



Wellbeing Plus

A monthly wellbeing newsletter, to help you look after yourself, and those around you.



World Mental Health Day 2023

The [World Health Organisation](#) recognises World Mental Health Day (WMHD) on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health. Mental health problems can affect anyone, any day of the year, but WMHD is a great day to show your support for better mental health and start looking after your own wellbeing.



Mental Health is a Human Right

The theme of World Mental Health Day 2023, set by the [World Federation for Mental Health](#), is 'Mental Health is a Human Right'. This day is an opportunity for people and communities to unite with this theme and strive to improve knowledge, raise awareness, and drive actions that promote and protect everyone's mental health as a universal human right!

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest possible standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence, and inclusion in the community. Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health.

[To learn more about the theme, "Mental Health is a Human Right, click here.](#)

Taking Care of Yourself and Others

WMHD is an important day when we can all take time to think about our own mental health, and how we look after it. We can also take a moment to think about those around us, and how we can support them when they're struggling. Take the opportunity this World Mental Health Day to either do, or plan to do, one thing, such as going for a walk, doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else.

[To learn more about taking care of yourself and others, click here.](#)

Want to speak with us about anything in this newsletter? Give us a call on: 01914178043, or email: info@washingtonmind.org.uk to speak with a member of our team

Starting Conversations


Talking is vital, it can make a difference and we want everyone to know that support is available, and they are not alone. That is why [Ray's Corner](#) was created. Rays Corner is for anyone of us across our City who are in need of support – for themselves or for others. This corner is a place where anyone can visit and find information about accessing support and local services. Whether people feel they are ready to access services yet, or are just looking for self-help tips, this safe space will be available for all in our communities.

We hope that by having Ray's corner available in workplaces and community settings across our local area, people will be able to find the right support. For more information about Ray's Corner and to find out how to get one set up in your building/workplace, [click here](#).


Accessing Local Mental Health Support

If you feel that you need help with your mental health, you are not alone. There are lots of different ways to get help and support for your mental health and you can find a number of options from [Mind](#). To search for local organisations in the Sunderland and South Tyneside area who can offer support, [click here](#).

Breast Cancer Awareness Month



Breast cancer is the most common cancer in the UK, with **1 in every 7 women** in the UK being diagnosed with breast cancer in their lifetime. If breast cancer is detected early, treatment is more likely to be successful and the chances of survival are higher.



One of the best ways to detect breast cancer early is to regularly attend breast screening. A mammogram is able to detect changes before any signs or symptoms appear that you may notice yourself. This is why it's important to attend breast screening even if you feel fit and healthy.

Women (registered with an NHS GP) between the ages of 50-71 will be invited to attend free breast screening every 3 years. So please, if you receive your breast screening invitation, **don't ignore it, it could save your life**.

For more information visit the QE Gateshead Website:
<https://www.gatesheadhealth.nhs.uk/services/breast-screening/>
or contact the Gateshead breast screening service on 0191 445 2554.

Rays Corner Survey

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To help people reach out for support and talk to those around them, Washington Mind launched Ray's Corner in 2020 and have set up over 130 with local businesses, organisations, and services.

Talking is vital, it can make a difference and we want everyone to know that support is available, and they are not alone. We hope that by having Ray's corner available in workplaces and community settings across our local area, people will be able to find the right support.

To help us continue to develop our Ray's Corners, we would like to hear your thoughts.
[Click here to accessing the Rays Corner Survey.](#)

If you would like to learn more about Rays Corner, [click here.](#)



Elemore Park

After years in the planning, Elemore Country Park, in Easington Lane, has now opened with a whole host of attractions for visitors, from miners' breakfasts and scones in the café to pots and plants in the new nursery, with more to come!



The new park is based in a 61-hectare site, in the heart of the community. The site was previously home to Elemore Colliery from 1825 to 1974, and then Elemore Golf Club, which closed in 2019.

Elemore Country Park hosts...

- Coffee Shop providing a full range of home baked cakes, pies, and quiches. As well as Vegetarian and Vegan options
 - Meeting rooms available to hire.
- Garden Centre selling plants, compost, pet care, bird care, pots, planters and more.
- Accessible Sensory Rooms, Changing Place, and Toilet/Shower Room

To learn more about Elemore Park, [click here.](#)

Training Update

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You don't have to be a 'professional' to attend training. There are many reasons why people attend, for some it is to gain skills to find a job, to enhance their job role and there are those who attend training because they simply want to learn more about a subject.

Training can also increase our awareness and understanding of particular health issues or concerns which can then support us to maintain a more healthy lifestyle.

There are many training opportunities in the area, so if you feel you have a particular subject you want to know more about then have a look below...

[Click here to find the right Training Provider for you!](#)

[Click here to find the right Training Opportunity or Course for you!](#)

Choice Wellbeing Service

Choices Wellbeing Service (CWS) was founded by parent carers for parent carers. *"We may not know what you're going through, but we can be with you while you go through it".*

Choice Wellbeing Service are dedicated to supporting the well-being and mental health of parent carers. Here at CWS we want to give all parent carers and family carers of children with additional needs the opportunity to feel empowered, become their own advocate and self-develop.

They offer...

- Well-Being Sessions
- Group Sessions
- Peer Support
- Self-Development Programs
- Counselling
- Motivational Speaking



[For more information on Choice Wellbeing Service, click here](#)

New Live Chat Service Available with Wellbeinginfo.org

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Looking to find out what support is available in your area but don't know where to start?

In order to support you to look after and maintain your health and wellbeing, wellbeinginfo.org are offering a new Live Chat service, Monday to Friday from 12pm to 1pm. This service provides safe and confidential signposting conversations with a member of our team who can help with a range of subjects:

- Money Matters
 - Housing and Your Home
 - Mental health
 - Sexual Health
 - Menopause
 - Self-Care
 - Education & Training
 - Local Social Groups
 - And more!



Once you start a chat, our staff will send you a couple of messages to find out a bit about you and what support you are looking for. After we understand this, we will use our directory to find online resources, websites, local services, or groups which can support you at this time.

To learn more or access the live chat, [click here](#).

Did You Know?

Myth... mental health problems are very rare

Fact... mental health problems affect 1 in 4 people

One in four of us will have a mental health problem at some point in our lives. Take a look below at some information pages at how to recognise some of the more common mental health issues...

[Recognising Anxiety](#)
[Recognising Depression](#)
[Recognising Stress](#)

For an A – Z of Mental Health go to: www.mind.org.uk/help
For an A to Z of treatments go to: www.mind.org.uk/help/medical

Share your Feedback on your Wellbeing Plus Newsletter

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[Click here](#) to visit our feedback form now to share your thoughts and we

Do you have any feedback you would like to share with us about your Wellbeing Plus Newsletter? Whether you're looking for more information on a different subject, more/less links, or anything else relating to Wellbeing Plus, let us know.

will take these into consideration when sharing future newsletters.

Are you, or someone you know, looking to access support?

Contact one of the below organisations:

- Samaritans offer 24/7 free confidential emotional support on: [116123](tel:116123)
- Shout Crisis Messenger offers 24/7 free text support. Start a confidential conversation by texting 'SHOUT' to [85258](tel:85258)
- The CALM helpline offers mental health information and support which is available 5pm – Midnight everyday: [0800 585858](tel:0800585858)

If you urgently need specialist advice, the Initial Response Service offer 24/7 support and information for Sunderland and South Tyneside on: Freephone: [0800 652 2867](tel:08006522867)

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