



Welcome back to The Healthy Lives Team's update in 2021!

The **HEALTHY LIVES TEAM** supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.

We now have a [Healthy Lives Team webpage](#) where you can find out more about the team and access Healthy Schools resources and all our archived newsletters.

Here's a selection of fun activities and helpful information for you and your family...



Tower Hamlets Talking Therapies offer free webinars for parents

Since the recent announcement of schools being closed, it has meant a lot of sudden changes for parents which can have an impact on mental wellbeing. Tower Hamlets Talking Therapies is offering two free webinars to support parents.

Managing my child during lockdown - 19th of January at 4pm

This webinar aims to look at common difficulties a parent may face when having their child at home while schools are closed and strategies to manage.

Managing my self care as a parent during lockdown - 2nd of February at 4pm

Self care can be commonly forgotten as a parent so this webinar aims to act as a refresher and reminder of the importance of self care and how to ensure parents make time for themselves.

Please note, both webinars are only available to parents who have a registered address and/or registered GP in the Tower Hamlets. The deadline to register is 24 hours prior to the day and time of the webinar.

[Register here >](#)



Mindfulness in Schools sit together

When the UK first went into lockdown last year, the Mindfulness in School Project (MiSP) launched a series of free daily online mindfulness practice sessions called '**Sit Together**'. It was heartwarming and inspirational to see so many people join via Zoom, many bringing families too.

At the beginning of another national lockdown, MiSP are pleased to confirm they are launching their third 'Sit Together' series, starting **Monday 11th January and then every weekday at 11am**, to provide support, connection and community for all.

Each 20 minute session is suitable for complete beginners, providing an accessible 'taster' for those who are new to mindfulness, as well as an opportunity to practice for those who have more experience of mindfulness.

[Find out more >](#)



The Alphabet game is a great way to get children talking

With children using a lot of electronic devices, it is important for them to take regular screen breaks. This simple game is an effective way to get your children talking.

Begin a conversation on a topic such as 'school', then challenge the children to go through the alphabet and think of a word that starts with each letter. For example **A**: algebra, **B**: basketball, **C**: clock, **D**: desk, and so on.

You can then use any of the answers to spark further discussions, by asking open-ended questions about that word.

[Have fun >](#)



Pure Gym free instructor led classes

Pure Gym have made their app free. After registering you will have access to over 400 free on demand workouts; ranging from legs, kettlebells, outdoor workouts, cardio and a martial arts inspired calorie burner! The app also includes strength, vinyasa and power.

[Get exercising >](#)

PLEASE FORWARD TO ALL TEACHING STAFF



The Healthy Lives newsletter archive

If you are looking for fun and health related activities to support your online learning for pupils, why not access The Healthy Lives Team's newsletter archive? There is a wealth of ideas for short, fun and health related activities from April 2020 until now.

If there is anything you would particularly like to see in the weekly staff newsletter on a Wednesday, or the newsletter for families on a Friday, please contact The Healthy Lives Team by emailing sultanax.begum@towerhamlets.gov.uk.

[The Healthy Lives newsletter archive >](#)



Free Headspace for educators

Headspace offers free access to Headspace for educators (teachers and support staff) in the UK. This includes hundreds of guided meditations, sleep sounds and inspiring videos. The mindfulness app has been designed to support teachers and their students through this time of uncertainty.

Research shows that 30 days of meditating with Headspace can lower stress by 32% and 40 days of meditating can increase resilience by 11%.

[Access offer >](#)



Spring term free training offer

Taking care of your wellbeing during Covid-19

Wednesday 20th January 2021 - Time: 2 - 3pm (school staff only)

Led by Tower Hamlets Educational Psychology Service, this staff wellbeing session is open to all schools, nurseries, colleges, and alternative provisions in LBTH. It is open to staff working at all levels in their organisation.

At a time when you are working hard to keep Tower Hamlets children in education, we hope you can take this time to look after yourself.

Please email sultanax.begum@towerhamlets.gov.uk to book your place.

Understanding anxiety and low mood. How do we talk about mental health?

Friday 22nd January - Time: 10-11am (school staff only)

This session aims to provide an introduction to anxiety and low mood, in the context of wider mental health difficulties. How might we approach this within a school setting, in particular how might we talk to colleagues and young people about difficulties that they might be experiencing?

Please email sultanax.begum@towerhamlets.gov.uk to book your place.

PAPYRUS/Thrive LDN suicide prevention

Wednesday 10th February 2021 - 11.30am – 1pm (school staff only)

Through open and honest talk, the sessions aim to increase awareness of the prevalence of young suicide and aim to break stigma and taboo surrounding suicide.

[Book here >](#)

Sleep and mental health

Thursday 11th February 2021 - 10 – 11am (school staff and parents only)

The Healthy Lives Team will be hosting a free online webinar which aims to provide staff and parents with practical, easy to understand knowledge about sleep, interesting facts and a range of strategies and tips to take away and apply that very same evening.

The webinar will cover topics such as the importance of sleep, identifying barriers to sleep, sleep cycles, routines and much more.

Please email sultanax.begum@towerhamlets.gov.uk to book your place.



Violence Against Women and Girls (VAWG) schools pledge

Schools are crucial to reducing and supporting students, parents and staff experiencing Violence Against Women and Girls (VAWG). Despite a gender bias of women and girls being affected, we recognise that men and boys are also victims of these forms of abuse.

The London Borough of Tower Hamlets' VAWG team have developed a VAWG pledge. For schools to sign up to the pledge and be recognised as an 'Anti-VAWG' school is a crucial step to ending this abuse. There is a dedicated officer to help you implement the objectives.

If you are interested in learning more, please email vawg@towerhamlets.gov.uk or phone **020 7364 6636**.

[Find out more >](#)

New domestic abuse advocacy in Tower Hamlets

Tower Hamlets Solace Advocacy and Support Service (TH SASS) are the new provider of domestic abuse advocacy in the borough. TH SASS will provide one to one advocacy for victims and survivors of domestic abuse living in Tower Hamlets of any gender who are aged 16+.

Solace are open Monday to Friday from 9am until 5pm and can be contacted by professionals and residents on 0203 795 5064. For out of hours please phone the National Domestic Abuse Helpline on 0808 2000 247.

For any further information, please email towerhamlets@solacewomensaid.org.

[Referral forms >](#)

[Further information >](#)



Free training session on Kooth for children and young people

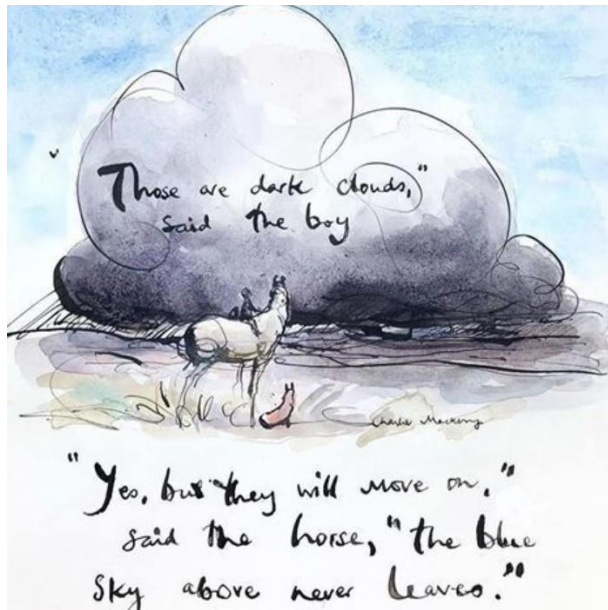
Kooth offers free, safe and anonymous support to children and young people. The online mental health and wellbeing support service is available in Newham, Tower Hamlets and Waltham Forest.

To give you more information about Kooth and the service it provides, the team at Kooth have arranged a free training session. The session will take place on **Friday 15 January, from 11am-12noon**. There is no password for this session.

[Kooth training session >](#)

[Find out more about Kooth >](#)

And remember...



"Those are dark clouds," said the boy. "Yes, but they will move on," said the horse, "the blue sky above never leaves."

"The Boy, the Mole, the Fox and the Horse", Charlie Mackesy



The Healthy Lives Team

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at school, work, or at home.

Please feel free to share this email.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.