

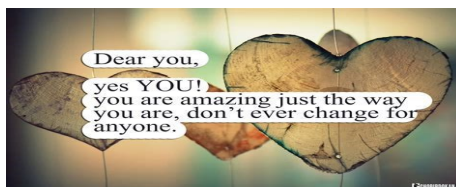


T&L Times

Well Being Edition 4— 26th June 2020

Welcome

With it due to having been our well being week in schools during this week we wanted to use this opportunity to say a massive thank you for everything that you do to support our pupils and each other in school. Our edition this week is all about you and finding ways to reward yourself for being the amazing person you are.



Magical Medway

With things starting to get a little bit back to normal why not go out for a day trip. Below are the top five trips you may want to take in and around Medway: (All trips subject to opening post Covid-19)

1. [Call the Midwife Tour in Chatham](#)—For fans of the TV show "Call the Midwife," you won't get closer to the action than with this guided walking tour. In the company of your very own 'midwife,' you'll explore exterior filming locations at London's Historic Dockyard Chatham; go behind the scenes, and see an exhibition of original costumes and props from the popular BBC show. = £26
2. [Discover Charles Dickens Rochester](#)—This is our most popular walking tour because, if there is one literary name associated with Rochester, it is unquestionably.... CHARLES DICKENS. The town is littered with locations and names which Dickens drew on for inspiration throughout his career, featuring many of them in his fifteen novels, five novellas and hundreds of short stories, most notably 'The Pickwick Papers', 'Great Expectations', 'The Seven Poor Travellers' and his last – and unfinished – work, 'The Mystery of Edwin Drood'. Join us for an entertaining tour around all the key sites, and learn more about the man himself and how he became the highest earning author in the WORLD at the time of his death in 1870. = £7.63
3. [Arethusa Climbing Centre](#)—Arethusa Climbing Centre has been cleverly designed with routes for beginners that will get them familiar with climbing techniques and more demanding options to challenge more experienced climbers. Disabled groups and wheelchair users are very welcome! = beginner session £15 and family taster = £35
4. [Royal Engineers Museum](#)— Royal Engineers Museum tells the story of the Corps of Royal Engineers from their military exploits to their contributions to nations around the world. = Adults: £8.80 / Kids: £4.40 / Concessions: £7.00 and Family (2 adults, 2 kids): £23.50
5. [Fort Amherst](#)—At Fort Amherst, accompanied by your guide, with a lantern, you will hear tales of the mysterious and sinister happenings at the Fort. Over 300 years of military history with an amazing network of underground passageways, historic buildings and gun emplacements all set in 20 acres of beautiful parkland.—Adults: £5.00 / Kids (under 16): £3.00 Concession: £3.50

Five Fantastic Free and Fun Filled

Wanting to get outside and enjoy the weather but not break the bank in the process? Well below are our five fun things to do to unwind and improve your well being. Click on each title to get further information:



[The Beaney House of Art & Knowledge](#)

Set in the heart of historic Canterbury The Beaney is home to some of Kent's finest collections. From the original Bagpuss with some of the original tv scripts to the impressive sculptures of The Magna Carta Barons, with so much history waiting to be discovered a day at the museum never looked so intriguing.



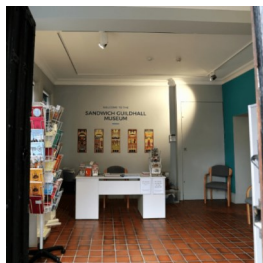
[Turner Contemporary](#)

Explore cutting edge artwork with the backdrop of the beautiful seaside town of Margate. With a very exciting year ahead of Turner Contemporary it is time to head to the seaside and explore the award winning artwork. After a day at the gallery you can enjoy an afternoon walk along the beach, where you can spot the magnificent Antony Gormley sculpture hiding in the sea. *Art lovers' dream...*



[Crab and Winkle Way](#)

Dig the bikes out from the shed and get ready for a bike ride adventure, from Canterbury to Whitstable (or vice versa). Ride along the old railway line that once ran between these two beautiful locations in the early 19th century, once of the first to be built in Great Britain. This seven-mile route is just waiting to be explored. *Ready, set... GO*



[Sandwich Guildhall Museum and Archives](#)

Discover one of the most celebrated documents in history – The Magna Carta and its sister document – The Charter of the Forest dating from 1300. Not only can you see this astonishing part of history, they also have fantastic temporary collections celebrating the history of Sandwich all for free. So why not head out today and learn a new thing or two? *Discover Kent's history...*



[Lower Leas Coastal Park](#)

A true hidden gem here in Kent is the wonderful Lower Leas Coastal Park in Folkestone. Begin your journey walking through the beautiful gardens and smelling the fresh flowers. Then a visit to the largest free adventure play area in the south east, perfect to keep the kids entertained. Family fun day out...

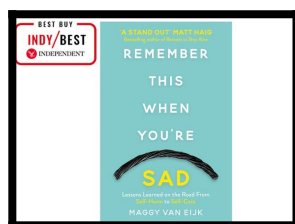
All places featured come from the following website:

<https://www.visitkent.co.uk/visit-kent-blog/free-things-to-do-in-kent/>

The website also has lots of other great days out including: 10 hidden gems; 10 family days out; 11 rainy day ideas; dog friendly walks and Kent's blue flag beaches to name just a few.

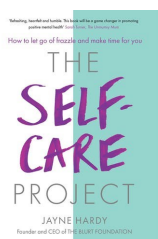
Remarkable Reads

If you like nothing better than finding a quiet corner and sitting down for a read then our fabulous four well being reads might be something for you to explore:

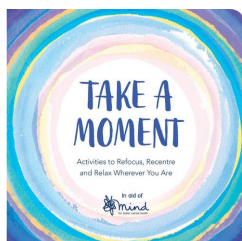


Funny, irreverent and unflinchingly honest, *Remember This When You're Sad* is both a memoir and a vital self-care manual. Writer and social-media editor Van Eijk, in her words, turns her brain inside out on the page. She shares her own story of lifetime suffering with mental-health issues – including depression, anxiety and borderline personality disorder – and pairs it with pragmatic advice for those facing similar issues.

The book is divided into 15 digestible chapters with to-the-point heads, such as “remember this when you're scared of your own brain” and “remember this when you can't stand your own body”. What follows is razor-sharp prose that reads like advice and anecdotes from a trusted friend.

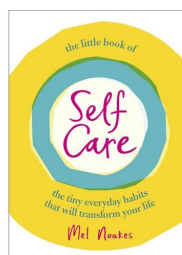


The Self-Care Project busts the myth that self-care is “selfish”, presenting it instead as imperative for our overall health, happiness and wellbeing. It's written by someone who knows firsthand the impact of neglecting self-care. Jayne Hardy is the founder and CEO of mental health charity [The Blurt Foundation](#) and depression, as she writes in an early chapter, “gobbled up most of her twenties”. It was being unable to undertake “the most basic acts of self-care” – she lost a molar as she “didn't feel worthy enough” to brush her teeth – that led Hardy to set up her foundation and ultimately write this self-care handbook.



Described as a “self-care companion”, this colourful guide was created in partnership with mental health charity Mind, and all the proceeds go to the organisation.

Affirming quotes are peppered throughout, including Aristotle's “knowing yourself is the beginning of all wisdom”. This sets the tone of the book, which is about developing your own methods for managing stress and anxiety – or discovering “simple everyday things you could do to care for yourself”.



Pretty and pocket-sized, *The Little Book of Self-Care* crams an impressive amount of information into some 200 pages. Mel Noakes, an NLP (neuro-linguistic programming) practitioner who has gained recognition as the Self Care Coach, begins with her personal story: she suffered with an eating disorder, low self-esteem and a “fundamental lack of self-care”, before she finally learned how best to look after herself.

Click each picture to go to where you can purchase the book
(remember other book shops may also sell these books at a cheaper price)

Regular Reminder

As part of the Trust we buy into the **Care First Package**.

How do I use the service? The service is free of charge for you to use and you don't need to ask your manager to use Care first, just call **0800 174319** and you can speak to a professional counsellor or information specialist in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online.

Digestible Documents

Courage; Respect; Integrity; Kindness; Responsibility.

'Well-being is a state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.'

The Foresight Report: The Government Office for Science: 2008.

In a word, well-being is Flourishing.

1. Physical health.

Physical health is the foundation of well-being. Get regular exercise: not exercising is like taking a depressant; there is also interesting evidence showing that exercise leads to creativity and increased learning.ⁱ Get the right amount of sleep each night: adults need around 8 hours, children often need more. Dreaming helps us to cement learning and make sense of our experiences. The body re-builds itself whilst we sleep. Eat well: pay attention to the glycaemic index and get at least 5 portions of fruit and vegetables a day.

2. Mindfulness.

Mindfulness is non-judgemental, deliberate awareness of the present moment. In practice, it usually involves simply sitting and keeping our attention on one thing, and gently bringing it back when our attention wanders. Many things can be used as a focus for mindful attention: the breath, walking, eating, sounds around us, washing the dishes. Mindfulness is an extremely effective treatment for depression and is prescribed by the NHS. Regular mindfulness practice has also been linked to increased positive emotion, increased learning, better ability to delay gratification and improved sleep.

3. Be present with others.

Relationships are central to our well-being and being present is central to successful relationships. Make sure you are attentive to others; listen and don't be distracted by others around you, or by communication devices. Respond constructively to what others tell you, build on what they say. Don't look for the cloud in the silver lining, or overpower someone else's good news with a better story of your own.

4. Forgive.

To forgive another person when they harm us is one of the greatest things a human can do and it is strongly linked to well-being. As Desmond Tutu says: "Forgiveness gives us the capacity to make a new start...and forgiveness is the grace by which you enable the other person to get up, and get up with dignity, to begin anew...In the act of forgiveness we are declaring our faith in the future of a relationship and in the capacity of the wrongdoer to change." Distinguish between what people do and who they are and see mistakes as opportunities to learn.

5. Give.

Altruism (giving and expecting nothing in return) can be a greater generator of a sense of well-being than anything else. Practise random acts of kindness to

strangers and look for opportunities to make a positive impact on the lives of others. Volunteer for local projects to help others: don't just send money to far-away places: get involved in making a difference nearby to people that you know.

6. Challenge unhelpful thinking.

Start to notice the interior commentary in your head. Our thinking directly affects how we feel and what we do. Notice when your thinking becomes unhelpful to you and try to challenge unhelpful thought patterns with evidence. Notice when you fall into thinking traps like jumping to conclusions, character assassination and mind-reading and try to see the situation you are in from a different perspective: better still, try to see the facts of a situation, rather than just your own perspective on them.

7. Work with strengths.

Take the VIA character strength test on-line^{vii}. Find out your character strengths and find ways of putting them into action in your life. When we play to our strengths we feel a deeper sense of meaning and purpose and more sense of connection. Start to notice when other people use their strengths and let them know. Remember that talents are built up through practice and well-intentioned effort^{viii} and avoid the fixed mindset^{ix}: you really can teach old dogs new tricks. The brain is constantly capable of new learning, right up into old age. ^x Try something new and challenge yourself.

8. Be aware of consumerism.

Notice the consumer messages in the world around us and become critical of them. Beware of the drive to consume conspicuously and 'keep up with the Joneses'. Distinguish between wants and needs; consider our impact on the planet and think about the resources we needlessly consume; remember that good is good enough and that the pressure to constantly have the best is an illusion created in marketing departments.^{www.lifesquared.org.uk}^{xi} Be suspicious of messages about superficial perfection and body-image.

9. Appreciate what's right.

Instead of looking for problems, appreciate what's right in the world around you and draw other peoples' attention to it.^{xii} If you notice a problem, suggest a solution to it rather than just pointing out the problem.

When thinking about change, don't start with the problems: assume that you have experienced optimal functioning in the past; call to mind stories of things at their best and use them to learn from and make changes for the better.

10. Meaning and purpose.

Even the lowliest, most menial and most trivial jobs have a meaning and have importance. To ascribe meaning to everything we do enables us to connect with our actions and derive a renewed sense of enjoyment from them. Much of our well-being rests on being able to see meaning and purpose in what we engage in. There is no more eloquent expression of the individual search for meaning and purpose than 'Man's Search for Meaning' by Viktor Frankl.