which we hope was a relaxing and enjoyable summer holiday. We hope you managed to spend some valuable time and make memories with loved ones. Autumn is just around the corner, cozy jumpers, hot drinks and staying home. For some of us darker evenings and colder temperatures concern about paying the heating bill autumn may seem less appealing. As the season changes it is important to notice a shift in mental health. Here is some guidance and ideas to try to manage a healthy transition in to Autumn.

**Key Dates :**

- 21st September : World Gratitude Day
- 10th October : World Mental Health Day
- 6th November: Stress Awareness Day
- 11th November : Remembrance Day
- 13th November: World Kindness day
- 3rd December: International Day of People with Disabilities
- 10th December: Human Rights Day



## World Mental Health Day



**Join us in raising awareness for  
World Mental Health Day.  
£1 Donation  
Wear anything Yellow!**

## Ways to manage your Mental Health

**Plan things to look forward to:** Halloween parties, fire-work displays, meeting friends. Focusing on these activities can help you feel positive.

**Back to basics:** Take time to wind down from the summer, focus on wellbeing basics. Sleep, food and exercise.

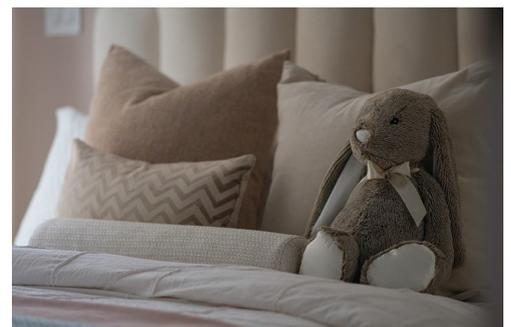
**Take up new hobbies:** take the opportunity to explore new hobbies and local groups

**Exercise:** Exercise is a natural way to help boost our mood

**Set up a routine:** To help maintain a sense of familiarity, keeps you active and improves focus.

**Stay connected:** Increase social connectedness and combat loneliness

**Sleep:** Sleeping patterns could change with the clocks changing, ensure you are prepared for this.



## 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](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.

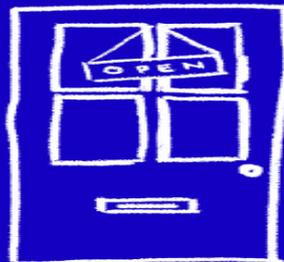
# Our Door is always open for you!

Mind BLMK's Crisis Cafés  
Supporting people across  
Bedfordshire, Luton & Milton Keynes

Where?



Houghton  
Regis



**Location:**

Townsend Court, Mayer Way,  
Houghton Regis, Bedfordshire LU5 5BF

Open 5pm - 11pm (Saturday - Wednesday )



To find out more:

☎ 01525 722225

✉ [crisiscafe@mind-blmk.org.uk](mailto:crisiscafe@mind-blmk.org.uk)

 **mind BLMK**  
[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)  
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