



## Wellbeing Plus

A monthly wellbeing newsletter, to help you look after yourself, and those around you.



## *Mental Health Awareness Week 2023*

Mental Health Awareness Week is an annual campaign coordinated by the [Mental Health Foundation](#), which is taking place 15th – 21st May 2023 and aims to raise awareness of mental health and usually has a targeted theme which changes each year.

The theme this year was “Anxiety”. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent [mental health survey we carried out around stress, anxiety and hopelessness over personal finances](#), a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year’s Mental Health Awareness Week will increase people’s awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change – making sure that improving mental health is a key priority for the government and society as a whole.

15 to 21 May 2023

## Mental Health Awareness Week



#ToHelpMyAnxiety

**To learn more about Mental Health Awareness Week 2023, what you can do to cope with feelings of anxiety, and information about accessing support, [click here.](#)**

Want to speak with us about anything in this newsletter? Give us a call on: 01914178043, or email: [info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk) to speak with a member of our team

## *Safe and Well Visits*

It is now well established that the risk factors which increase the vulnerability of an individual to fire are exactly aligned to those which affect a person's health and wellbeing – age, mobility, smoking, alcohol, mental health, living alone, etc.

This is the ethos behind [Tyne and Wear Fire & Rescue Services](#) developing Safe and Well checks (formerly home safety checks) which will incorporate the standard home fire safety checks with additional elements around health and wellbeing, focusing on a person centred approach.

## **Tyne and Wear Fire and Rescue Service**

*Creating the Safest Community*



The Safe and Well check aims to identify all fire and lifestyle associated hazards, in order to reduce the risk of having a fire or an accident in the home.

Tyne and Wear Fire & Rescue Service staff deliver various methods of fire safety education and protection advice and will fit appropriate smoke and heat detection, including specialised smoke and heat detection for the deaf and hard of hearing if required.

Education and advice is always tailored and appropriate to the personal needs and circumstances of the occupier in their home. Tyne and Wear Fire and Rescue Service Staff will ensure that all aspects of fire safety and lifestyle risks are covered during the visit.

They will also offer brief advice and onward referral to the most appropriate partners for smoking cessation, alcohol and substance misuse, dementia, winter warmth, social isolation, hoarding, flu vaccine advice, access to benefits, carers support and crime prevention.

To request a Safe and Well Visit, go to [www.twfire.gov.uk/hsc](http://www.twfire.gov.uk/hsc) or call freephone [0800 032 7777](tel:08000327777)

**To learn more about Safe and Well Visits from Tyne and Wear Fire & Rescue Service, [click here](#).**

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## ***Rays Corner Survey***

To help people reach out for support and talk to those around them, Washington Mind launched Ray's Corner in 2020 and have set up over 130 with local businesses, organisations, and services.

Talking is vital, it can make a difference and we want everyone to know that support is available, and they are not alone. We hope that by having Ray's corner available in workplaces and community settings across our local area, people will be able to find the right support.

**To help us continue to develop our Ray's Corners, we would like to hear your thoughts. [Click here to accessing the Rays Corner Survey.](#)**

If you would like to learn more about Rays Corner, [click here.](#)



## ***Pension Credit Information***

We want to raise awareness of Pension Credit and encourage residents of pension age, to apply for a Pension Credit top up, to maximise income which will help to improve their financial wellbeing. We want to break down some of the barriers that may stop people from applying for Pension Credit and ensure residents know where to go for further help and support around Pension Credit.

Around a third of those eligible for Pension Credit are not claiming it and could be missing out on extra money each week! The average weekly amount of Pension Credit is over £65.

A change in circumstances can make someone newly eligible for Pension Credit, for example, bereavement, a change in health or disability. So even if you have applied before and did not get it, it may be worth another look.

**To learn more about Pension Credit, how to apply, and who can support you with your application, [click this link.](#)**



## ***Training Update***

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You don't have to be a 'professional' to attend training. There are many reasons why people attend, for some it is to gain skills to find a job, to enhance their job role and there are those who attend training because they simply want to learn more about a subject.

Training can also increase our awareness and understanding of particular health issues or concerns which can then support us to maintain a more healthy lifestyle.

There are many training opportunities in the area, so if you feel you have a particular subject you want to know more about then have a look below...

[Click here to find the right Training Provider for you!](#)

[Click here to find the right Training Opportunity or Course for you!](#)

[Click here to find the Health Champions Training Session Update!](#)

### ***KidScape - Strong***

**Kidscape is a national, award-winning bullying prevention charity for children. We work with parents, carers, schools, young people, and the community to provide practical support to challenge bullying and protect young lives.**

Being strong doesn't just mean looking tough on the outside. Even the world's strongest men need a helping hand now and again.

At [Kidscape](#), we wanted to debunk the idea that strength means facing situations alone. Whether you're facing bullying at school, or training to be the World's Strongest Man, it's ok to reach out and get help.

Kidscape have made a film with their partners at [Giants Live](#). We aim to show children what strength really means – and that, if you're experiencing bullying, Kidscape is here for you.

**To learn more about the KidScape, “what does Strong mean to you”, and watch their new video, [click here](#).**

***Report Remove***

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Report Remove is a tool from [Childline](#) which is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet. Having your nudes shared can feel scary, and it can leave you feeling worried or even ashamed. But it's not your fault. It's against the law for anyone to share a sexual image or video of someone who's under 18, and we're working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

Report Remove is safe, easy, and free – all you need to do is follow these steps:

- choose your age range.
- create a Childline account so we can send you updates on your report.
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access support on the Childline website.
- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report.
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.

To learn more about the Report Remove, and to watch a video about the scheme, [click here](#).



### *Did You Know?*

**Myth...** mental health problems are very rare

**Fact...** mental health problems affect 1 in 4 people

One in four of us will have a mental health problem at some point in our lives. Take a look below at some information pages at how to recognise some of the more common mental health issues...

[Recognising Anxiety](#)

[Recognising Depression](#)

[Recognising Stress](#)

For an A – Z of Mental Health go to: [www.mind.org.uk/help](http://www.mind.org.uk/help)

For an A to Z of treatments go to: [www.mind.org.uk/help/medical](http://www.mind.org.uk/help/medical)

***Share your Feedback on your Wellbeing Plus Newsletter***

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[Click here](#) to visit our feedback form now to share your thoughts and we

Do you have any feedback you would like to share with us about your Wellbeing Plus Newsletter? Whether you're looking for more information on a different subject, more/less links, or anything else relating to Wellbeing Plus, let us know.

will take these into consideration when sharing future newsletters.

## **Are you, or someone you know, looking to access support?**

Contact one of the below organisations:

- Samaritans offer 24/7 free confidential emotional support on: [116123](tel:116123)
- Shout Crisis Messenger offers 24/7 free text support. Start a confidential conversation by texting 'SHOUT' to [85258](tel:85258)
- The CALM helpline offers mental health information and support which is available 5pm – Midnight everyday: [0800 585858](tel:0800585858)

If you urgently need specialist advice, the Initial Response Service offer 24/7 support and information for Sunderland and South Tyneside on: Freephone: [0800 652 2867](tel:08006522867)

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