

Wellbeing Newsletter

Summer 1 – May 2026

Mental Health Awareness Week

The Children's Society has developed this comprehensive yet simple guidance on how to best support young people's wellbeing. Based upon research from young people, this resource seeks to outline:

- what wellbeing means to young people
- how adults can have better conversations with them about wellbeing
- how adults can best support young people's wellbeing.

The guidance includes a definition of wellbeing and explains how it is understood by young people. It provides advice on how adults can respond to young people in the most useful way, taking trust, time, tone and tense into consideration when entering conversations. The guidance outlines 5 key steps that are built from children and young people's experience to remember when approaching these conversations:

- **Actively listen**
- **Acknowledge**
- **Affirm**
- **Advise**
- **Act**

For the full guide
CLICK HERE



WELLBEING SUPPORT GUIDE

May's FACE Workshops

Live talks coming up next!

All of the following are delivered live online by
FACE Lead Facilitator, Jane Keyworth

10:00 - 11:30 and 19:00 - 20:30 (GMT) £24 each or

FREE with School Membership, when using our school code which can be found in your school email sent on 22/04/26. If you can't make the date ask for the link to the recording, available for 48 hours afterwards.

FACE May 2026 Timetable	
All regular sessions (between 10am and 11am) 30 minutes long £24 each or FREE with School Membership Book online at facefamilyadvice.co.uk Recording available for 48 hours	
School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defence	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Night's Sleep	28 May 7-9pm

Key Dates

11th-17th- Mental Health Awareness Week

15th- International Day of Families

18th-22nd- Walk to School Week

Book Recommendations



This is Our World: From Alaska to the Amazon Meet 20 Children Just Like You by Tracey Turner and Asa Gilland, a beautifully illustrated book about the different lives and homes of children in other countries across the world. Chosen to mark this month's International Day of Families, this lovely book includes a useful map at the start and an index, and it emphasizes how children are united by the things they have in common.

A Wild Walk to School by Rebecca Cobb is a delightful picture book to mark Walk to School Week. As mum tries to get her two children to school on time, the children embark on an epic adventure that includes walking over a sleeping giant and riding dragons!



A wonderful, imaginative tale that's perfect for sharing. Both books will be on display in the library this month, together with other, similar themed books. Mrs Hampshire, Librarian

Meaningful May 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am-11am: School Anxiety	10am-11am: Understanding Anger	10am-11am: Facing Defence	10am-11am: Supporting Healthy Screen Use	10am-11am: Cannabis and Ketamine Awareness	10am-11am: Anxiety Explained	10am-11am: Introduction to OCD
11am-12pm: What is ACT?	11am-12pm: Decreasing Depression	11am-12pm: Raising Self-Esteem	11am-12pm: Supporting Healthy Sleep	11am-12pm: Understanding the Teenage Brain	11am-12pm: Autism: Improving Communication	11am-12pm: Improving Family Communication
12pm-1pm: Supporting a Child with ADHD	12pm-1pm: Understanding Addictive Behaviour	12pm-1pm: FREE Getting a Good Night's Sleep	12pm-1pm: School Anxiety	12pm-1pm: Understanding Anger	12pm-1pm: Facing Defence	12pm-1pm: Supporting Healthy Screen Use
1pm-2pm: Cannabis and Ketamine Awareness	1pm-2pm: Anxiety Explained	1pm-2pm: Introduction to OCD	1pm-2pm: What is ACT?	1pm-2pm: Decreasing Depression	1pm-2pm: Raising Self-Esteem	1pm-2pm: Supporting Healthy Sleep
2pm-3pm: Understanding the Teenage Brain	2pm-3pm: Autism: Improving Communication	2pm-3pm: Improving Family Communication	2pm-3pm: Supporting a Child with ADHD	2pm-3pm: Understanding Addictive Behaviour	2pm-3pm: FREE Getting a Good Night's Sleep	2pm-3pm: School Anxiety

Don't Forget... This month's Action for Happiness Calendar MEANINGFUL MAY

With Warm Wishes,

Laura Gradidge-Family Wellbeing Coordinator