



Inspiring minds through opportunity

Enquiries: [admin@cyriljackson.towerhamlets.sch.uk](mailto:admin@cyriljackson.towerhamlets.sch.uk)

[www.cyriljackson.towerhamlets.sch.uk](http://www.cyriljackson.towerhamlets.sch.uk)

020 7987 3737



## NEWSLETTER, SPRING 1 2023

### MESSAGE FROM THE HEADTEACHER

Although it is hard to believe, we are now half way through the school year! Over the past half term, pupils have continued to work incredibly hard in all aspects of their learning, and experienced a wide range of great trips to bring the curriculum alive and make strong



connections within and across subjects. I have been particularly impressed with the KS2 pupils in the Knitting and Crochet Club who have been working hard teaching other pupils and staff to develop a range of skills. I attended this club as a beginner and received some expert tuition! (pictured left)

We have held a range of well attended curriculum workshops for parents and carers to find out more about our curriculum expectations and to share strategies for supporting children at home. Such events are vital for ensuring parents use the same strategies and techniques at home as we use in school - ensuring consistency for pupils.

A huge thank you to all our parents and carers who attended the spring coffee morning (pictured right). Alexandra Muller from Tower Hamlets Education and Wellbeing Service (THEWS) shared the support she will provide the school, parents and pupils - using a range of well researched strategies, including one-to-one therapy sessions, workshops on topics such as positive behaviour, mental health and anxiety, and groups including Brain Buddies emotional regulation. Dates for parent workshops and links to virtual sessions will be circulated soon. Plus if you are unable to attend, sessions will be recorded and available to view later. A huge thank you to Runa Khaliq (CJ parent) for connecting us with THEWS and supporting us in accessing this very helpful service.



We are also excited to announce that we will be launching our first PTA session after half term, led by Mr Wiltshire. Thank you to all the parents who have signed up. Mr Wiltshire will be in touch soon! We are looking forward to bringing back some exciting, true-CJ events. Watch this space...

### DEBATE MATE SUCCESS



This term, pupils took part in Debate Mate, a debating competition that teaches children debating skills and improves their confidence. Three teams took part - A, B and C - and Team C won both rounds (huge congratulations!). They were confident speakers, critical listeners and worked collaboratively - overall we received very positive feedback from the other schools. There were two motions discussed: 'All homework should be banned' and 'Children should be made to look after their parents in old age'. Very interesting, thought provoking topics that allowed our pupils to think creatively (and outside the box!).

It has been lovely to see parents join Mr Desai's art sessions, which run every Friday from 9:00am - 12:00pm (pictured right). The purpose of these sessions is to offer a space for parents to socialise with each other, be expressive in different ways and to enjoy some quality time learning about the different elements and mediums of art.



I would like to thank our wonderful staff team at CJ for their incredible hard work, dedication and commitment to making a positive difference for our school community. We have welcomed a wide range of visitors and consultants this term, all of whom have been really impressed with our provision. It is humbling to hear such lovely feedback - and all recognition goes to the CJ team, whose hard work makes our vision and values a reality.



Finally, I would like to wish Alysha Kassam all the very best as she begins her maternity leave. She was sent off in



proper style with a CJ baby shower (pictured) - and we can't wait to meet her new bundle of joy!

Wishing our CJ community a lovely, restful half term.

[www.cyriljackson.towerhamlets.sch.uk](http://www.cyriljackson.towerhamlets.sch.uk)

Cyril Jackson Primary School is part of the University Schools Trust (UST)  
University Schools Trust, East London is a charitable company limited by guarantee registered in England and Wales (registered number 7742547)  
Registered office: UST House, Limehouse Causeway, London E14 8AQ



## QUALITY OF EDUCATION - ART FOCUS

### YEAR 3 MAZE MAKING



In Year 3, both Rowan and Hawthorn classes have been designing their own mazes in Design Technology, which links to their topic of Greek myths - and in particular the story of *Theseus and the Minotaur*, where the legendary hero and early king of Athens famously slayed the fearsome Minotaur of the Cretan king Minos!



Pupils have been learning how to carefully measure, cut and assemble their final designs, using simple woodworking techniques with great dexterity.

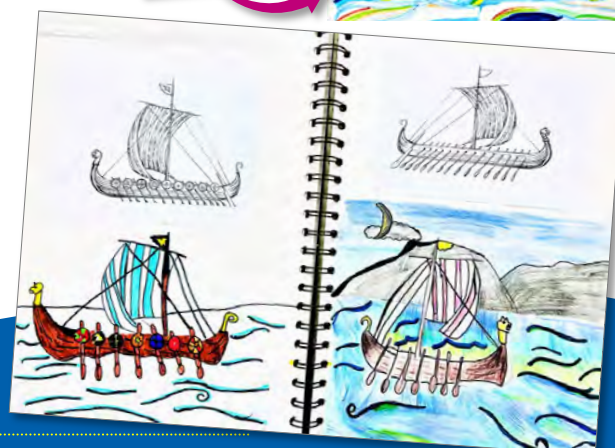
aMAZEing!



### YEAR 4 VIKING COLLAGE



Elder and Oak classes in Year 4 have been creating Viking seascapes, in readiness for their Viking topic. The children have been experimenting with expression and gestural paintbrush techniques, to recreate a stormy sea, as well as creating detailed Viking boat drawings within their sketchbooks. When ready, they bought all the elements together to create these stunning collaged paintings!



## QUALITY OF EDUCATION - ART FOCUS

### ART WORKSHOPS FOR PARENTS



At CJ, we are proud to announce the start of our Art Workshops for Adults!

Every Friday from 9am to 12pm, parents and carers are warmly invited to our Art Studio to brush up on their artistic skills!

This term we have been learning about colour theory, paintbrush technique and collage, with fantastic results!



### YEAR 5 GRAFFITI



This term, both Juniper and Pine classes in Year 5 have been learning about Pop Art, and in particular Roy Liechtenstein's comic book explosions, focussing on Onomatopoeia.

Pop art is an art movement that emerged in the 1950s and flourished in the 1960s in America and Britain, drawing inspiration from sources in popular and commercial culture. Different cultures and countries contributed to the movement during the 1960s and 70s.

Pupils then looked at 'Street' art and developed a series of drawings within our sketchbooks, practising letter formation and motif design. When ready, we brought all of these elements together to create our own style of Graffiti. BOOM!!!!



## QUALITY OF EDUCATION

### YEAR 1 SPRING MATHS WORKSHOP



Thank you to everyone who joined Year 1 for our Spring Maths Workshop. We hope you enjoyed the session - we certainly did! - and have the opportunity to play or design your own maths board game at home.



### YEAR 1 LONDON EXPLORATION TRIP

Year 1 explored central London and did some sightseeing as part of this term's topic theme. We walked past the impressive Palace of Westminster (did you know that Big Ben is the name of the bell inside Elizabeth Tower!?) and enjoyed a picnic at St. James's Park. Whilst at the park, we stopped for a quick play...the swings were too fun to pass up and we even found a musical trampoline! What an amazing day!! We then had the opportunity to share our learning with the rest of the school featuring a video presentation of our tour of London and a rap about our trip!



### YEAR 6 VISIT THE CENTRE OF THE CELL



Year 6 had the amazing opportunity to visit the Centre of the Cell, at Queen Mary, University of London, for a workshop on our Science topic - The Circulatory System.

It was great consolidating our learning on the human body through fun activities. We enjoyed learning more about single and multi-cell organisms and we even learned some interesting facts about the circulatory systems of other animals. We ended the session with a game on keeping the heart healthy.

The Centre of the Cell is the first science education centre in the world to be located within working biomedical research laboratories.



## QUALITY OF EDUCATION

### HEART DISSECTION IN YEAR 6!



As part of their 'Animals, including Humans', science topic, Year 6 had the opportunity to dissect real hearts!

They were lamb hearts and, like human hearts, we saw chambers, vessels that would lead to and from it and thought about how oxygenated and deoxygenated blood travelled to and away from the heart.

An unforgettable science lesson!



### YEAR 1 TRIP TO THE HORNIMAN MUSEUM



On Tuesday 31<sup>st</sup> January, Year 1 enjoyed an exciting workshop at the brilliant Horniman Museum in South London. We learnt all about musical instruments from around the world and visited an aquarium!

As part of the workshop, we listened to the sound of a 'singing bowl' and learnt that it is used in meditation and helps with relaxation. We also used different instruments from around the world to make a rainforest soundscape. An amazing trip!

The Horniman Museum and Gardens is an inspiring, surprising, family-friendly, free attraction which won the Art Fund's Museum of the Year Award (the world's largest museum prize) in 2022! Why not take your child during the half term holiday or later in the year so they can show you around and tell you what they learnt on their trip?

For more information, see: <https://www.horniman.ac.uk/>



## ENRICHMENT

### YEAR 4 TRIP TO WAGAMAMA



As part of our enrichment curriculum, Year 4 pupils had the opportunity to visit and enjoy a meal at Wagamama - a restaurant in the local area serving Asian food based on Japanese cuisine.



Pupils were able to try and taste new food and use chop sticks to eat!

What an amazing opportunity.



### YEAR 2 DANCE WORKSHOP WITH SADLERS WELLS THEATRE



This half term, Year 2 took part in special dance workshops with Jack from Sadlers Wells Theatre. Jack played the role of the Snowman in the ballet the children previously saw at the Peacock Theatre, the Sadler's Well theatre in Holborn, last year.

This was an incredible experience for the children to meet and learn from a professional ballet dancer!



## HALF TERM FUN & FAMILY WELL-BEING

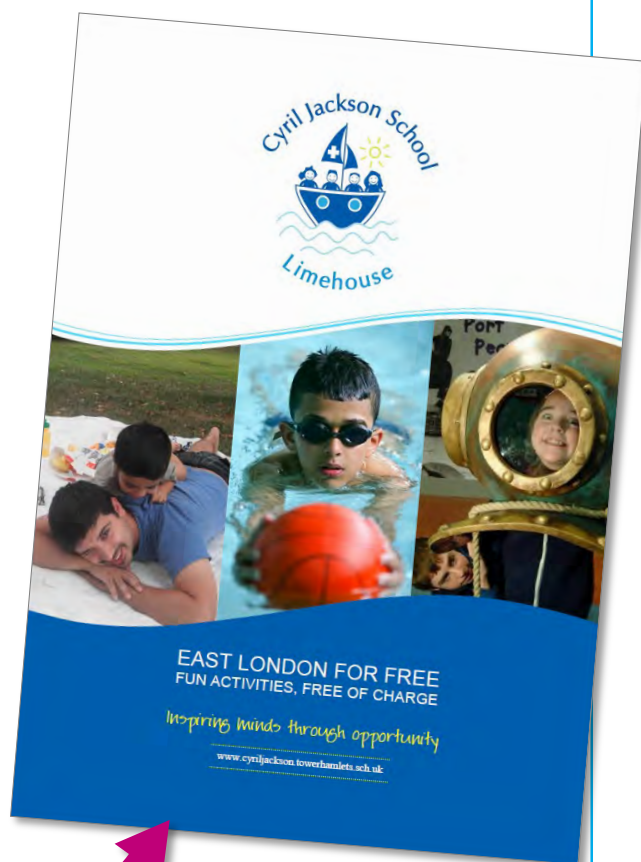
Everyone at Cyril Jackson  
wishes you a  
restful half term holiday!

Detailed on the following pages are some fun events and well-being information we thought you might find useful over the holiday and the coming months.

*Need some more inspiration to  
occupy the children  
and to support their learning  
during the holiday? ...*

...well, take a look at our  
*East London for Free* leaflet,  
packed full of fun, free, and local  
activities you can enjoy together.

Available [here](#) on our  
website - or click on this image.



**ACTIVITY DAY**  
**Friday 17**  
**February**  
**St Anne's**  
**Limehouse**



# THE QUEST

## Activity day for school years R-9

**Friday 17 February**

- |           |  |
|-----------|--|
| 9:00-3:15 | Adventure & activities for different age groups including games, music, craft & more, all part of a quest through Mark's Gospel (bring a packed lunch) |
| 3:30-5:30 | Film for all ages on the big screen with popcorn   |

Sign up to one or both parts for just £3 per family. Spaces are limited!  
To reserve yours now, call Robin on 07484 844 616 or email:  
[Quest@stanneslimehouse.org](mailto:Quest@stanneslimehouse.org)



# FREE\* FAMILY CYCLE TRAINING

Suitable for regular cyclists  
looking to progress cycle skills  
to the next level

**FREE  
DR. BIKE  
13 FEB  
9AM - 12PM!**

**BOOK**



**DATES:  
MON 13 FEB  
TUE 14 FEB  
& THU 16 FEB**

**TIMES:  
10:00- 12:00**

**\*REFUNDABLE £10 DEPOSIT PER FAMILY**

**IN EAST SIDE VICTORIA PARK  
ENTERING FROM PARNELL ROAD  
POSTCODE E3 2LA**

**VICTORIA PARK**



# Half-Term Activities at Poplar Union

MONDAY 13 FEBRUARY • 10.30AM

## VALENTINE CRAFTING WITH SUNNY JAR

Join Sunny Jar's upcycling craft session this February half term. Get creative making beautiful flower cards from foraged and upcycled materials to gift to someone special this Valentines Day!

£5 | For the whole family



MONDAY 13 FEBRUARY • 11AM

## STORIES WE TELL: ONLINE PHOTOGRAPHY WORKSHOP WITH PIERRE BUREAU

Stories We Tell is an inclusive 8-week online photography project facilitated by local photographer, Pierre Bureau, to give those wanting to develop their photography skills within a supportive and friendly group.

Free | Ages 18+ (For all abilities)



WEDNESDAY 15 FEBRUARY

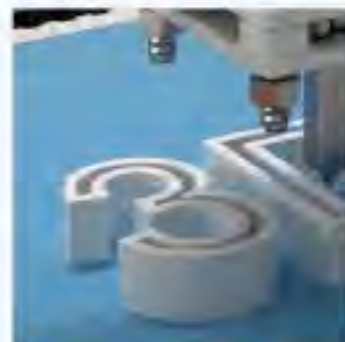
10.30AM & 2PM

## 3D DESIGNING: HALF TERM SPECIAL

Join 3D design facilitator Fabian Begolli, in this creative and inspiring class where you will be designing your own creation that will take you to wherever you need!

£3 per child (adult must accompany child)

Ages: 8-11



THURSDAY 16 FEBRUARY • 4PM

## FAMILY PHOTOGRAPHY COURSE WITH PIERRE BUREAU

After the success of Pierre's last family course, he's back with another 8-week photography course for local families!

£8 for 8-week course (includes a zine containing work from the course)

Ages: 4-13 years old + parents/carers



FRIDAY 17 FEBRUARY | 10.30AM

## POP-CORN PRESENTS: DC LEAGUE OF SUPER-PETS

In "DC League of Super-Pets," Krypto the Super-Dog and Superman are inseparable best friends, sharing the same superpowers and fighting crime in Metropolis side by side.

Free | Cert. PG



SATURDAY 18 FEBRUARY • 10AM

## PLASTIC FREE POPLAR: COMMUNITY MEET-UP

Do you live or work in Poplar and want to live more sustainably with less plastic? Join these friendly plastic free living workshops and become part of this ambitious local eco-project for a greener Poplar.

Free | Ages 12+



SATURDAY 18 FEBRUARY | 1PM

## HAPA ZOME & DIY BODY SCRUBS WORKSHOP

Join Sustainably Muslim this half term and learn the ancient Japanese art form of Hapa Zome, based on leaf printing and take home your beautiful design. You'll also learn how to make your own body scrub using materials you would find at home.

£5 | Ages: for the whole family (ages 3+)

Book tickets here:



or visit  
[www.poplarunion.com](http://www.poplarunion.com)

poplar  
Union

 / @POPLARUNION  
 / @POPLARUNION  
 / @POPLARUNION

# SWIM SCHOOL HOLIDAY COURSES

Why not keep the kids active this holiday while learning a new life skill with our Swim School Holiday Courses.

Classes for 2023 (Foundation class's only):

13th -17th February, 9am - 11:30am

3rd - 6th April, 9am - 11:30am

14th -18th and 21st -25th August, 9am - 11:30am

- For ages 4 years - 11 years.
- Each class is 30 minutes
- £5 per lesson
- **Tiller Leisure Centre**, Tiller Road, Docklands, Tower Hamlets, London, E14 8PX

To find and book a Swim School holiday short course:

- Visit [better.org.uk/book-lesson](https://better.org.uk/book-lesson)
- Find and click on your preferred location to be taken to the available courses.
- Select 'Swim School Holiday Courses' in the left-hand filter

Our Learn to Swim framework is designed by industry experts to ensure lessons are of the highest quality, progressive and make our pupils journey fun and hassle free. All our teachers are professional, passionate and pupil-focused; and will ensure your child is in safe hands.

Book your short course today at  
**[better.org.uk/lessons](https://better.org.uk/lessons)**

# Health and Wellbeing Festival

**FREE EVENT**  
Open to all

**Wednesday**

**15 February 2023, 12-3pm**

**Locksley Community Centre**

**Dora Street, E14 7TP**

**Thursday**

**16 February 2023, 12-3pm**

**Tramshed Community Hub**

**Digby Street, E2 OLS**



- Support with cost of living • Healthy cooking demonstration • Covid vaccination
- Mental health support and advice • Employment • Family information support
- Fitness activities • Smoothie bike • Face painting • Arts and crafts

For more information email  
[community.partnerships@thh.org.uk](mailto:community.partnerships@thh.org.uk)

**Tower  
Hamlets  
Homes**



# COMMUNITY DAY

\* Outreach,  
Recruitment &  
Engagement

\* Police & Fire Service  
Teams Vehicles and  
Animals

\* Sport, Art,  
Culture and Digital  
Activities

\* Food and  
Refreshments



**Friday 17th February 2023 (11am to 4pm)  
London Marathon Community Track**

London Stadium, Queen Elizabeth Olympic Park, London E20 2ST

**#BTHECHANGEUWANT2C...**

**Impact**



**Active Global Citizens**

Young people engaged, equipped and empowered to contribute to a 21st Century Global Society for All.



**Engaged**

young people through sport, art, culture and digital activity



**Equipped**

with mental, physical and emotional life skills and resilience



**Empowered**

with the aspiration of college, university employment and entrepreneurship

# The Healthy Families Programme – promoting a healthier lifestyle



Tips for healthy meals and portions



Be more active as a family



Find out about hidden sugars



Know what's in your food

**Make small changes that have a positive impact on family health and well being.**

**Sessions are practical, fun and accessible to all**

## 5 Tips for Family Health

- ① Be more active
- ② Eat more fruit and veg
- ③ Check the food labels
- ④ Cut down on sugar and salt
- ⑤ Talk about your worries

# Keeping well in winter

How we can all beat the winter blues, look out  
for each other and stay warm and well



**Lots of us say we're  
okay, but actually,  
we're worried about  
lots of different  
things. And who  
wouldn't be with so  
much going on?**

안녕

Привет

Hola

こんにちは

Hallo



We'd like you to take away five things from this booklet:

1. Be kind to yourself
2. Share the support available in this booklet with friends, neighbours, and family members
3. Ask for help when you need it - there is support out there
4. Know when, where and why to get your flu, Covid-19 and booster jabs
5. Put the kettle on and message or call a friend. It will be appreciated more than you know.



## Support with keeping you and your home warm

Many of us are worried about the increase costs of our bills, fuel and food this winter. There are little things we can all do at home to help minimise costs, and there is also support available.



If you urgently need help or advice on money, call **0800 138 777**

### Local schemes

One-off cost of living relief grants worth £100 have been made available by Tower Hamlets Council. These payments are available for households who are eligible for free school meals, or households deemed at risk of poverty.

Some residents on pension credit and households which receive Healthy Start Vouchers will also receive these grants. Eligible households will be contacted by the council or through their children's school.

### National schemes

Citizens Advice offers £49 fuel vouchers if you are struggling to pay your energy bills. This is available to people with a pre-payment meter after an assessment. Call **0203 8555 4472** to make an enquiry.

### Warm Home Discount Scheme

This scheme means you could get £140 as a one-off discount on your electricity bill for winter 2022-2023. You could qualify if you receive the guarantee credit element of the Pension Credit scheme, or if you're on a low income and meet your energy supplier's criteria. Contact your supplier to find out their eligibility criteria.

## Top tips to help you save money and stay warm

**Heat yourself, not your home** by layering thin clothes and using blankets, heat pads and hot water bottles.



**Turn off appliances like laptops and TVs** rather than leaving them on standby – this could save £30 each year.



**Eat regularly and have at least one hot meal a day** as well as lots of hot drinks.



**Turning off lights when you're not using them** can save £14 on energy bills every year.

**Turn off your tap when brushing your teeth or washing your face** - a running tap can waste six litres of water a minute.



**Installing a water-efficient shower head** can save a household of four £70 on gas bills and £115 on water bills.

**Putting radiator reflectors or kitchen foil** behind your radiators reflects heat into the room



**Filling up the kettle only as much as you need**, using a bowl to wash the dishes and reducing your washing machine use by once a week can save £36 each year.

For more tips on staying warm or food support visit:  
[www.towerhamlets.gov.uk/costofliving](http://www.towerhamlets.gov.uk/costofliving)

Further information and support can be found at:  
[www.towerhamlets.gov.uk/winter](http://www.towerhamlets.gov.uk/winter)

## It's good to talk



It's more important than ever for us all to take care of ourselves.

If you're feeling anxious or worried about the winter months, you're not alone.

### Do you want to be there for friends, neighbours or people in your community but aren't sure what to say?

It can feel tricky opening up conversations about money or mental health, but showing you care can make a big difference. The most important thing you can do is to listen, you don't need to be an expert in the topic! Some of these conversation starters may seem obvious, but they provide an opportunity for people to ask for help if they need it.

## Conversation starters

### 1. How are you?

People sometimes feel they need to say they're fine because that's what you want to hear, so it might be worth double checking to show you're genuinely interested in how they're feeling by asking "how are you really?"

### 2. You seem sad/stressed – is everything ok?

This shows that you care and have noticed that something isn't quite right. It's an invitation for anyone to tell you that they might not be ok.

### 3. How can I help?

There may be small things you can do to ease the pressures or stresses that someone is feeling. Being there to share the load can make a real difference while also demonstrating that you are there for them and that support is available if they need it.

If you ever feel worried or concerned about a friend or family member, have a look at some of the support outlined earlier in this booklet, or visit the website for Mind in Tower Hamlets and Newham [www.mithn.org.uk](http://www.mithn.org.uk)



## Active Listening

Once someone starts to share how they're feeling, it's important to listen. This could mean not offering advice, not trying to identify what they're going through with your own experiences and not trying to solve their problems.

Here are some easy ways to make your communication more effective and make the other person feel more valued.

### Show you care

- Focus on the other person, make eye contact, put away your phone.
- To really listen to somebody, you need to give them your full attention, maintain eye contact and be engaged.
- When starting the conversation resolve not to talk about yourself at all.
- Aim to learn at least one new thing about the person who is talking to you.



### Have patience

- It may take time and several attempts before a person is ready to open up.
- Effective listening is about creating trust with the other person. The person sharing shouldn't feel rushed or they won't feel it's a safe environment.
- If they've paused in their response, wait, as they may not have finished speaking. It might take them some time to formulate what they are saying, or they may find it difficult to articulate what they're feeling.



## Have courage

- Don't be put off by a negative response and, most importantly, don't feel you have to fill a silence.
- Sometimes it can feel intrusive and counter-intuitive to ask someone how they feel. You'll soon be able to tell if someone is uncomfortable and doesn't want to engage with you at that level.
- You'll be surprised at how willing people are to listen and how, sometimes, being able to share what is going on in their mind is exactly what someone needs.
- If you're worried someone is suicidal, it's okay to ask them directly. Research shows that this helps - because it gives them permission to tell you how they feel, and shows that they are not a burden.



12



## Say it back

- Check you've understood, but don't interrupt or offer a solution.
- Repeating something back to somebody is a really good way to reassure them that they have your undivided attention. And you can check to see that you're hearing what they want you to hear, not putting your own interpretation onto the conversation.

13

## Support

There are lots of local groups in Tower Hamlets where you can meet for a coffee, discover a new hobby or just go and have a chat. Find out more here: [www.towerhamlets.gov.uk/Loneliness](http://www.towerhamlets.gov.uk/Loneliness)

There's a range of different NHS services that can help depending on how you're thinking or feeling. Whether you've got something on your mind, or everything just seems a bit much, speak to your GP about how you're feeling - they can connect you to the right support.

You can also find further details of local services available on our website: [www.towerhamletsconnect.org/information-and-advice/wellbeing-and-mental-health](http://www.towerhamletsconnect.org/information-and-advice/wellbeing-and-mental-health)

**If you ever feel in a crisis, or are fearful for your own or someone else's safety, please call the Tower Hamlets emergency mental health crisis line, available 24/7 on 0800 073 0003.**

### Do you have an idea to help others this winter?

If so you can apply for a grant of up to £5,000 to help bring people together in your area:

[www.eaastendcf.org/tower-hamlets-grants](http://www.eaastendcf.org/tower-hamlets-grants)



14

**Samaritans** is a confidential support service for anyone experiencing distress or despair. Call 116 123 for free.

**Shout** is a free, 24/7 confidential and anonymous service, with trained volunteers to listen and provide support. You can text the word 'SHOUT' for free to 85258 if you're feeling low, anxious, overwhelmed or not quite feeling yourself.

### Movement is good for your mind and body

During winter, it can feel easier to stay inside and out of the cold than going outside. However, just being outside and out of the house can help make you feel better. Take advantage of a dry day and wrap up warm and go outside. You could go for a walk with a neighbour, colleague or friend, or how about a cycle ride?



15

## Are you due your flu jab or next Covid-19 vaccine?

**This year, the flu vaccine is being offered to:**

- All children aged two and three years by the end of August 2022
- All primary school aged children and some secondary school aged children
- Adults who are older or have certain health conditions, and frontline or social care workers.

The full list of people who are eligible can be found at:  
[www.towerhamlets.gov.uk/vaccines](http://www.towerhamlets.gov.uk/vaccines)

**Where can I get my flu vaccine?**

- Children will be able to get vaccinated at school by a nasal spray if given permission from their parent or carer
- Adults can get their vaccine at your GP by giving them a call or booking through their online system



Alternatively you can scan this QR code to find your nearest pharmacy.

If you're not eligible for a free flu vaccine, you can still protect yourself from flu by getting a vaccine from a pharmacy or some larger supermarkets offering the vaccine for between £10–£18

16

## Are you eligible for the latest Covid-19 booster jab?

Respiratory illnesses like colds, flu and Covid-19 usually increase in winter because we spend more time inside with doors and windows closed. This allows viruses to pass more easily from one person to another.

Protection from vaccines can decrease over time. Getting your Covid-19 booster gives your immune system the top-up it needs so you can continue to have the best protection from the virus and help stop the virus from spreading.

**The latest Covid-19 booster is being offered to:**

- Residents and staff working in care homes for older adults
- Frontline health and social care workers
- All adults aged 50 and over
- People aged 5 to 49 in a clinical risk group
- People aged 5 to 49 who live with people who are immunosuppressed
- People aged 16 to 49 who are carers.

If you are eligible, you should have been invited for your booster between September and December. You may also be able to have your Covid-19 booster and flu jab at the same time, just ask before you go. If you still need your first or second dose you can get that too!

Book or walk-in to a vaccine clinic, local pharmacy or visit our roaming vaccine bus, see [www.towerhamlets.gov.uk/vaccines](http://www.towerhamlets.gov.uk/vaccines) for times and locations.

17

## Do you dance in the kitchen? That counts as exercise!

Any form of movement, no matter how much, can help you feel good.

Whether it's walking to the shop or chasing after the children, getting your body moving releases chemicals which can help you feel better in yourself.



**Tips to keep warm and active:**

- Simple chores at home such as hoovering or mowing the lawn count as moderate exercise
- Walk or cycle to your destination or get off the bus one or two stops early
- Get moving with a free range of classes and activities led by professionals. Find your local outdoor gym, as well as upcoming events and classes to get you started:

<https://bit.ly/TGOTowerHamlets>

**Try this:**

It's good to try and see daylight each day. But with shorter days and longer nights, it's not as easy as it sounds. Give yourself a daily challenge to catch some light each day and, if possible, get outside for some fresh air – even if it's just for a few minutes.

We have a range of activities across our leisure centres and outdoor gyms for the over 50s and disabled people, with women-only classes and much more. Visit: [www.towerhamlets.gov.uk/sport](http://www.towerhamlets.gov.uk/sport)

18

## What should I do if I don't feel well?

Knowing when and how to contact the NHS means you can get the right help at the right time, while making sure to keep urgent care available for those who need it most.

**Pharmacy**

- Minor illnesses that don't need a prescription, like coughs, colds, aches and pains
- Medication checks
- Health advice

**GP**

- If you feel more seriously unwell
- You need prescribed medication
- Call or use your GPs online form about your symptoms

**Call 111, or visit: [www.111.nhs.uk](http://www.111.nhs.uk)**

- If you need medical help fast but it's not a life-threatening emergency
- Available 24 hours, 7 days a week
- Help with symptoms, health information and advice

**Call 999**

- Call if someone's life is at risk and it's a medical emergency like a loss of consciousness, chest pain, breathing difficulties or severe bleeding
- Call immediately if you think you or someone else is having a heart attack or stroke

19

# Winter Wellbeing challenge

There are small things we can all do each day to help us feel positive, more energised and connected to ourselves.

Try our winter wellbeing challenge for 12 days and see how it makes you feel!

**Day 1** – pop the kettle on and march on the spot until it's boiled



**Day 2** – put your music on and dance to your favourite track



**Day 3** – message a friend, neighbour or family member



**Day 4** – take at least 15 minutes out to read, write or draw



**Day 5** – make your favourite hot meal



**Day 7** – breathe deeply, in through your nose and out through your mouth for 60 seconds



**Day 8** – do a big stretch when you wake up in the morning



**Day 9** – drink six glasses of water throughout the day



**Day 10** – Volunteer your time or money to a local charity or food bank



**Day 11** – Take a walk in your local park



**Day 12** – Relax in a warm bubble bath



## Helpful contacts

### Mind in Tower Hamlets

A community mental health charity that provides advice and support to anyone with a mental health or emotional issue. They also provide free counselling for Tower Hamlets residents.

Contact: **020 7510 4247/4248** or email [info@mithn.org.uk](mailto:info@mithn.org.uk)

### Help with homelessness

The council works with a range of partners including homelessness charities, specialist substance misuse and mental health organisations and community groups to ensure rough sleepers are provided with appropriate support and an offer of a route off the streets.

If you are rough sleeping or are aware of somebody rough sleeping, visit: [www.towerhamlets.gov.uk/homelessness](http://www.towerhamlets.gov.uk/homelessness)

### Benefits

There are a range of benefits you may be entitled to including council tax reduction, pension credit or cost of living grants. Find out more at: [www.towerhamlets.gov.uk/costofliving](http://www.towerhamlets.gov.uk/costofliving)

### Volunteering

Join thousands of local people already volunteering by registering at [www.vctth.org.uk](http://www.vctth.org.uk)

If you need help finding the right volunteering role, or have questions, call **07595 219 603** or email [info@vctth.org.uk](mailto:info@vctth.org.uk). Lines are open Monday to Thursday.

### Warm Hubs

Our Idea Stores, libraries and other community spaces will be hosting warm hubs for residents wanting a safe space to keep warm.

Refreshments including hot drinks, squash and biscuits will be available and staff will be on hand to signpost people to advice and support services.

[www.towerhamlets.gov.uk/warmhubs](http://www.towerhamlets.gov.uk/warmhubs)

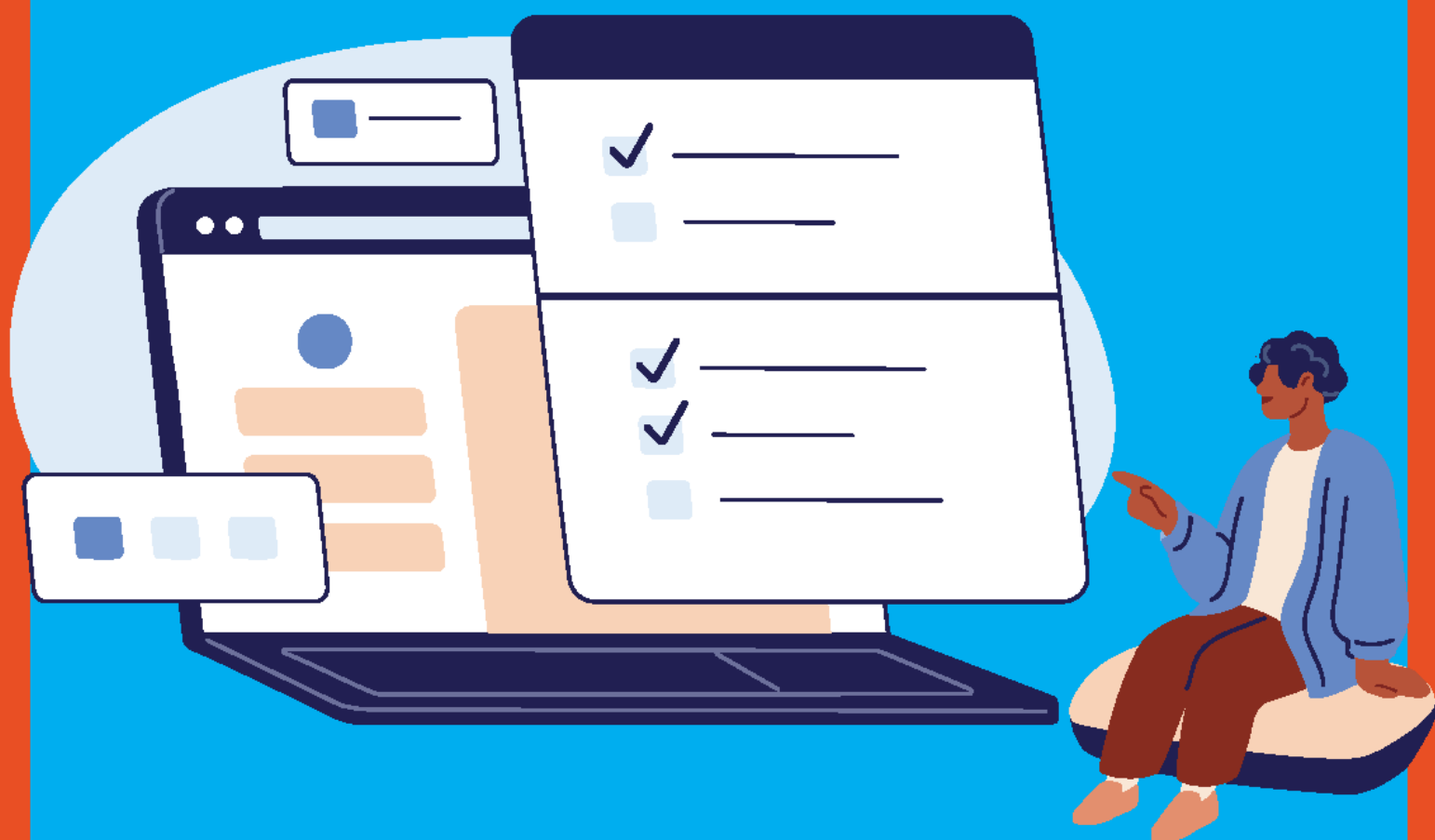
### FOOD Stores

The council has set up a number of FOOD Stores to support people who cannot afford enough food for themselves or their families.

FOOD Stores are places you can go to pick up £25-£35 worth of food in exchange for a £3.50 membership fee. At the same time, you will be supported in other areas that you might need help with. This includes help with issues around

- housing
- benefits access
- employment and more

To find out more or to become a member email [thefoodstore@towerhamlets.gov.uk](mailto:thefoodstore@towerhamlets.gov.uk) with your name, address, postcode, date of birth and contact number.



**Please take a  
few minutes to  
provide feedback  
on this booklet**





Thoughts of suicide can be frightening and confusing. The Community Hub provides you with a safe space to talk and someone to guide you to support services in your local area.



If you are concerned you can speak to someone or you can access the **Safe Connections App** using the QR code.



Mind in North East London

**0300 561 0115**

## JUNIOR FOOTBALL COURSES

Whether your child is a complete beginner or you're looking to help them build their confidence, football courses at Whitechapel Sports Centre will help them develop skills to last a lifetime.

Join us every Saturday, Sunday and Tuesday.

Book now at [better.org.uk/lessons](https://better.org.uk/lessons)



**BETTER**

## Suicide Prevention Training



LOCAL SUPPORT FOR PEOPLE FACING SUICIDE



### Safe Connections - Local Support for People Facing Suicide

This free 2 hour training is suitable for anyone interested in learning about suicide prevention.

Topics covered will include:

- Increased understanding of suicide
- Skills to promote supportive communication
- Increased awareness of the needs of a suicidal person
- Essential practical knowledge
- Skills to effectively and confidently support a person at risk of suicide

Training dates:  
(delivered over zoom)

6th December 3-5pm  
30th January 2023 3-5pm  
21st February 2023 11-1pm  
23rd March 2023 2-4pm

For more information or to book on to the training, please email:  
[suicidepreventiontraining@mindchwf.org.uk](mailto:suicidepreventiontraining@mindchwf.org.uk)

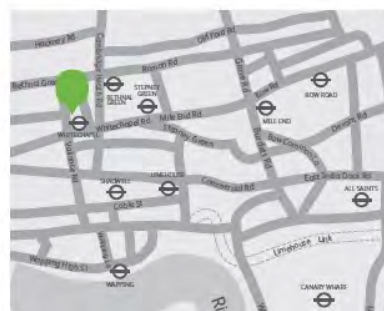
Mind in North East London



[www.mindchwf.org.uk](https://www.mindchwf.org.uk)  
Registered Charity No. 219830

## JOIN US FOR FOOTBALL

Our junior football training programme is designed to put fun at the heart of learning, and open to all abilities from 18 months to 12 years of age, boys and girls, regardless of experience. Your child's programme is personalised so they continually develop in a fun and welcoming environment.



Scan here for days, times and prices



**Whitechapel Sports Centre**  
55 Durward Street  
Whitechapel, Tower Hamlets  
London E1 5BA