

# Lancashire Mind's wellbeing newsletter



January 2021

Happy New Year from the Lancashire Mind Team!

It might not have been the easiest start to 2021, but here at Lancashire Mind we are still sharing the message of mental and physical health. This month we launched our JanYOUary campaign, take a look at how our team have been getting involved. Turn to page 4 to see how you can join in!

"I love the little things I sense and notice - little but they give me so much pleasure."

Meera

JAN YOU ARY

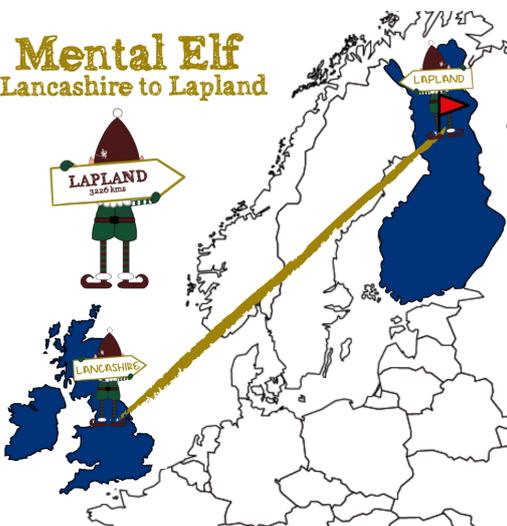
Take notice

#LancMindJanYOUary #SuqojsToJanYOUary

"Crunching on snow no one's walked on underfoot or the crackling warmth of a fire - small slices of bliss!"



## Mental Elf Lancashire to Lapland



Sending a huge thank you to anyone who got involved in **Mental Elf 2020**.

In just 12 days individuals, community groups, businesses and schools helped us to travel an incredible **9,686.76km** as part of the Lancashire to Lapland Challenge.

This is three times the original target!

Follow us on social media - @lancsmind  
Find more resources for Children and Young People, Adults and Parents on our website:

[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)



January 2021

# Support and resources for lockdown

With another lockdown underway you may be in need of a boost to your wellbeing. There are lots of great resources online that provide a really good opportunity to take some time for you.



Chorley based artist and author Emily Coxhead has created some free, downloadable resources that can be used at home or in school. You might want to complete them yourself, or do them with a younger sibling

<https://thehappynewspaper.com/product-category/education/>

A helpful video from BBC's Dr Radha on the 5 C's you can use to look after your wellbeing during lockdown: Control, Care, Continuity, Creativity and Compassion

<https://www.bbc.co.uk/news/av/newsbeat-52411394>



Coronavirus: Dr Radha's five mental health tips for lockdown



The Mental Health Family Hour is a YouTube series with videos covering topics such as: Understanding Anxiety, Returning to School and Resilience.

For more information, take a look at the following website <https://www.lscft.nhs.uk/mental-health-family-hour>

**NHS**  
Lancashire & South Cumbria  
NHS Foundation Trust



In other news

**4** Things to keep in mind for 2021....

1.

Reaching out for help can make a positive difference

2.

It can be normal to experience a setback during your recovery

3.

You might struggle with your mental health but Childline is always there

4.

It's OK to take each day, week or month one step at a time



Childline offer some great ideas on how to approach your mental health in the new year. Take a look at their website and social media for more support <https://www.childline.org.uk/>



Check out our January campaign at Lancashire Mind, designed to support your wellbeing!  
<https://www.lancashiremind.org.uk/posts/241-janyouary>

EPSL Educational Printing have put together some free schools resources in collaboration with Lancashire Mind  
<https://www.eprint.co.uk/free-educational-resources/secondary>



**ACTION CALENDAR: HAPPIER JANUARY 2021**

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment

**ACTION FOR HAPPINESS** [www.actionforhappiness.org](http://www.actionforhappiness.org)  
Happier · Kinder · Together

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

## General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

## NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

## Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

## Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.kooth.com/>

<https://wellbeingpassport.org.uk/>

## Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356