



Get involved

this Mental Health Awareness Week

9 - 15 May 2022

A complete guide for
Primary Schools



ISLE LISTEN


Because Minds Matter

What we do

Isle Listen works in schools, the workplace and community, providing vital early intervention and prevention mental health support and training. During 2021, we extended the reach of our educational services into all 6 of the Island's secondary schools and 16 of the Island's 33 primary schools. We also work with many employers and community groups on the Island to provide mental health and wellbeing support and training to help people recognise the early signs of mental health difficulties - helping people to support one another.

In schools

2020/21 school academic year

 **11,265**
student interactions
via PSHE & assemblies

139 
school group
sessions

226 
students supported
by our 1-to-1
listening service

984 1-to-1
listening sessions
provided


In the workplace

Between Jan 2020 and Jun 2021

 **2747**
people trained
virtually and in person

95 
workplace
training courses

30 
organisations
supported with mental
wellbeing training on the
Isle of Man and globally

 **239**
hours of
training

Mental Health Awareness Week

Mental Health Awareness Week is an annual event founded and hosted every May by the Mental Health Foundation. The week is an opportunity to focus on achieving good mental health and wellbeing and removing the stigma that surrounds mental health. Each year, the event has grown to become one of the biggest awareness weeks across the UK and globally.

Mental Health Awareness Week 2022 will take place

9th - 15th May

Every year a theme is chosen and this year, **the theme is Loneliness**



Why Loneliness?

Loneliness is affecting more and more of us and has had a huge impact on our physical and mental health during the pandemic. Connections to other people are key to protecting our mental health and wellbeing.

Loneliness can touch all of our lives. The Mental Health Foundation has been tracking loneliness levels in the UK during the pandemic and has found that people's sense of isolation and reduced ability to connect has exacerbated the issue.

You can find out more at [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

69% of young people aged 13-19 felt alone often or sometimes

59% regularly felt they had no one to talk to

Mental Health Awareness Week

We are running a series of activities in schools, workplaces and the community that reflect on the theme of loneliness, with a specific focus each day. Here is a snapshot of how we are looking at loneliness during the week, plus some of the activities you could get involved with each day.

Monday

THEME:

What loneliness means

WHAT'S ON:

Building light up



Tuesday

THEME:

Exploring scenarios

WHAT'S ON:

Coffee morning



Wednesday

THEME:

Listening and making connections

WHAT'S ON:

Give an hour



Thursday

THEME:

Keeping positive

WHAT'S ON:

Get active



Friday

THEME:

Practical tips

WHAT'S ON:

Dress down



Saturday

THEME:

Take the plunge

WHAT'S ON:

Sea Dip



Sunday

THEME:

Looking forward

WHAT'S ON:

Try something new



Start your involvement with our Poetry Competition

Sponsored by



Supported by



We are inviting primary school children to submit a poem about the theme of loneliness. Children should be as creative as they like - but we'd just ask that entries are a single side of A4.

There will be 7 winning poems - one for each day of Mental Health Awareness Week - which we will publish each day on our social media, as well as the winning poems being broadcast every day on EnergyFM. Each winner will receive a bag of special mental health boosting prizes!

Closing date for entries is 12pm on Friday 22 April 2022 and each entry must include the child's name, age, and the name of the school they attend. Entries can be completed at home or as part of a school activity.

Unfortunately, we can only accept one entry per student.



Try some classroom activities during Mental Health Awareness Week

We've prepared some short activities that range from 15-30 minutes each, to help support you in the classroom each day during Mental Health Awareness Week. These activities will help raise awareness of the topic of loneliness and mental health.

Monday

In groups, think about what loneliness means and how it makes us feel. Perhaps students could think of a time they felt lonely. We would recommend making the activity visual by using sticky notes and creating a sticky note wall or by asking students to write down their thoughts on big A3 pieces of paper. It's really important that young people know that feeling lonely is a normal feeling to have and that you're going to spend your week exploring loneliness to help everyone's understanding.

Tuesday

Spend time with your students exploring how different situations can make us feel lonely but others might not feel lonely. Use the scenario task resource. You could print the scenarios and in groups the students could feed back to the rest of the class about their scenario. Or the teacher could go through each scenario and allow time for input from the students. Encourage students to consider if this scenario would make them feel lonely whilst acknowledging how other students feel.

Wednesday

A nice way to help combat general loneliness is by encouraging students to think about how they listen to one another. Feeling heard can have a great positive impact when we are feeling lonely. A full body listening activity resource can be found on our website. Students can work individually or in groups. At the end, reflect on how we feel when we know someone has really listened to us.

Thursday

When we experience loneliness, often we can go down a path of having negative thoughts about ourselves which can really impact our self-esteem. It's helpful to distract ourselves from having these negative thoughts by focusing our mind on something else. Today's activity is to create 'positivity dice'. Find the template on our website. Cut and glue the cube to create the dice. On each face of the dice is something to think about. Each student can play with the dice on their own or with a friend when they feel lonely. The different faces ask different questions students should really focus on and answer either to themselves or with someone.

Friday

What can you do when you feel lonely? On the last school day of Mental Health Awareness Week, this is a good opportunity to take some time to talk about what you can do when you feel lonely. Some of the students may have come up with some good ideas during the week. It's important to emphasise that everyone is different but there are some things we might find useful that can help. As a class, it would be great if you could come up with your own 5 top tips of how to support yourself when you feel lonely, which you can complete on the poster template resource and hang up in your classroom. We have provided some of our own top tips that you can also share with the class.



Download the resources you will need on our website at islelisten.im/MHAW

Get involved with other activities and help support our work

We couldn't continue to do what we do without the incredible support of our community! So, we're asking as many people as possible to get involved with the week and help raise awareness of the importance of mental health. Donations from all the amazing fundraising activities stay on the Island and enable us to continue offering our vital support **free of charge!**

Show the love...



Supported by
CAINS



In 2021, many well-known businesses and landmarks

changed colour and went green in a show of support for Isle Listen and Mental Health Awareness Week. There

are lots of ways you can join in again this year, and showing that you care can make a huge difference to a young person who is struggling to cope with their feelings.



Here's just a few ideas...

Wear something green on Friday 13th May and make a donation to show your support.



Give your logo a green twist like Manx National Heritage.



Light your **building green.**



Nothing green to wear? Don't worry, you can still show your support by getting one of our **lapel pin badges or wrist bands**. Why not place a box of the badges and bands in your reception or staff room so everyone can participate?

Have a brew and a bun

It isn't always easy to get out and meet people when we're feeling lonely. So, why not **join us for a coffee and a bun at our Centre at Skanco Court, Cooil Road, Douglas on Tuesday 10th May between 9am and 12pm** and take a step to combating loneliness and have a natter with someone new?

Or, why not host your own coffee morning, catch up with old friends and ask everyone to make a small donation to Isle Listen?

A cake sale is also a great way to showcase your baking skills, but to also connect with others and people you might not usually speak to. Get 'pupil buddies' involved so no one feels lonely!





Sea Dip for your Sanity

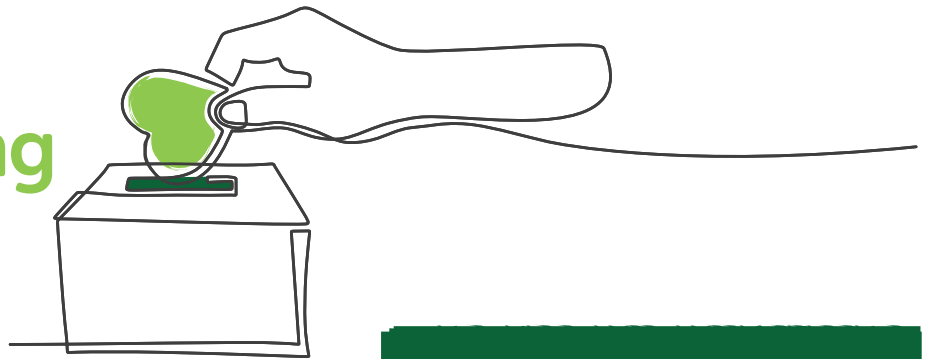
Sea dipping is a great way to support mental health as well as making new friends, and we were overwhelmed by the response to our sea dip challenge in October 2021, when nearly 300 people joined us to take part.

Come and join us on

Saturday 14th May, Ramsey Beach at 8am

for the start of the dipping season and help to remove the stigma that surrounds mental health. Don't forget, sea dipping is also a great family activity!

The gift of life changing support



We know how important it is to have access to vital early intervention mental health support.

We provide our therapeutic support **completely free of charge** to those who need us, but did you know, **for every hour of therapeutic support we provide, our charity has to fundraise £135?**



In 2021, we provided **over 2,000** hours' of therapeutic support!

Your donations make a real and lasting difference!

It could be as simple as donating the cost of your morning coffee or weekly take out, or children might want to offer to do chores around the house for a donation to Isle Listen, or you might want to donate an hour of your salary. Helping in any of these amazingly generous ways, enables us to offer life-changing support to a young person who is struggling.

Help support us with a one-off or regular monthly donation - islelisten.im/donate



How your fundraising helps to support us

Quite simply, you're making a real and lasting difference!

Your generous support helps us to continue our 'Stop the stigma' mental health campaign by enabling us to offer early intervention mental health support to continue building emotional resilience in our Island's young people.

£60

covers the cost of therapeutic aids and art materials used in one primary school session by our Art Therapists, to support the delivery of mental health topics to build emotional resilience in an age appropriate way

£120

gives a young person the opportunity to access our Listening Service in school to talk about feelings they're finding difficult to manage such as bullying or exam stress

£300

provides 2 days of activity workshops for children focusing on confidence-building and self-esteem

£1,350

provides a young person access to a higher level of therapeutic support around issues such as self-harm, gender issues and mild to moderate anxiety

£6,000

enables the delivery of our mental health educational programme for one academic year, in one school, covering issues that can effect emotional wellbeing

Help support us with a one-off or regular monthly donation, at islelisten.im/donate

How to donate



Here's how you can make your donation following your amazing fundraising activities

1. Donate securely online using your debit or credit card at www.islelisten.im/donate
2. Set up a fundraising page at JustGiving which will collect money from your supporters automatically and take all the hassle out of collecting your sponsorship.
3. Donate by bank transfer:

Pay to: **MCH Psychological Services t/a Isle Listen**
Account no: **12822752**
Sort code: **55-91-00**
Reference: **Please state your event or activity**

4. Donate by cheque (made payable to MCH Psychological Services t/a Isle Listen) and send to our address below.

Contact us 01624 679118
info@islelisten.im
Skanco Court, Cooil Road, Douglas, Isle of Man, IM2 2SR

We're supporting



ISLE LISTEN

Because Minds Matter

Event:

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Date & Time:

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Location:

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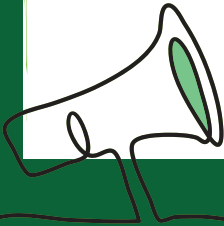
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More info:

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islelisten.im

getinvolved@islelisten.im

(01624) 679118