



Greater Manchester
Mental Health
NHS Foundation Trust

WIGAN MHST Newsletter

Issue 2: October 2024



HELLO!

What's on this month:

Wednesday 23rd October Parent Workshops

Anxiety Workshop
Formby Road
1pm, 3pm, 5pm

Anxiety Workshop
Hindley Family Hub
1pm, 3pm, 5pm

Low Mood Workshop
The Meadows
1pm, 3pm, 5pm

See page 3 for details
of how to book.



MHST Padlet

Scan the QR code
above to access useful
information,
signposting, and
referral forms.

Welcome to this month's issue of the Wigan MHST Newsletter. We hope that you have had a positive start to this academic year. This month we are shining a spotlight on World Mental Health Day and ADHD Awareness Month.

The theme for this year's World Mental Health Day is workplace mental health. We recognise that working within education can be very challenging and this can have a significant impact on emotional wellbeing. It is crucial that staff are supported to manage their own wellbeing so that they are able to continue supporting the children and young people they work with. In this issue we offer some top tips to support good mental health in the workplace.

Find out more about mental health in education at <https://www.educationsupport.org.uk/> or call [08000 562 561](tel:08000562561) for free confidential support

In this issue you will also find a wealth of useful resources and signposting to support both young people and staff with ADHD.



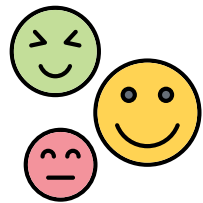
THIS MONTH'S WHOLE SCHOOL APPROACH OFFER

- Staff wellbeing workshops
- Mental health and wellbeing assemblies

*Contact your school's allocated practitioner to
find out more.*

TOP TIPS TO SUPPORT YOUR MENTAL HEALTH AT WORK

ADAPTED FROM THE MENTAL HEALTH FOUNDATION
[HTTPS://WWW.MENTALHEALTH.ORG.UK/](https://www.mentalhealth.org.uk/)



Talk about your feelings

Identify someone you trust who can support you. Opening up about how you feel may encourage others to do the same.



Eat well

Regular, balanced meals are key to good physical and mental health. Try reducing caffeine or refined sugar.



Be mindful of activity levels

Engage with regular exercise and physical activity every day. Try to ensure this is something you enjoy.



Drink sensibly

Try to limit your intake of alcohol as alcohol can exacerbate mental health difficulties in the long-term. Drink plenty of water to stay hydrated.



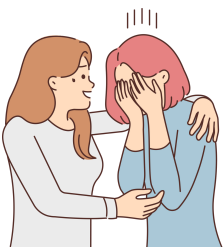
Take a break

Make sure you take your breaks when you get them and resist the urge to look at your work during the holidays. Create a healthy sleep routine to support your mind and body and get outside for some fresh air when you can.



Manage your relationships

Find trusted colleagues who can help you work through challenges. Maintain friendships and family relationships to avoid social isolation and achieve a work-life balance.



Care for others

Care for those who are close to you and be there for your colleagues when they need support. Helping others can help us feel needed and valued.



Ask for help

If you are struggling consider reaching out to your line manager or make an appointment with the GP. You might be able to access local talking therapies for further support.



Accept who you are

Try not to compare yourself to others and celebrate your uniqueness. Be proud of who you are and recognise your strengths.



Do something you're good at

A sense of achievement can boost your self-esteem, whilst engaging with activities you enjoy can help to take your mind off your worries and beat stress.

There are many ways you can show your support for **World Mental Health Day**. Wear a green ribbon to raise awareness and show others that you care about mental health. Host a 'Tea and Talk' session to promote conversations around mental health.



PARENT WORKSHOPS

*PARENTS CAN USE THE LINKS BELOW
TO BOOK ON TO THEIR PREFERRED SESSION*



Formby Road Anxiety Workshop: 1pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety1-workshop-for-carersparents-in-wigan-formby-rd-tickets-1029590160887>

Formby Road Anxiety Workshop: 3pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety2-workshop-for-carersparents-in-wigan-formby-rd-tickets-1029587653387>

Formby Road Anxiety Workshop: 5pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety3-workshop-for-carersparents-in-wigan-formby-rd-tickets-1029590361487>

Hindley Family Hub Anxiety Workshop: 1pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-1-workshop-for-carersparents-in-wigan-hindley-tickets-1029591956257>

Hindley Family Hub Anxiety Workshop: 3pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-2-workshop-for-carersparents-in-wigan-hindley-tickets-1029591514937>

Hindley Family Hub Anxiety Workshop: 5pm

<https://www.eventbrite.com/e/psychoeducation-for-anxiety-3-workshop-for-carersparents-in-wigan-hindley-tickets-1029590652357>

The Meadows Low Mood Workshop: 1pm

<https://www.eventbrite.com/e/understanding-low-mood-the-meadows-1-tickets-1029620832627>

The Meadows Low Mood Workshop: 3pm

<https://www.eventbrite.com/e/understanding-low-mood-the-meadows-2-tickets-1029871622747>

The Meadows Low Mood Workshop: 5pm

<https://www.eventbrite.com/e/understanding-low-mood-the-meadows-3-tickets-1029872284727>

ADHD AWARENESS MONTH

USEFUL SIGNPOSTING



Understanding ADHD

ADHD UK

Information and resources on subjects including diagnosis, medication, education and employment, as well as regular online support groups and advice clinics:

<https://adhduk.co.uk/>

ADHD and You

Information and resources to help young people living with ADHD.

<https://adhdandyou.co.uk/young-person/downloads-young-people>

For schools

Pooky's resources for supporting ADHD learners in the classroom. Links to books, free downloads, video and worksheets relating to this topic.

<https://www.pookyknightsmith.com/keynote-adhd-autism-in-the-classroom/>

ADHD friendly schools

Refocusing ADHD in Education: [https://www.adhdfoundation.org.uk/wp-](https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/ADHD_Found_Takeda_RefocusingOnADHDInEducation.pdf)

[content/uploads/2022/03/ADHD_Found_Takeda_RefocusingOnADHDInEducation.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/ADHD_Found_Takeda_RefocusingOnADHDInEducation.pdf)

Local services

Embrace Wigan and Leigh

Online and in-person support for parents/carers who live in the Wigan Borough. Workshops include topics such as understanding ADHD, responding to behaviour and sleep issues.

Access online workshops here: <https://www.embracewiganandleigh.org.uk/behaviour-support-workshops/>

Find in-person support groups here:

<https://www.embracewiganandleigh.org.uk/behaviour-support-groups/>



ADHD AWARENESS MONTH

USEFUL SIGNPOSTING



Podcasts

ADHD friendly communication:

<https://www.buzzsprout.com/1183931/episodes/11706193>

Exam stress and ADHD

<https://www.adhdfoundation.org.uk/wp-content/uploads/2023/06/Preparing-for-exams-first-edit.mp3>

Impulse control risk management

<https://www.adhdfoundation.org.uk/wp-content/uploads/2023/06/Impulse-control-risk-management-first-edit.mp3>



Training

Wigan Wrightington and Leigh (WWL) Early Years Neurodevelopment Team

Upcoming online training: ADHD information session - Wednesday, January 29, 2025 - 10am - 12pm GMT. See upcoming training from the team at:

<https://www.eventbrite.co.uk/o/wwl-early-years-neurodevelopment-team-59855484863>



ADHD and adults

ADHD friendly workspaces

https://www.adhdfoundation.org.uk/wp-content/uploads/2023/08/ADHD-F-Neurodiversity-at-work-and-Training-Guide_Business.pdf

A guide to ADHD in adults

<https://www.adhdfoundation.org.uk/wp-content/uploads/2024/05/Takeda-ADHD-in-Adults-V5.pdf-1.pdf>

IN THE NEXT ISSUE:

Stress Awareness Day

Anti-Bullying Week

