

2 Feb 2023

Write Mind

Time To Talk Day edition

This edition marks Time To Talk Day and focuses on the importance of talking about mental health. Take a look inside to see how a local primary school makes space to talk about mental health from a young age.

Extended hours for Guide-Line

Guide-Line, Mind in Bradford's telephone and online support service, is now open to help you in the mornings.

The helpline and live chat are now open between 8am and 12am every day of the year to support people across the district who are struggling with their mental health. It previously operated between 12pm and 12am.

Mind in Bradford has an experienced team of staff and volunteers who are fully trained to answer a variety of questions about mental health and wellbeing and offer support and advice.

Support can be accessed in 100+ languages.

Service Manager Phil Woodward said: "With the extension of opening hours to 8am, we hope to be able to support people who may be unable to get through to their GP at that time and are left feeling anxious or frustrated.

"There is always emotional support available, seven days a week, 365 days a year. We can support and signpost but most importantly, we listen."

During April 2021 - March 2022, the Mind in Bradford team answered 8,014 calls from 527 people.

One caller said: "You've given me the re-assurance I've needed over the years to help me grow as a person."

Guide-Line has also recently become a new referral route to Safe Spaces, the urgent support service for Bradford District and Craven. Anyone experiencing mental health distress can call Guide-Line on 08001

884 884 and ask to be referred to Safe Spaces.

To learn more about Guide-Line, visit mindinbradford.org.uk.

A winter thank you



Mind in Bradford is excited to announce that a grand total of £10,600 has been raised for its Winter Appeal.

Winter is a difficult time, with many people feeling lonely, isolated and financially stretched.

This year, many people will also be facing very tough financial pressures.

That's why Mind in Bradford asked local businesses to support those struggling with their mental health.

TL Dallas, Brontel, Barton Legal, Ebor Financial Ltd, Lowell, Regal Foods, Bill Squires Business Coaching and A&P Contractors all sponsored the Winter Appeal.

You can learn more about the Winter Appeal Sponsors at winterappeal.mindinbradford.org.uk.



@mindinbradford

 mind in Bradford
mindinbradford.org.uk



**time to
talk day**

03/02/22



Kids' Talk

Over the last few years, we've seen and read about many mental health campaigns aimed at getting people talking as well as seeking help and support.

But what about our children, the young folk at school who are the **most impressionable people** within our society? How is their mental health and what is their understanding of mental health? A school in Ilkley, **Burley Oaks Primary**, has set up a programme for kids and their parents and carers which aims to tackle that very subject; better mental health for our children and young people. Mind in Bradford volunteer Ian Lamb talked to teacher Emma Learmonth about the scheme.

How did your mental health programme come about?

Our initial provision began a few years before Covid-19 when we worked with a clinical psychologist, Dr Natalie Jewitt, and began using her emotional literacy programme, Jenby's. Since then, we have developed this into the WellME programme which focuses on three areas: anxiety, emotions and self-esteem. The children love doing these courses with many of them self-referring.

We now have a culture of support, openness and honesty when it comes to talking about mental health and wellbeing.

What do you have in place for mental health support and how are the children supported?

Our aims were to develop a culture where it is okay to talk about how you feel by creating the right conditions. We encourage children to seek advice or talk about their feelings whenever possible. They know what is normal, the warning signs of poor mental health in themselves and others and how to get support.

One of the main things we focus on is building resilience by learning about various coping strategies.

“We have all sorts of support in place including worry boxes, happy journals, therapeutic story writing sessions, drawing and talking and meet and greet sessions.”

In addition, we have regular assemblies and run a number of mental health awareness days.

Tell us more about your Wellbeing Wednesdays.

We began Wellbeing Wednesday last year – a dedicated time for classes to focus on mental health and wellbeing. By including this in our weekly timetable, it helps to remove the stigma surrounding mental health.

We try to balance it out so it's not all serious. Sessions range from sharing jokes, learning mindfulness techniques, dancing, exercise or yoga, looking at social stories, circle time or dealing with a class or cohort specific issue. It's about educating a generation about how to maintain good mental health.



Tell us more about your wellbeing ambassadors.

We have 13 children across school who have received wellbeing ambassador training. They have badges and caps for easy identification and are often a big source of support for children who may be struggling in the playground. Our wellbeing ambassadors take a lead in many of our wellbeing events and know resources and strategies to help people in difficult moments (eg breathing techniques).

Are parents able to get involved with the talks about mental health and wellbeing?

Yes, all parents and guardians are encouraged to get involved. And they do! There is a well-known generational difference in the stigma surrounding mental health and we believe that in order to make lasting change for the next generation, it is essential for parents to share the same values and vision to reinforce and support good mental health at home.

This part of our work focuses on acceptance and sharing information; we support parents with practical advice and top tips when needed through social media, parent e-mails and newsletters.

What ages are these aimed at?

Our mental health and wellbeing provision is aimed from reception to Year 6.

By having children from reception age right through, you're educating a generation about healthier and more positive mental health. With parents and carers on board, we can build a healthier, happier and inclusive community.

We enjoy a school where discussing our own mental health is woven into the fabric of our community and is built upon relationships, teamwork and compassion.



What do you worry about?



Encouraging children to talk about their mental health has never been more important. The children at Burley Oaks Primary recently shared some of their most common worries with us. Chloe Eagle, from our children and young people's service Know Your Mind, responds to these with some advice.

“I worry about tests and if I am good enough for people”

It's perfectly normal to worry about tests. They can be really daunting. Revising is really important as it helps you to remember information and feel less nervous during exams. However, it's also important to find time to recharge your body and brain whilst your under exam stress. Try to **find some ways you can have a balance of revising and relaxing.** This will help to avoid getting overwhelmed.



“I'm worried about growing up and adulthood e.g. bills, cars, houses”

The transition from childhood to adulthood can seem like a huge jump. There feels like far more things to be worried about. However, worrying will not make these things disappear. Especially if these things are out of our control. Try making a **list of all the things you feel you are worried about.** Then, **go through them one by one with someone you trust** and see if you can make this list any smaller.



“I'm worried people will make fun of me in high school”

It is very easy to focus on the things we think are bad about ourselves. Every morning before you go to school, **make a list in your mind of three things that you are good at, or that you like about yourself.** Say them to yourself in the mirror as you brush your teeth. A good way to get others to be kind to us, starts with us being kind to ourselves.



“I get worried and nervous before I play sport or if I join something new”

Trying something new can be tricky, especially if it's something that is out of our comfort zone. However, the harder we find something, the better it feels when we do well. Some techniques that can be helpful when you are nervous are: finding a **quiet space** to yourself; taking a **deep breath**; having some **positive thoughts** about yourself ready to say out loud or in your head to remind you how awesome you are! Try and see what techniques work for you.



Know Your Mind supports children aged 8-19 and up to 25 with additional needs. Find out more at mindinbradford.org.uk/support-for-you/know-your-mind.



It's Time To Talk!

Fancy a brew and a natter? Come along to one of our Tea 'n' Talk groups and enjoy a cuppa and chat with others in your community. Open to anyone, just turn up!

Idle Lounge Coffee House

- First Tuesday of every month
- 10am-12pm
- 22 Albion Road, Idle, BD10 9PY

Cake'ole Bradford

- Second Saturday of every month
- 9:30am-11:30am
- Centenary Square, Bradford, BD1 1HY

The Canteen

- First and third Thursday of every month
- 10am-12pm
- 27 Cheapside, Bradford, BD1 4HR

The Bothy

- Second Wednesday of every month
- 2pm-4pm
- 53-55 Otley Road, Shipley, BD18 3PY



Blue Monday? Not at Mind in Bradford!

The third Monday in January is often referred to as Blue Monday, but at Mind in Bradford we know that it's a total myth.

We all have bad days, and they have nothing to do with a random day in January. So, we decided to make it a Multicoloured Monday instead!

We all wore our brightest colours and held a bake sale with rainbow sprinkles galore.

Thank you to the teams at Howard Civil Engineering and Erris Homes for supporting with their own bake sale and colourful outfits!



Staff members Ryan and Lydia at our bake sale

Will you Move For Mind?

This new year we challenge you to set yourself your own exercise and fundraising goal!

You can dance, run, swim, or maybe you'll turn yoga into a daily habit - whatever makes you feel good.

It's time to move the way you want to. It's time to Move for Mind.



A team of staff and students from Immanuel College who Moved for Mind in 2022, raising £2,151

You choose how you want to get active to raise money, and help us support local people with their mental health.

You could walk a mile a day for a month, try a new activity each day for a week, or do a big one-off challenge. You can even team up and take it on with friends, too.

Just choose your challenge, raise money and know that every step of the way, you'll be helping fight for better mental health.

Sign up and Move for Mind this winter at

mindinbradford.org.uk/move-for-mind.

This newsletter is produced by clients and volunteers and does not necessarily represent the views of Mind in Bradford. You can contribute by emailing communications@mindinbradford.org.uk.

To talk to us about your mental health, call Guide-Line free on 08801 884 884 8am-12am or chat online at www.mindinbradford.org.uk 12pm-12am. For urgent help, call First Response on 0800 952 1181. You may be referred to our crisis service Safe Spaces, open 12pm-2:30am.