



Going Up



Homeless people to receive free smartphones to help them stay connected



Netflix introduces its shuffle option!



Africa finally eradicates the wild Polio Virus from its continent, after decades of work



Feeling Stressed? Iceland is broadcasting people's yells of frustration to their scenic wilderness

Welcome Back



Your dose of goodness to help keep you happy, healthy and mentally well

A new September start... Welcome back to another wellbeing newsletter and to a new school year! We hope everyone had a fantastic summer. We have created this newsletter to help you ease back into the school routine with ways to support children as well as looking after your own mental health and wellbeing. Happy reading 😊



A great resource created by Lancashire Early Years:



Helping my child return to School after Coronavirus

As part of our Bucks Mind Wellbeing/Recovery Groups, we are providing weekly Zoom Yoga Classes. Classes are taught on: Tuesdays at 10:15- 11:15am Thursdays at 12- 1pm.

Sessions are taught with a therapeutic approach. It's a gentle session, that teaches techniques to help manage stress and anxiety.

To sign up, please contact: Rhiannon.sims@bucksmind.org.uk Phone: 07778452011

A reminder that schools & colleges can order FREE period products through the governments scheme:



Parent/teacher stories and experiences of children starting school:



Meditation for mental balance and grounding:



A great video to show children if they are nervous about starting secondary school. Made by The Anna Freud NCCF.



Blackberry & Apple Crumble Smoothie

(BBC Food)



Ingredients:

- 300g/10½oz frozen mixed berries
- 1 apple, cored and sliced
- 200ml/7floc semi-skimmed milk
- 150g/5½oz fat-free natural yoghurt
- 25g/1oz porridge oats, with extra fibre
- 10g/¼oz flaked almonds

Method:

Place the berries, apple, milk, yoghurt, oats and nuts in a blender and blend until smooth.

Add 75-100ml/2½-3½floc cold water, a little at a time, to achieve a smooth consistency and blend again.

Pour into glasses and serve.



Friends in need

East Berkshire and Buckinghamshire



Friends in Need is a friendly and welcoming peer-to-peer social support community where people come together to help manage the effects of depression, anxiety, loneliness and isolation.

Our uplifting, fun and free of charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting. Come and feel supported whilst having a chat and a cuppa with others who understand how you might be feeling. Together, we help each other on our recovery journey.

Our activities are based on the Five Ways to Wellbeing: Connected, Active, Notice, Learn, Give and happen virtually via Zoom and Facebook and we are following Government guidelines so that we can resume our real-time, face to face activities.

To enquire for yourself, a friend or a family member or to make a referral for a client, please contact:

BRACKNELL: Kara Hale - kara.hale@bucksmind.org.uk Tel: 07914 669430

BUCKINGHAMSHIRE: Sufia Rahman - sufia.rahman@bucksmind.org.uk Tel: 07914 669438

SLOUGH: Charlene Morgan - charlene.morgan@bucksmind.org.uk Tel: 07950 303832

WINDSOR, ASCOT AND MAIDENHEAD: Ansa Khan - ansa.khan@bucksmind.org.uk Tel: 07496 874882

Please contact Team Lead Debbie Workman if you would like any overall information about our service, partnership working or if you would like us to deliver a presentation to you at your organisation: debbie.workman@bucksmind.org.uk Tel: 07508 350545

A brilliant story for children about returning to school after Coronavirus:



To give feedback on our resources, please follow this link: <https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzslRnkWUuWHRbLXG17yvf1Be1x5Bovajv7VzJUODIXRUIIEVRSkZTTkZNMDBQWJfFKQJNNC4u>

you can totally do this.

