

Health Champion's Newsletter

January - What's really important to you?

2018

Happy New Year!

A new year—with new plans?

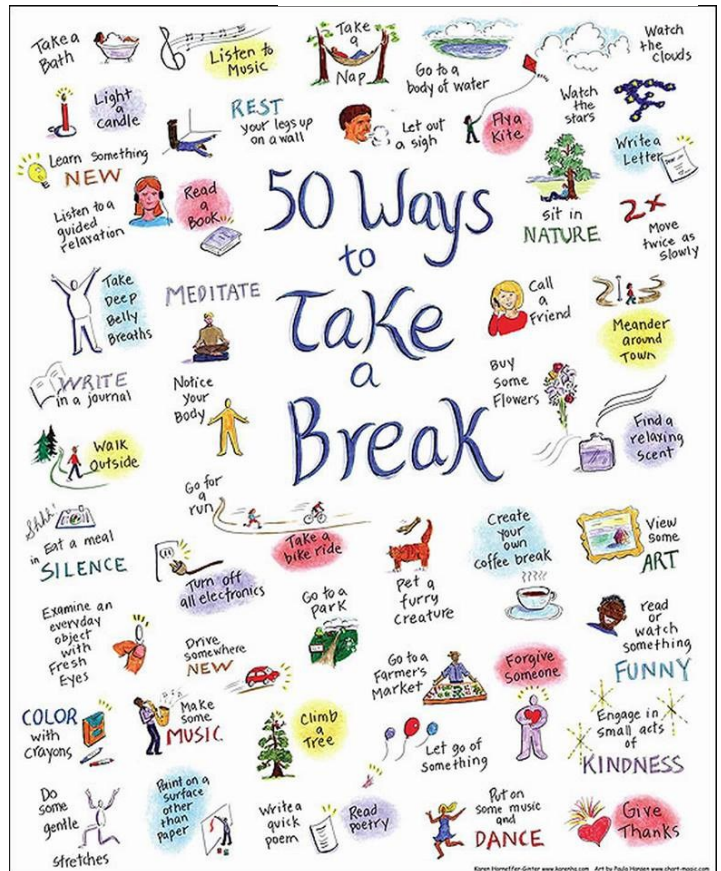
How to make a change for the better. There are lots of science-backed ways we can improve our overall well-being and grow happier in the long-run.

Go outside: Try to go home early one evening each week and go for a walk on the beach, run, cycle, enjoy living in Cornwall .

Get involved in cultural activities: A study that examined the life satisfaction of over 50,000 adults in Norway offered an interesting link: People who participated in more cultural activities, attending a play or joining a club, reported lower levels of anxiety and depression and a higher satisfaction with their overall quality of life. Join that choir, book club, sports club, that you have been thinking about for ages—you HAVE got time, make time for YOU!

Volunteer: In a recent review of 40 studies done over the last 20 years, researchers found that one activity was far more important than the rest for boosting psychological health: volunteering. This activity, had been found in many volunteers to be linked with a reduced risk of depression, a higher amount of overall satisfaction with life. Is there something you could volunteer to do, juts 1 hour a week could make a difference for you and someone else?

Meditate: Multiple studies suggest that meditating can help lessen feelings of depression and anxiety. Find out more about mindfulness via <https://www.mindful.org/meditation/mindfulness-getting-started/>



NEW EMAIL ADDRESS -

If you want to contact the Health Champion team, to suggest an idea, or to mention a colleague who might need some extra attention—we now have an email address so that you don't have to get to the suggestions box in the staffroom

hc@wadebridge.cornwall.sch.uk

Your email will be picked up by Terri or Di



Keep those nominations coming in...



In response to our Mental Health Survey

Several of you asked if there could be a chance to sit and chat with others on a regular basis, and so we are trialling



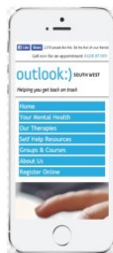
TUESDAY TALK TIME!

There will be someone from the Health Champion team based in the YELLOW room in the IHC building every Tuesday. Bring your lunch over and have a drink and a chat.

Staff Counselling

Several of you asked if there could be counselling available to staff. The answer is that we already have a link to OUTLOOK SW and you can self refer for a series of 6 sessions with them. Mention that you are a member of WB staff when you contact them.

outlook:) SOUTH WEST



outlook:) south west
2D Restormel Estate
Lostwithiel
Cornwall
PL22 0HG
Patient Line:
01208 871905
Fax:
01208 871907

Staff Fitness

A reminder of the offers open to WB staff:

- Free use of the gym daily from 1pm to 3pm
- One2one offer for WB staff

Unlimited classes and gym time –they have a lady only gym too.

£27.50 a month for 12 months which is very good value! If interested simply show your staff ID badge when you sign up.

- Hustyns offer to WB staff

Usual Rate

£100 joining fee and £48 pound a month.

No joining fee and £480 annual.

Club membership rate for WB staff

No joining fee, no contract and £24 a month.

No joining fee, no contract and £240 annual.

We are happy to offer our Health Champion twilight sessions again in the summer term. Watch this space! But meanwhile.....

Healthy Eating Cookery Course WITH KYLE SAVIN

THE OLD STABLE CATERING COMPANY

Wadebridge School will be hosting a 4-week Healthy Eating Cookery Course in 2018.

This will be run on Tuesday evenings after the Easter Holiday:

April 17th & 24th and May 1st & 8th
5.30pm-7pm

The course is designed to encourage us to make healthier choices even with a busy work schedule by providing basic, easy recipes to share with our team.

The cost of the course is £50 per person

****We are offering 2 FREE SPACES!****

To express an interest in attending please email Angelina.



JOIN OUR TEAM???

We are looking for a couple of new people to join our team and become Health Champions. You don't

have to give up lots and lots of time, whatever you can give would

be appreciated. (Note the suggestion about volunteering on page 1 of the newsletter!). Chat to one of the

team to find out more. Training is provided.



Health Champions Team

Terri: tbarbery-redd@wadebridge. etc

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Di: dtalling@wadebridge.cornwall.sch.uk

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