

Mental Health Awareness Week Toolkit



Mental Health
Awareness Week

9 - 15 May 2022

Together we can
tackle loneliness

#IveBeenThere



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Introduction

This toolkit offers advice and resources for organisations and individuals in Warrington, who want to support activities during Mental Health Awareness Week (9th-15th May).

- Mental Health Awareness week is an annual event, which focuses on improving good mental health across the nation
- Hosted by the [Mental Health Foundation](#)
- This year's theme will explore the impact of **loneliness** and how we can tackle it.



Why loneliness?

- Loneliness is affecting more of us in the UK and has had a huge impact on our physical and mental health during the pandemic
- Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness
- We need to raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.
- Reducing loneliness is a major step towards a mentally healthy society.



Get involved

NHS, Local Government, Voluntary Sector:

- Follow **Warrington Borough Council** on Twitter and Facebook and share our posts during Mental Health Awareness Week
- Follow the **Mental Health Foundation** on Twitter, Facebook, Instagram & LinkedIn [@mentalhealthfoundation](https://www.mentalhealthfoundation.org.uk) to share their posts across the week.

A community:

- Promote existing events in your community (see timetable of 'what's going on in Warrington')
- Get community groups involved – e.g. scouts, guides, running clubs, schools, etc.
- Organise activities or events based around the five ways to wellbeing.

A local business:

- Promote the campaign to your staff and encourage staff to get involved
- Organise an event for staff or organise or support a local community event
- Share posts on your social media (see above)
- Tag in other organisations you follow on social media and spread the word
- Book a place on a mental health training course (see 'training' sections).

An individual:

- Are you or any of your relatives, friends or neighbours alone? Invite them for a cuppa and a chat
- Volunteer for a local community group
- Get together with friends and neighbours to organise a community event
- Look after yourself! Do one of the five ways to wellbeing each week or month (see our 'self-care menu' under 'local resources')
- Book a place on a mental health training course (see 'training' sections).

Mental Health Awareness Week: What's going on in Warrington?

Monday 9th May	<ul style="list-style-type: none"> • Community Coffee, Tea & Cake Event – 10.30am-12.30pm at Rixton with Glazebrook Community Hall, Manchester Road, Hollins Green, WA3 6JZ. Including Sitting Yoga. Ran by Warrington Voluntary Action. • PAUSE listening space —between 11am-4pm at The Gateway, 89 Sankey Street. A safe community space where people can talk openly about their mental health – free from stigma or judgement. For more information, call Warrington Speak Up on 01925 246938.
Tuesday 10th	<ul style="list-style-type: none"> • Renew with a Brew – 11am-1pm at Latchford Baptist Church Wellbeing Café, Loushers Lane, Warrington, WA4 2RP. Renew with a Brew is a free weekly wellbeing café for all adults hosted by Latchford Baptist Church. A quiet, shared space where 'It's OK not to be OK' and everyone is welcome. Ran by Warrington Voluntary Action. • Pop Up PAUSE 'The Engine Rooms' - 9am-2pm at Birchwood Park.
Wednesday 11th	<ul style="list-style-type: none"> • Chat Café Glazebury Village—9am-11pm at the Scout Hut, Warrington Road, Glazebury WA3 5LR. A chat group put on to welcome local community residents to have a coffee and a biscuit and feel part of the community. Ran by Warrington Voluntary Action. • PAUSE listening space —between 11am-4pm at The Gateway, 89 Sankey Street. See further information above.



Mental Health Awareness Week: What's going on in Warrington?

Thursday 12th	<ul style="list-style-type: none"> • Westy Children Centre Coffee Morning - 9am-10.30am. All welcome, free tea/coffee/toast and a friendly chat for anyone in need. Ran by Torus Foundation, children centre staff and schools. • Pop Up PAUSE 'Talking Well', The Encounter Centre, Birchwood 10am – 12noon.
Friday 13th	<ul style="list-style-type: none"> • Little Stars Children Centre coffee morning—9am-10:30am. All welcome free tea/coffee/toast and a friendly chat for anyone in need. Ran by Torus Foundation, children centre staff and schools. • Long Covid Face to Face Self Help Groups - 1.30pm-3pm at the Centre for Independent Living, Beaufort Street, Warrington, WA5 1BA. Ran by Warrington Disability Partnership. Booking is required. Contact Leigh on 01925 240064 or email longcovid@disabilitypartnership.org.uk. • Long COVID online self help group meetings—11am-12.30pm. Booking required and zoom link sent by email after booking. Same booking details as above. • PAUSE listening space —between 11am-4pm at The Gateway, 89 Sankey Street. See further information above. • Get Warrington Talking, Wellbeing Event—10am-2pm, The Old Marketplace, Golden Square. Hula Hooping and Circus skills, focusing on the five ways to wellbeing and conversations.
Across the week and more...	Torus Foundation are running free health and wellbeing activity sessions including low-impact keep fit, buggy fit, walk and talk sessions plus more —for further details including venues and times, email sam.birchall@Torusfoundation.org.uk .



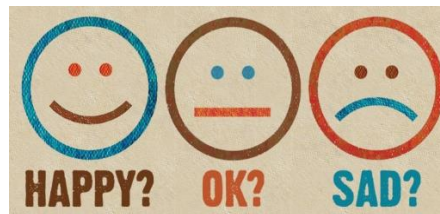
Local resources

- [Self-care menu](#) - Highlights different activities you can do each day to improve your wellbeing, plus local resources available.
- [Better health booklets](#) – Download from a range of booklets on eating well, drinking less, moving more, stopping smoking and wellbeing
- **Free Public Health training** (see 'local training' section of this toolkit)
- **Follow Warrington Borough Council** on Twitter and Facebook and share our posts during Mental Health Awareness Week.



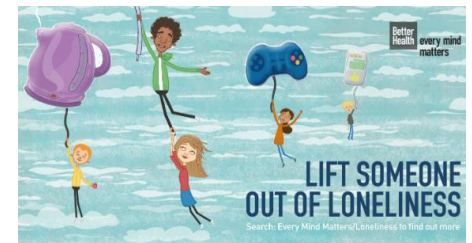
Happy? OK? Sad?

- On www.happyoksad.org.uk you'll find tips for looking after your mental wellbeing, as well as directories of local and national mental health support services
- The site includes links to evidence-based resources to help you stay well and feel good. Just click the “looking after our mental wellbeing” heading [on this page](#)
- To order hard copies of mental health resources, email resources@warrington.gov.uk.



National resources

- [Mental Health Foundation](#) – e.g.
 - Wear it green day fundraising pack
 - Mental health booklets
- [Mental Health UK](#) – e.g.
 - Guide on how to open up a conversation
 - Podcasts to learn more about loneliness
- [Every Mind Matters](#) – e.g.
 - ‘Lift someone out of loneliness’ campaign
 - [Loneliness Toolkit 2022](#)
- [Government report](#) – ‘Loneliness and the workplace’



Local training offers

- [Better Health](#)

Promotes the key messages of the 'better health' campaign (2 hour session).

- [Make Every Contact Count \(MECC\) - Raising the Issue of Better Health](#)

Following on from the Better Health training – provides you with the relevant skills to raise the issue of health and wellbeing to encourage positive lifestyle choices (2 hour session).

- [MECC for Mental Health](#)

Mental health promotion training seeks to develop knowledge, skills and confidence to integrate relevant messages and interventions into routine practice (1 day session).



National training offers

- [Tackling Loneliness and Social Isolation](#)
E-learning from Health Education England
- [Zero Suicide Alliance](#)
 - Social isolation e-learning
 - Suicide awareness e-learning



Looking after yourself...

The five ways to wellbeing

Evidence suggests there are five steps you can take to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



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- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them
- Stay connected to your community by joining a group – information on lots of local groups can be found on [**My Life Warrington.**](#)





- Take the stairs instead of the lift
- Go for a walk at lunchtime or walk into work if you can
- Get off the bus one stop earlier and walk the final part of your journey
- Try to move every 60 minutes. If you can, try to stand up whilst working.
- Make the most of the daylight hours. As little as 30 minutes' exposure to natural light per day can improve mental health
- Utilise your garden space (if you have one) - gardening is a great form of exercise
- Download the 'Active 10' app to track your steps and encourage you to be active for 10 minutes a day
- Visit the [Better Health 'Get Active' website](#) for free online exercise classes for all ages and abilities.
- Visit [Healthy weight | warrington.gov.uk](#) for additional local community activities, including offers from [Livewire](#).





TAKE
NOTICE

- Have a 'clear the clutter' day
- Take notice to the changes in your garden or whilst you are out walking
- Take notice of how your family/friends colleagues are feeling or acting
- Take a different route on your journey to or from work or the shops
- Visit a new place for lunch.



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- Learn to cook something new
- Visit the local library or set up a book club
- Visit a museum or art gallery
- Try a new hobby
- Listen to talkback radio programs
- Join a social group or interest group
- Help the children with their homework and learn something new from them
- Take on a new responsibility at work
- Visit [My Life Warrington](#) for 'things to do' to help you keep learning.





- Could you give your time? Warrington Voluntary Action is an excellent starting point to find out about volunteering opportunities locally www.warringtonva.org.uk/
- Be kind to someone - you could do something nice for a friend or neighbour, thank others and smile
- Offer to help someone you know with a DIY job
- Give time for yourself! Spending time on yourself is essential for your wellbeing, and helps you be more resilient.

For more information on the five ways to wellbeing, visit [Five ways to wellbeing - Mind](#)



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