

Dear Parents/Carers,

Mental Health and Well-being Half Termly Newsletter

Well-being Garden Update

A massive thank you to Ramsey Town Council who have kindly donated £500 towards the development of our wellbeing garden! We had amazing contributions from our Parent Forum last year as well, all of which will make a huge difference to the space for our students to enjoy. Also, thank you to our extremely busy site team, who put in work over the summer to help get the garden ready for planting. I am pleased to share with you that our Gardening OOP will be up and running soon. This will be led by Mrs Peattie and it is great to see students have signed up already! We still have some ground work to complete before we can start planting but thanks to our site team, we now have an accessible path which leads from the English quad to the garden space which is great news, making the garden an inclusive space for all to enjoy!



World Mental Health Day 2023

World Mental Health Day is on October 10th. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

In school we will be encouraging students to engage with conversations and activities around mental health and wellbeing during form time. We will also be holding a bake sale in the quad at both break times on Tuesday 10th October to raise money to support the Mental Health Foundation. If you would like to bake/donate some cakes or sweet treats for our students to sell then please send them in with your child either on the Monday 9th October or morning of the 10th October. They can drop them off to T06 with Miss Gerrard-Cook. We also would like to invite students to wear green socks with their correct school uniform to show their support of the Mental Health Foundation.

Tips for talking about Mental Health:

Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking

Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. Don't forget to be kind to yourself and practise self-care.

Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support



Tips for talking to someone else about their Mental Health:

Find a good space to talk without distractions

If you're worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might

Listen and ask questions

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting.

Ask how you can help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment, help around the house, or just for you to keep things normal and chat about what's going on in



You can find more information and tips on talking about Mental Health here;

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/talking-about-mental-health>

Walk with Mind

If you are passionate about your well-being and mental health, there are other ways you can get involved at home as family or with friends. Walk with Mind this October by taking on 10,000 steps every day to raise money in the fight for mental health.

Hit 10,000 in one go, or break it down into shorter distances throughout the day - it's up to you. We'll be on hand every step of the way (excuse the pun!) helping you hit your target. At the end of the month, you'll have completed an outstanding 310,000 steps towards better mental health.

The PE department are encouraging students to get involved and you can find more information on their Instagram page @abbeycollegepe.

[https://www.mind.org.uk/get-involved/donate-or-fundraise/take-on-an-active-challenge/trek-for-mind/mind-s-10-000-steps-a-day-in-october-2023/#:~:text=What%20is%20it%3F,way%20\(excuse%20the%20pun!\)](https://www.mind.org.uk/get-involved/donate-or-fundraise/take-on-an-active-challenge/trek-for-mind/mind-s-10-000-steps-a-day-in-october-2023/#:~:text=What%20is%20it%3F,way%20(excuse%20the%20pun!))

Welfare

And finally, a reminder that if your child is struggling with their mental health, encourage them to visit Welfare for further support in school. Students can also find more information which is signposted in the South Hall and Maths Quad on our Mental Health and Wellbeing displays.



YOUNG MINDS
ABBAY COLLEGE



MANUP? **SAMARITANS**

Mental Health & Wellbeing

Mental Wealth



Useful Information

Welfare Team:

- Miss Peattie (Year 7, 8 & 9)
- Miss Gregory (Year 10 & 11 & 6th Form)

Location: room near M4 (downstairs)

- Miss Peattie 07925 358114
- Miss Gregory 01771 303454

Counsellors

We have several counsellors who come into school to support students. Students are referred via the welfare team. Group sessions available.

Mind Fit/Street Sport

Referrals made via Welfare.

New services and resources include:

A new young people's mental health website for Cambridgeshire and Peterborough:
<https://www.nhs.uk/services/mental-health-services-for-youngpeople/cambs-young-people-mental-health-services-cambs/>

Cambridgeshire & Peterborough Integrated Care System:
<https://www.cpsic.org.uk/our-services>

A new free online youth counselling service for 11-24 year olds in Cambridgeshire and Peterborough:
<https://www.keep-your-head.com/cps/CP-MH4/what-we-can-help-you-with/our-support>

The newly launched 'Shell - Help' scheme providing books on a range of mental health issues through local libraries:
<https://www.broxtone.org.uk/resources/health-matters/shell-help/>

A new route to mental health crisis support through the NHS 111 service:
<https://www.nhs.uk/health-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>



CHUMS
Mental Health & Emotional Wellbeing Service



mind
for better mental health



stem
supporting teenage mental health



student minds



There is no health without mental health.



CONNECT
TALK & LISTEN. BE THERE. FEEL CONNECTED



BE ACTIVE
DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD



TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



KEEP LEARNING
EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF



Give
YOUR TIME. YOUR WORDS. YOUR PRESENCE

Kind regards,

Georgina Gerrard-Cook

Senior Mental Health Lead