

# WANDSWORTH WELLBEING



**MAY  
NEWSLETTER**

**MAY**

**7th  
Coping with Stress**

**21st  
Sleep Well**

**28th  
Self Care &  
Relaxation**

**FREE Online  
Workshops**

Sign up at Eventbrite.

**CONNECT WITH US:**

[Talkwandsworth.eventbrite.co.uk](https://www.eventbrite.co.uk/talkwandsworth)

 @NHStalkwandsworth

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## 5 Pillars of Wellbeing

Check out some of this month's tips for helping you to take care of your five areas of wellbeing.



First Floor Offices,  
56 Tooting High Street,  
SW17 0RN



[www.talkwandsworth.nhs.uk](http://www.talkwandsworth.nhs.uk)

[talkwandsworthadmin@swlstg.nhs.uk](mailto:talkwandsworthadmin@swlstg.nhs.uk)



0203 513 6264



Wandsworth  
Talking Therapies

# MENTAL HEALTH AWARENESS WEEK

## Movement: Moving more for our mental health

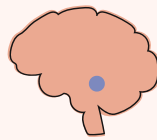
Mon 13th - Sun 19th

The theme for Mental Health Awareness week 2024 is Movement: Moving more for mental health, so how does moving our bodies affect the biochemistry of our brains?



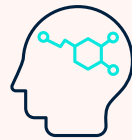
### **Feeds the Brain:**

Exercise increase blood flow and consequently **oxygen** and nutrients to the brain



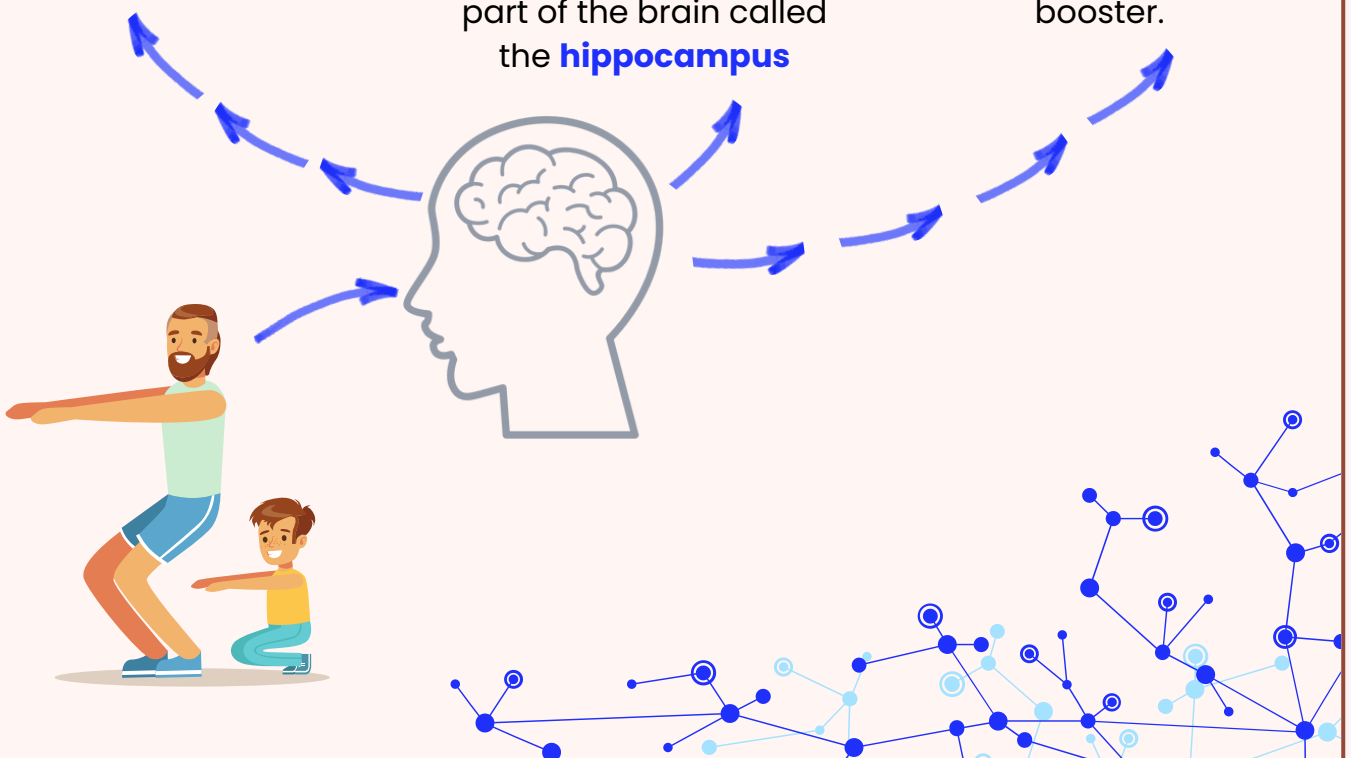
### **Reduces the impact of Stress:**

Exercise does not decrease the stress hormone BUT it does help decrease the amount of **stress receptors** in the part of the brain called the **hippocampus**



### **Increases happy hormones:**

Exercise stimulates the release of **endorphins** which contribute to pain relief; and **serotonin** which acts as a mood booster.



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## Movement: Moving more for our mental health

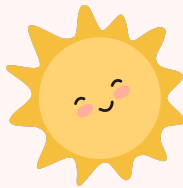
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Movement can have positive benefits for all areas of our overall health. Remember to think about the 5 pillars of your wellbeing.



**Improves creativity:**

Working out outside helps your brain to improve creativity.



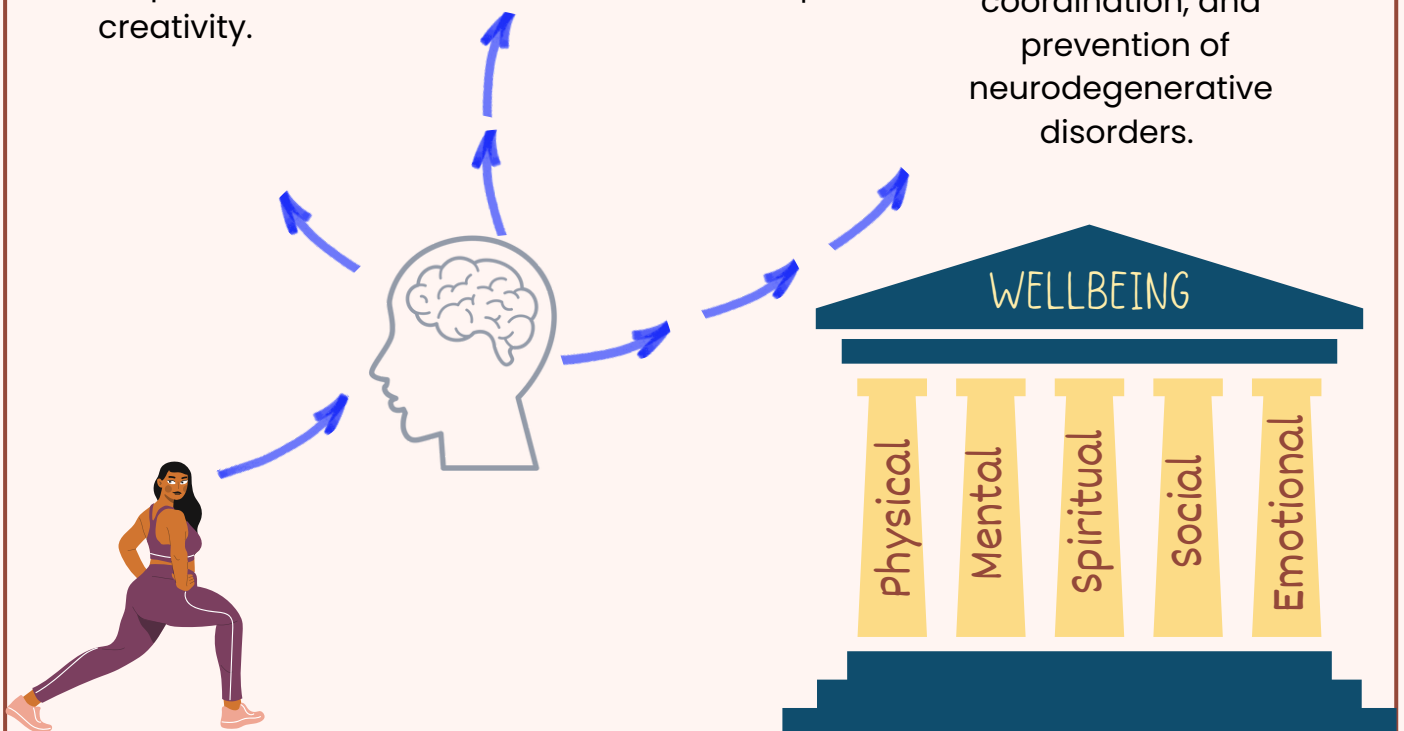
**Vitamin D production:**

Outdoor activities and exposure to sun light improve vitamin "D" production which is linked with better sleep.



**Longevity:**

Physical activity is linked to improved brain functions, like better memory, attention and coordination, and prevention of neurodegenerative disorders.




# MATERNAL MENTAL HEALTH WEEK

Mon 29th April - Sun 5th May

Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems before, during and after pregnancy. The week is all about:

- raising public and professional awareness of perinatal mental health problems
- advocating for women and families impacted
- changing attitudes
- helping people access the information, care and support they need to recover.



 Visit: [maternalmentalhealthalliance.org](https://maternalmentalhealthalliance.org) for more information

 **FREE Wellbeing workshops**  
Please call / email to enquire about parent workshops:  
**Preparing for Parenthood**  
**Maintaining your Wellbeing as a New Parent**

# NATIONAL WALKING MONTH

## #MagicOfWalking

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated.

This year, **Living Streets** are inviting you to discover the #MagicOfWalking and celebrate the many health and happiness benefits of walking and wheeling. (Visit [Livingstreets.org.uk](http://Livingstreets.org.uk) to find out more)



A quiet walk can help re-establish a sense of calmness and clarity; whilst, walking with someone is often an opportunity to share conversations and connections with others. Choose which sort of walk suits you best.



Explore a local **art trail** like **Smiley World** at Battersea Power station. Check out [wildinart.co.uk](http://wildinart.co.uk) or [batterseapowerstation.co.uk](http://batterseapowerstation.co.uk)



Join a **Wandsworth Walk** hosted by **enable** or look out for our **guided walks** with us at **Wandsworth Talking Therapies**



**Wandsworth Walks**

Walk Wandsworth offers a series of free weekly/monthly walks around the borough. Walks are led by trained walk leaders who can advise and guide you in building up your physical activity at a pace that suits you!

**Free Group Walking Sessions**

Join a free walking session at the following locations:

- Wandsworth Common
- Southfields, Wimbledon Park
- Battersea Park

Scan the QR below to sign up or visit [bit.ly/activelifestylesbooking](http://bit.ly/activelifestylesbooking)

**Contact details:**

- [activelifestyles@enablelsc.org](mailto:activelifestyles@enablelsc.org)



# About The Wellbeing Team



Wellbeing is at the core of what we do, be that mental, physical, emotional, spiritual or social.

The Wellbeing Team at Wandsworth Talking Therapies offer a variety of wellbeing being workshops designed to support your specific needs. They are all free to attend for Wandsworth residents and anyone registered with a GP in the borough.

## MAY

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**Coping with Stress**

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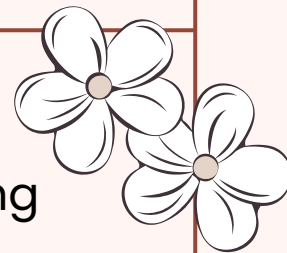
## FREE Online Workshops

We use techniques for you to develop self care skills so that you can continue to improve your wellbeing whilst at home.

Sign up at Eventbrite: [Talkwandsworth.eventbrite.co.uk](https://talkwandsworth.eventbrite.co.uk)

## Are our workshops for you?

Our services are for anyone over the age of 18 looking to improve their state of wellbeing. Workshops last from 1 hour, up to 3 hours. We take an interactive informal approach within a small group.



First Floor Offices,  
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