

24/7 Samaritans
THE BIG LISTEN
24th July

SAMARITANS

Every year in July, Samaritans branches in the UK & Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night

Whether it's a virtual chitchat, or a picnic in the park, Talk to Us is one of the ways we raise awareness that we're here – for anyone who needs someone to listen, 24/7, without judgement or pressure.

- ✓ Free
- ✓ One-to-one
- ✓ Open 24 hours a day

Call us any time, day or night 116 123

Worried About Someone?

If you have a concern about a member of staff, then remember you can fill out a slip and place it in the box on the shelf next to the main health champion display in the staff room or email

hc@wadebridge.cornwall.sch.uk



Feeling Tired & Fatigued?

Fatigue is something that we will all struggle with at some point. It can be difficult to find a way to beat it when living a busy life, so here are some tips to help you.

- ⇒ Eat regularly ([LINK](#))
- ⇒ Get moving
- ⇒ Make sleep a priority ([LINK](#))
- ⇒ Try talking therapy
- ⇒ Try active stress reduction ([LINK](#))
- ⇒ Drink less alcohol
- ⇒ Drink more water
- ⇒ Reduce your caffeine intake

Check out the digital newsletter emailed out for links to more information.

Connect... *Pop in and see someone you haven't spoken to in a while.*

Be active... *Find the shortest & longest routes to your base from your car/home.*

Take notice... *Look for changes in people and pay a compliment*

Keep learning... *Ask someone to show you something you'd like to know.*

Give... *A positive message to your buddy/colleague.*

What's the best day to go to the beach?

SUN day!!!