



# Adult Learning Kirklees

## Health & Wellbeing Guidance 2022-2024

Adult Learning Kirklees is part of Kirklees Council and as such follows all KC policies, procedures and guidance.

All policies will be reviewed annually by the ALK Advisory Board unless there are in year changes required according to legislation or policy change.

Providers will be made aware of any new policies or changes to inform and amend their own policies and guidance. Policies highlighted will need to be devised, reviewed and revised by the provider annually.

Policies created by: Jeanette Palmer Nina Barnes	Date Created: July 2022	Date of Renewal: July 2024
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Kirklees Council provides many services to help people stay fit and healthy, our provision forms part of that offer to residents. We want learners on our provision to feel supported and motivated to improve their health and wellbeing through attending our courses and from the additional support and guidance we can offer or signpost to. This guidance is for learners and staff to reflect on and use to promote health and wellbeing.

Good mental health is important to everyone. Leading a life with good mental health and wellbeing also supports in having better physical health. Emotional health or mental wellbeing is about how you are feeling and how well you can cope with your day-to-day life.

Whatever your background or your interests, we all have one thing in common. We want to stay healthy and feel good, both physically and mentally. It's difficult to make the most of life otherwise. People who feel happy, valued and motivated will feel positive about their life.

Out in the community, many people take part in hobbies, live active lifestyles or give their time as volunteers - enjoying life, feeling well and healthy. By encouraging family and friends to build these ideas into their daily routines we can all feel well, healthy and add quality to life. Importantly, mental health and well-being is as important as physical health; feeling good is a really key part of being healthy.

There are some helpful things you can do to improve your health and wellbeing:

### **Connect**

- Connect with the people around you.
- With family, friends, colleagues, and neighbours.
- At home, work, school or in your local community.
- Think of these as the cornerstones of your life and invest time in developing them.
- Building these connections will support and enrich you every day.

### **Be Active**

- Go for a walk or run.
- Step outside, cycle.
- Play a game.
- Garden.
- Dance.
- Being active makes you feel good.
- Discover an activity that you enjoy and one that suits your level of mobility and fitness.

## Take Notice/Be Mindful

- Be curious.
- Catch sight of the beautiful.
- Remark on the curious.
- Notice the changing seasons.
- Savour the moment.
- Be aware of the world around you and what you are feeling.
- Reflecting on your experiences will help you appreciate what matters to you.

## Keep Learning

- Try something new.
- Rediscover an old interest.
- Sign up for a course.
- Take on a different responsibility at work or in life.
- Learn to play an instrument or to cook your favourite food.
- Set yourself a challenge you will enjoy achieving.
- Learning new things will make you more confident as well as being fun.

## Do something nice for a friend or a stranger.

- Thank someone.
- Smile.
- Volunteer.
- Join a community group.
- Look out, as well as in.
- Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with people around you.

## Mental health online self-help options

There are also self-help options to help you overcome the difficulties you're facing.

- View and download a wide range of mental health [self-help leaflets](#).
- [My Health Tools](#) offers support if you need help and advice with anxiety and depression.
- [Every Mind Matters](#) is an NHS support tool for a wide range of mental health issues.
- [NHS Moodzone](#) has information about coping with stress, anxiety, depression and the ups and downs of life.
- [Mind](#) is a mental health charity who can give information, advice and support on a huge range of mental health topics.

- The [Mental Health Foundation](#) is designed to give you more information about your mental health and help you to look after your own mental health.
- [Money and mental health](#) is an independent charity, committed to breaking the link between financial difficulty and mental health problems.

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## **Coronavirus (COVID-19) Tips and advice on managing anxiety and maintaining good mental health and wellbeing**

- [Looking after your mental health during the coronavirus outbreak](#)
- [Coronavirus and your wellbeing](#)
- [NHS Every Mind Matters](#)
- [Information in other languages](#) includes mental health advice in Polish, Punjabi, Romanian and Urdu.
- Working Together Better Partnership (WTB) - the voluntary sector WTB partners have released their [latest newsletter](#) to support you through the current period.
- [S2R](#) - one of the WTB partners have a series of wellbeing activity packs offering you different tips, tricks and activities to help you through the lockdown period.

### **If you need support/ links:**

- [COVID-19 Community Response](#)
- For help with benefits, housing, getting food and medication or if you are concerned about your wellbeing, feeling socially isolated or are at risk of domestic abuse, phone [07562252940](tel:07562252940) (7 days a week, 8am to 8pm) for help and information.
- [Kirklees Peer Led Brokerage Service](#)
- [24-hour mental health helpline](#)