Mental Health Awareness (MHA) Week is a time for you to spend reflecting on yourself and your own wellbeing needs and resources. It is also an opportunity to continue with our DC IAM focus for this year of considering our role in and the benefits of being part of a community. The Mental Health Foundation has made nature the focus of this year’s MHA Week. So during this week, we invite you to explore the powerful benefits of nature for our mental health.

This isn’t about heading out to the countryside to find nature; this is reminding you that nature exists all around you – even in our College campus and local areas. So start (re)connecting with nature now! How we interact with, live amongst, and care for nature can enhance our empathy, creativity, sense of wonder, calmness, reflections, physical, emotional and mental health – our wellbeing.

With best wishes Ms N Whittington
Head of Wellbeing
Looking after your mental health

This is also a time to spend time truly reflecting on your own mental health and what resources you have to care for yourself (and others).

Here are few suggestions from the College community:

1. Have at least one person that you can talk to
2. Get organized – use time as your strength
3. Ask for help – there is always someone that will understand
4. Do something that you’re good at and enjoy
5. Get enough sleep – aim to have at least one early night a week
6. Manage stress with mindfulness
7. Eat well – nourish your brain and your health
8. Be a part of something and stay connected with others
9. Try and have an attitude for gratitude – celebrate what you have and who you are
10. Take a break – from your devices too
Our Wellbeing Culture across our Campus

We are also launching our DC Wellbeing Matters Posters around our College campus. This is an initiative from our out-going Wellbeing Prefect, Charles Bird, in Year 13.

These are the statements – full of support, care, community, and encouragement – to share as we continue to work together in shaping a wellbeing culture at Dulwich College:

- **Listen to the answer**
  You can never ask ‘Hey, how are you?’ too many times.

- **Be heard**
  Thoughts can eat away at you inside. Let them out.

- **Treat people with kindness**
  You never know what someone is going through.

- **Be an upstander**
  Your actions can be the difference.

- **Communication is key**
  Don’t sit in silence.

- **The first step can be difficult**
  Take it. You are allowed help.
Wellbeing LandEscape
College Campus Map

Where can you go to enhance your sense of wellbeing when you are in school? Have a look at our Wellbeing LandEscape map for a few suggestions. Aim to visit some of these places during Mental Health Awareness Week – and beyond!

Please share any of your own wellbeing locations around school too.
Year 8 Mental Health Awareness Activities and Workshops 17 - 19 May

Year 8 will be recognising Mental Health Awareness Week 17-19 May with a series of talks and activities based around managing stress and anxiety including an introduction to mindfulness. They will be going on a Nature Walk to Dulwich Wood, which will aim to encourage them to manage stress and anxiety by spending time in nature and reinforce the positive message of looking after their mental health. They will be taking part in a few reflection activities as well as creating artwork inspired by nature.

Year 11 and Year 13 Mental Health Awareness Activities and Workshops Monday 24 May

Year 11 and Year 13 will hear from a panel of experts exploring the conversation around mental health from multiple ways and approaches.

They will also take part in a workshop around positive masculinity led by Ben Hurst from Beyond Equality.

Finally, there will be a group problem-solving and game-playing activity with the CSI: Grounded Escape Room challenge. **Further details of each event are below:**

**Workshop with Beyond Equality**

**Audience:** Year 11 and Year 13  
**Monday 24 May Time:** All day

Beyond Equality will help you to explore the concept of masculinity, providing the space to think and reflect on what common ideas of masculinity are, where they come from and what they do to and for boys, men, women and non-binary people in our society. It will provide you with a framework to reflect on cultural influences and your own attitudes towards relationships; sex and sexuality; mental health and wellbeing; emotional expression and much more. The session will be led by Ben Hurst from Beyond Equality.

**Group Activity: The Escape Room**

**Audience:** Year 11 and Year 13  
**Monday 24 May Time:** All day

An opportunity to develop your communication, problem-solving and group work skills – and a reminder that game-playing can enhance your wellbeing! You will have 60-minutes to solve the case. CSI: Grounded is an online escape room centred around the death of Avery Stone on board a flight. The flight has now been grounded and you and your team of detectives must work out who, how and why to get to justice.
Panel Discussion: Discussing our Mental Health

**Audience:** Year 11 and Year 13  
**Monday 24 May  Time: All day**

Year 11 and Year 13 will hear from a panel of experts exploring the conversation around mental health from multiple ways and approaches. This will be hosted by broadcaster and host of talkSPORT Gary Bloom.

**Gary Bloom** is a leading clinical psychotherapist specialising in working with sportsmen and women, helping them achieve their goals. He is the only sports psychotherapist working within a professional football club, but also counts premiership rugby players, top level jockeys and professional sportspeople amongst his clients. Gary specialises in helping his clients overcome obstacles to achieving their potential.

Gary conceived and presented to award winning radio programme ‘On the Sporting Couch’ on TalkSPORT, where celebrity sportsmen and women talk about their personal lives. He works from his Harley Street Clinic and his home in Oxfordshire.

**Charlotte Robertson** is co-founder of the leading digital wellbeing organisation, Digital Awareness UK, which she started with her sister, Emma. Charlotte and her organisation work directly with schools, policy makers, corporates and tech companies to deliver innovative digital wellbeing and safety solutions. Charlotte can regularly be seen campaigning in the media to empower young people to survive and thrive online.

**Ben West** is an inspiring mental health campaigner. Having lost his brother to suicide three years ago, Ben is dedicated to changing the way we view mental health in our society. At just 21 years old, Ben has been awarded The Diana Award, a Pride of Britain Award and the Mental Health Hero Award for the work he has done to raise awareness and evolve the conversation around mental health. His current focus is developing the way in which universities take responsibility for the welfare of their students.

**Jo Ray** is our College counsellor. Jo integrates many schools of psychotherapy theory in her counselling work with the aim of facilitating an integration of the self and to help re-establish psychological growth. Jo has a special interest in the neurobiology of trauma, dysregulation and neurodevelopmental difficulties. She has worked therapeutically with young people and children in various school settings as well as working with adults in the NHS with survivors of sexual abuse and as part of a psych-oncology team. Jo is also a member of teaching staff at The Institute for Arts in Therapy and Education.
THE BIG PLANT

Audience: Everyone – from DUCKS to Senior School pupils, staff and families
Starting 24 May - September 2021
Pot it, plant it, eat it…
Learn how easy it is to grow your own food in three simple steps!

Body & Mind

Panel Discussion on the links between Physical and Mental Health (Zoom webinar)
Audience: Pupils, staff and parents (capacity for 500)
Tuesday 25 May Time: 7pm
Leading experts Dr Josephine Perry (psychologist), Matt Lovell (nutritionist) and Will Fraser (ex-professional rugby player and founder of 100 & first) will join Phil Greenaway and Nick Brown to explore how having positive physical health can leads to improvements in mental health.

Dr Josephine Perry: A sports and performance psychologist, Josephine is an expert in helping teach the skills needed to excel when you perform; whether in sport or other aspects of your life. Whatever your sport, whatever your distance, learning psychological skills can ensure you train effectively to maximise your potential and perform exceptionally to achieve your goals.

Will Fraser, OA: Ex-professional rugby player for Saracens and England A. After leaving Dulwich, Will successfully pursued his dream to become a professional sportsman, winning both the Premiership and European Cup, before being forced into early retirement due to injury. Will has since set up his own company, www.100andfirst.com where he hopes to use the power of real-life experiences to drive change.

Matt Lovell: As a world leading nutritionist, Matt has worked at the top end of elite sports for over 20 years as the lead nutritional clinician for World Cup, Premiership and European title winning teams, as well as Olympic athletes. Matt’s approachable, can-do style of coaching appeals to athletes at all levels, promoting enhanced mental and physical wellbeing which helps you perform at your best.

Please click the link below to join the webinar:
https://us02web.zoom.us/j/86804307642  Webinar ID: 868 0430 7642
Activities

Reading around Nature
Audience: Staff and pupils
Embrace the opportunity for some readaxation and enjoy a series of texts focusing on the theme of nature.
https://sway.office.com/ZMDhSM8uhDGriRs3X?ref=Link

Nature’s Playlist
Audience: Staff and pupils
Date: All week  Time: All day
Use music to enhance your wellbeing with this playlist inspired by nature

DUCKS creative wellbeing
‘Mould it’
Workshop led by Sue Mulholland
Audience: DUCKS
Date: Tuesday 25 May  Time: 2pm
Using clay and soft materials DUCKS pupils will be creating sculptures responding to nature

Junior School creative wellbeing
Positivity Posters
Audience: Year 3
Date: Wednesday 26 May and Friday 28 May  Time: 11.10am
Positivity Posters ‘Smile’!
Pupils will make collage posters with positive messages.
**Staff workshops**

**Seed and Seedling Exchange**
**Monday 24-Thursday 27 May Time: Drop in**
Gardening is good for the soul and the planet. This is exactly the time of year to be planting, growing and sharing. You can pop into the Wodehouse Library to pick up some seeds or a seedling perhaps and drop off any spares that you may have at home. All welcome from beginner gardeners and windowsill planters to experienced allotment owners. Advice and support will be on hand!

**Creative writing on theme of nature with Jo Akrill in the Masters’ Library**
**Monday 24 May  Time: 4.30-5pm with tea and chat after**
Creative writing workshop. This half-hour session is for anyone who would like to take some time out of their busy routines, and tap into the expressive power of writing. We will be exploring our connections with the natural world. No previous experience necessary. Tea and biscuits provided, plus a chance to chat at the end of the session.
(6 capacity - reserve your place on a first-come first-served basis) Email akrillj@dulwich.org.uk

**Pottery workshop in Art Studio 1**
**Wednesday 26 May Time: 4.15-6pm**
Coil building, slip-casting, throwing, hand building. Take your pick and discover your inner pottery throw down champion. Play with clay, Mary Jo will be there to show you how and set you on your way. The magic is in the making.
(12 capacity - reserve your place on a first-come first-served basis) Email dohertymj@dulwich.org.uk

**Spin out with Matt**
**Date: Monday 24-Thursday 27 May**
**Time: 1.30-2.20pm @ the Spin Studio (balcony of Sports Centre)**
Spin cycle through nature in virtual worlds. Go hard or simply at your own pace enjoying the scenery. Either way, the stress will drain away. Max 8 places per day.

**DUCKS creative well-being ‘How to’ session - live and streaming on Zoom**
**Audience: DUCKS teachers and all staff welcome to join on Zoom**
**Tuesday 25 May  Time: 5-6pm**
Teachers and staff will engage in different creative well-being workshops learning to ‘do’ and ‘teach’
**Join Zoom Meeting**
https://zoom.us/j/99182343267?pwd=SklabnBVQ0crMWgrWW1PbkhjcjNFUT09
Meeting ID: 991 8234 3267  Passcode: pw61pt

**Junior School creative well-being ‘How to’ with staff**
**Audience: JS teachers**
**Wednesday 26 May Time: 4pm**
Teachers and staff at the Junior School will engage in different creative wellbeing workshops learning to ‘do’ and ‘teach’