

Wolverhampton Education Wellbeing Network Bulletin



This bulletin has been created to illustrate upcoming events and highlight research and training.

If you have anything that you would like to share in future bulletins, please email: anisa.rafaqat@wolverhampton.gov.uk

Upcoming Education Wellbeing Network Meetings

- 9th of May - 1-3.30pm – Online (MS Teams)
- 4th of July - 1-3.30pm - face to face (Fordhouses Cricket Club)



Mental Health Resource Hub

The following resource hub has been created in partnership with and funded by the Department for Education, with new resources added regularly and is based on the 8 key whole school principles. It is well worth a browse and is a really valuable resource for Senior Mental Health Leads:

<https://www.mentallyhealthyschools.org.uk/whole-school-or-college-resources/>

Mental Health Calendar

A mental health calendar for the 2024 Summer term to help schools and colleges plan in activities ahead of time. The calendar covers awareness days and themes throughout the 2024 Summer term, including:

- Stress Awareness Month
- Mental Health Awareness Week
- Exam and assessment time
- Transitions between school, college or university.



[Mental health and wellbeing calendar: summer term 2024 : Mentally Healthy Schools](#)

Base 25 and Mental Health Awareness week

OPEN EVENT

Date: Tuesday the 14th of May, 10 am -2 pm (drop in anytime)

Location: 29-31 Temple St, Wolverhampton WV2 4AN

The event will:

- Showcase existing services for young people aged 4-25 years old.
- Launch the new service - the open-access Children and Young Peoples Mental Health Early Intervention Hub for 11-25-year-olds, funded by the Department of Health and Social Care.
- Launch their new employment mentoring programme for 16-25-year-olds funded by the Commonwealth Legacy Fund.



Black Country CAMHS Website:

Did you know that there is a wealth of information on the Black Country Minds website for parents and professionals about a wide range of wellbeing and mental health topics? It could be worth sharing with colleagues and families:

<https://www.blackcountryminds.com/ages/parent-carer-professional/>

Looking after your own wellbeing:

Mental Health Awareness week takes place on the 13th to 19th of May with the theme of "Movement: Moving more for our mental health". Incorporating movement into everyday life can allow you to feel more energised and refreshed.

For example: have a little walk around the playground during lunchtime or walk to your local shop!

Contact us:



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**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024



DOWNLOAD YOUR
FREE LESSON PLAN

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/lesson-plan>



LET'S
**MOVE MORE
FOR OUR MENTAL
HEALTH**

13-19 MAY 2024

This Mental Health
Awareness Week find your
#MomentsForMovement

www.mentalhealth.org.uk/mhaw

@mentalhealthfoundation @mentalhealth



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Additional Information from our Public Health Colleagues:

MENTAL HEALTH WEEK / MAY WALKING WEEK

As you may be aware Mental Health Awareness Week takes place Monday 13 May to Sunday 19 May with the theme “**Movement: Moving more for our mental health**” The campaign aims to reduce stigma, promote understanding, and empower young people to prioritise their mental health.

Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week the campaign wants to encourage people to find moments for movement in their daily routines. It might be going for a family walk in your neighbourhood, putting on your favourite music and dancing around the living room with your children, chair exercises when you’re watching television or just simply getting out in the local park or garden– it all counts!

There is a live lesson on the CBBC channel at 11:00am on Monday, 13 May 2024, or on the [BBC Teach website](#). It will remain online afterwards to be used as a teaching resource whenever you need it.



May is also [National Walking Month](#) and **Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated.** This year, the Health Champions from Uplands School are encouraging schools to take part in the Pathway to Paris celebrate the many health and happiness benefits of walking and being active.



[Path to Paris](#) is a programme for schools, families and local communities designed to help children and their families to get active together, try new things and most importantly: have fun. It’s all about team spirit and building a habit of physical activity. Path to Paris uses the inspiration of the Paris 2024 Olympic and Paralympic Games, to challenge children across the country to virtually travel to Paris by getting active. Teachers, group leaders and families can create teams, children will log their physical activity on the Path to Paris website and each active minute will translate into virtual kilometres powering their team around the world. The Path to Paris is all about getting active at home, in school, at a local sport or community group, everyone is invited to get active together and embark on the Path to Paris.

[Yo! Active](#), part of [Yo!Wolves](#) the City of Wolverhampton’s young opportunities offer will be providing eligible children and young people with free physical activity opportunities as part of our mission to inspire and support young people to move more every day. Yo!Active is being delivered in partnership with [Wolves Foundation](#). As the official charity of Wolverhampton Wanderers Football Club, and they aim to encourage healthier and more active people, lifelong learning and skills, and develop safer, stronger communities.



Yo! Active will offer free sessions for children and young people who:

- Live within the City of Wolverhampton Council area,
- Are aged between 0-18, or under 25 if the young person is a care leaver or has Special Educational Needs and Disabilities (SEND).



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