



Melo News Autumn 2021

# October Newsletter



## Hello. How are you?



As many of you will know, every quarter we share this newsletter to provide an update on progress with Melo and things to look forward to in the coming months.

As Autumn arrives, and the leaves start to change colour, Melo too has taken on a new look for the season. **Please take a look and let us know what you think.**

In addition to new Autumn colours, the graphic we have chosen for the homepage, is a reminder to us all to get outside if we can and to support others to do the same. As the days become shorter and colder it can be tempting to stay indoors. But getting some daylight, fresh air, moving our bodies and having opportunities to meet others is important for our own wellbeing, and for those we look after.



## Contributions from our partners

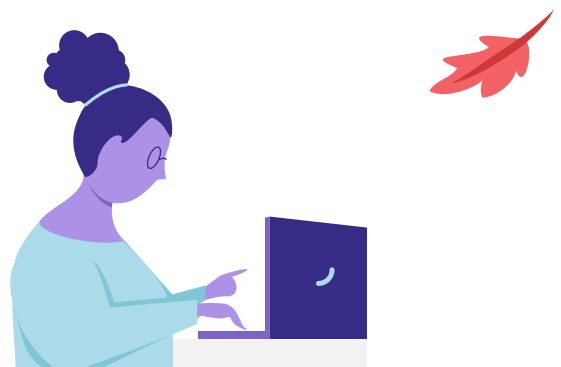
Getting outdoors links to the 5 Ways to Wellbeing which we promoted in the Summer through the **#5Days5Ways campaign**. Partners got involved by sending us pictures of themselves and colleagues doing the 5 Ways. We sent out a 5 Ways resources pack to care homes across Gwent and we are now preparing packs to send out to all schools in the coming weeks.

We hope you are all still keeping the 5 Ways habit going. There are lots of ideas and resources to help you on **Melo**.

Melo is continuing to grow. We have had 15k visitors to the website since it's launch in January. We have a growing social media following on **Facebook**, **Twitter**, and **Instagram**. Please follow and share our posts if you are not already.

We try to connect with partners on social media campaigns. For October we have linked with the DPJ Foundation and Farmwell to support Agricultural Mental Health Awareness week. **If you have a mental health campaign you would like us to be involved in please get in touch.**

We believe everyone needs to look after their mental wellbeing, no matter who you are. Each month we include a guest blog to highlight the simple things people do for their own mental wellbeing. **Take a look at our blogs here**. If you would like to contribute a blog and tell us how you look after your mental wellbeing, we would love to hear from you.



Visit [melo.cymru](https://melo.cymru) for information on local opportunities, resources and courses to help you find ways to look after your mental wellbeing.

Click on the icons to follow Melo on social media





With partners, we have identified some additional topic pages that we will be developing and a range of resources you can download and print. We have secured additional funding to improve how people access the resources. We want to make it easier for people to find information, because we appreciate not everyone knows what they want or need. More details will be available in the next newsletter.

We are also working with partners, such as Gwent Police and other emergency services, to develop printed promotional resources to help our frontline workers signpost to Melo. If you would like any posters or business cards, please get in touch. **You can order resources [here](#).**



### Mental wellbeing courses from Melo

Melo also offers **[free mental wellbeing courses](#)** and all are accessible on-line. These include Stress control, which aims to give you the skills to help you manage your current stress and future problems.

Gwent Connect 5 training provides participants with the confidence and skills to have conversations about mental health and wellbeing and to know where to signpost people for support. There will soon be over 30 Gwent Connect 5 trainers able to deliver the course live

online or face to face. **Details of the programme can be found [here](#).**

The bi-annual Gwent Suicide and Self Harm Prevention workshop took place on October 1st. It included a range of guest speakers and provided partners the opportunity to contribute to the action plan for Gwent. One of those actions is to produce a new section on Melo, highlighting things we can all do to help prevent suicide and self-harm, including signposting to support organisations.



### Volunteer for us

The **Gwent Suicide and Self Harm Prevention Network** are looking for a volunteer to lead on communications.

Please contact **[Jackie.Williams6@wales.nhs.uk](mailto:Jackie.Williams6@wales.nhs.uk)** if you would like to know more about this role, or the Gwent Suicide and Self-Harm Prevention Network.

We are also looking for partners to help develop the new webpages on Melo. If you would like to be involved, please get in touch, email **[Emma.Palmer@wales.nhs.uk](mailto:Emma.Palmer@wales.nhs.uk)**.



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