

Lawn Primary Mental Health and Wellbeing Newsletter

5 Ways to Wellbeing

Within our newsletter we will be focusing on key areas to help support Positive Mental Health and Wellbeing.

In this edition we will be sharing ideas on how you can **CONNECT** and **BE ACTIVE** in and around the area.



CONNECT

Shipley Country Park - Elf Trail. Follow the self-led Elf Trail. From Sunday 19th - Sunday 9th January 2022. £1.50 per child - turn up at any time.

Explore outdoors at **Kedleston Hall** this winter. They have short walks, his walk is a 1.7 mile circuit which usually takes about 45 - 60 minutes. A longer walk is available and is 3.2 miles and about 90 minutes.

<https://www.nationaltrust.org.uk/hardwick-hall>. The National Trust have various walks and ways for you to connect with nature.

BE ACTIVE



<https://www.parkrun.org.uk>



Parkruns are free, friendly, weekly, community events all around the world. Saturday mornings are 5km and take place in parks and open spaces. On Sunday mornings, there is a 2km junior park runs for children aged 4-14 years.



<https://redtogether.co.uk>



Join thousands of people this January by moving every day, to beat the winter blues away. Whether you walk, swim, cycle or choose your favourite fitness activity, set your goal and enjoy support from the RED community every step, splash and pedal of the way! **RED JANUARY**

livewell

<https://www.livewellderby.co.uk/episodes/join/activities-with-dcct>

livewell

Due to go live on 8 January, Everybody Active will offer access to a wide range of classes and group activities across Derby for under £1 per week.



Our Twitter Page

We have launched a new Twitter page that will signpost and share resources to help with positive mental health and wellbeing.

Take a look!
@Lawnmentalhea
lthandwellbing

In School Support

In the New Year we will be sending out an anonymous questionnaire to parents and carers to identify the current areas of need regarding mental health and wellbeing for both the adults and children of our school community.

Once this has been collated we can direct our attention to these needs in our newsletter and other support we can suggest and hopefully provide. When the questionnaire lands in your e-mail please take the time to fill it in as the more responses we have, the more we can help everyone.

Child Friendly Books

- The Color Monster: A Story About Emotions, by Anna Llenas
- Ruby's Worry by Tom Percival. A story about how to deal with worries.
- What's Going On Inside My Head? by Molly Potter - talking about mental health
- Happy Confident Me Journal published by Best of Parenting Publishing

Adult Support Books

- Overcoming Low Self-Esteem, 2nd Edition, Dr Melanie Fennell
- First, We Make the Beast Beautiful: A New Story About Anxiety, Sarah Wilson 2017
- The Book You Wish Your Parents Had Read (and Your Children Will Be Glad That You Did), Philippa Perry, 2019
- Five Minute Therapy, Sarah Crosby, 2020

USEFUL CONTACTS

Support to help children

NSPCC: 08088005000

CHILDLINE: 08001111

Place 2 Be: (There is also a section for adult support): 02079235500

Banardos: banardos.org.uk

Contact (disabled children): 08088083555

Emotionally Healthy Schools (advise for parents): <https://emotionallyhealthyschools.org>

SAMARITANS: 116123

Local Area Co-Ordinator - Free 1:1 support for all areas of life

Kelly Pocket kelly.pockett@derby.gov.uk 07766602569