Your ION wellbeing representatives, Jacky Bauer, Catherine Hills , Nadine Dijkstra and Linda Taib have prepared a list of activities for mental health awareness week.

***Mental health week Queen Square itinerary***

**Monday 10th May**

**11:00 to 12:30: Self-care for students**

More info and sign up: <https://www.eventbrite.co.uk/e/self-care-tickets-151458982895>

This workshop will explore self-care; what it is, what it isn’t, how it looks different for each of us. Students will engage in creative mindful practices as well as explore practical CBT tools and coping mechanisms.

This workshop is designed to be interactive with attendees engaging in discussions, sharing experiences, and working with facilitators to discover helpful coping strategies. Expect breakout rooms and an opportunity to meet others from across the IoN!

The workshop form part of Rethinks wider [‘Step Up: University’ project](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.rethink.org%2Faboutus%2Fwhat-we-do%2Four-services-and-groups%2Fstep-up%2Fstep-up-university%2F&data=04%7C01%7C%7C4523ac542b504a14a91a08d904cf840b%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637546111577277903%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=nzNgDAhpcTafo4Cazyu%2FVPEMy1KXqTSC6rHYFRWWS7M%3D&reserved=0) to improve mental health for students.  As part of this project Rethink have worked with, and trained, student facilitators to develop mental health workshops tailored to the student communities they live in. All workshops have been designed by students for students with the support of Rethink’s professionals.

**13:00 to 14:00: Gardening with Sarah's Garden**

More info and sign up : [https://www.eventbrite.co.uk/e/mental-health-awareness-week-gardening-with-sarahs-garden-tickets-150749815757](https://www.eventbrite.co.uk/e/mental-health-awareness-week-gardening-with-sarahs-garden-tickets-150749815757%20)   

In this session you will hear about the history of Sarah's Garden, as well as learn some tips that you can implement in your own garden or on the windowsill. Many features of Sarah’s Garden can be easily adapted for home gardening, even if that is only a windowsill in a hall of residence. Susan will include in the session some simple practical ideas for things that you can do at home – lots of these will include her favourite R words: reduce, re-use, rescue, re-purpose and recycle.

**Tuesday 11th May**

**14:00 to 15:30: My brain has too many tabs open for students**

More info and sign up: <https://www.eventbrite.co.uk/e/my-brain-has-too-many-tabs-open-workshop-tickets-151462924685>

exploring the impacts of increased elements of university life being online and how to manage associated stress

This workshop is designed to be interactive with attendees engaging in discussions, sharing experiences, and working with facilitators to discover helpful coping strategies. Expect breakout rooms and an opportunity to meet others from across the IoN!

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**Wednesday 12th May**

**12:00 – 13:00    The Queen Square wellbeing champions are setting up a virtual meet and greet.**

If you fancy having a private chat please email [j.bauer@ucl.ac.uk](mailto:j.bauer@ucl.ac.uk) or [catherine.hills@ucl.ac.uk](mailto:catherine.hills@ucl.ac.uk) or [n.dijkstra@ucl.ac.uk](mailto:n.dijkstra@ucl.ac.uk) if there is demand we can set up further sessions.

**Friday 14th May**

**10:00 to 11:00: Well Bean Gardening for Wellbeing with Wendy Gordon, qualified teacher and RHS qualified gardener**

Well Bean Gardening for Wellbeing is an interactive hour-long workshop which will show the benefits of plants and gardening on positive mental health and will give some practical ways that you can harness the power of plants, both indoors and outdoors, however much space you have to grow in.

**Register in advance for this activity**

<https://zoom.us/meeting/register/tJ0tdOGuqzwsGdRaC4hs3tFLG98Msfv3J3kp>

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**Care first webinars**

* Care First (UCL’s employee assistance provider) offers webinars, online resources, counselling, and other wellbeing focused advice. You can access Care First’s website at [https://carefirst-lifestyle.co.uk/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarefirst-lifestyle.co.uk%2F&data=04%7C01%7C%7Ce4f2501018ee484089f808d910a745ae%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637559132872542952%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=au64WFVM1giCi4vg6D7We8qPKdISiPMwf4E5XPHseL0%3D&reserved=0). The username is **uclstaff** and password **bentham**

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* Stress, Resilience & Mental Health Awareness, recorded webinar, [https://register.gotowebinar.com/register/5556177911180495629](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fregister.gotowebinar.com%2Fregister%2F5556177911180495629&data=04%7C01%7C%7Ce4f2501018ee484089f808d910a745ae%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637559132872552947%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SvERWpHOwk6h0LwjE%2FdUBGdhrFEmHLXQBIDAVqcBOSw%3D&reserved=0)
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* "Switching off" after work, recorded webinar, [https://register.gotowebinar.com/register/8555929309607486990](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fregister.gotowebinar.com%2Fregister%2F8555929309607486990&data=04%7C01%7C%7Ce4f2501018ee484089f808d910a745ae%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637559132872582936%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Txt8zV2Q9GLoWwgL5j8L5KP%2B96%2FHGqHy3KA%2BPpCL2Hc%3D&reserved=0)

**Other events**

**Virtual Kitchen Catch-up for mental health – dealing with self-isolation**

There are many positives to remote working; no more hour-long commutes punctuated with train delays, no more spending £5 on a cup of coffee, no more cleaning colleague’s food from the shared microwave.

However, losing some of the more mundane aspects of our lives has also caused us to lose those daily connections with colleagues that make work enjoyable. Small talk seems like a thing of the past, yet these social connections with colleagues are important for staff feeling a sense of belonging within an organisation. There are many staff that have joined the Faculty in the past year who have never actually met any of colleagues, let alone been into their building.

To mark the beginning of [Mental Health Awareness Week](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mentalhealth.org.uk%2Fcampaigns%2Fmental-health-awareness-week&data=04%7C01%7C%7C47a044d0ff9a4a859fb508d90a4b9126%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637552142008460488%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=0jiLmIXjkQunhtL%2BjbPfkR4hGj6XMSlY3RYmXE%2BKh88%3D&reserved=0) and address the social isolation that remote working can cause, FBS is launching another round of ‘Virtual Kitchen Catch-Up’; an opportunity to spend 15 minutes having a cup of coffee whilst talking to a colleague from within the Faculty.

Sign-up by May 14th and we’ll pair you with another member of the Faculty. You’ll get to schedule a slot for your 15-minute catch-up at a time that suits the pair of you over the coming month.

The scheme is open to all staff within the Faculty of Brain Sciences. Why not give it a go? It could be a good opportunity to chat with someone you haven’t spoken to over the past year, or to speak to a colleague you haven’t met before.

1. [Sign up for the Brain Sciences Virtual Kitchen Catch-Up here by May 14th 2021](https://forms.office.com/r/DZruA6Qcgd)
2. Match confirmed by FBS EDI Team on Friday 21st May 2021
3. Matched pair find a suitable 15 minute slot to meet in June 2021

**Walk/run/cycle challenge**

Colleagues from the Dementia research Centre often submit their research to conferences, one being Alzheimer's Association International Conference (AAIC).

This year due to covid, attendance to AAIC (which was due to be held in Amsterdam) will not be in-person. Therefore, they have set the challenge to their staff to walk/run/cycle the 340 equivalent miles each to AAIC in time for the conference to start.

Over the next few months, they will be going the distance, getting active outside & raising money for Rare Dementias. To check out their progress & donate head to: [https://www.justgiving.com/fundraising/drcwalks](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.justgiving.com%2Ffundraising%2Fdrcwalks&data=04%7C01%7C%7C47a044d0ff9a4a859fb508d90a4b9126%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637552142008460488%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=7nwjFX9%2FduGOiBzGUWggzIfnvug5Em4c1dZn9Ma%2BUjY%3D&reserved=0)

They hope to keep this challenge past COVID in order to continue promote staff's physical & mental wellbeing as well as Green living and would love to know if any other IoN departments want to team up in the future!

* Care First (UCL’s employee assistance provider) offers webinars, online resources, counselling, and other wellbeing focused advice. You can access Care First’s website at [https://carefirst-lifestyle.co.uk/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarefirst-lifestyle.co.uk%2F&data=04%7C01%7C%7Ce4f2501018ee484089f808d910a745ae%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637559132872542952%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=au64WFVM1giCi4vg6D7We8qPKdISiPMwf4E5XPHseL0%3D&reserved=0). The username is **uclstaff** and password **bentham**

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* Coping with uncertainty during COVID-19, recorded webinar, [https://register.gotowebinar.com/register/8433395331713291024](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fregister.gotowebinar.com%2Fregister%2F8433395331713291024&data=04%7C01%7C%7Ce4f2501018ee484089f808d910a745ae%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637559132872572936%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=EbeORLInt6nrV5LIDzmw1xiVJfTxxYPQSKakDVKKUYc%3D&reserved=0)
* Work Life Balance, recorded webinar, [https://register.gotowebinar.com/register/2821049278887422989](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fregister.gotowebinar.com%2Fregister%2F2821049278887422989&data=04%7C01%7C%7Ce4f2501018ee484089f808d910a745ae%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637559132872572936%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3W2EqrhZCu8AkZL89hbJT%2FV84DqqIip7MGC1w7w3zRY%3D&reserved=0)
* "Switching off" after work, recorded webinar, [https://register.gotowebinar.com/register/8555929309607486990](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fregister.gotowebinar.com%2Fregister%2F8555929309607486990&data=04%7C01%7C%7Ce4f2501018ee484089f808d910a745ae%7C1faf88fea9984c5b93c9210a11d9a5c2%7C0%7C0%7C637559132872582936%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Txt8zV2Q9GLoWwgL5j8L5KP%2B96%2FHGqHy3KA%2BPpCL2Hc%3D&reserved=0)

**Virtual Kitchen Catch-up for mental health – dealing with self-isolation**

There are many positives to remote working; no more hour-long commutes punctuated with train delays, no more spending £5 on a cup of coffee, no more cleaning colleague’s food from the shared microwave.

However, losing some of the more mundane aspects of our lives has also caused us to lose those daily connections with colleagues that make work enjoyable. Small talk seems like a thing of the past, yet these social connections with colleagues are important for staff feeling a sense of belonging within an organisation. There are many staff that have joined the Faculty in the past year who have never actually met any of colleagues, let alone been into their building.

To mark the beginning of [Mental Health Awareness Week](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week) and address the social isolation that remote working can cause, FBS is launching another round of ‘Virtual Kitchen Catch-Up’; an opportunity to spend 15 minutes having a cup of coffee whilst talking to a colleague from within the Faculty.

Sign-up by May 14th and we’ll pair you with another member of the Faculty. You’ll get to schedule a slot for your 15-minute catch-up at a time that suits the pair of you over the coming month.

The scheme is open to all staff within the Faculty of Brain Sciences. Why not give it a go? It could be a good opportunity to chat with someone you haven’t spoken to over the past year, or to speak to a colleague you haven’t met before.

1. [Sign up for the Brain Sciences Virtual Kitchen Catch-Up here by May 14th 2021](https://forms.office.com/r/DZruA6Qcgd)
2. Match confirmed by FBS EDI Team on Friday 21st May 2021
3. Matched pair find a suitable 15 minute slot to meet in June 2021

**Walk/run/cycle challenge**

Colleagues from the Dementia research Centre often submit their research to conferences, one being Alzheimer's Association International Conference (AAIC).

This year due to covid, attendance to AAIC (which was due to be held in Amsterdam) will not be in-person. Therefore, they have set the challenge to their staff to walk/run/cycle the 340 equivalent miles each to AAIC in time for the conference to start.

Over the next few months, they will be going the distance, getting active outside & raising money for Rare Dementias. To check out their progress & donate head to: <https://www.justgiving.com/fundraising/drcwalks>

They hope to keep this challenge past COVID in order to continue promote staff's physical & mental wellbeing as well as Green living and would love to know if any other IoN departments want to team up in the future!