

Mental Health Awareness Week

9 - 15 May 2022

#IveBeenThere



Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health.

To support and encourage people to take time to reflect on their own mental health, they have produced a series of support guides **which you can access using the title links on the right.**

Mental Health Support Guides

[Look after your mental health](#)

[Manage and reduce stress](#)

[Overcome fear and anxiety](#)

[Look after your mental health using mindfulness](#)

[Look after your mental health using exercise](#)

[Sleep better](#)

Are you an avid reader?



Did you used to read a lot but now don't seem to have time? Or have you never read but are looking to get into something new?

A brand new 'Reading and Recommendation' group will be launching on Tuesday 3rd during the wellbeing slot.

Come down to the staffroom to see what books we have on offer, how you can recommend books, or simply feedback what you have read and would recommend to others...or suggest they avoid!

The slots can be an opportunity for you to peruse a range of different staff recommended titles and even borrow one to read during the slot or in your own time.

Look for me (Charlotte Scott) just opposite the kitchen in the staffroom surrounded by a beautiful mass of books!

Easter Egg Hunt

Good job to all those that got involved in our recent egg hunt. We hope you enjoyed the game, and well done to our winners.



(Have you spotted this missing



STARS@wadebridge...

Send a message to Helen and Gemma to nominate a colleague to receive a small treat in recognition of something they have done.



What will you get when you throw a lot of books into the ocean?