

THIRD EDITION

MENTAL HEALTH MATTERS @ HODGSON

KEY MENTAL HEALTH DATES

OUR NEXT COFFEE AND CHAT SESSIONS ARE:

12TH MARCH - 14.15- 15.00

14TH MAY- 9.00-9.45

9TH JULY- 14.15- 15.00

ALL WELCOME!



MEET THE TEAM-YEAR 10

WE HAVE SO MANY GREAT MEMBERS IN OUR TEAM THAT HELP LEAD THE TEAM ALONGSIDE MRS KING AND HELP CREATE IDEAS FOR THE FUTURE.

MEET OUR YEAR TENS

IN OUR YEAR 10 TEAM WE HAVE ELLIE, MOLLY, ELLA, KATY, MATILDA, HANNAH AND MENA-MARIE.

"WE HAVE BEEN DOING THIS FOR TWO YEARS AND ABSOLUTELY LOVE IT!"

ELLA SAYS, "I LOVE HELPING AND GUIDING PEOPLE THE RIGHT WAY,

MOLLY SAYS "I AM SO GLAD I TOOK THIS AMAZING OPPORTUNITY."

"#NOREGRET"

THE TEAM HAVE BEEN DOING WEEKLY VISITS TO YEAR SEVEN FORMS, HOPING THEY CAN FEEL MORE COMFORTABLE AND FAMILIAR WITH US. WE HAVE SHOWN THEM TO THE SAFE SPACE AND TAKEN PART IN SOME MENTAL HEALTH INSPIRED ACTIVITIES! IT HELPS YEAR 7'S FEEL MORE COMFORTABLE WITH MENTAL HEALTH AND OLDER YEARS AT HODGSON.

MENTAL HEALTH IN THE NEWS:

IN THE NEWS NEW FOOTBALL SESSIONS RAN BY THE PLYMOUTH ARGYLE'S COMMUNITY TRUST ENCOURAGE MEN TO TALK ABOUT THEIR MENTAL HEALTH IN CORNWALL. WAYNE BERRY LED THE SESSIONS WHEN SAYING "IT IS REALLY DIFFICULT AS MALES TO TALK ABOUT FEELINGS AND EMOTIONS BUT TO USE THE POWER OF FOOTBALL TO HELP BRING THEM ALONG ON THE JOURNEY". THEY ARE DOING THESE TO TRY AND USE FOOTBALL TO BREAK THE BARRIERS AND STIGMAS OF MEN'S MENTAL HEALTH.

COPING STRATEGIES -HOBBIES

DOING SOMETHING YOU ENJOY CAN REALLY HELP TO GET THROUGH TOUGH TIMES. THINGS LIKE YOUR FAVOURITE SPORT OR YOUR FAVOURITE HOBBY CAN REALLY HELP TO TAKE YOUR MIND OFF YOUR WORRIES AND ONTO SOMETHING YOU LOVE. BEING AROUND YOUR LOVED ONES LIKE YOUR FRIENDS AND FAMILY CAN ALSO HELP TO FOCUS ON THE THINGS THAT REALLY MATTER INSTEAD OF WORRYING. GO AND GIVE IT A TRY!

EVENTS IN SCHOOL

THIS HALF TERM KINDNESS WEEK MAKES A RETURN AS A WAY TO CELEBRATE THE SMALL THINGS WE CAN DO TO MAKE A DIFFERENCE.

RANDOM ACTS OF KINDNESS DAY FALLS ON FEBRUARY 17TH AND ENCOURAGES PEOPLE TO SHARE THEIR WARMTH WITH OTHERS AND WE WILL BE ASSOCIATING THIS WITH VALENTINES DAY TO CELEBRATE A FABULOUS FRIEND OR EVEN A MEMBER OF STAFF BY SENDING THEM A CHOCOLATE HEART WITH A MESSAGE. THEY CAN BE BOUGHT ALONG THE BOULEVARD FOR 50P ON THE LAST WEEK OF THIS HALF TERM.

OUR COFFEE MORNINGS/AFTERNOONS ARE PERFECT OPPORTUNITIES TO GET TO KNOW THE SUBJECT AND THE SERVICES WE USE AT HODGSON.