

WELLBEING WEDNESDAY - ISSUE 1

1.

We are living in unprecedented times, so it is more important than ever that we look after our wellbeing. The 'Wellbeing Wednesday' Newsletter gives you tips and advice on how to do exactly that!

FEATURE - WELLBEING ADVICE FROM YOUNGMINDS

Practicing Positive Psychology in a Pandemic

- Gratitude - by focusing on what we are grateful for, we can shift our perspective from negative to positive.
- Keep a gratitude diary - write down things you are grateful for every day.
- Mindfulness - observe your thoughts in the present moment.
- 54321 Mindfulness Technique - observe: 5 things you can see, 4 you can hear, 3 you can smell, 2 you can touch and 1 you can taste.

Self-Care Tips

- Look after the basics - drink enough water, eat well, get enough sleep.
- Maintain a routine - balance study, work and rest.
- Set yourself a simple goal each day - cook a meal, tidy your room, call a friend.
- Stay connected - with friends, family and others in your support network.
- Try to stay active and eat healthily.
- Learn a new skill - drawing, chess, coding, anything!
- Don't overexpose yourself to the news - stick to official sources such as the BBC.
- Keep a thought diary - keep track of how you're feeling each day.

Support

College support - email

wellbeing@croydon.ac.uk

Online Counselling and Workshops with Off The Record -

<https://talkofftherecordonline.org>

YoungMinds Crisis Messenger - Text YM to 85258

Campaign Against Living Miserably - Call 0800585858 5pm-midnight

The Mix - Call 08088084994 3pm-midnight

Mindfulness sessions hosted by Croydon College's Wellbeing Team.

Fridays 1:00-1:30pm on Zoom:

<https://zoom.us/j/93265042042?pwd=M3UrMnByQoFVdo9KejBGWVBjcE5OQT09>

Meeting ID: 932 6504 2042

Passcode: 3SWLvH



Healthy Eating - Some Tasty Tips:

- Try to include at least one carbohydrate/starchy food in a meal; these include potatoes, pasta and rice. They contain fibre which aids digestion.
- Eat a wide range of fruit and vegetables, as each contain different vitamins.
- Eat fish, especially oily fish (mackerel and sardines); these contain omega-3 which helps prevent heart disease.
- Cut down on saturated fats and sugars.
- Try to eat three healthy, balanced meals a day, and avoid snacking and skipping meals if possible.
- Treat yourself once in a while, as a reward for eating healthily.

Exercising During the Pandemic

- Schedule time in your day to exercise.; that way you are more likely to commit to it. This could be after your classes at the end of the day, as a way to de-stress, or gentle exercise in the morning just before classes, to ensure you are focused and stimulated.
- Create an exercise plan based on your goals and interests. Running is great for cardio. Circuit training involves all-body exercise. Yoga is ideal for relieving stress and improving flexibility.
- If you're unsure of creating your own plan, follow a virtual workout routine, such as [Joe Wicks' 'The Body Coach TV' YouTube Channel](#).
- If exercising outside, ensure that you follow the government's guidelines (<https://www.gov.uk/guidance/national-lockdown-stay-at-home>).
- If you are very goal-driven, download a fitness app. When setting goals however, don't put undue pressure on yourself.



Joe Wicks releases workout sessions on YouTube at **9:00am** on **Mondays, Wednesdays and Fridays!**

EVENTS AND OPPORTUNITIES

3.



The Terrence Higgins Trust works to destigmatize HIV and promote sexual wellbeing. Find out more about sexual health, the Terrence Higgins Trust and the benefit of volunteering, in these Positive Voices talk sessions on Zoom. These will be led by an experienced Positive Voices speaker.

Wednesday 27th January 2021, 13:30-14:30

Meeting ID: 962 6036 9628

Passcode: 017787



Thursday 28th January 2021, 13:30-14:30

Meeting ID: 935 1831 7335

Passcode: 118038



WOULD YOU CONSIDER VOLUNTEERING?

Serving the community can be a very rewarding way of giving. It is also a great way to make use of your skills, knowledge and experience.

Croydon BME Forum is looking for Community Champion volunteers to help spread key health and wellbeing information and support amongst the BME (black and minority ethnic) communities in Croydon.

If you are a person with great influence in the Croydon community or you would like to use your communication skills to empower others to live healthier lives apply with your CV to tracy@bmeforum.org



For further information

call 020 8684 3719
or email tracy@bmeforum.org

[@cbmeforum](https://www.facebook.com/cbmeforum)

[CroydonBMEForum](https://twitter.com/CroydonBMEForum)

[croydonbmeforum](https://www.instagram.com/croydonbmeforum)



Black and minority ethnic young people with chronic asthma research project

Do you suffer from asthma? Then let's talk!

We are a national charity working to help the NHS improve the management of chronic asthma in young people.

What is chronic asthma?

Chronic asthma means that you need to use your preventer inhaler (normally purple, brown or orange) every day and that over the last year you have had sometimes when you needed to use your reliever inhaler (normally blue or white) or go to the doctor to control your breathing / asthma.



What do we want to know?

We want young people from African, Caribbean, Asian, Chinese, and other minority ethnic backgrounds to join us for an informal conversation to talk about their experiences. We want to know how you think asthma care can be better managed for young people in the future.

More information about the project is available [here](https://www.raceequalityfoundation.org.uk)



If you would like to find out more, please contact Tracey Bignall, via email tracey@racefound.org.uk or mobile 07793 239567

www.raceequalityfoundation.org.uk

RESOURCES


4.

The Student Life Page on Moodle

The Student Life Page, in the 'My Courses' section on Moodle, has a growing body of wellbeing resources, tips and opportunities, as well as information on other enrichment. Check it out!

Free Apps for Personal Development

- Skillshare - Sign up for free and have access to a huge range of classes, ranging from illustration, video editing, entrepreneurship and more.
- Elevate - Everyday brain training activities which work to your strengths and help to improve reading, writing, speaking and mathematical skills.
- Duolingo - A must-have if you want to casually learn a second language in your own time.
- TED - You've heard of TED Talks - there's also a free app which allows you to access them and receive recommendations based on your interests.




WELLBEING MONTH
JANUARY 2021

Information
What is 'wellbeing'?

Resources
Tools and tips for maintaining positive wellbeing.

Opportunities
Community Champion
Interested in health, social action, events and community engagement? Volunteer as a Community Champion with Croydon BME Forum! Read the role description below and if interested email Tracy Jenkins at tracy@bme4all.org.



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Croydon BME Forum is looking for Community Champion volunteers to help spread key health and wellbeing information and support amongst the local BME and minority ethnic communities in Croydon.

If you are a person with great influence in the Croydon community or you would like to use your communication skills to engage others to the health and wellbeing issues, please apply with your CV to tracy@bme4all.org.

For further information:
call 020 886 1234 or email info@bme4all.org
www.bme4all.org
[facebook.com/bme4all](https://www.facebook.com/bme4all)
[instagram.com/bme4all](https://www.instagram.com/bme4all)
[youtube.com/bme4all](https://www.youtube.com/bme4all)

Community Champion Role Description
Health Champion
Do you have connections within the Croydon South Asian and BME communities, and want to make a difference to the wellbeing and lives of others? Become a Health Champion with Asian Resource Centre of Croydon! Read the role description below and if interested, email Lizzie Hewitt at lizzie.hewitt@arc.co.uk

Health Champion Role Description
EPP Volunteer
Do you have a long term health condition and want to use your insight to help others? Train to become an Expert Patient Programme Course Tutor. This would be great experience for anyone pursuing careers in health care. Must be 18 or over to apply. Complete both the application form and registration document to send to Lizzie Hewitt at lizzie.hewitt@arc.co.uk

EPP Volunteer Description
EPP Volunteer Application Form
Fill in credentials at the bottom of the document.

EPP Volunteer Registration Form
Chronic Asthma Research Project - Click to Find Out More

Web Resources for Mental Wellbeing

- [MindSET Hour](#) - A Zoom webinar starting weekly at 12:00pm on 03/02/2021, organized by the Body & Soul Charity. It aims to give you the tools to manage your emotions and de-stress.
- [#HealthyAtHome](#) - A web article from the World Health Organisation, on tips for looking after your mental health during the pandemic.
- [NHS mental health and wellbeing](#) - Information, mood assessments and audio guides on mental wellbeing.



Acts of Kindness - Croydon and Coulsdon Colleges Take Part in 'Communities Together At Christmas Campaign'

In December 2020, staff and students at both colleges donated toiletries to Croydon Voluntary Association, to give to vulnerable families at Christmas, across the whole of the Croydon borough.



Staff and students donated generously, and both Student Union Executive Teams at Croydon and Coulsdon were able to sort and pack approx. 120 bags of donations. We would like to thank everyone who contributed!

Suggestions for Virtual Random Acts of Kindness

- Reach out virtually to a friend, family member or neighbour who you haven't spoken to in a while.
- Donate to a charity online.
- Send a motivational message to a friend who may be struggling.
- Organize a virtual tea and talk for members of your local community.
- Host a virtual games night for your friends.
- Volunteer as part of a helpline (e.g. HealthWatch) and signpost vulnerable people to support.