

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
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Welcome to our March Well-Being Newsletter!

Earlier this month we celebrated International Women's Day. It is a global day celebrating the social, economic, cultural, and political achievements of women. Although a lot of progress has been made in terms of inequalities, things have become worst for some parts of the UK population.

Gender does influence mental health. In England, one in five women (compared to one in eight men) has a common mental health problem such as anxiety, depression or self-harm.

Life events affect both men's and women's mental health and there is mental health support out there for everyone.

Whether you are a man or a woman, We all have times when life gets on top of us. The earlier we are able to recognise when something is not quite right, the earlier we can get support. There is no shame in seeking help, whether you are a man or a woman.



Cost of living crisis - Useful links



<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.gov.uk/the-warm-home-discount-scheme>

<https://www.gov.uk/winter-fuel-payment>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

<https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/help-cost-living/help-crisis>

https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

BBC Food Family's £1 recipe meal plan:

https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~~P_budget_meal_plannerFP%5D

Women's self-esteem



Self-esteem comes from the inside out. It means that a woman is not dependent upon anyone else to make her feel good about herself, because she already knows she is fine just the way she is. She is also aware of areas needing work and growth.

Low self-esteem can be caused by ongoing stressful life events such as relationship breakdown or financial trouble. It can also stem from poor treatment from a partner, a parent or carer, i.e. being in an abusive relationship. Ongoing medical problem such as chronic pain, serious illness or physical disability may also affect self-esteem.

Society sends the message that a woman's worth lies in the way she looks. The teenage market, women's magazines and social media all program young and older women to focus all their efforts on their appearance. It affects girls as young as 12 years of age. A lot of women buy into this image of beauty, then the best an older woman can strive for is looking "good for her age" or worse yet, "well preserved."

Abusive experiences join with cultural messages to assault female self esteem. Abuse is pervasive and cuts across all socioeconomic lines. It invariably sends the message that the victim is worthless.

8 tips to improve your self-esteem:

1. Remember your value doesn't lie in how your body looks.
2. Write out a list of things you admire about yourself.
3. Stop being a people pleaser.
4. Step outside your comfort zone.
5. Stop comparing yourself to others.
6. Forgive yourself for your past thoughts.
7. Set boundaries in your relationships.
8. Celebrate your wins.
9. Let go of negative people.

Women and inequalities in the UK

The gender pay gap has decreased, there are more women in higher-paid occupations, and gender inequality in political representation is decreasing. Girls are even outperforming boys at school and progress has been uneven. However, some women and girls, particularly those in poorer communities and for women and girls of colour, things have actually become worse. This has been exacerbated by the COVID-19 pandemic, which has led to disproportionate burdens for women.

Women are less likely to be employed full-time with a rate of 45% compared to 61% of men.

41% of women provide care for children, grandchildren, older people, or people with a disability compared to 25% of men.

Less than a third of members of parliament are women.

85% of women cook and/or do housework every day, compared to 49% of men.

Only 35% of board members for the largest publicly listed companies are women.

Only 35% of counsellors in England are women. At the current rate, we won't achieve gender equality in local councils until 2077.

Unsurprisingly, inequalities between genders are even more acute when they intersect with racial inequalities. According to a literature review, *The Pay and Progression of Women of Colour*, released in September by the Fawcett Society and the Runnymede Trust, in Britain:

Black girls are twice as likely to be permanently excluded at school compared to white girls.

Ethnic minority candidates had to send 60% more applications to enter the workforce to receive as many call backs as white people.

One-third of women of colour say they've been unfairly passed over for or denied a promotion at work.

Women make up only 6% of CEOs of FTSE 100 companies and 35% of civil service permanent secretaries – yet none of these are women of colour.



Staff Corner

How to support your mental health at work

Having a fulfilling job can be good for your mental health and general wellbeing. We all have times when life gets on top of us – sometimes that is work-related, sometimes it is something else, i.e., our health, our relationships or our circumstances.

If you enjoy good mental health, you can:

- make the most of your potential,
- cope with what life throws at you,
- play a full part in your relationships, your workplace, and your community. Our mental health doesn't always stay the same. It can fluctuate as circumstances change and as we move through different stages in our lives. The earlier we are able to recognise when something isn't quite right, the earlier we can get support.

We have a wide range of legal rights that protect our mental health at work. These range from basic human rights such as the right to freedom of expression and freedom of association, to the health and safety legislation that keeps us safe from hazards, including psychological hazards. People with mental health issues are legally protected from discrimination and harassment and are entitled to reasonable adjustments to adapt their job or work. To be considered disabled under equality legislation, a person must have an impairment that has “a substantial, adverse, and long-term impact on their ability to carry out every-day tasks”.

Please refer to page 5 for sign-posting to organisations that offer mental health support.



<https://www.educationsupport.org.uk/>

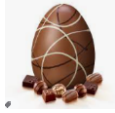


Chaplain's Corner

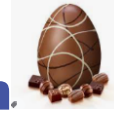


Heavenly Father, many women gathered here today are hurting on the inside because of the things that they are facing at home, at their workplaces, their schools and in their businesses. Many of us have been left wounded by the issues of life. Father, let your healing power rest upon us. Bind our broken hearts and release us from our worries and discomforts. May we all come together to bring healing both spiritually and emotionally. Help all of us to be understanding of those who are hurting instead of being judgmental.

In Jesus' name, we believe and pray, Amen



Things to do in London with children this Easter break



- Pilot training at the Royal Air Force Museum: <https://www.rafmuseum.org.uk/london/whats-going-on/events/pilot-training-london>
- Grab a London Pass sightseeing pass: <https://www.visitlondon.com/things-to-do/place/593062-london-pass>
- English Heritage sites Eltham Palace and Gardens, Marble Hill House and Kenwood House are running Easter egg hunts and family activities over the Easter holidays. Explore the grounds and gardens to hunt for clues and challenges, and discover traditional Easter games such as egg rolling and the egg and spoon race.
- Explore a child-friendly free museum: <https://www.timeout.com/london/kids/activities/free-things-to-do-with-the-kids-in-london>.
- London City Farms: Get a little bit of rural life in London: <https://www.timeout.com/london/things-to-do/city-farms-in-london>.
- Some child-friendly cycle routes in London: <https://bobbinbikes.com/blogs/blog/child-friendly-cycle-routes-london>.
- Discover a royal park you have never been before: <https://www.royalparks.org.uk/parks>.
- The best indoors activities for children in London: <https://www.timeout.com/london/kids/the-best-indoor-activities-in-london-for-kids>.

For more outing ideas, visit: <https://www.visitlondon.com/things-to-do/event/7883676-easter-weekend>

and:

<https://www.visitlondon.com/things-to-do/whats-on/special-events/london-events-calendar#quicklink-1>





Help and Guidance

Services available
all year round:



Shout 85258 is the UK's free, confidential, 24/7 text support



Free text message support service for young people



Free emotional service for young people



Free advice and support



Free online counselling support For over 25s



Bereavement Support for children
<https://rainbowsgb.org/>

