



Wellbeing Plus

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



Self-Care Week 2023

Self-Care Week is the UK-wide annual awareness week, organised by the [Self Care Forum](#), which focuses on helping people to look after their own health, and promoting self-care events and activities across the country.

Self-Care Week 2023 is running from 13th – 19th of November. This year's theme for Self-Care Week 2023 is "**Mind and Body**".



Mind and Body

Incorporating the practise of self-care into our everyday lives can help us to live as healthily as possible. And there's evidence that suggests being as healthy as we can also help us to better cope with life's challenges that come our way.

Self-Care Week is a perfect time to think about how we live our lives and maybe make some small changes that will improve our health and wellbeing, and our family's. Those changes could mean looking at what we eat or drink, or how much exercise we do or how much sleep we are getting. They could be about our work-life balance, because staying connected to our friends and family is also vital to our wellbeing, and theirs.

Knowing what to do and where to go for help is an important part of practising self-care for life. Remember, it isn't just the GP practice that can help, pharmacies are also health experts. They are on every High Street and can help with all sorts of ailments. Pharmacists can also signpost you to the right place for additional health advice or treatment. Remember, NHS 111, either [online](#) or [over the phone](#), can also be a good resource for health advice for things that are not life-threatening. And the [NHS website](#) has lots of information on what steps to take to look after you and your family. The Self Care Forum also has some [useful fact sheets you might like to download](#), including; [home care is the best care](#), [making over your medicine cabinet](#) and [symptoms which your pharmacist can help with](#).

What can wellbeinginfo.org do to support my Self-Care?

[wellbeinginfo.org](#) is a directory of services and information across Sunderland and South Tyneside which aims to help you to look after your own health and wellbeing by signposting you to appropriate support. So if you do want to make self-care a part of your everyday life but you're not sure where to start or where to go then [wellbeinginfo.org](#) is a great place for you to start.

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

World Kindness Day 2023

World Kindness Day, from the [World Kindness Movement](#), is an universal awareness day about promoting the importance of being kind to each other, to yourself, and to the world, and is celebrated on the 13th of November every year.

It is a reminder that all simple acts of kindness have power and that together, we can all work to create a kinder world. Every kind act, even the smallest one, creates a ripple effect, that is bigger than you could ever imagine.

Being kind doesn't need to look or be extravagant. Here a few simple ideas on what you can do this World Kindness Day, and every day...

- smile when you walk by others.
- call a relative you haven't spoken to for a while.
 - hold the door open for someone.
- chat with a stranger and ask them about their day.
 - compliment someone.
- send a positive or encouraging text to five people in your contacts.
 - tell a family member or friend you love them.
- spend less time on your phone & more time with people you care about.
 - take time for yourself.
 - practice gratitude.
 - give someone a hug.

[Random Acts of Kindness](#) have created some fun and exciting ways to make being kind fun...

- [Click here](#) to download "Kindness Bingo" to play with your friends, classmates, or colleagues.
- [Click here](#) to download colouring pages, with tips on how to be kind to yourself and others.
- [Click here](#) to download a "Random Act of Kindness Award" – you could give this to your children, students, or co-workers.
- [Click here](#) to download the "Make Kindness the Norm Challenge" to push yourself this World Kindness Day.



**RANDOM ACTS OF KINDNESS
FOUNDATION**

#MakeKindnessTheNorm • www.randomactsofkindness.org

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Rays Corner Survey

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](#).



Training Update

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!](#)

[Click here for an update for the Health Champions Training Sessions!](#)

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Safeguarding Adults Week 2023

Safeguarding Adults Week is a time for organisations to come together to raise awareness of important safeguarding issues. Safeguarding Adults Week 2023 will run from 20th-24th November. [The Ann Craft Trust](#) who coordinate the event, hope the week will enable more organisations and individuals to feel confident in recognising signs of abuse and neglect and recording and reporting safeguarding concerns. The theme for Safeguarding Adults Week 2023 is "Safeguarding Yourself and Others".

There's a strong link between safeguarding and mental and physical wellbeing. If someone's wellbeing is suffering, they may consider certain actions that put them at risk. The concept of 'wellbeing' is threaded throughout UK legislation and is part of the Law about how health and social care is provided. Our wellbeing includes our mental and physical health, our relationships, our connection with our communities and our contribution to society. Being able to live free from abuse and neglect is a key element of wellbeing.

Any actions taken to safeguard an adult must take their whole wellbeing into account and be proportionate to the risk of harm. We should work with people to understand what matters to them and consider their beliefs, views and feelings when offering support.

We would like to encourage you to think about what wellbeing means to you and what this means for the people you support during Safeguarding Adults Week 2023. It's important we look out for yourself and others.

Local resources and events

Local safeguarding Adult services, including; [South Tyneside Safeguarding Children and Adults Partnership](#) and [Sunderland Safeguarding Adults Board](#), are pleased to be supporting National Safeguarding Adults Week. Throughout the week, they are running a range of events which you can participate in.

Sunderland Safeguarding Adults Board offer a number of additional free safeguarding training courses across the year, [click here](#) to find out more.



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Curious Arts Sunderland Youth Sessions

Curious Arts are hosting a [free youth session](#) on Saturday 16th of December from 10am to 12pm. This session is held at [Arts Centre Washington](#).

The sessions are suitable for 11-15 year olds (without their adults) who are LGBTQIA+, gender non-conforming or questioning their identity. They offer young people the opportunity to meet new friends, share food and take part in fun creative activities in a supportive environment. The young people will get the chance to explore exciting activities such as contemporary dance, bracelet designing, sculpture building and song writing.



To learn more or to book a space, [click here](#).

Active Sunderland

[Active Sunderland's](#) aim is to develop an 'All together an [Active Sunderland](#) – a city where everyone is as active as they can be'.

They are passionate about getting more people active and supporting the local communities. To achieve this, they work in partnership with a wide range of partners to improve access and pathways into sport and physical activity. Within this context our aims are to:

- impact on the greatest number of people (children and adults)
- enable children and young people to have the best start in life and form good habits.
- support families and communities that are benefiting least from being active.
- provide access to all our infrastructure which includes, green and blue space, as well as sport and leisure facilities.

We also deliver a number of sport festivals, events, and a weekly walking programme to inspire people to become more active. It is our hope that we can improve people's understanding of the benefits of being active, which include improved physical and mental wellbeing.



For more information about opportunities to be active in Sunderland, please email us at active@sunderland.gov.uk

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New Live Chat Service Available with Wellbeinginfo.org

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

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Share your Feedback on your Wellbeing Plus Newsletter

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.

[Click here](#) to visit our feedback form now to share your thoughts and we 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
- Shout Crisis Messenger offers 24/7 free text support. Start a confidential conversation by texting 'SHOUT' to 85258
- The CALM helpline offers mental health information and support which is available 5pm – Midnight everyday: 0800 585858

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

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