

Be Relaxed

July Edition



☀️ School's Out... Time to Recharge! ☀️

As another busy school year comes to an end, summer offers a valuable opportunity for children, young people, families, and school staff to rest, reset, and focus on wellbeing.

At Be You, we'd encourage everyone to take time over the summer holidays to do things that help them feel happy, healthy, and connected. Whether you're planning adventures, staying local, keeping active, spending time with loved ones, or simply enjoying a slower pace, these moments can help everyone return to school feeling refreshed and ready for a new year.



What is Self-Care?



Self-care means taking time to look after your physical, emotional, social, and mental wellbeing. It doesn't have to be expensive, time-consuming, or complicated. Small, consistent actions can make a big difference. Think of self-care as recharging your batteries. Just like our devices need charging, we need regular opportunities to rest and recover too.



The Five Ways To Wellbeing



The NHS-endorsed 'Five Ways to Wellbeing' are based on research showing that these simple actions can support positive mental health and wellbeing.

Stay Connected

Meet friends when you can.
Call or message someone you care about.
Spend quality time with family.

Take Notice

Look for five things you can see, hear, or feel.

Notice nature around you.
Practice mindfulness or simple breathing exercises.

Keep Learning

Read a book.
Try a new hobby.
Learn a new skill such as baking, drawing, or gardening.

Move Your Body

Go for a walk, bike ride, swim, or play outside.
Dance to your favourite music.
Join a local sports or activity club.

Be Kind

Help at home.
Check in with a friend.
Do something thoughtful for someone else.



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Create Your Own Summer Wellbeing Menu



Why not create your own summer wellbeing plan by selecting activities from each of the Five Ways to Wellbeing? Use our ideas as inspiration and add your own activities that you enjoy and that help you feel good.

 Connect	 Be Active	 Take Notice	 Keep Learning	 Give
Call a friend	Go for a walk	Watch a sunset	Read a book	Help with household jobs
Have a family games night	Ride your bike	Listen to birdsong	Learn a new recipe	Make a card for someone
Meet a friend at the park	Dance to your favourite music	Try mindful colouring	Learn a new skill	Check in on a friend
Share a meal with family	Play a sport	Spend time in nature	Visit a museum or attraction	Donate unwanted items
Visit a relative	Go swimming	Start a gratitude journal	Try a new hobby	Do a random act of kindness

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Free Summer Fun!

Click the pictures to find out more...



Trade in your old books for some new ones at Barter Books in Alnwick



Have a walk around The Chain Bridge Honey Farm near Berwick.



Climb the Lady of the North at Northumberlandia.



Visit The Grace Darling Museum in Bamburgh. You could visit the park next door and the beach all in the same day.



There are lots of free splash parks across Northumberland.



Northumberland Wildlife Trust have organised free events throughout the year.



Northumberland libraries are offering free events for children throughout the summer.



North East Museums are offering free events for under 5s.

Yearly Review Forms and Audits Reminder



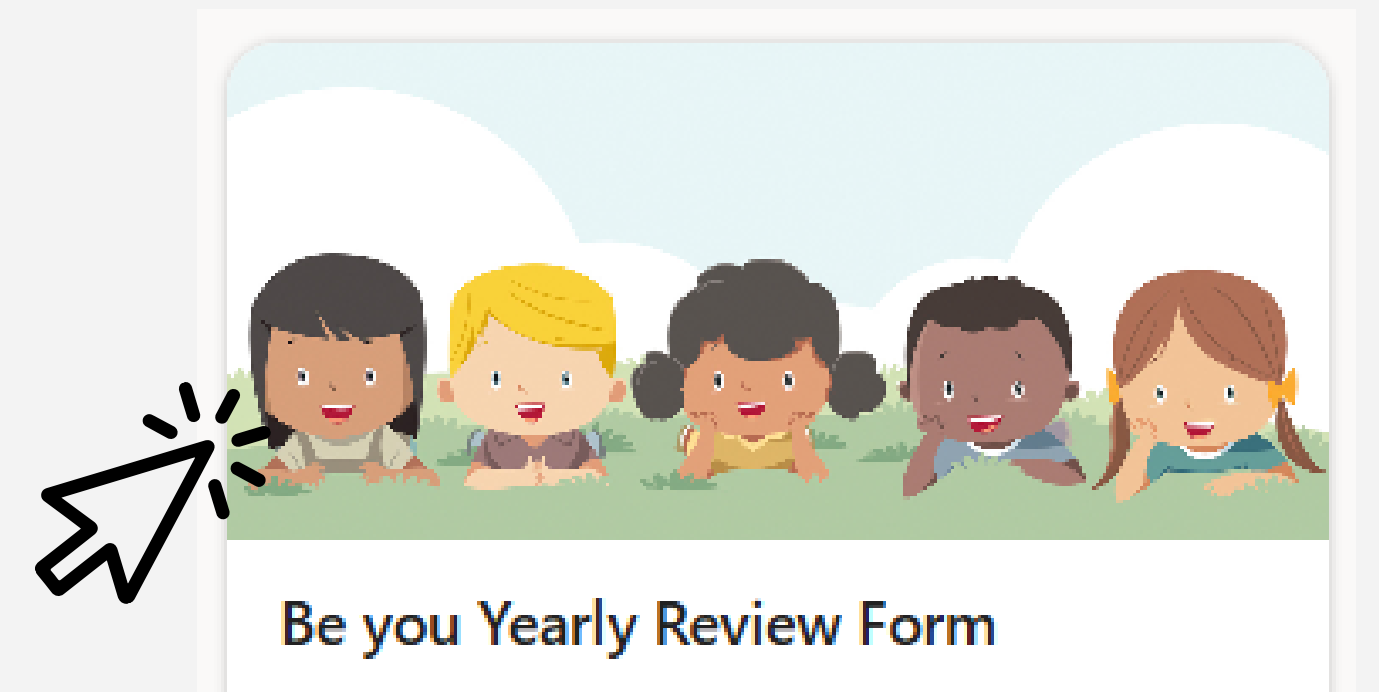
Over the course of this term, we have been contacting schools to complete Mental Health and Wellbeing Settings Audits. This is a new process for us, and we would like to thank everyone who has engaged with it so far.

We are also very grateful for the feedback we have received, as it helps us to understand and improve the process. We are excited to begin using the data from your audits to identify needs and plan support across your local area.

Our first data collection point will be **17th September**. This will enable us to identify strengths and areas for development across Northumberland and help inform future planning and support.

If you have started your audit, we would be grateful if you could ensure that at least the grading sections are completed by this date.

Thank you for your continued support and participation.



We would really appreciate it if you could spare a few moments to complete our annual review form, linked in the image above. Your feedback plays an important role in shaping and improving our service offer, helping us provide the best possible support. Thank you for your contribution.

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Creative Wellbeing in Action at Ashington Academy

Ashington Academy



Ashington Academy have launched an after-school Art Therapy Group to provide young people with a safe, creative space to express themselves, build confidence and develop positive relationships.

What they did

Delivered weekly Art Therapy sessions in a calm and supportive Hub environment.

Engaged students from Years 7-11, with a core group of 12 regular attendees.

Impact on students:

- Increased confidence and self-esteem
- Improved communication and emotional expression
- New friendships formed across year groups
- Greater empathy, resilience and sense of belonging
- Increased pride in contributing to school life

Highlights: 🎨 Weekly sessions shaped by students' interests and ideas

🖌️ Exploration of a wide range of creative materials

🏠 Creation of a collaborative artwork for the Inclusion Centre, unveiled by the Headteacher

Key learning: Ashington Academy has demonstrated how creative approaches to wellbeing can help young people feel seen, heard and connected, while strengthening the wider school community. 💙



"Make It Better" Competition

Deadline for submission: 17.07.26

Thank you for taking part in the Make It Better Creative Health initiative. The Make It Better campaign celebrates how creativity supports health and wellbeing in everyday life. This form gives schools the chance to share a short reflection on a creative health activity they have embedded into everyday practice, and how they have helped raise the profile of creativity within their school community.



"Make It Better in Northumberland" Competition – Fill in form

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Dates For Diaries



All of our current training and events offers are on our main Be You padlet [HERE](#).

Or click on the pictures below to find out more....

Northumberland County Council **Northumbria Healthcare NHS Foundation Trust**

Are you interested in becoming a Youth Mental Health First Aider?

Places are available on Mental Health England's Youth Mental Health First Aid course through the Be You programme funding for schools in Trailblazer areas.

The next course will be held at Seaton Valley High School and is open to all interested Northumberland staff. **Please note further courses will be scheduled 2026 to 2027 if this course is not accessible for you.**

Venue: Seaton Valley High School
Dates: Tuesdays, 22.9.26, 29.9.26, 6.10.26 and 13.10.26
Timings: 4pm to 7pm

This 4 session course trains you to support young people's mental health through providing in-depth understanding, practical skills and confidence to respond, even in a crisis.

The Youth Mental Health First Aid (MHFA®) course is for everyone who works with, lives with or supports young people aged 5-18.

The format and content:

- Two-day face-to-face course delivered across four manageable sessions after school (***all 4 sessions need to be attended to complete the course and gain Mental Health England certificate**)
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Course covers general mental health, depression and anxiety, suicide, psychosis, self-harm and eating disorders
- Participant numbers are limited to 16 people per course so that the instructor can keep people safe and supported while they learn

[SIGN UP HERE](#)

cygnus **Be you** **MHFA England**

Be you Mental Health Support Team

Peer Mentor Train the Trainer Programme

Would your students benefit from peer-to-peer support?
Do you want to empower young people in your setting?
Looking for a practical way to support emotional wellbeing?

If yes, our Peer Mentoring Programme is the perfect place to start.

Help your students thrive through peer support

- Build confidence, resilience, and leadership skills
- Support smoother transitions between key stages
- Create a culture of student voice and empowerment
- Provide early, preventative support for worries and wellbeing
- Strengthen a sense of belonging and connection within your setting

Northumberland County Council **Northumbria Healthcare NHS Foundation Trust**

Be you Mental Health Support Team

Senior Mental Health Lead Refresher Training

Free for all Northumberland SMHLs. Whether you are new to the role or just want a refresher...

4th of December 2026
9:00-4:00
Healthcare Academy, Cramlington Hospital

This one-day course provides a comprehensive introduction to the Senior Mental Health Lead (SMHL) role, exploring key responsibilities, practical strategies, and leadership approaches to create a whole-setting culture of mental health and wellbeing.

Course Aims

- Understand your duties as a Senior Mental Health Lead
- Explore models of mental health and wellbeing
- Learn how to build a supportive ethos and culture
- Develop leadership and stakeholder engagement skills
- Strengthen staff and pupil wellbeing strategies
- Improve your use of data and intervention tracking
- Gain practical tools for implementation and impact monitoring

Northumberland County Council **Northumbria Healthcare NHS Foundation Trust**

Be you Mental Health Support Team

Support Resilience in Your School with FRIENDS for Life

This evidence-based training, endorsed by the World Health Organisation (WHO), is now available to all Northumberland schools. It helps pupils develop essential skills for managing stress, building confidence, and fostering emotional wellbeing. Through fun, interactive activities, participants will learn practical strategies to:

- Strengthen coping skills
- Boost self-esteem
- Improve problem-solving
- Build positive relationships

The programme is suitable for teachers, teaching assistants, SENCOs, pastoral staff, and mental health leads who want to embed resilience-building approaches into their work with children.

Date: 15.01.27 or 07.05.27
Time: 9:00-4:00
Venue: Healthcare Academy, Cramlington Hospital

Sign up [HERE](#)

FRIENDS RESILIENCE

Northumberland County Council **Northumbria Healthcare NHS Foundation Trust**



SMHL Conference

Next year's combined SMHL conference will take place on **10th March** at The Holiday Inn. The theme will be staff wellbeing and restorative conversations.



Dates For Diaries



Healthy Parental Relationships Training (Parental Conflict)

17 September 2026 | 9:00am-12:00pm (Virtual)

This Healthy Parental Relationships (Parental Conflict) training course equips practitioners with the knowledge and skills to recognise the early signs of parental conflict and support parents in finding constructive, child-focused resolutions. Participants will develop practical conversation skills and learn to use evidence-informed tools to help families move from destructive conflict towards healthier relationships and improved outcomes for children. And find out the free services Family Hubs offer to Parents.

Emerging research is strengthening the evidence that parental conflict can be a significant factor in children going missing, particularly where children repeatedly run away or leave home because of distress. This highlights the importance of all professionals working with children and families understanding the impact of parental conflict, recognising it as a potential safeguarding issue, and being able to distinguish it from domestic abuse. Developing this understanding enables practitioners to identify concerns earlier, provide appropriate support, and help reduce the impact of conflict on children's wellbeing and safety.

Log on and sign up (search Healthy Parental Relationships Training (Parental Conflict))

<https://northumberland.learningpool.com/login/index.php>



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