

# Health & Wellbeing Bulletin

## Summer 2025

Sue Howard – Health & Wellbeing Champion

01803 762113 [hr@thelink.academy](mailto:hr@thelink.academy)



## Welcome to the Summer issue of your Mental Health & Wellbeing bulletin

As we make our way through the always busy Summer term in our schools and you look forward to those weeks of downtime coming up, spare a thought for those people who may struggle with daily life and unexpected challenges that may come their way. Look around at your friends, colleagues and family, do they seem different when you say "Hello".

Take a few minutes of your own time to ask "How are you?", and although they will probably say "Yeah, I'm ok thanks", ask the question again.... "No, How ARE you?" and you may get a slightly different response.

Talking about our problems can just make things that little bit easier to deal with when you know that there are people around who care.

Take Care everyone and look after each other – Sue

### Fantastic Offers and Discounts

You may recall an email that came out to all staff back in September about the Blue Light Card that is now eligible for people who work in education. It states it's for Teachers but gives you an option further into the application to select which role you actually do within education.

<https://www.bluelightcard.co.uk/en>

For just £4.99, you can register for 2-years access to more than 15,000 discounts from large national retailers to local businesses across categories such as holidays, cars, days out, fashion, gifts, insurance, phones, and many more.

I have one and have used it many times, really worthwhile so take a look.

### Quick and easy things to lift your spirit

**Smile:** release endorphins and improve your mood.

**Listen to music:** can be a great mood booster.

**Watch funny videos:** can help release tension and bring a smile to your face.

**Take a walk:** Exercise releases endorphins to have mood-boosting effects.

**Share a laugh:** Connect with friends to lift your spirits

**Express gratitude:** Think about what you are thankful for to shift your perspective.

**Get some sunlight:** Exposure to sunlight can help regulate your mood.

**Do something you enjoy:** Engage in a hobby or do something that makes you feel good.

**Change your clothes:** dress to feel good, can boost your confidence.

**Have a bath:** A warm bath is a relaxing way to unwind.



### The Best Travel Apps for 2025



Hopper



TripCase



Hipcamp

### Safe Swimming!

Summer is ideal for swimming outdoors, be it at the beach or wild swimming in rivers. It can be great fun, relaxing and good for your mental health and wellbeing.

#### **But we need to be safe**

Always swim sober

Be cautious of jumping

Watch children and non-swimmers

Enter the water slowly – be wary of the gasp reflex

Be wary of inflatables

Spot the dangers

Avoid swimming alone

Recognise the signs of drowning

Float to live

Learn how to spot a rip current



## Lacking motivation?

We may all experience this from time to time as individuals. For people living with mental health problems, it can be even harder and exacerbate a lack of motivation. From meeting up with friends to starting a new project or engaging in a hobby we know and love, it can sometimes be hard to find the motivation to actively get involved with activities that are good for your mental health. This can become even harder when we are struggling with mental health problems. Tasks that may seem simple to others, such as having a shower or making breakfast, can become overwhelming. Top tips on overcoming a lack of motivation.....

### **Break tasks into manageable chunks**

Breaking tasks into smaller chunks leading up to the ultimate goal can help manage thoughts about the process. Focusing on the individual tasks needed to complete a project can help stay present and in the moment.

### **Write down each positive thing you experience throughout the day**

Many people feel that writing down positive things can be handy when aiming to stay hopeful when struggling emotionally, serving as a reminder of memorable moments. This can be motivating in itself.

### **Give yourself credit for the small things you do**

Notice the little things by praising yourself for each task completed - it can add up quickly! Each evening, try noting three small wins that you have achieved that day, remembering that whatever you achieve, no matter how small, is always something to be proud of.

### **Have some 'me time'**

Take time out to do more of what you love and enjoy. From sightseeing around your local city to spending time alone in a scenic park, taking time out to look after yourself can support your mental health and may provide some inspiration.

### **Be gentle with yourself**

Accept the current state of how you feel, acknowledge the feeling and look for ways to reach out for support if needed. Practising self-care and being gentle with yourself can be a great help when experiencing a lack of motivation. It's okay not to be okay all of the time.

### **Try to be present**

Remaining present and in the moment can help to focus on the now, which may help when experiencing a lack of motivation. Whether it is walking your dog or trying new food, focusing on the present moment is good.

### **Ask for help**

Talking about your feelings can be good for your mental health. It is often the first step to overcoming mental health problems, and some people are willing to listen. Some people prefer to speak to family or friends, and others may wish to discuss their feelings with a professional. Your GP can offer you information on support, such as treatments and counselling available.

## **Employee Assistance Programme (EAP) with Education Support**

Don't forget our confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing. 08000 856 148

## **Recipe idea for you**

**Cherry Bakewell Cake** – If you like a bakewell tart, you will love this really simple cake

### Ingredients

200g butter – softened  
200g golden caster sugar  
100g ground almonds  
100g self-raising flour  
1 tsp baking powder  
4 large eggs  
  
Half a jar of cherry jam  
175g icing sugar  
5-6 tsp water (or lemon juice)  
1 tbsp toasted flaked almonds

### Method

1. Heat oven to 180c/160c fan. Butter and line the bases of two 20 cm round cake tins
2. Using electric beaters, mix all the cake ingredients together with a pinch of salt until smooth
3. Spoon equally into tins and bake for 30mins on the middle shelf, do not open door until at least 25mins, until golden and springy. Cool for a few mins and then turn out onto wire rack to cool completely
4. Sandwich together with the jam
5. Sieve icing sugar and add water until smooth
6. Spread onto top of cake and scatter almonds



## **Gardening tips for Summer**

Cut back perennials  
Deadhead flowering plants  
Avoid over-watering  
Limit digging during dry spells  
Let your lawn grow  
Plant autumn bulbs  
Take cuttings for next year  
Compost garden and kitchen waste  
Keep on top of weeds  
Mulch for moisture retention

## **Inspiring Quote .....**

"Be brave, believe in yourself, do what feels good and take risks. You have this one life, make yourself proud" — Cara Delevingne