

Tower Hamlets Healthy Lives update



5 March 2021

PLEASE FORWARD TO YOUR TEACHING STAFF and PARENT CONTACTS

The Healthy Lives Team Families update contains helpful information and activities for your whole school community

This is the FAMILIES newsletter from The Healthy Lives Team.

Each Friday we share relevant information, activities and resources to support your ongoing health and wellbeing.

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.



Stress Management for parents

Due to the constantly changing situation with the pandemic, it is an uncertain time for us all. This can lead to a build-up of stress causing us to feel low and have other distressing emotions.

This **FREE** stress management webinar delivered by Tower Hamlets Talking Therapies is on **Tuesday 9th March at 4pm.**

It will look at understanding stress better from a parent's perspective and looks at the psychological education behind stress. It will then cover pro-active strategies to try out at home to support parents with their current stressors. Please note, this webinar is only available to parents who have a registered address and or are registered with a GP in the borough.

[Register here >](#)



Suicide prevention overview training for parents

Through open and honest talk, this FREE session on **Tuesday 23rd March 2021 from 11.30 – 1pm**, aims to increase awareness of the prevalence of young suicide and aims to break stigma and taboo surrounding suicide. The key objectives are:

- To become more aware of the prevalence of suicide
- To examine personal and societal beliefs around suicide
- To understand PAPYRUS beliefs around suicide
- To consider how we can all contribute to a suicide safer community

This session will encourage parents to consider the question 'should we talk about suicide?' uncovering attitudes and beliefs around this question in order to shatter the stigma that can surround suicide.

[Register here >](#)



Raising happy babies

Tower Hamlets Talking Therapies are running a free six week psychology course for parents on raising happy babies. This course will help parents to:

- Learn about your baby's emotional development/ bonding
- Look after yourself as a new other
- Adjust to the transition to life with your baby

Sessions will be held virtually starting **Wednesday 24th March**. Please call **020 8475 8080** or email th.therapists@nhs.net.

To register for the group you must be a resident or have a GP in Tower Hamlets, be a first time mother and have a baby under 6 months.



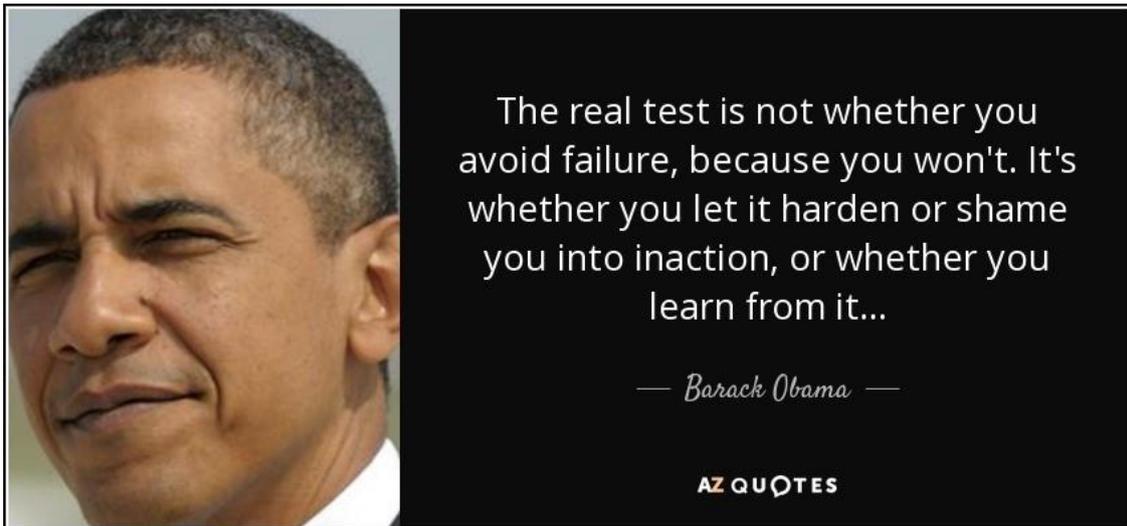
BBC Arts culture quarantine

BBC Arts welcomes you to learn at home with a series called Culture Quarantine. The series hosts a range of amazing artists who take you into their studios and workshops for bespoke masterclasses.

Suitable for Key Stage 4 and parents, masterclasses include the music composer, pianist and presenter Jools Holland sharing his love of the piano and Oscar-nominated actress Cynthia Erivo, who gives a singing masterclass.

[Learn at home >](#)

And remember...



"The real test is not whether you avoid failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it..."

Barack Obama



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.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



Subscribing to this newsletter

Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

www.towerhamlets.gov.uk/signup

Take care, The Healthy Lives team at London Borough of Tower Hamlets.

Useful links

- [Latest government advice](#)
 - [NHS coronavirus advice](#)
 - [NHS 111 online coronavirus service](#)
 - [Tower Hamlets coronavirus advice and support](#)
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Did you know that Tower Hamlets offers other email newsletters to keep you up to date on a variety of topics?

[See the list and sign up!](#)
