

MENTAL HEALTH AND WELLBEING NEWSLETTER JULY 2021

WELCOME

Welcome to the July 2021 Mental Health and Wellbeing Newsletter produced by Rotherham MAST. For more information about MAST please visit our page on the Maltby Learning Trust website: [Maltby Learning Trust - Multi-Agency Support Team \(MAST\)](#)

DID YOU KNOW?

Listening to birdsong is good for relieving stress and increasing both focus and concentration. During lockdown, 73% of people surveyed reported hearing louder birdsong. Click on the link below to enjoy some wonderful birdsong as well as a fabulous puppet show!

[The RSPB - Let Nature Sing - Bing video](#)

DID YOU KNOW?

Songbirds have different dialects just like humans do. So a blackbird in South Yorkshire might sound different to a blackbird in Wales!



SAMARITANS



Talk to Us #WeListen
– July 2021

Samaritans raise awareness of their service every July to ensure everyone knows they are available 24/7 to listen whether this be by phone, email or letter. This is really important. We encourage people to speak up if they are feeling low but it's crucial that we also know how to listen skilfully when someone chooses to confide in us. As a simple guide, we would recommend:

Convey acceptance – maintain eye contact and be patient while listening then use a light tone to make observations (*I've noticed that...*) and ask open questions (*what/why/how/where...*)

Active Listening - checking and clarifying that you've 'got it right' (*Can I check...*) and reflecting back what you've heard (*So what you're saying is...*)

Empathy – validating what someone's said through a heartfelt understanding – sometimes called 'walking in someone's shoes' (*It's no wonder you feel... It sounds like that was...*)

People don't always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.



If you are want to find more tips on listening you could click on any of the following sites:

Better Health every mind matters

SAMARITANS

shout
85258



If you are worried about someone and want to find ways of helping them to open up, you could consider using one of the 5 ways to wellbeing to create an opportunity.

CONNECT

Offer to meet for a cup of tea and perhaps a slice of cake. The Mental Health Foundation has some great ideas for 'Tea and Talk' [Ingredients for a great Tea & Talk | Mental Health Foundation](#)

BE ACTIVE

Perhaps you can find an activity to enjoy together. Why not visit the NHS Better Health Let's Do This site for some ideas: [Get active - Better Health - NHS \(www.nhs.uk\)](#)

KEEP LEARNING

Why not take up cross stitching. There are lots of great patterns out there and it's an activity which creates its own therapeutic space. For a beginners guide have a look at [How to Cross Stitch \(with Pictures\) - wikiHow Life](#)

GIVE

We know that nature has lots of beneficial effects. Why not give someone a plant cutting. For an easy guide to doing this visit [How to take cuttings in 6 easy steps - The English Garden](#)

TAKE NOTICE

Try sitting still and taking notice of the clouds – this is a great way to be with someone else, catch your breath and free your mind from other thoughts. Try listening to this cloud meditation which can be enjoyed by both children and adults [A Cloud Meditation | Childhood By Nature](#)



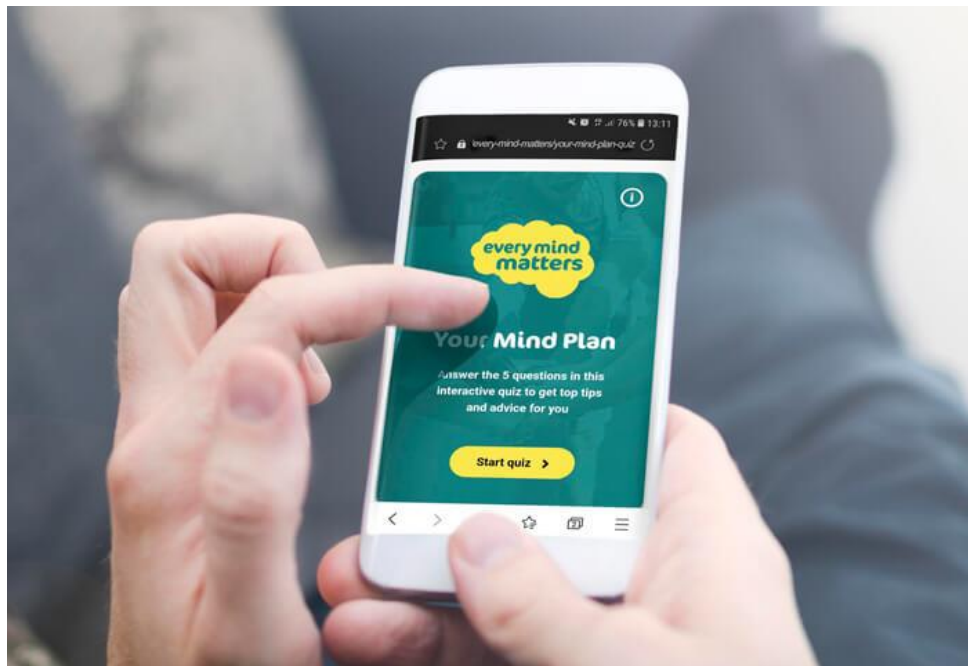
You could also take a look at more 5 ways to wellbeing tips at NHS Every Mind Matters: [Top tips to improve your mental wellbeing - Every Mind Matters - NHS \(www.nhs.uk\)](#)



Parsley contains zinc which is good for ear health while garlic has powerful anti-inflammatory properties. Why not rustle up some garlic butter with a little parsley to use on a baguette: [Garlic butter recipe | BBC Good Food](#)

LOOKING AFTER OURSELVES – AND OTHERS

When we are worried about someone else it can be mentally draining and we can forget to look after ourselves. Make sure you take notice of your own mood. It might be worth completing the Every Mind Matters Mind Plan which will provide you with some great tips for yourself and which you could suggest to others: [Get Your Mind Plan - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/every-mind-matters/your-mind-plan-quiz)



If you are concerned for yourself or a colleague please speak to your line manager in the first instance; there may be other support we can offer.

Rotherham MAST is an MLT in-house mental health provision and does work predominantly with students but has some capacity to deliver counselling interventions for staff. This might take the form of a one-off drop-in session or formal counselling for a period of up to 6 weeks. Sessions are confidential, subject to safeguarding issues, and based in the Rotherham MAST offices at Maltby Academy. For a referral to Rotherham MAST, please speak to the Principal in your Academy who will then liaise with HR and/or MAST to determine current capacity and waiting times.

Alternatively the Education Support Partnership has a 24/7 helpline which is staffed by trained counsellors: Tel 08000 562561

For useful websites and crisis numbers please visit Rotherham MAST: [Microsoft Word - Mental Health and Emotional Wellbeing - Website Info January 2021.docx \(maltbylearningtrust.com\)](#)