

Wellbeing Updates

5 to 16 October 20

Local Updates



Counselling	Butterfly Project	Art Therapy	http://www.butterflyproject.org.uk/domestic-abuse
Keep Active	Sustrans	Bike training for children & adults	https://content.govdelivery.com/attachments/UKBEDFORD/2020/10/13/file_attachments/1569228/Sustrans%20Schools%20Menu%20Flyer%20Autumn%202020%20FINAL.pdf
Learn Something New	Guild House Bedford	Update from Guild House Bedford	https://www.bedfordguildhouse.org.uk/newsletter-page
Learn Something New	Higgins Museum	Latest exhibitions at the Higgins	https://content.govdelivery.com/accounts/UKBEDFORD/bulletins/2a31034
Mental Health;#Social Support	Mind BLMK	Develop wellbeing skills to support loneliness	https://twitter.com/mindblmk/status/1315594575986163712?s=21
Physical Health	Guild House Bedford	Foot Care Clinic (scroll down page)	https://www.bedfordguildhouse.org.uk/newpage
Self-care	Bedfordshire Recovery College	Monday Crafternoon	https://twitter.com/RC_BedsLuton/status/1311961646341017601/photo/1

National Updates

Connect	Neighbourhood Watch	The Calling Tree Campaign	https://www.ourwatch.org.uk/get-involved/support-campaign/calling-tree-campaign
Keep Active	Carers UK	Keeping active and well	https://www.carersuk.org/help-and-advice/coronavirus-covid-19/keeping-active-and-well
Keep Active	Sports England	Ways to get active	https://www.sportengland.org/jointhemovement#get_active_at_home
Mental Health	Mental Health Foundation	Weekly Wellbeing Check-up	https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/9ebed09d2a1cea11a811000d3ab8de34/wellbeing%20checkup.pdf?sv=2015-07-08&sr=b&sig=qQMYOVtlfxiGrI2Q2acLWLW4C2%2Bcj9tFPqF%2Fla7N3U8%3D&se=2020-10-19T14%3A12%3A56Z&sp=r
Physical Health	NHS	Better Health	https://www.nhs.uk/better-health/
Self-care	Happiful Magazine	4 journaling techniques to support your mental health	https://twitter.com/happifulhq/status/1315376631524007936?s=21

Self-care	BBC	Understanding Resilience	https://twitter.com/bbcideas/status/1289108543275073536?s=21
Self-care	EdPsychInsight	PERMA Model for Self-care	https://69298c72-1654-4c63-85a1-a648b04ea908.filesusr.com/ugd/f6f712_367e1ec25e3d473f8efd3c2314eab7d9.pdf
Self-care	Happiful Magazine	Creating a memory box	https://happiful.com/5-tips-for-creating-a-memory-box/
Self-care	Positive News	How hobbies can help your wellbeing	https://www.positive.news/society/how-hobbies-helped-people-stay-positive-during-lockdown/
Self-care	Happiful Magazine	The Power of Journalling	https://happiful.com/the-power-of-journaling/
Social Support	British Red Cross	Tackling loneliness: support for people feeling lonely	https://www.redcross.org.uk/loneliness-resources
Take Notice	Happiful Magazine	Looking after your mental wellbeing through nature	https://twitter.com/bbcideas/status/1289108543275073536?s=21