

<https://reading-well.org.uk/>

Welcome to edition Ten of our Oasis Wellbeing newsletter.

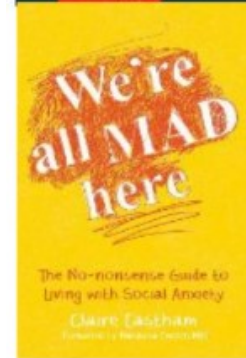
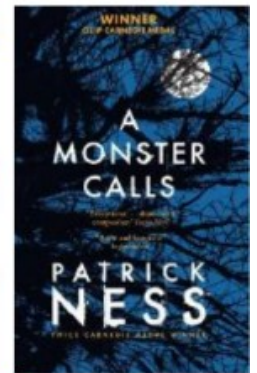
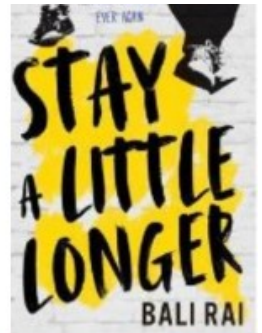
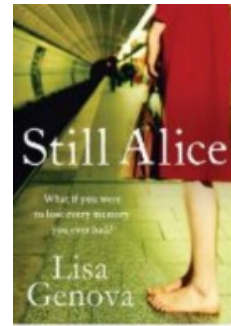
We are in the middle of exam season at the moment and wish all our year 11's well during what can be a very stressful time of year.

We have some recommended 'Shelf Help' in this edition as it is a great resource to help you manage your health and wellbeing using helpful reading.

The books are chosen by health experts and people living with the conditions covered. People can be recommended a title by a health professional or they can visit their local library and take a book out for free.



Take care you yourselves and as always we hope some of the information in the newsletter will help!



Some of the topics included:

- Managing feelings
- Neurodiversity
- Body image
- Bereavement
- Social anxiety
- Confidence
- Sexuality
- Gender identity
- Mental health

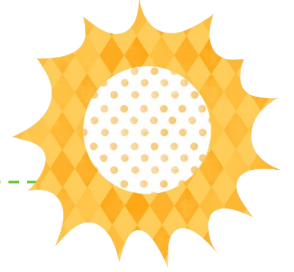
2.6 million Reading Well books have been borrowed from libraries and 91% of people surveyed found their book helpful.



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## Self Care Sunday Tips

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**Play relaxing music**

**Do something creative**

**Have a nice warm drink**

**Prepare for Monday (pack up lunch/get clothes ready etc.)**

### **SELF CARE SUNDAYS**

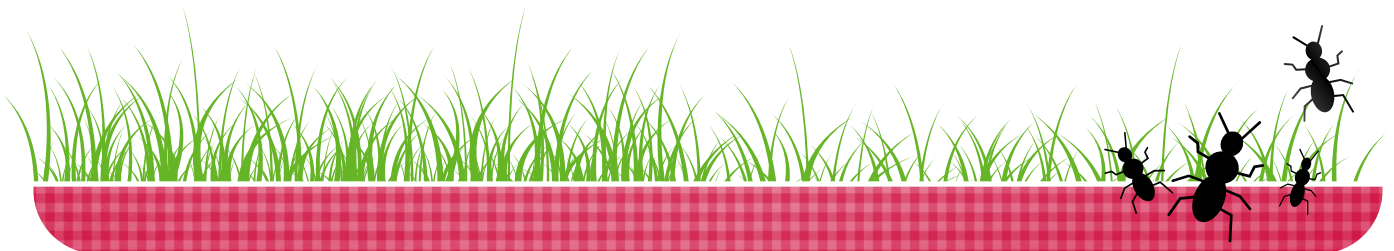
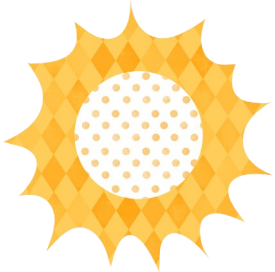
**Some ways to help with those Sunday evening blues**

**Have a warm bath or shower**

**Read your favourite book or watch your favourite TV program**

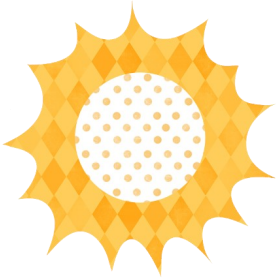
**Take part in relaxing exercise such as a walk or yoga**

**Plan the week ahead**





29th May



### Ingredients

225g soft butter

110g caster sugar

275g plain flour

(Optional ingredients)

1tsp cinnamon

75g chocolate chips

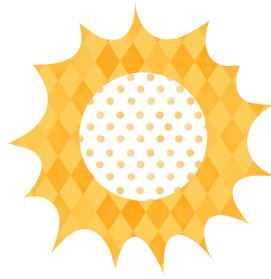


## Easy Peasy Biscuits Recipe

### Method

1. Heat oven to 190 degrees (fan oven 170)
2. Cream butter and add sugar until mixture is light and fluffy
3. Sift in flour, adding in optional ingredients if you're using them
4. Bring the mixture together with your fingers to form a dough
5. Roll the dough into small balls, placing on an ovenproof tray lined with baking paper
6. Cook for 10—12 minutes until golden
7. Leave to cool for 15 minutes before tucking in!





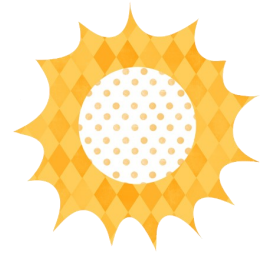
## What is on this Half Term?

### MAY HALF TERM

<b>TUE 30TH</b>	Years 7 & 8 Drop In - 10am - 2pm With sports & games and milkshake bar	Stowmarket
<b>WED 31ST</b>	Detached starting at Pikes Meadow From 12pm	Stowmarket
<b>THU 1ST</b>	Years 9,10 & 11 Drop In - 10am - 2pm With sports & games and milkshake bar	Stowmarket
<b>THU 1ST</b>	Drop In Lates - ages 16 to 19 - 4pm - 6pm With milkshake bar	Stowmarket
<b>FRI 2ND</b>	The Mix Hut Drop In - Years 7 to 11 - 10pm - 2pm Outdoor sports and milkshake bar	Needham Market





## Things To Do This Half Term

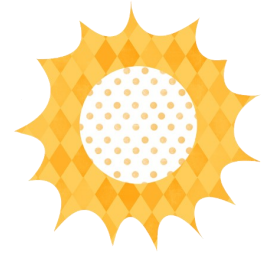


Nestled amongst spindly pine trees, High Lodge in Thetford Forest offers everything from walking trails, adventure golf to archery and the zip-lines and high rope courses of **Go Ape!**

With a café on site, there's something for everyone amongst the beautiful woodland.

Open 7 days a week, Jimmys Farm & Wildlife Park has a huge variety of animals, from pigs and sheep to camels and crocodiles! Look out for **The Stonham Truck Show** too, which will be taking place at Jimmy's between 27th & 28th May!





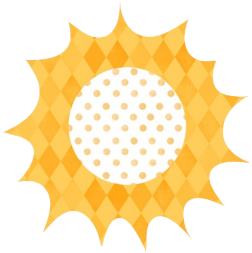
## Well Being Apps



**Suitable for:** ages 12+

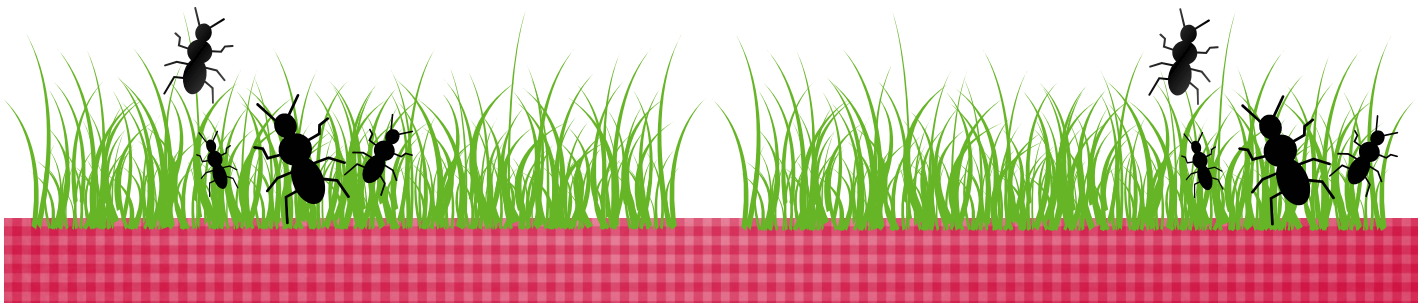
**How does the app work?**

**MindDoc**, formerly Moodpath, lets users log their mental health and moods in real time. Over time, the app allows users to recognise patterns and pinpoint triggers. There are also a variety of courses and exercises to help users learn more about emotional wellbeing.



### Clear Fear

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. threat as well as changing thoughts and behaviours and releasing emotions.







## National Growing for Wellbeing

Week 2023 June 6— June 12

Approximately 1 in 4 people in the UK will experience mental ill health each year. There is strong evidence highlighting the health benefits of gardening and GYO in particular, including improved confidence, communication, concentration and ultimately self-belief.

Gardening improves mental health, enables better physical health, provides an opportunity to connect with others, acquire new skills and enjoy the great outdoors.

After all, It's not what you grow, it's how YOU grow.

For ideas on what to buy, feel free to visit:

<https://gardeningforkids.co.uk/collections/growing-kits>

