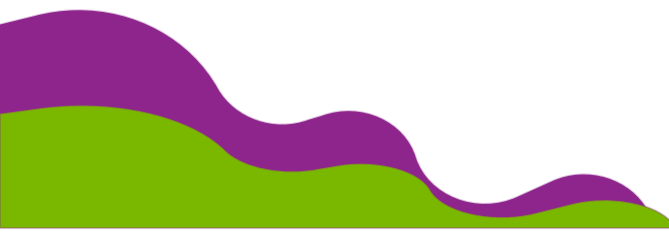




Wellbeing project team Bulletin

July 2023

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Useful updates

Chester and Ross have completed a Mental Health First Aid Champions course with MHFA England and are now Mental Health First Aid Ambassadors. Please feel free to reach out to either of them to discuss anything related to mental health and wellbeing.

Following on from Small Charity Week. [Click here](#) to find some useful links to some of the wellbeing resources on:

- Self care and wellbeing in the sector
- Mindfulness and resilience in the workplace
 - Looking after our sleep
 - How to avoid burnout

Top ways to wellbeing this month

Samaritans *Talk to Us* campaign.

Throughout July, Samaritans will be raising awareness about their listening and support services by holding local events. Samaritans Awareness Day is July 24th to reflect that Samaritans is available 24/7! Use the hashtags #TalkToUs and #SamaritansAwarenessDay to support the campaign on social media.

Thank You Day.

July 2nd was national Thank You Day. For the past two years, 15 million people in the UK have celebrated. It is an excellent way to show appreciation to our local communities, and to connect with our neighbours. Use #ThankYouDay on social media. Visit <https://thankyouday.org.uk/> for resources and for more information!

Worry Tree app.

If you find it difficult to get rest or switch your mind off from intrusive thoughts or overthinking, Worry Tree is the app for you. Its journalling tool allows users to record their concerns and create action plans to address them. Please note that it is free to download but has some in-app purchases to access the app's CBT techniques. You can download the app from [this link](#).

Your wellbeing tip jar!

This month's tip is to get creative. Get some paper and a pen out and doodle for 10 minutes. Studies demonstrate that basic doodling or acts of creativity reduce mental distress. Don't worry about how it looks – the main thing is how the process makes you feel.

If you have a wellbeing tip to share, send it to a member of the wellbeing team!

Celebrating DSC's values: Empathy

July's example of excellence and empathy comes from an external charity chair.

This chair emailed in to thank Ben and Jane for their support.

When Jane picked up the phone, I cried. And that's what I needed to do. Being the Chair means that unlike everyone else, you have nobody to go to. It can feel lonely and really, very stressful. Then, Jane said she could probably find me some help, which felt for the first time in many many days - well, brilliant.

Ben then emailed, and said he could talk... TODAY. He called when he said he would, said he had as much time as I needed, and helped me to get through what feels like an insurmountable heap of muddle and difficulty.

I really do not think that I could have got through today without Jane's compassion, Ben's wisdom, or your whole team's willingness to go beyond what you do, and do what you really do - support other charities to survive and maybe ... you never know... go ten mins without another crisis!

I want to thank you, from the bottom of my heart, for today.

Thank you so very, very much and I hope this email is shared with Debra and the whole team, so you know how valued you are, and that you truly made a difference for me and my colleagues on the Board today.

If you want to recognise a colleague for showing DSC's values, please message a member of the Wellbeing Team.

Useful resources

These are some resources we're compiling over time – please let us know if you have some to add! We will develop these into themes as the list grows.

- Free 10-day online coaching program [10 Days of Happiness](#)
- Mind's [Wellness Action Plan](#)
- NHS Every Mind Matters [Mind Plan quiz](#)
- MindTool's [burnout quiz](#)
- Free apps for focus: [Flora](#), [Flow](#), and [Focus To-Do](#).
- Free walks <https://www.ramblers.org.uk/go-walking/ramblers-wellbeing-walks.aspx>

Upcoming event

From Here to Diversity - Online conference on Thursday 28 September

Being inclusive and all that it entails. This event will examine how we can be more inclusive in our language, behaviour and processes, with a variety of expert speakers.

<https://www.dsc.org.uk/event/from-here-to-diversity-online-conference-2023/>

Where to get support

Internal

Mental health first-aid trained staff:

Stuart Cole
Chester Howarth
Ross Hardy

Wellbeing project team members:

Harry Wrafter
Jessica Threlfall
Gwen Barnes
Chester Howarth
George Knight
Ross Hardy
Kalli Jayasuriya

External

- Apply for free counselling through [Remploy](#)
- Apply for free counselling through [Able Futures](#)
- Mental Health Foundation suggestions for [Getting Help](#)
- Confidential Emotional Support through [Supportline](#)
- Find an [NHS psychological therapies service](#) (IAPT)
- Use the Crisis Text Line from [Shout](#)
- Locate support services near you through [Hub of hope](#)
- For digital help with wellbeing <https://www.good-thinking.uk>