

# Health & Wellbeing Bulletin

## Autumn 2025

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## Welcome to the Autumn issue of your Mental Health & Wellbeing bulletin

Here we again, another busy first half term of the year done and heading towards the half term break.

Not sure if you have noticed, but the trees are particularly colourful this year, more so than usual. Apparently this is to do with the wet spring creating sugar rich leaves and then the sunny days converting those sugars into the red pigments. Little bit of trivia for you!!

Try to get out and enjoy the landscape, kick about those leaves, always feels good to be a kid for a bit.

Thank you to everyone who completed the recent survey, it is great to hear your voices and we will review the responses carefully and be in touch.

Take care of yourselves and those around you – Sue

### Is it ok to take Vitamin Supplements?

Yes it's ok if recommended by a doctor or if you have a specific deficiency or dietary restriction.

When supplements may be beneficial

- **Vitamin D:** Recommended for everyone in the UK during autumn and winter due to lack of sunlight
- **Dietary restrictions:** Vegans may need B12, while those on dairy-free diets might need calcium.
- **Pregnancy:** Folic acid and vitamin D supplements
- **Elderly or housebound:** May benefit from vitamin D and calcium supplements

### Important considerations

- **Not a substitute for food:** Supplements cannot replace a healthy, varied diet. They are for filling nutritional gaps
- **Risk of taking too much:** Excess vitamins, especially fat-soluble ones like A, D, E, and K, can be harmful. It is possible to get too much of a good thing, so avoid taking high-dose supplements without medical advice.
- **Interactions and side effects:** Supplements can cause side effects or interact with other medications
- **Talk to a professional:** Always talk to a doctor, pharmacist, or other healthcare provider before starting supplements. They can help you determine what you actually need and what is safe for you.



### Best Apps for your Spare Time



Duolingo



Insight timer



Paint by Number

### Ideas for Winter Fitness

- **Ice skating:** A fun way to improve balance and coordination
- **Walking or running:** brisk walks or runs can be invigorating
- **Active chores:** Raking leaves and shoveling snow (when we get it!) are great ways to stay active
- **HIIT:** High-intensity interval training is effective and can be done at home with little to no equipment
- **Yoga and Pilates:** These activities improve flexibility and core strength and can be done in a small space
- **Strength training:** Use bodyweight exercises like squats, push-ups, and lunges, or add resistance bands and dumbbells

## Inspiring Stories

### A story of finding coping tools

- **The challenge:** - This individual was dealing with anxiety and depression, feeling "rubbish" and unable to sleep in a cycle of negative feelings.
- **The breakthrough:** - They started adding running to their routine, which allowed them to see progress with each run.
- **The lesson:** - Running and other workouts became coping tools, providing a sense of accomplishment and breaking the cycle of feeling down.
- **Key takeaway:** - It is possible to cope with mental health challenges

### A story of finding strength in struggle

- **The challenge:** - A person was suffering from an illness that caused pain, stress, and anguish, and was living a "smaller life" influenced by fear.
- **The breakthrough:** - The illness prompted them to ask deep questions about their life and forced them to confront what they wanted to change.
- **The lesson:** - Although the experience was painful, they now feel like a stronger, better person for it. It was a painful but necessary "reset button" that brought a new appetite for life.
- **Key takeaway:** - Even difficult and traumatic experiences can be a catalyst for personal growth and a more fulfilling life.

### A story of speaking up

- **The challenge:** - Feeling a disconnect from the world after experiencing a traumatic event, this person began withdrawing and not taking care of their wellbeing.
- **The breakthrough:** - When they finally admitted to themselves and to their doctor, "I don't think I'm ok," they found that the world didn't end.
- **The lesson:** - Acknowledging that you are not okay is a crucial first step in getting better. It's okay to not be okay all the time, and seeking support is a vital part of healing.
- **Key takeaway:** - It is important to be "selfish with your time" and prioritise your own wellbeing. Sometimes just speaking out loud about your struggles is the first step to breaking the cycle.

## Employee Assistance Programme (EAP) with Education Support

Don't forget our confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing. 08000 856 148

## Recipe idea for you

### A Lovely Autumnal cake from one of our parents

#### Ingredients

250g plain flour  
2 tsp ground cinnamon  
1 tsp Bicarb of soda  
250g caster sugar  
50g light soft brown sugar  
1 tsp vanilla extract  
3 tbsp water  
200ml sunflower oil  
3 eggs, lightly beaten  
3 apples, peeled, cored and sliced  
100g chopped walnuts

#### Method

1. Sift the flour, cinnamon and bicarb
2. Add in sugar, vanilla, water, oil and eggs, mix until well blended
3. Stir in apple and walnuts
4. Bake for 50mins at 170 degrees or until a knife inserted comes out clean
5. Cool on wire rack and enjoy



### Time to prep for the silly season.....

- Set a Budget
- Plan your calendar
- Create gift and card lists
- Shop for gifts in good time
- Plan meals
- Make space in the freezer
- Post gifts in advance
- Bake your cake
- Check out the Xmas markets and visit a craft fair

## Inspiring Quote .....

"It's the teacher that makes the difference, not the classroom" - Michael Morpurgo