



Wellbeing for Teachers

Welcome

Welcome to this Wellbeing Suffolk e-newsletter for Teachers.

At the best of times teaching can be a rewarding yet stressful career, however with the onset of Covid, successive lockdowns, changes to working practices and ever changing uncertainty, the teaching profession has been stretched to breaking point. Many teachers are reporting high levels of anxiety and stress and are struggling to maintain their wellbeing.

At Wellbeing Suffolk we want you to know we are there for you. We aim to give people the support they need to find a way through and to develop the coping mechanisms they need to allow them to take control of their wellbeing. To that end, in this newsletter you can find a few pointers, articles and an overview of the different ways we can help.

We'd like to give a big thank you to Curtis Blanc, Pierre Rollins and James MacCrae for their contributions. We would also like to thank each and every one of the county's teachers for their hard work and dedication in the face of the Covid pandemic. We are here for you because you are there for us.



By
Julie Chapman
Community Advisor



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What Wellbeing Do

NHS

iapt

Improving Access to
Psychological Therapies

Call 0300 123 1503
Self-refer online at
wellbeingnands.co.uk

Wellbeing Suffolk is your local NHS IAPT service. IAPT stands for Improving Access to Psychological Therapies and is meant for people with low mood, depression, stress and/or anxiety. We also provide Wellbeing support for people experiencing long term physical conditions.

Our services are currently offering support by telephone, video call, instant messaging and webinar. We offer a range of free webinars, courses, talking therapies such as cognitive behavioural therapy, counselling for depression, interpersonal therapy and couples counselling, and access to free online social events. Our service provides support to anyone age 16 or over and everything we provide is free. For more information please visit our website.

www.wellbeingnands.co.uk/suffolk/



At the Covid Chalk Face



For many teachers and other education staff in the UK the pandemic has been one of the most challenging times in their professional career. The newspapers report on anxiety, stress and the overwhelming fear faced by teachers who are working on the frontline.

The uncertain future has meant that the demands of teaching both in the Covid classroom and remotely has greatly increased. The stress of the pandemic is mirrored in the student body who are likewise struggling to cope with the realities of learning in Covid times, with behaviour being a major issue. Schools have also been advised to keep windows open which means that many classes have been taught in coats. Perhaps one of the most stressful issues raised by teachers and other education staff is the isolation that has resulted from working in their class bubbles.

Teachers and other education staff suffer more with job related stress compared to other professions. In 2019 the Teacher Wellbeing Index found that 72% of education staff said that they have suffered from stress and the National Foundation for Educational Research found that 1 in 5 felt tense about their job most or all of the time.

Wellbeing Suffolk are there to support you if you are feeling the strain. The following pages include a plethora of advice and support to help you live lockdown well.



Wellbeing Webinars

Wellbeing Suffolk have a range of free one off **workshop webinars to help you learn to live your life well. Life has its challenges, especially now, and we want to give the tools you need to step up.**

We have a range of online webinars to help support you through the Coronavirus pandemic. These webinars will help you learn relevant cognitive behavioural therapy (CBT) techniques to help you break out of negative patterns and make positive steps forward.

Different courses focus on unhelpful thinking styles, physical symptoms of anxiety and panic, and patterns of responding to thoughts and feelings that can keep us stuck. The strategies you learn will be useful well beyond the duration of the webinar to prevent and manage bouts of stress, anxiety and depression. Visit our website at the address below to see the full range of webinars we offer, which are specifically aimed at supporting you.

- **Introduction to Wellbeing**
- **Wellbeing in the Workplace**
- **Living Well with Diabetes**
- **Living Well with Pain**
- **Living Well with Coronary Heart Disease**
- **Creating a CV**
- **Interview Preparation**
- **Living Well Through the Lockdown Lows**
- **Relaxation Station**
- **Coping with Bereavement during Covid**
- **Coping with Coronavirus Related Trauma**
- **Coping with Worry during Covid**
- **Healthy Relationships**
- **Improving Your Sleep**
- **Carers Support**
- **Successful Study**
- **Living Well with IBS**
- **Living Well with COPD**

Find out more at:

wellbeingnands.co.uk/suffolk/get-support/courses/



Feeling Stretched?

The impact of stress can be wide ranging and its effects go much further than just feeling frazzled. The symptoms of stress can be physical, cognitive, behavioural as well as emotional.

Emotional symptoms:

- Depression or general unhappiness
- Anxiety and agitation
- Moodiness, irritability, or anger
- Feeling overwhelmed
- Loneliness and isolation
- Low self esteem and confidence

Cognitive symptoms:

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Catastrophising

Behavioural signs:

- Eating more or less
- Sleeping too much or too little
- Withdrawing from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Physical symptoms:

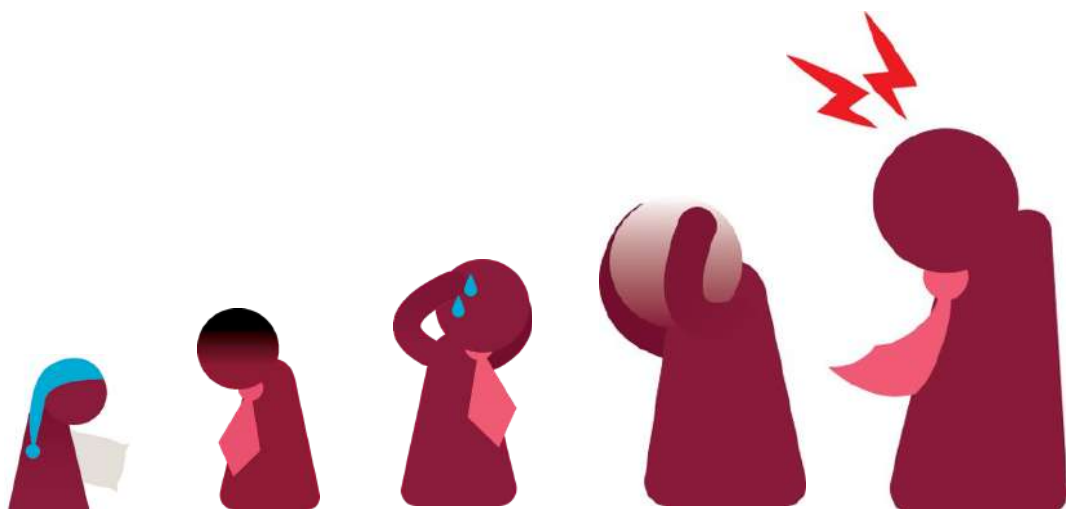
- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heart rate
- Loss of sex drive
- Frequent colds or flu
- Palpitations
- Hyperventilating
- Headaches
- Sweats

A controlled amount of stress can be useful; for example, some stress at work can make you work harder and perform better.

However, too much stress, or experiencing stress for too long a period of time, can lead to physical and emotional problems. These include headaches, stomach and chest pains, restlessness and difficulty sleeping, feelings of anger, anxiety or depression.

Your body responds to stress by releasing hormones that increase your heart and breathing rates and ready your muscles to respond. In the short term this is not usually a problem but if your stress response doesn't stop firing, and these stress levels stay elevated far longer than is necessary for survival, it can take a toll on your health. Chronic stress can cause a variety of symptoms and affect your overall wellbeing.

The more symptoms you recognise, the more likely you are to be experiencing stress which is having an effect on your life. If you are ready to make changes to improve your wellbeing, then we may be able to help.





What causes stress?

The causes of stress for any individual can be diverse and are unique to the individual and their circumstances. However there are some fundamental issues that can trigger our stress response.

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

It's a frightening time. We're in the midst of a worldwide pandemic, with many places at least partially shut down, others struggling to reopen safely. Some of us are in areas where the coronavirus infection rates are getting worse. Others are bracing for what may come next. And all of us are watching the headlines and wondering, "When is this going to end?" For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. We still don't know exactly how we'll be impacted, how long this will last, or how bad things might get. And that makes it all too easy to catastrophize and spiral out into overwhelming dread and panic.

But there are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.

Change. Change is part of life but it brings with it uncertainty which can often trigger the flight, fright or freeze response.

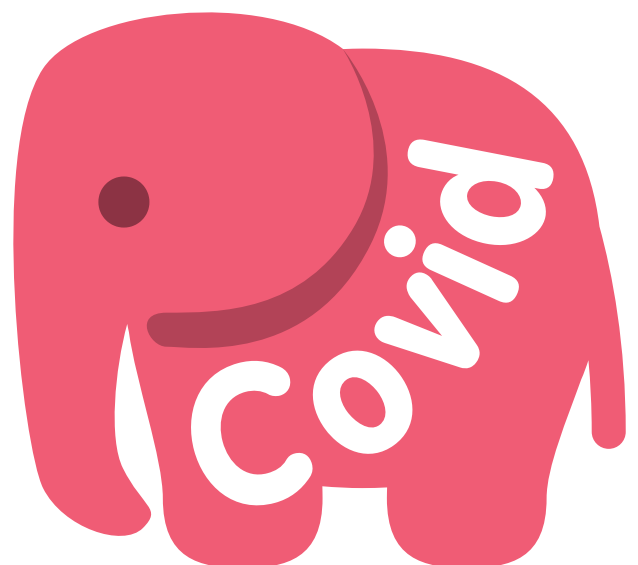
Demands too much for hours of work. This is something that was true for many teachers before Covid - not having the time you need to accomplish tasks can leave you feeling like you are running up a sand dune perpetually.

Lack of control or autonomy. This is true for everyone at the moment, the lack of ability to control your own destiny inevitably leads to stress.

Lack of support. Without support stress is hard to avoid but also it may feel unmanageable.

Relationships. Conflict, disharmony and arguments are another key area of stress. If our relationships are suffering we may also feel more isolated and less willing to get help.

Lack of clarity of role. Some people struggle with ambiguity or lack of clarity over what they are meant to do. Covid is challenging us all to adapt to an often foggy future.



Coping with Covid

Wellbeing offer a range of interventions to help you to manage your levels of stress so that you can relieve the tensions that are weighing you down. Here are just a few practical suggestions to get you going. For more help and support you can self refer on our [website](#) for support from our therapists.



Manage your worries.

Teachers are experiencing all sorts of extra worries right now. Here's what you can do to help with that;

- Write down your worries, this can help them become more manageable and less overwhelming.
- Analyse evidence for and against the worry.
- Do some problem solving and decide what you are going to do about it.
- Allocate specific 'worry time' to try to prevent worry creeping into all parts of your day.
- Get enough sleep so that you can think more clearly.

Manage your information.

The amount of news and information available currently is overwhelming;

- Choose your sources carefully and ensure that they are trustworthy and reliable.
- Allocate a time for catching up with news and information, rather than reviewing a constant drip feed.
- Limit the amount of time spent on watching, listening or reading the news.



Connect with family and friends.

- Limit the conversations or contact with people that make you more anxious.
- Let close friends or family know if things that they are doing make you feel anxious.
- Limit your consumption of social media, unfollow or mute people or groups that make you more anxious.
- Talk things through with trusted friends and loved ones, tell them how you are feeling regularly.



Shift your perspective.

- Everything feels a bit bleak at the moment and it is easy to start to catastrophize (thinking the worst case possible).
- Analyse negative thinking patterns.
- Identify positive things that have happened today to balance the e.g. active thinking , e.g. keep a gratitude diary.

Establish a routine to beat isolation.

The education profession is highly social and so in lockdown you may be particularly affected by the loss of connection with colleagues and students;

- Get a routine to avoid bad habits and boredom which can increase anxiety and affect your mental health.
- Get up, get dressed and eat regularly.
- Schedule your day.
- Keep contact with friends and relatives regularly.
- Keep active and exercise regularly.
- Do something you never had time for before e.g. writing, gardening, photography etc.



Manage Relationships.

- Relationships in lockdown will be challenging so acknowledge this.
- Plan family meetings.
- Anticipate conflict and agree how to manage it.
- Have a routine and structure for kids.
- Be honest with kids about what is going on and how you are feeling.
- Schedule screen time.
- Occupy kids and get their input on what activities they want to do.

Accept Uncertainty.

- Reducing the need for certainty will reduce your worries. It is an uncertain world we live in all the time not just during this crisis.
- It is ok to feel sad at the loss of your normal life and social interactions.
- It is ok to feel angry that you cannot see friends and family.
- Realising that your feelings are normal will help you accept them.



The Importance of Peer Support

The Staffroom

This e-newsletter is being written by an ex-teacher who spent 20 years working in one of the most rewarding and fulfilling jobs there is. The most sustaining part of the job for me was the people I worked with, the kids and staff. Teachers are a tribal pack, the result of working in one of the most stressful careers on offer. Because of the nature of a school, you work in a microcosm, very much a world in itself. It is a self supporting and self sustaining environment and has been, for me, the source of many of life's high points, as well as the lows. It has also been the source of some of the most enduring and pivotal friendships I have. The long hours at the chalk face alone means that the time spent with colleagues is a precious and valuable resource. So it is a wonder to me how teachers are coping in 'bubbles' with staffrooms closed. Indeed many times in the course of the pandemic I have pondered what my life would be like now if I was still working as a teacher. The conclusions I come to are how isolating teaching must have become in the face of the overwhelming workload and responsibility without the easy access to that social support network.

Wellbeing Suffolk are offering a new 'closed social' available only to teaching/education staff. We are creating a virtual Zoom Staffroom. It is a place where teachers and education professionals can come at the end of the day once a week to have a cuppa and share their ups and downs in a safe and supportive environment.

Lack of support from the staffroom has been described as one of the "hardest parts of teaching in the pandemic".

For an invite to get a 'key' to the Zoom Staffroom door email SuffolkSocials@nsft.nhs.uk and ask for the Teachers Staffroom and we'll send you the link. Sessions are held every Wednesday at 4pm for an hour.



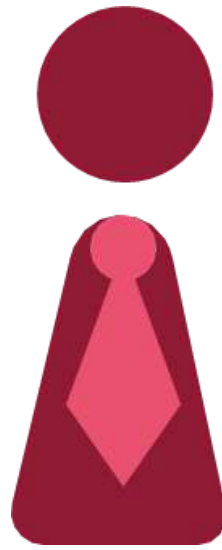
TEACHER'S VOICE

In this article I thought I would give you an light-hearted insight into some of the challenges we teachers have faced during this pandemic, particularly with the move to online learning, and how we, as a profession, are continually adapting to the seemingly ever-shifting situation that we find ourselves in.

These are challenging times for all of us. I'm very fortunate, in that I am still earning, and I have job security. With this in mind I'm happy for the following issues I have faced to be dismissed as first-world-problems', because they are.

"Teach the way you'd want to be taught", so someone once said- probably Oscar Wilde, Winston Churchill or George Bernard Shaw, as those three said everything. (Speaking of Churchill, who did babies resemble before he was about?). Perhaps the more appropriate quote at the start of this term of online learning should've been "teach like no one is watching you". Because occasionally no-one was watching me teach. (well not many, anyway.) Unlike dancing as if no one is watching you, teaching this way is neither empowering nor liberating. Like dancing, however, you can end up looking and feeling a bit silly.

I'm pleased to say that as the weeks are passing more and more students have been able to join my online lessons. Allowing me - as much as possible - to teach the way I'd want to be taught.



Adventures in Online Teaching by J. MacRae

Is there Anybody Out There?!?

Are the students really listening to me? Are they actually there? It's quite odd teaching to a screen of initials-which is all you see if the students don't have their cameras on. I can get quite self-conscious when the only face I can see is my own staring back! Sometimes it can cause me to start tripping over words - in the same way that when you think someone is watching you walking down the street you suddenly trip up. Actually, maybe that's just me.

They Can Always See You, Even if You Can't See Them!

After the first day of online learning, I learned that even when you are showing a presentation your face can still be seen, so now the whole class knows about my secret love of tuc sandwich biscuits. I've also got to remember not to pick my nose. You may suggest that I turn my camera off whilst the students get on with the main task, but then that makes me less 'there' to help, if anyone has a question or needs clarification on a point, etc.

What About My Mental Health?

Has the Work Day Ended Yet?

There is increasingly the temptation to carry on working until the work is done, even if that work can wait a day or two.

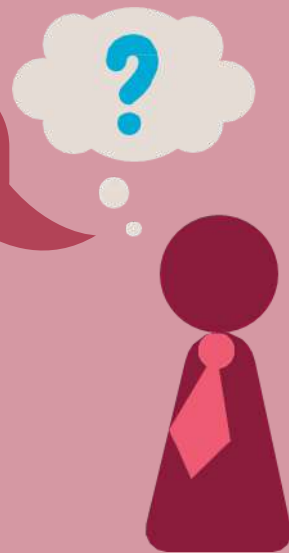
I no longer have that line drawn between work /life that I had when I could physically leave my workplace and arrive home. However, my school is helping us with this by having a "right to disconnect" policy. This basically means that we won't receive any work emails, nor should we send any, from the time the normal school day ends to when it starts again the following day. This is a really healthy policy which all employers in all areas need to adopt. It's actually the law in France.(although it's also French law that snails must have their own ticket on French trains, so...you know.)

"Sir, I can't Open the Attachment!"

See also - converting a powerpoint to a Google slide and then basically having to completely redesign it as its all muddled up. You-Tube links that won't work. Having to advise students again and again that they have to open the attached worksheet fully as a google doc to enable them to write on it. Oh, and MS Publisher doesn't work well at all with Google Classrooms either! At the end of all this I am going to be either an IT genius or a wobbling wreck, yearning for the days of slate and chalk.

Sorry About That, Everyone!!

Unwanted background noise, like the washing machine in its final spin (kerchunk, kerchunk, thump, thump,etc). Delivery at the door. They're banging really loudly. Should I get it? Maybe it's really important, like my bulk order of teabags from Amazon; because buying 50 boxes in one go works out 37p cheaper than getting them individually from the Co-op down the road. (although I won't get my divvi on it now)



Like most of the population I have had some emotional ups and downs during lockdown. During this latest one I have occasionally found it difficult to hold on to anything positive that will stop me from sinking down into the depths of despair. Sometimes I inexplicably encourage the lows by 'Doomscrolling', which basically involves logging on to Twitter, searching for stuff about Covid or other negative stuff, and just keep scrolling and scrolling. This is obviously the wrong thing to do, but it can get to be quite addictive, and it sometimes even feels cathartic. Maybe the more I read about it the less real it is? Clearly I don't know the real psychology as to why I do this, but I now make sure that for a certain period of the day I put my mobile way out of reach and do something-anything-else. That way I forget, just for a while, about what's going on beyond my walls, and I start to feel better. To quote Churchill; "Less Booze, less Twitter will leave you less bitter" (or was it Shaw?)

I also do a lot of other "wrong" things - I'm consuming lots of the wrong stuff. Yes, there are times when Lindt is the answer, but the whole box?..... in thirty minutes? The obvious problem with this coping strategy is that it only adds to my stress. I don't even want to discuss the covid-timber I've gained recently. Thank God for M&S and their elasticated waists, is all I'd say.

TEACHER'S VOICE

So now I try to do other, less physically damaging stuff, fixing things, walking, or even watching comforting and positive stuff on the telly with a nice cup of tea. I do have to be careful with that, however, as these days just 10 minutes of the Repair Shop results in a quivering bottom lip and discreet eye-wiping. That's another thing I have got quite a lot more emotional of late. Before you know it I'll be in floods of tears after an episode of DIY SOS, and I hate Nick Knowles.

Once or twice a week I am physically in school, and with this comes mixed emotions. There is the delight of being able to see students again, and the free flowing interaction that comes with it, but there is also that little bit of anxiety about being in close-ish proximity with other people, even though everyone is adhering to the stringent and necessary social distancing rules the school has.

I should add that my school has been brilliant throughout all of this. Just as our students need to feel supported, so it is with us lot as well. All of my colleagues from the head, to SLT, teachers, support staff, admin, maintenance, and catering, are feeling their way through this just like everybody else, and have all had to respond to new developments quickly, sometimes overnight. We are working together, and because we are working together we are meeting all of the challenges.

We are all going through strange times, but think about what young people are going through. As a grumpy middle-aged man, the fact that I cannot meet up with masses of people is no great hardship. Imagine being 15 again and not being able to hang out down the chippy with your mates, or go to a house party. Imagine being in your exam year and still having no idea how you are going to be assessed.

Imagine being a child and losing a parent.

I really miss being with my students in school and in person, and I have times when I can get quite down about that, but if what I am doing is helping to maintain some level of normality in their lives, albeit online, I can feel a bit more positive, and I can sleep better at night.

When this is all over, we will be asked by future generations-"how did you cope?" The simple answer will be "we just did". The more honest answer, for me, will be "We did, but only because of the love, support and encouragement we all gave each other..."

...oh, and I kept it down to just one Lindt a day."

Dressed for the Occasion!!

When I teach from home, do I wear a full suit, or just the bits they can see. What if I have to get out of my chair for some emergency and they see me in a pair of casual slacks that really don't go with the jacket /tie combo? My sartorial reputation will be in tatters.

What's Your Background?

I now remember to 'blur' the background during "live" lessons. I mean, What if Ofsted pops in and criticises my back drop for not being stimulating or inspiring enough, or for being a questionable colour scheme. "That curtain choice with those colour walls? - Requires improvement!!!



What a Lovely Ceiling you Have!

I have seen the ceiling of more houses than I'd like, thanks to those shy students that have been told to turn their camera on, and then adjust it just so that they are not in the frame. Ooh look, they've got artex!

Wellbeing Suffolk Socials

The social team have a whole range of ways in which you can connect with others online. It's an appetising mixture of sessions all designed to enable you to work on the five ways to wellbeing. To check for the latest information on our Virtual Socials please visit:

wellbeingnands.co.uk/suffolk/social-events/

If you need help downloading Zoom simply follow this link [here](#) for all the help you will need to get you started to join us on Zoom. Downloading Zoom isn't essential though you can join by just clicking on the link on the website.

wellbeingnands.co.uk/suffolk/social-events/how-to-zoom-guide/



What's on the Menu?

- Quick Quiz
- Relaxation Station - Pit Stop
- All things Art #Get Creative
- Book Worms
- Nap and Natter
- Cultural Connections
- Cuppa and a Chat
- Virtual Men's Shed
- Managing Menopause
- Nature and Nurture
- Songwriting Social
- Relaxation Art
- History Club
- Carers Cuppa

For full details and times visit our website

WELLBEING IN THE WORKPLACE

Wellbeing in the Workplace is a FREE service for organisations in Norfolk & Suffolk. The service can help employers to support their workers through stress, emotional challenges, and poor mental health by offering support to combat stress, anxiety and low mood problems, and build resilience.

This year has been unlike any other, and as we continue to navigate our way through the many restrictions and challenges brought about by the COVID-19 pandemic, it has also made it more important than ever for us to understand how we can improve and maintain our wellbeing.

Our one-off Wellbeing in the Workplace workshops include education on the causes of stress, techniques to manage it, and information on further help that our Wellbeing services can offer, for those who might feel a need for further support. The sessions are delivered by our experienced advisers over Zoom, scheduled at a day and time convenient for your organisation.

Why is wellbeing at work so essential?

Stress is now the major cause of long term sickness absence, while those suffering with stress and remaining at work are more likely to encounter problems such as:

- Conflicts with colleagues
- Struggling to concentrate or to juggle tasks
- Taking longer to complete their work
- Being less patient with customers

By supporting the positive mental health of your staff you are more likely to retain essential skills, knowledge and experience of your valued employees. And, perhaps equally importantly, they will know that your organisation is a place which values and understands their needs better, which is good for positive staff engagement and staff retention. The facts speak for themselves:

- Poor mental health among its workforce costs employers £30 billion per year in the UK through lost production, sickness absence and recruitment (ACAS)
- After taking six months' sickness absence, only 50% of employees return to work
- After one year's absence sickness absence the return to work figure reduces to just 25%
- Employers are also required to co-operate with laws that protect employees. Health and Safety laws ensure that workers have a safe environment in which to work, where risks to health and wellbeing are considered and dealt with efficiently.
- Wellbeing in the Workplace is an essential component towards demonstrating that as an employer you are meeting your legal obligation to provide a safe and health workplace and to support your staff through their health problems.

How can we help your organisation?

Whether the root of the problem is within the workplace, at home or elsewhere, stress can lead to deteriorating mental health and sickness absence, or even "presenteeism" where your staff are attending work but are less productive. By helping your staff to become more resilient to stresses and challenges we are helping your organisation function well.

How can Wellbeing in the Workplace help you as an employee?

Wellbeing in the Workplace can teach you skills to manage your stress and build resilience. 'Resilience' is the ability to withstand stress and adversity, so by increasing it we become more able to cope with demands during difficult times. Whether your stress is being caused within the workplace, within your home life or elsewhere, or a combination of all of these, you can learn skills to respond differently in order to feel better.

How can you encourage your employer interested in Wellbeing in the Workplace?

If you would like your employer to book a Wellbeing in the Workplace session, please speak to your manager, occupational health service or human resources (HR) department and ask them to contact us on the email link above. Alternatively, you can get in touch to request us to send you or your employer our leaflet.

How do you book our services as an employer?

Please contact a member of our administration team to book your Wellbeing in the Workplace session:

Email:

communications.wellbeing@nsft.nhs.uk

Employment Adviser

Employment (along with volunteering and education) can be an important part of our lives, as it can supply us with rewarding feelings and a positive sense of purpose. Therefore, if somebody is facing barriers or problems around employment, it is understandable that this may affect their wellbeing. The Wellbeing Service wants to offer everybody a chance to gain support and overcome the issues they may have regarding employment.

Our Employment Advisers are here to support anybody who is currently referred into the Wellbeing service, by providing advice, motivation and guidance regarding employment. The support is here to complement your recovery by providing additional practical support to reach your own personal goals around finding, returning or remaining in employment. This can be accessed before, during or after the support you have received from your Therapist.

The Employment Advisers within the Wellbeing service are able to offer bespoke advice on finding, remaining or returning to work. The Employment Advisers are able to offer one to one support in managing feelings of stress, anxiety or depression in the workplace. Liaising frequently with employers in attempt to improve the understanding of wellbeing in the workplace and improve conditions by making adjustments for them to return.

Once they are working with Employment Advisers within the Wellbeing service we create a bespoke Employability Assessment to build rapport with the client and explore the issues or barriers related to their mental health that are impacting on their performance in work or on seeking work. The Employment Advisers or Senior Employment Advisers will be seeking to establish the customer's goals and aspiration in seeking employability support to improve their management of their mental health at work, retain their role, move to an alternative role, or seek suitable employment in line with their skills and capabilities.

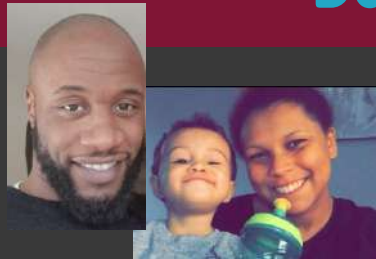
We support Clients when they return to work to make this transition as seamless as it can be and work with employers to help with the return to work, with clients remaining on our caseloads until they are confident in their position at work.

**To explore how our Employment Advisers
can help you, self refer online at;
www.wellbeingnands.co.uk
or call 0300 123 1503**



Lipswich Update

Don't speak about it, be about it!



In our previous newsletters we had brought you news about an inspiring campaign that aims to shed light on the issue of suicide. Pierre Rollins a local Ipswichian was impacted in March 2019 by the suicide of his cousin's daughter. Kia Russel, aged 19, died together with her son, Kamari. It was a tragedy that hit the family hard and as a result Pierre wanted to do something to honour their memories and highlight the issue of suicide.

In October of 2019 he came up with the idea of getting his message across through music and started the process of putting together an album to raise money for the charity Mind. The idea has developed into the Lipswich Project and the motto behind the project is,

'Don't speak about it, be about it.'

Pierre is a firm believer in the idea that actions speak louder than words and he wanted to do something positive in the light of his family tragedy. He joined forces with Curtis Blanc from the Radical Lounge recording studio and together with the photographer Jermain Bernard they have been busy putting the album together.

The pandemic has inevitably had an impact on the campaign's progress so we caught up with him to find out how things were going. Pierre told us,

'Yeah we are ready to go, the album is completed now and we are having a virtual listening party with all the contributors this week. We are looking to be releasing the album in May and a single from the album around March time.'

Pierre remains as humble and gracious as ever and is blown away by the interest the project has received. The BBC and wider media are waiting in the wings for the album's launch and it is hoped that the project will lead to some follow up work within the community, especially in schools.

The name of the project comes from Pierre's family name for Ipswich. 'Ipswich is a small community and people talk'. And this is the ultimate aim of the project, to get people talking about our mental health and change the way we view it so that there are fewer family tragedies in the future. Turning a negative into a positive.

'It's not my project, it's all our project. Everyone coming together has got us where we are'

Community and connection are the power behind Lipswich and Wellbeing are proud to be with him and offer our support.

If you are in crisis call First Response or contact your GP. or the Samaritans 116 123



NHS
Norfolk and Suffolk
NHS Foundation Trust



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

Lipswich Update

Letter from Curtis Blanc Radical Lounge Studio



Dear Wellbeing,

Despite the hardship of this Covid-19 season, we've been able to make progress. A year in the making, the album is finally complete and is ready to be sent off to be mastered (ready for broadcast). We expect to have the mastered album returned to us by the end of February and the official release to take place during May.

The next step in the project is to work with Suffolk Mind in training all the artists who have featured on the album to become ambassadors for positive change in mental health and well-being by attending the 'Your Needs Met' training course. Following this, we aim to conduct a series of filmed interviews starting with current members of the project to explore different perceptions on mental health, to articulate the impact which the project has had on those currently involved and to explore the theory of music and creating music being an effective form of therapy for emotional development.

We want to empower our community to overcome issues which negatively affect our emotional health. Working with Suffolk Mind & Radical Lounge, our aim is to equip local creatives with the skills, knowledge and confidence to become ambassadors for promoting good mental health through their art forms.

The Lipswich images are intended to spark new conversations and raise questions around emotional and mental wellbeing. We want to work together with our community to take a collective stand in promoting the mental wellbeing of our home town.

The Lipswich Project, is the vision of local chef Pierre Rollins, founder of Sweet Pee's catering service.

The Lipswich Project "DON'T SPEAK ABOUT IT, BE ABOUT IT!"

Curtis Blanc

Head Studio Engineer & Artist Development Manager

RADICAL LOUNGE STUDIO

Empowering Communities Through Music & Speech

If you are in crisis call First Response or contact your GP. or the Samaritans 116 123



NHS
Norfolk and Suffolk
NHS Foundation Trust



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

Five ways to wellbeing

The Five Ways to Wellbeing are a set of evidence-based actions which promote people's wellbeing. While they don't claim to be the biggest determinants of wellbeing, they offer a set of simple things individuals can do in their everyday lives.

They were developed by the New Economics Foundation and based on the findings of the 2008 Government Office for Science Foresight report on Mental Capital and Wellbeing that aimed to develop a long term vision for maximising wellbeing in the UK.

Knowledge is power and we want you to know these simple principles so that you can start to make the small changes you need to make a big change to your Wellbeing. A thousand mile journey begins with one step so see how you can begin your path to positive Wellbeing by making these five principles part of your everyday.



The Write Prescription

The Orange

By Wendy Cope

At lunchtime I bought a huge orange –
The size of it made us all laugh.
I peeled it and shared it with Robert and Dave
They got quarters and I had a half.

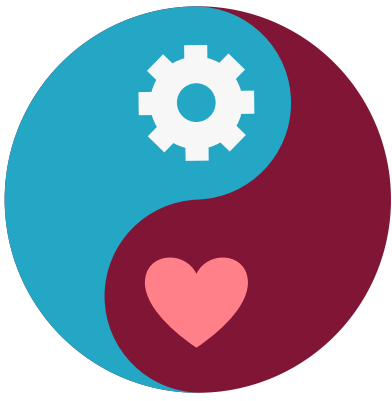
And that orange, it made me happy,
As ordinary things often do
Just lately. The shopping. A walk in the park.
This is peace and contentment. It's new.

The rest of the day was quite easy.
I did all the jobs on my list
And enjoyed them and had some time over.
I love you. I'm glad I exist.

Without the ability to make plans and get out, free time certainly feels constrained. But there is always a different perspective to take. It is important to see the beauty in every day things and this poem is one of my favourites. Wendy Cope is a poet who I connect with, she sees this beauty and blends it with humour. Writing is one way in which we can find perspective and cope with the stresses of life why not have a go and see if it works for you.

Write about the small things that bring you pleasure. Whether it's a comedy carrot or the smell of cut grass. Think about the minutia of life that we often overlook and bring a sense of joy or peace with them.





Finding Balance



72% of education professionals described themselves as stressed



33% of education professionals worked more than 51 hours per week



74% of education professionals said they found it hard to switch off and relax

2019 YouGov survey of educational professionals by Education Support

The definition of work life balance can be a subjective thing, but generally it means the amount of time you spend doing your job fits with the amount of time you spend with your family, friends or doing the things you love.

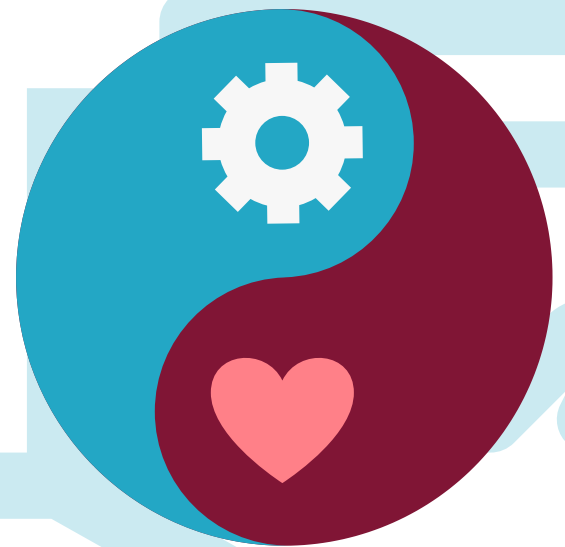
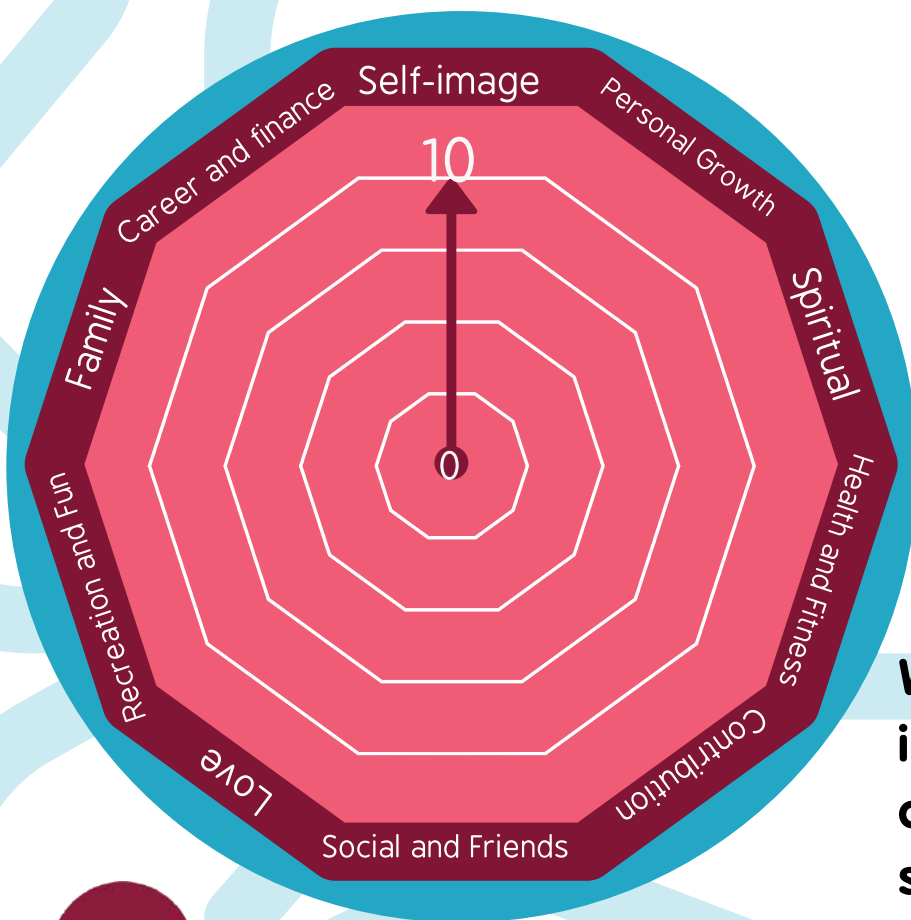
When we get the right work life balance for us we feel like we have more meaning in our lives, have more control over the future, spend more time on the things that we want and are more likely to feel fulfilled and resilient. Balance should bring with it focus and helps us feel motivated and energised.

Adversely when we don't have a good balance between work and play our lives begin to show signs of strain. The signs mostly show themselves in our thoughts, behaviours as well as physically. When we are stressed we weaken our immune system making us more susceptible to illness, in particular, headaches, IBS, eczema, psoriasis, asthma and many more. Another indicator that we are overwhelmed is our behavioural responses in managing the stress we are under. Reaching for that glass of wine every night for example isn't an advisable coping strategy.

One way in which you can tackle any imbalance is by looking at the competing demands on your time. To this end one exercise you could do is to complete the Wheel of Life exercise. The Wheel of Life is attributed to the late Paul J. Meyer who created it in 1960, but it has gone on to be used by life coaches around the globe as a self-evaluation tool. The idea is simple yet effective. It allows you to take a snapshot of where you are and begin to get perspective on the bigger picture. Knowledge is power and when we know what the positives and negatives are and why they are happening we can begin to take back control.

We've included an example and some prompts to get you thinking. Rating each domain from one to ten will allow you to see where the imbalance lies and give you a starting point in making changes.

1. **Career and Finance:** Is your career where you want it to be by now? Are you heading in the right direction? Are you earning enough income to satisfy your current needs? Are you financial setup for future growth in wealth?
2. **Health & Fitness:** How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?
3. **Social & Friends:** Are your friends supportive of you? Are you engaging friends and socialising to your satisfaction levels?
4. **Family:** Is your family supportive of you? Are you supportive of your family?
5. **Love:** Do you feel loved? How often are you expressing love to others?
6. **Recreation & Fun:** Are you enjoying your life and making it fun? Are you satisfied with the level of activity that you do?
7. **Contribution:** How would others rate your contribution to society or them as individuals?
8. **Personal Growth:** How focused are you on personal growth? Are you satisfied with your direction? Are you trying new experiences and seeking to learn?
9. **Spiritual:** How connected are you to the inner and outer world? Are you satisfied with your relationship with your spiritual being?
10. **Self-Image:** Do you think of your abilities highly? Do you respect and love yourself? Do you appreciate yourself?



Wellbeing offer a range of interventions to help you to create a toolbox of strategies to manage life when it throws you out of kilter. A good place to start is now and move in the only direction there is ... forward.



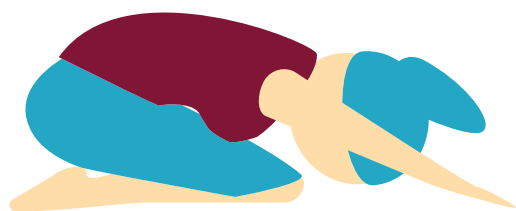
Stretch and Restore

When we are stressed, it's natural for our muscles to tense up. The slow, calculated movement of stretching is calming to the mind and relieves tension. This makes stretching a very simple but effective way to reduce stress.

Stretching increases blood flow and circulation to your muscles and your brain. More blood flow contributes to a clearer mind and a more cheerful mood. After stretching, you will find yourself ready to rethink situations and decisions that may have been cloudy earlier.

Here are just two yoga poses to try at home or you could come along to our **Relaxation Station** with Nikki and chill out with her progressive relaxation groups. Find out more here on our website;

www.wellbeingands.co.uk/suffolk/course/relaxation-station/



The Child's Pose



The British Medical Journal have produced this infographic to help you to get active in lockdown.

The Sun Salutation

social prescribers

What is Social Prescribing?

Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.

Life Link

West Suffolk

LifeLink helps hundreds of residents and saves NHS thousands. This social prescribing project has helped improve the lives of hundreds of West Suffolk residents and has saved the NHS thousands of pounds. LifeLink was established to achieve better outcomes for people living with loneliness, poor self-esteem, low mood and anxiety by helping them through coaching support and involving them in community groups and support available on their doorstep.

All that in turn, reduces some of the dependency on trips to the GP, prescription costs and hospital admissions, a saving that has been estimated to run into thousands of pounds.

LifeLink began as a pilot in Haverhill in 2018 funded and supported by West Suffolk Council, the Government and Suffolk County Council. It grew to include Brandon and Mildenhall in October through funding from Suffolk Public Sector Leaders and West Suffolk Clinical Commissioning Group - and then expanded to cover the rest of West Suffolk in February 2020 thanks to funding from GP practices that form the Primary Care Networks in West Suffolk. LifeLink adapted its delivery so that it continued to support participants during the Covid 19 lockdown period. with one or more long-term conditions, who need support with their mental health, who are lonely or isolated, who have complex social needs which affect their wellbeing.

Between April 2019 and 1 July this year, LifeLink has seen more than 500 people. Of those that took part in surveys to measure their progress with LifeLink, the vast majority showed an improvement to their sense of wellbeing. Around two thirds of the people who were referred to LifeLink have either a disability, long term condition or frailty. Of those that took part in a survey, 86 per cent felt more empowered and motivated to take the steps to better manage their condition. That in turn reduces some of their likely need for NHS services such as GP appointments, hospital visits, treatments and medicines.

LifeLink partners include Abbeycroft Leisure, West Suffolk NHS Foundation Trust, ONE Haverhill Partnership, Suffolk County Council, JobCentrePlus, West Suffolk Clinical Commissioning Group, West Suffolk Citizens Advice, the West Suffolk Primary Care Network and West Suffolk Council.

To find out more visit;

[westsuffolk.gov.uk / community / lifelink](https://westsuffolk.gov.uk/community/lifelink)

Connect for Health Ipswich and East Suffolk

In Ipswich and East Suffolk, social prescribing is known as 'Connect for Health'. NHS England describes social prescribing as "enabling all local agencies to refer people to a link worker". Link workers - known locally as Community Connectors - give people time and focus on what matters to the person as identified through shared decision making or personalised care and support planning. They connect people to community groups and agencies for practical and emotional support.

Connect for Health particularly works for a wide range of people, including those;

- With on or more long-term conditions
- Who need support with their mental health
- Who are lonely and isolated
- Who have complex social needs which affect their wellbeing

The Connect for Health programme aims to do just what it says! It will assist individuals to find non-clinical solutions to improve their own health and wellbeing. This can include referrals to organisations to assist or support them to connect with their local community. The service can connect individuals to social activities, clubs, groups, and like minded individuals in their community. The programme does this by offering a private face to face discussion with a "Community Connector" to explore what matters to the individual.

To find out more visit;
[ipswichandeastsuffolkccg.nhs.uk / Localservices / SocialPrescribing](https://ipswichandeastsuffolkccg.nhs.uk/localservices/SocialPrescribing)

Help from our Friends

NHS
Norfolk and Suffolk
NHS Foundation Trust

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	teaching.blog.gov.uk get-help-with-remote-education.education.gov.uk/	Rethink Mental Illness Advice Line 0300 5000 927 info@rethink.org - www.rethink.org	
	NAHT National Association of Head Teachers 0300 3030333	Call 01986 873955 enquiries@suffolkartlink.org.uk	
	National Education Union - advice@neu.org.uk 0345 811 8111	Simple Energy Advice Website and advice line 0800 444 202	
	NASUWT - advice@mail.nasuwt.org.uk members call 03330 145550	Campaign Against Living Miserably 0800585858 www.thecalmzone.net	
	www.mentalhealthatwork.org.uk/toolkit/ourfrontline-education/	Cruise Bereavement Care 01473 230888. For more information see www.suffolkcruise.co.uk	
	Anxiety Uk - www.anxietyuk.org.uk Call 08444 775 774 (Mon-Fri, 9.30am-5.30pm)	Amparo - Support Following Suicide 0330 088 9255 www.listening-ear.co.uk	
	Depression Alliance www.depressionalliance.org	Shout - Crisis Volunteers text 85258 or visit www.giveusashout.org	
	Supporting kids through Covid www.winstonswish.org/coronavirus/	Saneline Mental Health Helpline 0300 304 7000 www.sane.org.uk	
	www.educationsupport.org.uk Free confidential emotional support line 08000 562561	One Life Suffolk - Help and advice on how to get active and stay healthy. 01473 718193, www.onelifesuffolk.co.uk or info@onelifesuffolk.co.uk	
	Mind Infoline 0300 123 3393 info@mind.org.uk - www.mind.org.uk	Multi-agency Safeguarding Hub Enquiry Line 0345 606 1499	
	youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/	NHS website for how to stay well, the latest coronavirus advice, information on the Flu vaccine, advice on mental health or register for help from NHS volunteer responders to arrange support for yourself or someone you know. www.nhs.uk Call 0808 196 3646	
	Suffolk County Council advice and help line Helpline: 0800 068 3131 for info on foodbanks		
	Healthwatch Suffolk Office telephone: 01449703949 Signposting: 0800 44 88 234 info@healthwatchesuffolk.co.uk		
	ChildLine 0800 1111		
	Confidential support by phone and online www.samaritans.org Telephone: 116 123		

Ways to Wellbeing



**Call 0300
123 1503**



Self refer on the website at
www.wellbeingnands.co.uk

Self guided CBT
(with option of clinical support)
www.LLTF4Suffolk.co.uk



Online Webinars available today at
[www.wellbeingnands.co.uk /suffolk
/get-support /](http://www.wellbeingnands.co.uk/suffolk/get-support/)



Check out our online Virtual Socials at
[www.wellbeingnands.co.uk /suffolk /social-
events /](http://www.wellbeingnands.co.uk/suffolk/social-events/)



Whether you are experiencing mental health issues, are worried about someone you care for, or want to know how to stay mentally well, the Gateway website is the place to go for families and professionals to access mental health support services in Suffolk.

The Emotional Wellbeing Hub provides:

- a team of Emotional Wellbeing Practitioners for expert information, advice and support an online referral form for anyone concerned about a child or young person's emotional wellbeing and mental health. Young people can also self-refer
- a consultation helpline for emotional wellbeing and mental health issues relating to children and young people

The Emotional Wellbeing Hub provides a simple process for families, young people, and professionals to make a referral or get advice about wellbeing and mental health services.

Important notice regarding Covid-19 and its impact on Mental Health Services:

Due to the Covid-19 outbreak we are having to change the process within the Emotional Wellbeing Hub and staff coverage to ensure we continue to provide the best service that we can during this difficult time, and to support those most at risk.

We are not a crisis helpline so if you or your child/young person needs urgent crisis support, please contact the First Response helpline on 0808 196 3494, a 24/7 helpline which offers support for anyone of any age experiencing mental health difficulties.

Contact the Emotional Wellbeing Hub

Call 0345 600 2090, available Monday to Friday, 8am to 7:30pm.

Parents or Professionals Referral Form - gateway.mayden.co.uk/referral-v2/2703a180-2ff7-4779-8b6b-6de81ecd8b1b

Young Persons Referral Form - gateway.mayden.co.uk/referral-v2/0f00194a-73be-424c-b4fa-50d8438a0d3a



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**Suffolk Children and Young People's
Emotional Wellbeing Hub**

Phone: 0345 600 2090

(Mon to Fri 8am-7.30pm)

Information, advice and support for children, young people, families and professionals.

**Find out
more**



wellbeing

Helping you live your life

To find out more about who we are
and how we can help please visit:
www.wellbeingnands.co.uk/suffolk/

For any general enquiries or to register
with the service,
please call:
Wellbeing Suffolk:
0300 123 1503*

Lines open Monday to Friday
(excluding bank holidays) 8am to 8pm
*Depending on your provider call costs
from a landline or mobile will vary.

Or if you would to self-refer to our
service please visit:
www.wellbeingnands.co.uk/suffolk/
and click on our self-refer page



iapt

Improving Access to
Psychological Therapies

NHS
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