



## Tweet

**Stockport Council** 

@StockportMBC



NEW 1 day [#childminding](#)  
course for experienced,  
qualified early years  
workers. For more  
information contact the  
Childminding Team -  
[childminding@stockport  
.gov.uk](mailto:childminding@stockport.gov.uk) / 0161 218 1200

11:00 · 31 Aug 21 · [Orlo](#)

1 Like



Tweet your reply





1. Helps clear the mind giving you the ability to think more imaginatively and efficiently



2. Reduces back pain by loosening up muscles and joints in your lower back and hips



5. Reduces stress and increases happiness through the release of endorphines

# 5 benefits of an outdoor walk



3. Gets your blood pumping and improves heart health



4. Increases lung capacity improving stamina and exercise performance

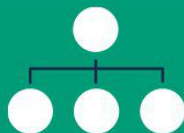
# 8 WAYS SOCIAL PRESCRIBING CAN IMPROVE MENTAL HEALTH

With up to 20% of GPs time estimated to be spent on dealing with social issues such as debt, housing and unemployment, social prescribing represents a way to manage mental health by taking a holistic, person-centred approach to wellbeing and addressing the wider determinants.



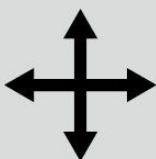
## 1. TACKLE THE ROOT CAUSE

For people who are suffering from anxiety, are depressed or have other long-term health problems, social prescribing helps to tackle the root cause of the problem, not just the symptoms. By taking a preventative approach, social prescribing helps people stay healthy through lifestyle changes instead of turning to medication.



## 2. CONNECTING TO NON CLINICAL SERVICES

Social prescribing supports people with mental health to access non clinical services as part of a package of care. As a result, individuals are connected to multiple sources of support for social issues related to their mental health which contributes to improved psychological and social wellbeing.



## 3. APPROPRIATE SIGNPOSTING

In comparison to clinical prescriptions, social prescribing is a low cost, low complexity intervention which helps people to identify issues impacting on their mental health as well as signposting them to appropriate programmes and services which suit their needs and help them stay well.



## 4. CO-CREATE SOCIAL PRESCRIPTIONS

Social prescribing creates a shared ownership between the social prescribing link worker and the individual, in which they can co-create a suitable social prescription, giving the individual responsibility and accountability of their own mental health.



## 5. REDUCING SOCIAL ISOLATION

Social prescribing programmes and services such as Men's Sheds and community gardening groups reduce social isolation as they provide opportunities for people to engage with their community, leading to increased inclusion, belonging and maximised social contact.



## 6. INCREASED PREVENTION METHODS

For vulnerable individuals or at-risk groups, taking part in community-based programmes and services enables them to manage their own health and wellbeing through increased prevention methods and supported self-care.



## 7. SPACE TO DEVELOP NEW SKILLS

Social prescribing also presents the opportunity for individuals to learn new skills such as cooking, painting and mindfulness, with evidence showing that continuing to learn throughout life can improve and maintain our mental wellbeing.



## 8. A SENSE OF PURPOSE

Referring people into community programmes and non-clinical support can boost self-confidence and self-esteem, helping people to build a sense of purpose, and connecting with others.





## Motiv8 can help you get back on track

**If you're aged 25 or over and**

- not in work or training
- live in Greater Manchester
- have the right to live and work in the UK
- have lots of challenges and barriers in life

**Contact us to see if we can help:**

Call us on **0161 331 2048**

Email us at

**info@manchesterbbo.co.uk**

Find out more at

**www.motiv8mcr.org**



**Motiv8 is funded by The National Lottery Community Fund and the European Social Fund**

# Self-Care September 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 Notice what you are feeling, without any judgment

18 Ask a trusted friend to tell you what strengths they see in you

19 No plans day. Make time to slow down and be kind to yourself

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are







Caz Parsons and 7 others

Like

Comment

Share

**All Hallows Church  
Cheadle**

3 h • 🌐

Exciting news that our cafe will re-open on Wednesday from 9am-2pm serving delicious soups, paninis, toasties and breakfast bacon butties. All items just £1 and tea/coffee is free. And don't miss having a slice of coffee and walnut home made cake.

**THE LIGHT**

CAFÉ MENU

DRINKS

FREE: TEA FILTER COFFEE SQUASH

50P: HOT CHOCOLATE MILK CANNED DRINKS

FOOD

“ HI I'M ANGELA,

ARE YOU ON A DATE  
THAT ISN'T WORKING OUT?

DO YOU FEEL LIKE  
YOU'RE NOT IN A  
SAFE SITUATION?

IS YOUR TINDER OR  
POF DATE NOT WHO  
THEY SAID THEY WERE  
ON THEIR PROFILE?

DOES IT ALL FEEL  
A BIT WEIRD?

IF YOU GO TO THE BAR AND ASK FOR 'ANGELA'  
THE BAR STAFF WILL KNOW YOU NEED SOME HELP GETTING  
OUT OF YOUR SITUATION AND WILL CALL YOU A TAXI OR  
HELP YOU OUT DISCREETLY - WITHOUT TOO MUCH FUSS

”



## Help for Gypsy, Roma and Traveller women

If you need help in leaving a violent relationship, please call/Whatsapp us



0754 1637 795

No one deserves to be  
beaten up. No one.





# PROJECT RECCE

ONLINE PATHWAYS INTO CONSTRUCTION  
PROGRAMME FOR EX-MILITARY



27TH SEPTEMBER -8TH OCTOBER 2021

*CHANGING PERCEPTIONS OF SERVICE  
LEAVERS ACROSS CONSTRUCTION*

REGISTER NOW AT:  
[WWW.PROJECTRECCE.ORG](http://WWW.PROJECTRECCE.ORG)

Supported by:



McChrystal  
Group

Balfour Beatty



# Five ways to get your child's sleep on track before school

1. Help them build an evening routine that gradually relaxes them before bed.

2. Try to make their bedroom a quiet and calm place to rest, with few distractions.

3. Don't rush! Help them adjust their sleep schedules steadily.

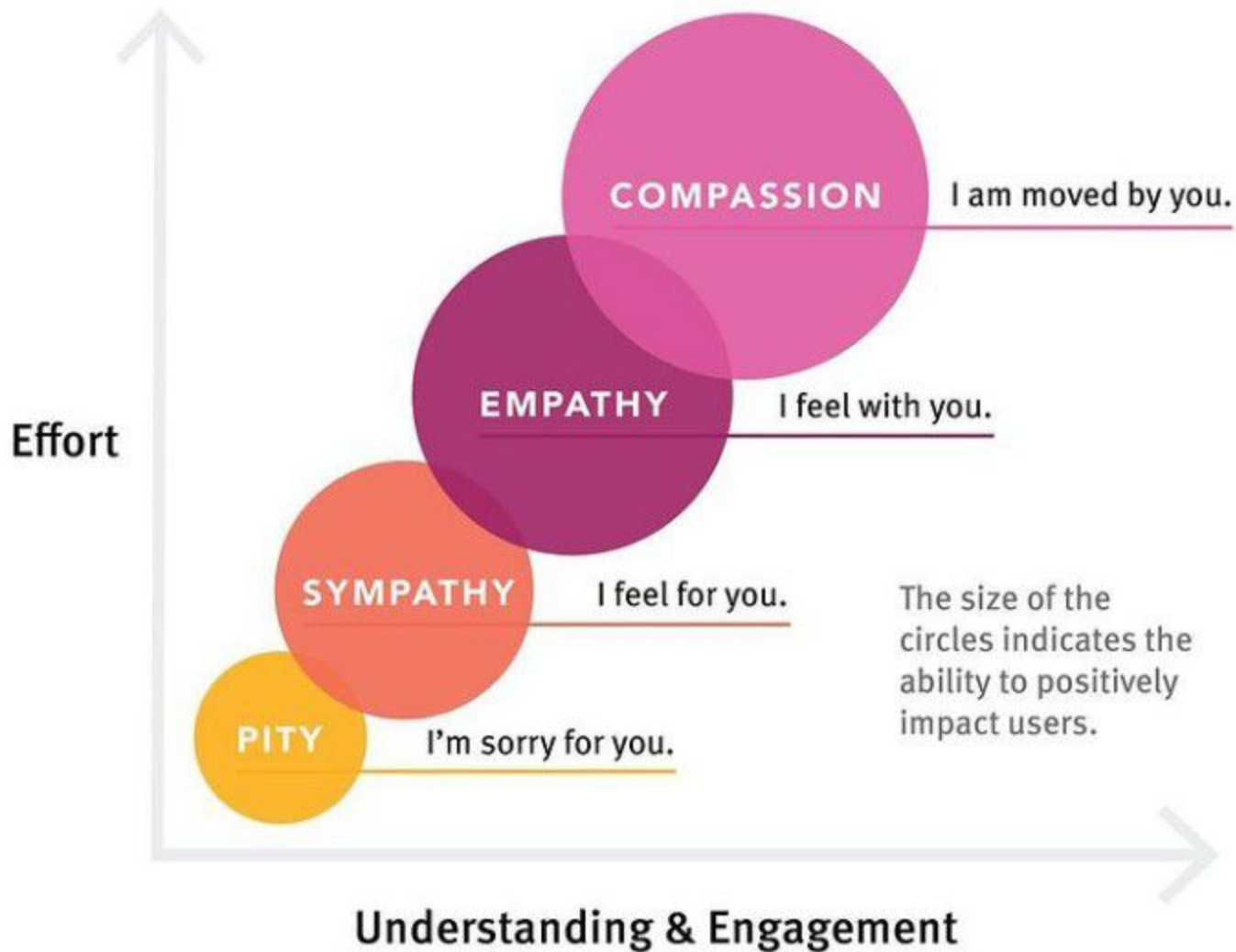
4. Keep consistent - even on weekends!

5. Talk to them about any worries they might have.



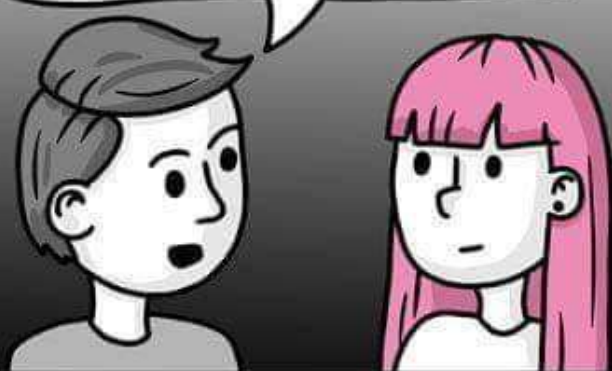


# Spectrum of Empathy





YOU DON'T LOOK SICK



IF I AM UP AND ABOUT,  
IF I'VE LEFT THE HOUSE,  
THEN THIS IS A  
GOOD DAY



IF I DON'T LOOK SICK TO YOU,  
IT'S BECAUSE YOU DON'T SEE ME ON MY BAD DAYS.

YOU DON'T SEE ME WHEN I CAN'T GET  
OUT OF BED



YOU DON'T SEE THAT MY BODY FEELS  
LIKE IT IS WEIGHTED DOWN



YOU DON'T SEE THE

**PAIN**

COURSING THROUGH MY BODY



YOU DON'T SEE ME WHEN THE WORLD  
IS TOO BRIGHT AND LOUD FOR ME  
TO FUNCTION



SO THINK BEFORE YOU TELL SOMEONE THAT THEY  
DON'T LOOK SICK

©BETH WILSON 2017 ☆

# WHAT PEOPLE THINK I MEAN WHEN I SAY SELF CARE:



- Bubble Baths
- Facial masks

# WHAT I USUALLY REALLY MEAN WHEN I SAY SELF CARE:



- Proper sleep
- Exercise
- Nutrition
- Sunlight
- Staying hydrated
- Support systems



# Heaton Chapel Active Neighbourhood Trial

The Heaton Chapel Active Neighbourhood Trial will be taking place in your area this autumn, commencing in early September 2021, and running until the end of November 2021.

An Active Neighbourhood aims to enable residents to make short trips on foot, by cycle or by public transport, instead of jumping in their car. Active Neighbourhoods also seek to make residential roads a safer place for all users, particularly those living there, by removing rat runs and slowing traffic down.

## Types of measures

### We're using Road Closures (Modal Filters)

We'll be closing several streets in Heaton Chapel to through traffic. This will limit through journeys along a street by certain modes of transport, in this case motor vehicles. Such road closures are known as modal filters. Modal filters will still allow pedestrians, cyclists, wheelchair users and mobility scooters to pass, but motor vehicles will not be able to travel through them.

Modal filters will consist of raised flower beds (planters) placed across carriageways and some sections of wider footways to physically prevent any vehicle wider than 1.5m passing through them. 1.5m is the minimum amount of space required as per published government guidelines (LTN 1/20) to permit wheelchair, double buggies, cyclists and mobility aids such as mobility scooters to pass through. Signage on each modal filter will indicate that all motor vehicles, including motorcycles, cannot pass, and it will be illegal for them to do so under road traffic regulations.

This leaflet will explain the trial measures, show you where they're located, and explain the reason we're installing each measure.

It will also let you know where we've made changes to the trial scheme based on feedback we've received, and answer some of the most commonly asked questions about the Active Neighbourhood trial.

The map inside shows the locations of each of the measures which will be put in place as part of the trial. These are all explained further overleaf.

## Pocket Park Pedestrian Improvements

We'll be creating a pop-up pocket park in Heaton Chapel. A pocket park is a small communal outdoor space that's placed in an area not normally used for a park, such as a car parking space or a section of roadway. Pocket parks consist of places to sit and unwind, such as benches and picnic tables and different types of plants and vegetation, creating a pleasant outdoor space - just like a park, but on a smaller scale. Pocket Parks can also include play equipment. Pocket parks are also about giving outdoor space back to people, in areas where much of it is dominated by motor vehicles.

## Improvements for Pedestrians and Footway Users

We'll be making some improvements for pedestrians, wheelchair users, mobility scooters and other users of the footway, to make it easier to get around. This includes installing a new temporary signalled pedestrian crossing and modifying some access barriers and chicanes to allow wheelchair users to pass.








Tweet

**Stockport Council** 

@StockportMBC



Residents in Heaton Chapel, who will be affected by the upcoming Active Neighbourhood 3-month trial, will have received a leaflet via Royal Mail over the weekend, explaining how the scheme will work. To view the map with the measures planned  [orlo.uk/kVzJN](https://orlo.uk/kVzJN)

Heaton Chapel Active  
Neighbourhood Trial



Tweet your reply



# Is your child anxious about going back to school?

Talk about  
the school day- go through  
the steps to remind them  
about washing hands



Check with names  
of the teacher

Lots of schools are  
providing a video and  
photos of what school will  
look like



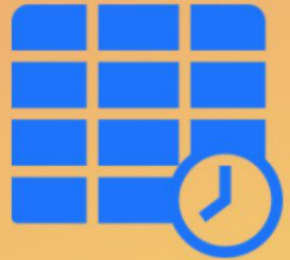
Pack the school bag together  
with a favourite small  
toy/item

Try on uniform



Time table  
on the wall so your child  
can see what days  
they are going

Be reassuring



Celebrate first day back



Lay out clothes  
the night before

**Do-IT>**



# What's on Kooth in **September**

**September 3rd**

**Kooth Live Forum:**

Making Friends

7.30pm to 9pm

**September 7th**

**Kooth Discussion Board:**

Youth Mental Health Day

No time available

**September 8th**

**Kooth Live Forum:**

Tackling Discrimination

7.30pm to 9pm

**September 13th**

**Kooth Live Forum:**

The Importance of Identity

7.30pm to 9pm

**September 17th**

**Kooth Podcast:** Creative

Writing Top Tips

No time available

**September 20th**

**Kooth Discussion Board:**

Think Green and Carry on

No time available

**September 24th**

**Kooth Live Forum:**

Overcoming a "Reputation"

7.30pm to 9pm

**September 29th**

**Kooth Live Forum:**

Social Takeover:  
Creative Writing

7.30pm to 9pm

Find all of this and much more on **Kooth.com**







# Marple

## PUBLIC LIVING ROOM

EVERY THURSDAY  
10AM - 12PM

@ MARPLE METHODIST CHURCH

Public Living Rooms are spaces for folk to be alongside each other during the good times and the tough. They are places to meet new people, have a chat and a cuppa with no agendas and no fixing. Because sometimes it's easier to chat to a stranger in the moment, than someone you know.

Part of the  
**CAMERADOS**  
Movement

...the Great Disaster...  
...to rebuild the village as a holiday  
...and fell in love with it.



WELLBEING  
TIP 1



# Be active

Staying active keeps our body healthy and reduces stress and anxiety.

Make time for some exercise that works for you and get outdoors if you can, as we've found that being in green space is vital for our mental health.



MHFA England



WELLBEING  
TIP 2



# Connect

Catch up with a friend or a colleague over a cuppa or bite to eat and share how you feel. Maintaining good relationships with others around us and being our whole self makes us feel more connected and listened to.



MHA England



WELLBEING  
TIP 3



# Discover

Wellbeing Week is the perfect opportunity to try something new, be it an activity, a new recipe, or exploring a different part of your local area. Taking time to notice new things is a simple form of mindfulness, which can give our wellbeing a real boost.



MHFA England