

## Kirklees Employment Service

### PART OF

#### Working Together Better



With Mental Health week fast approaching on Monday the 18<sup>th</sup> of May and the subject this year that we are focusing on at Richmond Fellowship being 'Giving', we thought it would be useful to remind people of the different ways that we all can 'Give' to others and improve or maintain our mental health.

Although these times can be challenging for everyone, it is important to remember that Giving and supporting others also helps us as individuals. It improves our sense of wellbeing and self esteem, boosts those feel good feelings by helping others, lowers stress levels, lessens depression and enables us to do something positive and constructive with our time.



**Even with the current restrictions here are a few ideas that you might be able to use to make yours and someone else's day that bit brighter.**

- Even under the current lockdown measures there are still many opportunities to volunteer to help others. The Volunteering Kirklees website (Please see link below) has loads of opportunities to help support others. These cover such areas as: Food bank volunteering, IT support, online fundraising, telephone and email befriending, shopping for those unable to, admin support and many more so why not check it out.
- You could offer to do the shopping for or just look in on an elderly neighbour
- Ask the local shop staff how they are today when paying
- Support friends or family members if they are going through a difficult time

- Get a birdfeeder or food for our feathered friends.
- Even while social distancing you could smile or say hello when you pass people on your daily exercise.
- Connect with friends and relative and share thoughts and feelings.
- If you have children why not help them with their homework
- Join an online group that supports a cause you care about and offer your help
- Text or phone someone you have spoken with for awhile

**These are only a few ideas and if you can think of others that perhaps suit you more, that's great! If you can try some aspect of Giving and help others, you will make someone else feel good and yourself!**

### **CORONAVIRUS, VOLUNTEERING AND USEFUL MENTAL HEALTH LINKS**

<https://www.kirklees.gov.uk/beta/health-and-well-being/mental-health-in-a-crisis.aspx>

<https://www.kirklees.gov.uk/beta/local-offer/community-groups-activities-send.aspx>

<https://volunteeringkirklees.org.uk/opportunities/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://kirkleesiapt.co.uk/>

<https://www.commlinks.co.uk/?service=community-links-engagement-and-recovery-service>

<https://www.hootcreativearts.co.uk/>

<https://touchstonesupport.org.uk/>

<https://carerscount.org.uk/>

<https://www.s2r.org.uk/>

<https://womencentre.org.uk/>

