

NEWSLETTER



Health & Wellbeing Newsletter

Autumn/Winter 22/23

Welcome to the first edition of Downs View's Health & Wellbeing Newsletter.

This newsletter is aimed at providing staff at Downs View with tips, advice and guidance to support your health and wellbeing both in and out of the workplace.

This term's topics include:

- Health & Wellbeing Services
- Menopause
- Mental Health
- Winter Health
- Financial Wellbeing
- Low-Cost Healthy Lifestyle
- Sustainability
- Helping Others
- Connecting with Each Other
- Free Apps and Resources

If you've got anything you want to include in future newsletters, please email wellbeing@downsview.brighton-hove.sch.uk or get in touch with [Abi](#) in the office.

Health & Wellbeing Services



We now have a suite of health & wellbeing services that you can directly access whenever you like.

Musculoskeletal Services

You can claim up to £200 per year to use on your chosen treatment, including: acupuncture, chiropractic, x-rays and scans, homeopathy, osteopathy, physiotherapy. The allowance usually covers 4-5 sessions and you can choose when and where you receive your treatment.



To claim your money back via a BACS transfer, send an email to wellbeing@schoolsuk.com with your full name and school address, your receipt and your bank details

GP Anytime

Struggling to get a Doctor's appointment? Then try GP Anytime where you can speak with a qualified GP at a prearranged time to suit you – on your mobile, tablet or laptop.

You can have unlimited consultations with no capped appointment times and you can also have your prescription delivered straight to your home or work address. If the issue isn't too serious, you can simply text a GP for a quick response.



Just call 0333 110 0057

Counselling & Employee Assistance (EAP)

This Counselling Service is confidential and available to every member of staff. It provides structured telephone counselling and you can have up to 6 face-to-face counselling sessions, cognitive behavioural therapy, emotional support, access to practical information and more.

The Employee Assistance Programme (EAP) is available 24/7 to you AND your partners and dependents, providing support on a whole host of subjects including family issues, bereavement, trauma, relationships, stress, legal information, debt support, alcohol, drugs issues and more.

There is also a wide range of online resources including articles, self-help guides, diaries, videos and factsheets.



Call 0800 028 0199 and quote **Schools UK**





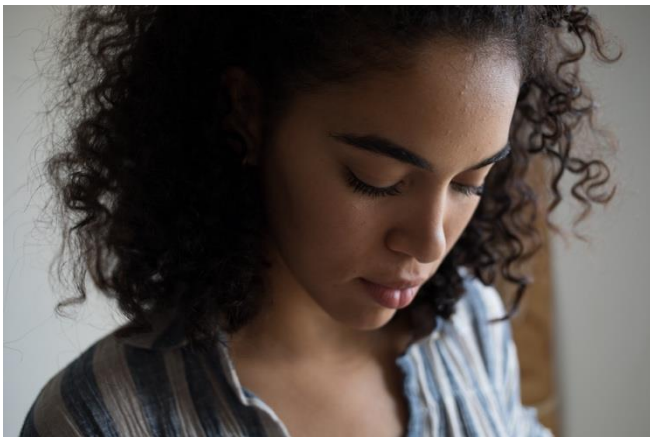
Menopause

October was World Menopause Month - aimed at raising awareness of the menopause and the support options available for improving health and wellbeing.

Many of you have told us that you've been struggling with symptoms of the menopause, so we've created a folder on the Green Drive full of really useful tips and fact sheets to support your wellbeing. You can find everything in GREEN\Wellbeing Information and Support\Menopause



And there's a whole host of information on the British Menopause Society's website at <https://thebms.org.uk/publications/world-menopause-day-2022/>



Mental Health

November 7-11th was Stress Awareness week – focusing on stress management and campaigns against the stigma associated with stress and mental health issues.

We're pulling together some tools and resources to help you manage your own mental health – take a look at GREEN\Wellbeing Information and Support\Mental Health

Let us know if you have anything else to add to the folder.



www.mind.org.uk also has a variety of useful tools and resources to support you.



www.actionforhappiness.org a UK based charity, aims to increase the happiness in the world by bringing together people and supporting them to take practical action to build a happier society.



And, don't forget you can call our Employee Assistance line on 0800 028 0199 for specialist support on a host of mental health issues.



Winter Health

More people are likely to get flu this winter as fewer people will have built up natural immunity during the pandemic. And many people are now eligible to have their Covid-19 booster jab.

If you're not eligible for a free flu jab, we'll reimburse you the cost – just keep your receipt and claim it back through an expense claim form in GREEN/Expense Claim Forms.



Covid-19 seasonal boosters are now available to [book online](#) or just go to a [Covid-19 walk in centre](#).

Our health & wellbeing provider, Health Assured, provides some tips on helping to look after your health this winter, including:

- Staying hydrated
- Exercising
- Getting enough sleep
- Eating a balanced diet



Go to <https://healthassured.wpengine.com/winter-health-tips-2/> for the full article (username: wellbeing, password: sitemindgrow11)

The nights are drawing in, and summer is miles away—and for some of us, this means misery. Seasonal affective disorder, or SAD, may affect as many as one in three people in the UK and Ireland.



Go to <https://www.healthassured.org/blog/seasonal-affective-disorder-sad/> for tips and advice for dealing with SAD



NEWSLETTER



Financial Wellbeing

We know people can feel uncomfortable talking about financial difficulties and debt.

We are also aware staff are worried about rising costs and may be struggling with their financial wellbeing.

Financial wellbeing is about a sense of security and feeling as though you have enough money to meet your needs.

It's about being in control of your finances, feeling confident about your financial future and having the freedom to make monetary choices that allow you to enjoy life.

The Local Authority have pulled together some useful resources to help with your financial wellbeing.



<https://www.brighton-hove.gov.uk/benefits-and-financial-advice/help-and-support/financial-advice>

The Talk Money Week awareness campaign ran from 7-11 November aimed at encouraging you to be more open about money with your friends and family, and help you get advice from experts if needed.



<https://www.moneyhelper.org.uk/en/family-and-care/talk-money/talking-to-your-partner-about-money>



And, don't forget you can call our Employee Assistance line on 0800 028 0199 for specialist support on a host of financial issues.

Low-Cost Healthy Lifestyle

Brighton & Hove's Health Lifestyle team have pulled together some tips to help live a lower-cost healthy lifestyle:

- Reduce the flame when boiling starts (saving 25% of fuel)
- Put the lid on saucepans- saves heat and cooking time
- Pour water from a boiled kettle into a thermos to use later
- Microwaving food is more efficient to heat up and use a slow cooker/ steamer
- Cook more than one thing in an oven or make one pot meals
- Batch cook meals and or buy on special offer and freeze
- Buy frozen or tinned, seasonal or grow your own fruit and vegetables
- Choose more pulses and lentils over meat
- Plan your meals in advance & make your own sauces and dressings
- Sign up to the healthy start scheme if eligible for free fruit, veg, and milk



Check out GREEN\Wellbeing Information and Support\Healthy Eating for tips on low-cost healthy eating during the winter months



You can contact the BHCC team for healthy Lifestyle support on 01273 294589 or email HealthyLifestylesTeam@brighton-hove.gov.uk

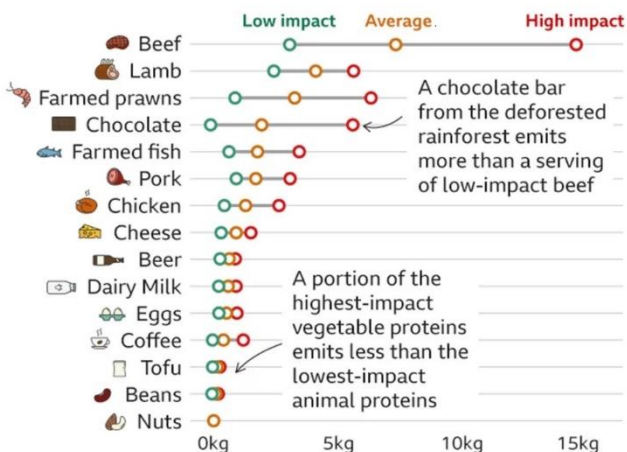




Sustainability

Following our session at inset day on 11th November, why not take a look at our Climate Action Calendar available on the Green Drive at GREEN\Wellbeing Information and Support\Sustainability to see how you can take part. First up, this January...why not take part in Veganuary? Did you know that beef has the biggest carbon footprint – but the same food can have a range of impacts?

Kilograms of greenhouse gas emissions per serving



And if you're interested in how to reduce food waste, check out the following websites



<https://www.sussexsurplus.org/> rescues fresh vegetables from local farms and turn them into healthy long life products, for and by the community



<https://bhfood.org.uk/directory-hub/surplus-food-network/> is an alliance of organisations tackling food waste by working with suppliers to distribute surplus to people in need in Brighton, Hove and surrounding areas.



<https://www.lovefoodhatewaste.com/> helps you explore simple ways to save food, save money and save our planet.



And you can find out more about what's going on across the City and how you can take part at www.ourcityyourworld.co.uk password: B&Hocow2022.

Helping Others



Following all our wonderful and varied fundraising events, we managed to raise an amazing £1,429 for [Macmillan Cancer Support](#).



At school, we've recently been collecting for the [Whitehawk Foodbank](#) dedicated to helping local people in crisis



Connecting With Each Other

We've had a great couple of months getting those competitive juices flowing through our recent Downs View Bake Off challenge and our sweepstake for the upcoming World Cup.

We're looking forward to hearing about all your fun and frolics in the lead up to the festive break.

Free App

Want to improve your sleep, stress and more? Winner of Google's best app in 2021, you can get the Balance App free for one year for a limited time.



Just go to <https://www.balanceapp.com/> to download the app

If you've got anything you want to include in future newsletters, please email wellbeing@downsview.brighton-hove.sch.uk or get in touch with Abi in the office.

