Cupcake Day -

Alzheimer's Society

Weekly Wellbeing



Buckinghamshire

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges! We hope you enjoy reading - Bucks Mind CYP Team

Summer Plans

Summer may be looking a bit different this year; social distancing, travel restrictions and lots of the usual amusements and attractions remain closed.

You might like to take this opportunity to create a summer family bucket list of activities we still can do and those things that we have never gotten around to startina!



Tips and Ideas

- If there are things that we cannot do currently e.g. visiting Indi a, see if you can re-create some of these experiences e.g. burning incense, cooking Indian cuisine, learning about the culture etc.
- List local places you've wanted to visit e.g. for a walk in nature
- Think about the things you wanted to do when you were a child. E.g. building a fort, choreographing a music video
- Is there a new skill you would like to learn? A hobby you would like to start as a family? E.g. Bike riding, baking, craft...

Please complete our brief feedback survey:

Name the Summer Flower

Answer at the bottom of the page



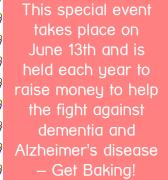




Quote of the week



Quiz answers: Clematis, Hydrangea, Snapdragon





https://www.alzheime

rs.org.uk/cupcake-

day/get-involved

The Equality and Human Rights Commission (EHRC) has announced that it will launch an inquiry into "longstanding, structural race inequality in Britain".



The coronavirus pandemic and subsequent lockdown has led to a 200 per cent surge in cycling in the UK



Weekly Wellbeing



Mojito Mocktail

Ingredients

1 tbsp sugar small bunch mint juice of 3 limes soda water



- Muddle the sugar with the mint leaves using a pestle and mortar (or use a small bowl and the end of a rolling pin/wooden spoon).
- 2. Put a handful of crushed ice into 2 tall glasses.
- 3. Divide the lime juice between the glasses with the mint mix.
- 4. Top up with soda water or lemonade.

Optional – add some apple juice

Enjoy!

Black Lives Matter. Black Mental Health Matters.



Mind believes Black Lives Matter

In mental health there is a huge disparity in how black people are listened to and supported at every level.

Black people are four times more likely to be detained, and more likely to be restrained and isolated under the outdated Mental Health Act. This weekend marks 18 months since the Mental Health Act review - and we are still waiting for the UK Government to make vital changes.

At Mind, we have campaigned alongside the most marginalised and discriminated against. We also recognise the white privilege inherent in our own organisation and we are committed to addressing this. We won't give up until everyone experiencing a mental health problem gets support and respect. We know there is a lot of work to do and we will fight for everyone.



Information, Support and Advice

Free access to SilverCloud's online CBT platform, providing online self-help programmes. This offer is available for at least 4 months, and for the duration of the Covid-19 national response, so this will be reviewed and potentially extended if needed.

- Please go to: https://mind.silvercloudhealth.com/signup
- Use the PIN 'BUCKS' when you set up an account.

You can download Silver Cloud via the Play Store for use on your phone, and you can also use it in a web browser on a PC. Please note, you'll need to create a different username and password for each programme you sign up to, but your email address can remain the same.