

Take Notice of your community



Learning outcome: How can being part of our society and community help with mental health and wellbeing?



Wellbeing

On 6th February this year Her Majesty The Queen became the first British Monarch to celebrate a **Platinum Jubilee**, marking **70 years of service** to the people of the United Kingdom, the Realms and the Commonwealth.



To celebrate this we have a four day UK bank holiday weekend from Thursday 2nd to Sunday 5th June which will include **public events and community activities**, as well as **national moments of reflection** on The Queen's 70 years of service.





On the news?

In Birmingham?

Discuss: What signs/symbols related to the Jubilee have you noticed ?

*In your local
area?*

In school?

How can the Jubilee celebration help with wellbeing in our society?

Force of Nature is regional, 2 year project being launched in June 2022 to celebrate the Queen's Jubilee. Across the North East we'll be **hosting regular woodland wellbeing events for women to support their wellbeing.** Through this project we'll be **working with women facing mental health challenges, reconnecting to nature and connecting to a supportive and inspirational community** of women.

Blondel Cluff CBE, Chair of The National Lottery Community Fund, said: "It is encouraging to see that this momentous occasion will help unite people and communities across the UK, particularly after facing the challenges of the pandemic. Thanks to National Lottery players we have been able to support events and projects across the UK to celebrate the Platinum Jubilee. These will help bring people together and create further opportunities for communities to connect, strengthen and thrive – we are delighted that people are excited about taking part and look forward to seeing a wide range of communities getting involved."

some of the impacts of community-level events have promising evidence that they can **improve social relations, community cohesion, community pride and engagement** in civic activity.

A street in Blackpool is set to raise the bunting and celebrate in style to mark the Queen's Platinum Jubilee and support local children's hospice care.

• £5 Million in Funding for Nature Projects to Mark Queen's Platinum Jubilee. The National Lottery Heritage Fund is partnering with The Wildlife Trusts to deliver a Platinum Jubilee legacy investment, which will support around 200 new groups across the UK to identify and implement local action in their communities. The joint initiative, **Nextdoor Nature**,

- **Sport England's** The Queen's Platinum Jubilee Activity Fund aims to use sport and physical activity as a means of bringing a community together and tackling inequalities via awards of between £300 and £10,000 from a pot of £5 million of National Lottery funding. **Apply now, applications accepted until pot is spent. PLEASE** make sure that your application meets their criteria.



Discuss: How do society events like the Jubilee and Commonwealth games (key historical moments) help communities feel connected and help Mental Health?



Being part of a community can have a **positive effect on mental health and emotional wellbeing**. Community involvement provides a **sense of belonging and social connectedness**. It can also offer **extra meaning and purpose to everyday life**.





What community events have you participated in, in school?

What community events have you participated in, in your local area?

Evidence has also shown that people with lower wellbeing report the biggest increase in their life satisfaction when volunteering for different events.

How are you getting involved in the Queen's Jubilee celebrations or the Commonwealth Games?

What more could you do to help with your wellbeing?

In school: tutor, trusted adult, SSS,
Report it button on website.

Outside of school:

Locally, Forward Thinking Birmingham offer support for people aged 0-25years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

Nationally Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

Nationally, Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

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Wellbeing

You can also go onto the Arthur Terry school website – Wellbeing tab and click on ‘Report a Concern’

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

Are you worried about something or someone?

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing

- Exam Support
- Information and Support directory
- MINDFULNESS
- Parent support
- Student Support Services
- Virtual Wellbeing Board
- Weekly Wellbeing 2020
- Weekly Wellbeing 2021
- Working Healthily At Home