

# Wellfest 2021

## WELCOME

Thursday 17th  
June 2021  
9.30-15.00



NYLP

WYLP

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# Morning Agenda

- **Morning Open** | Alex Miles, Managing Director | WYLP
- **Physical Exercise for the mind and body** | Thomas Minns | MinnsMind
- **The importance of Health eating for a healthy mindset** | Louise Mercieca | Award winning author and nutritional therapist
- **Taking steps forward: practical support to prevent mental health crisis** | NCFE in partnership with Big Dog Little Dog | Bob Kitchin, Co-Founder at Big Dog Little Dog & Richard Powell, Business Development Manager at NCFE
- **Break**
- **How to have a balanced lifestyle** | Stephen Mordue, Senior Lecturer, Social Work | University of Sunderland
- **Neurodiversity and Supporting Learners** | Cognassist
- **Morning Close** | Alex Miles, Managing Director | WYLP



# Afternoon Agenda

- **Afternoon Open** | Anne Gornall, Executive Director | GMLPN
- **Establishing mental fitness in education - how to give your students and staff the mindset to flourish this year** | NCFE in partnership with Fika | Dr Fran Longstaff, Head of Psychology at Fika & Mark Gordon, Programme Manager – Innovation at NCFE
- **AOC Mental Health Project** | Anne Gornall, Executive Director & James Lees, Project Coordinator | GMLPN
- **Fitness and Wellbeing during lockdown** | Fitness and Wellbeing during lockdown | Gail Clifford, Head of Central Support & Enrichment & Luke Podmore, Sports Development Officer | Tameside College
- **Digital Wellbeing** | Amie Bentley, Apprenticeships Business Development Advisor – Wellbeing Leader | MMU
- **Break**
- **Managing Anxiety** | Managing Anxiety | SallyAnn Coleman, Head of Commercial | Apprentify
- **Mental Health & Apprenticeships - an apprentice perspective** | Emma Nolan, GM Apprenticeship Ambassador | Thales UK
- **Wellfest Close** | Anne Gornall, Executive Director | GMLPN



# WELLFESTOPEN

**Alex Miles** | Managing Director | WYLP

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# PHYSICAL EXERCISE FOR THE MIND AND BODY

Thomas Minns | MinnsMind



MinnsMind



# THE IMPORTANCE OF HEALTH EATING FOR A HEALTHY MINDSET

**Louise Mercieca** | Award winning author and  
nutritional therapist



# Wellfest 2021

## Mental Fatigue & Stress

### Eating



**LOUISE MERCIECA**  
**Nutritional Therapist**

# The Food Link



Just how important is food?

The food you eat affects every cell in your body

Every decision    Every Movement    Every emotion

LOUISE MERCIECA



# Being Busy

THE  
HEALTH  
KICK



LOUISE MERCIECA

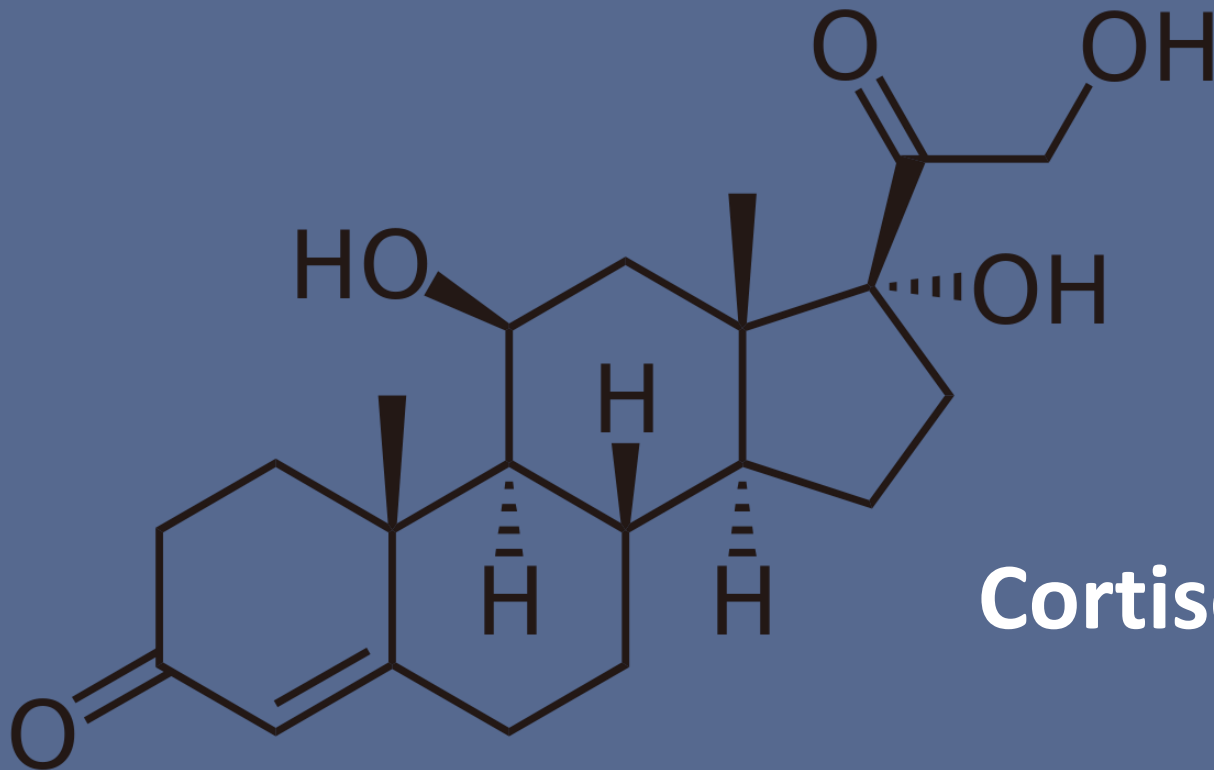
# The Stress Link

THE  
HEALTH  
KICK



LOUISE MERCIECA

# Stress & Hunger



Cortisol – the stress hormone

LOUISE MERCIECA

# Stress & Hunger



Ghrelin – the hunger hormone

LOUISE MERCIECA

# A viscous Cycle

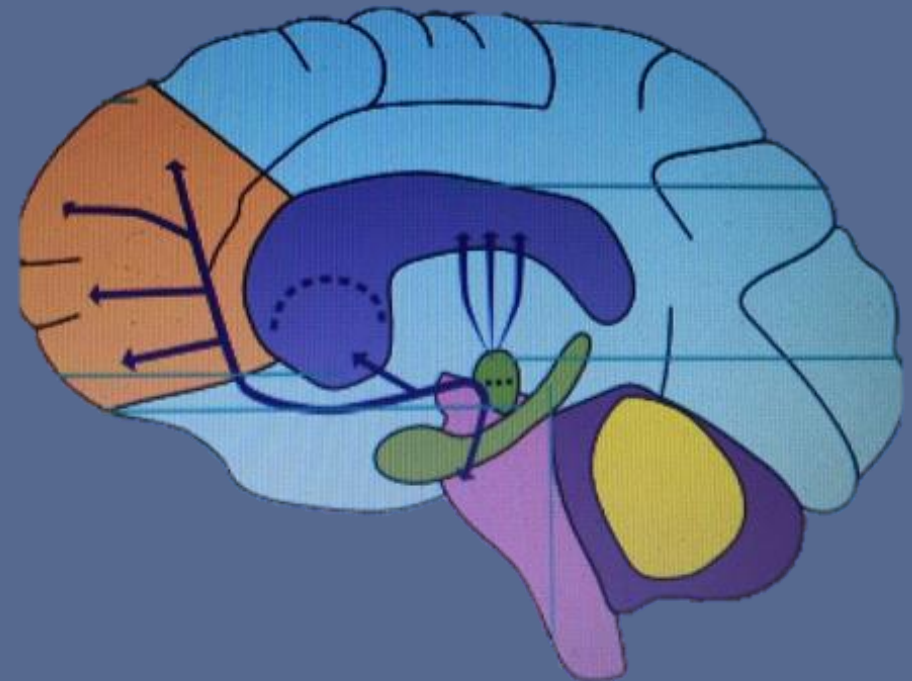


**Stress = increased cortisol = increased Ghrelin = increased  
Cravings = fluctuating blood sugar = imbalanced mood =  
more cortisol = reduced quality of sleep = increased Ghrelin**

**LOUISE MERCIECA**

# How to be in control

All food decisions start here – the food and brain link is incredibly strong but that's a whole other subject!



LOUISE MERCIECA

# Food as energy



Of course food is fuel!

But what food do you **need** compared to what food you **crave**

LOUISE MERCIECA

# Food as energy

THE  
HEALTH  
KICK



V



LOUISE MERCIECA



# Bombardment



LOUISE MERCIECA

# Bombardment

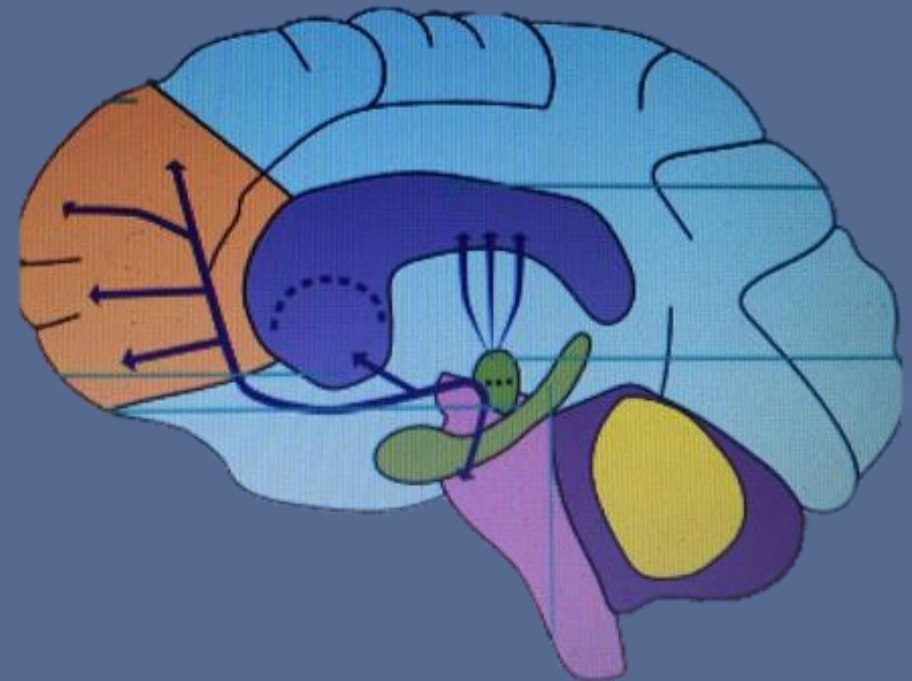


- All food manufacturers understand nutritional science
- They understand the neurotransmitters food creates
- They know the impact of hedonic hunger
- They know the emotional link with food
- They create food to fuel all of the above and they advertise heavily

LOUISE MERCIECA

# Who is in control?

- Remember the link with your brain?
- All food decisions start here, food memories and habits are formed here
- **You can shape these!**



LOUISE MERCIECA



# More information

If you take just **two things** please remember food is more influential than you may realise and **you are in control** not the food manufacturers!

Check out the PDF on energy boosting foods I have created to go with this presentation

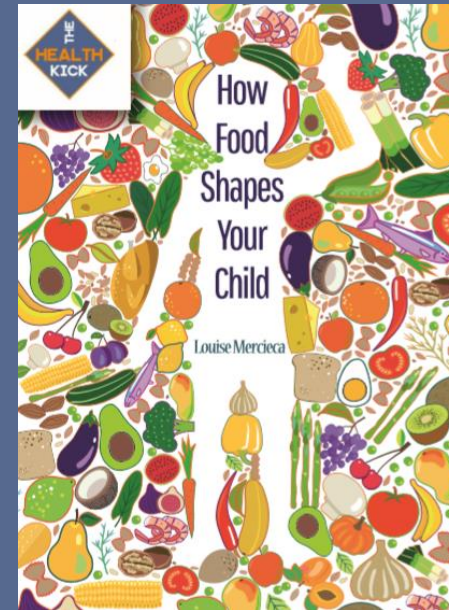
**LOUISE MERCIECA**

# More information

THE  
HEALTH  
KICK

[www.thehealthkick.co.uk](http://www.thehealthkick.co.uk)

## How Food Shapes Your Child



LOUISE MERCIECA

# TAKING STEPS FORWARD: PRACTICAL SUPPORT TO PREVENT MENTAL HEALTH CRISIS

**Bob Kitchin** | Co-Founder | Big Dog Little Dog  
**Richard Powell** | Business Development Manager | NCFE

**nCFE.**



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# Wellfest 2021

## 15 MINUTE BREAK

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# HOW TO HAVE A BALANCED LIFESTYLE

**Stephen Mordue** | Senior Lecturer, Social Work  
| University of Sunderland



**University of  
Sunderland**



**NYLP** ●●●

**WYLP** ●●●



# NEURODIVERSITY AND SUPPORTING LEARNERS

Name? | Cognassist



# MORNING CLOSE

**Alex Miles** | Managing Director | WYLP

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# Wellfest 2021

## LUNCH - 12.00-12.30

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# AFTERNOON OPEN

Anne Gornall | Executive Director | GMLPN

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**ESTABLISHING MENTAL  
FITNESS IN EDUCATION – HOW  
TO GIVE YOUR STUDENTS AND  
STAFF THE MINDSET TO  
FLOURISH THIS YEAR**

**Dr Fran Longstaff** | Head of Psychology | Fika  
**Mark Gordon** | Programme Manager | NCFE

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**Fika** 



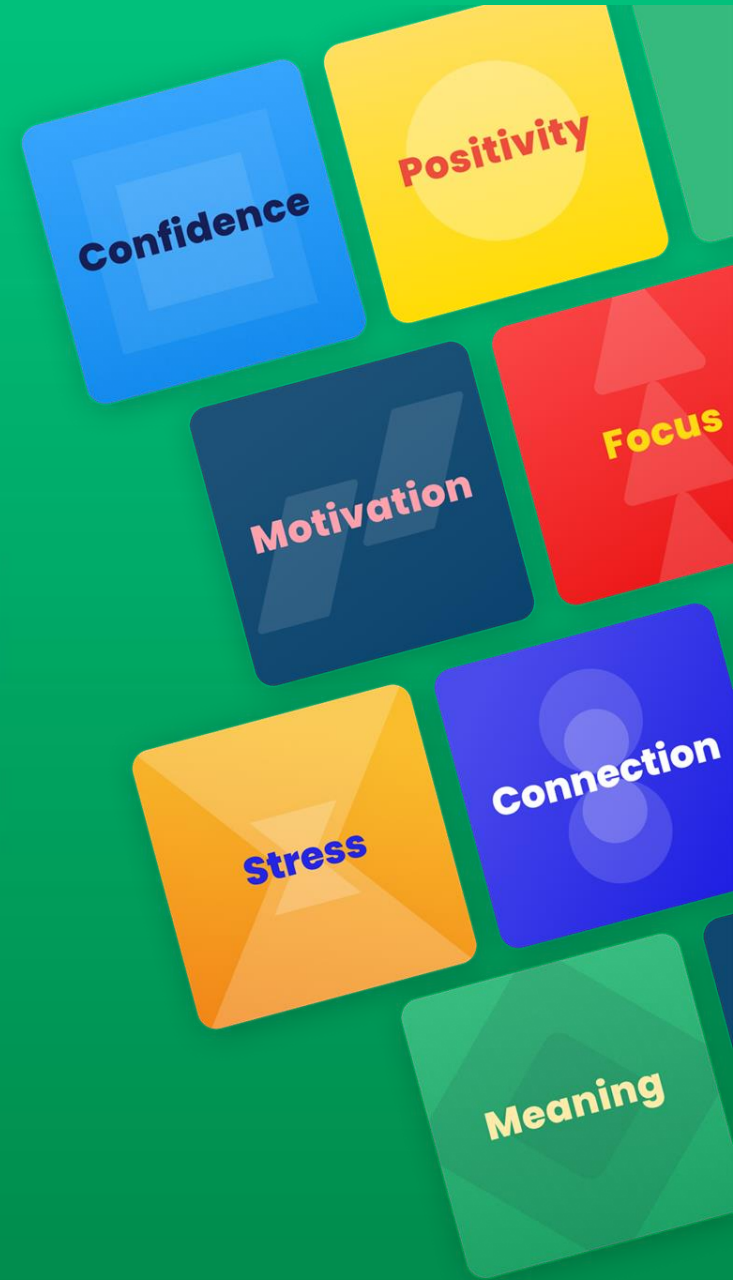
**NYLP** 

**WYLP** 



# Establishing mental fitness in education – how to give your students and staff the mindset to flourish this year

Dr Fran Longstaff | Head of Psychology at Fika  
Mark Gordon | Programme Manager – Innovation at NCFE



## Introduction

- NCFE is a leading educational charity – our core purpose is to promote and advance learning, to create a fairer, more inclusive society
- We're supporting Fika's mission to mainstream mental fitness through education
- Using technology to boost mental fitness





Can you explain why you use the terminology 'mental fitness' and why it is important to change the language surrounding mental health?



What techniques can we use in our day to day lives to improve our mental fitness?  
What techniques have you found the most useful?

Confidence

Positivity

Motivation

Focus

Stress

Connection

Meaning



How important is mental fitness technology now post the impact of the pandemic?





# Discovery demo



1 Year usage to Fika funded by NCFE

Fika's *7 Skills of Mental Fitness Curriculum*  
endorsed by NCFE

Accessible for all college staff and students

Ofsted Mapped





Limited funded spots remaining  
Join us for a demo now

Visit [ncfe.org.uk/fika](https://ncfe.org.uk/fika)

Contact:

[tomrogerson@ncfe.org.uk](mailto:tomrogerson@ncfe.org.uk)





# AOC MENTAL HEALTH PROJECT

**Anne Gornall** | Executive Director  
**James Lees** | Project Coordinator  
GMLPN





ASSOCIATION  
OF COLLEGES

# **GMLPN Mental Health Project**

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**Thursday 17<sup>th</sup> June 2021**

**13.00-13.15**

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# GMLPN Mental Health Project

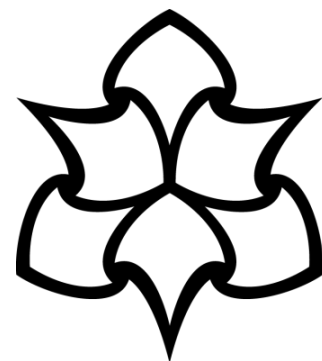
The Greater Manchester Learning Provider Network (GMLPN), in partnership with the Association of Colleges (AoC), and funding from the Greater Manchester Health and Social Care Partnership, have embarked on an **exciting project to research into and strengthen mental health support for learners within their Training Providers and employers.**

**This project has been supported by OneFile and TalkOut.**





## **27 Mental Health Champions**



**Manchester  
Metropolitan**  
University

‘I put myself forward to be a mental health champion as I am currently a wellbeing leader at MMU and am passionate about breaking the current stigma around mental health. I have been involved in many initiatives and have built a range of support networks and resources that I can share, to ensure we are delivering the best mental health & wellbeing across Greater Manchester.’

**Amie Bentley | Apprenticeships Business Development Advisor & Wellbeing Leader | Manchester Metropolitan University**



**13 organisations signed up to  
the Mental Health Charter**



**AMAZING THINGS ARE HAPPENING**

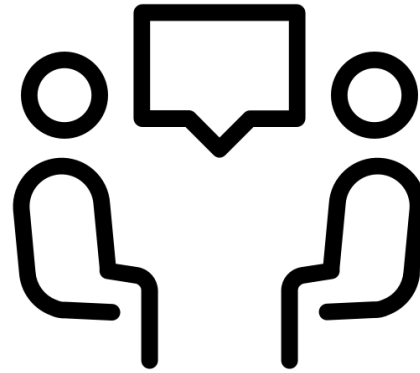
Wellbeing challenge April 2021

Walking the English Channel

Ten team members covering 21 miles in 45 minutes

♥





**4 mental health focus groups**

- **with almost 140 attendees in total**

# Mental Health and Wellbeing Toolkit for Training Providers



*Designed to strengthen the Mental Health support that exists for Training Providers, their learners the employers they work with.*

**To be launched soon...**

# Mental Health & Wellbeing Toolkit for Training Providers

## Purpose

This toolkit is designed to strengthen the Mental Health support that exists for Independent Training Providers, their learners the employers they work with, thus creating a virtual triangle of Mental Health and wellbeing support between providers, learners and their employers.



The aims of the Mental Health & Wellbeing Toolkit are to:

- Equip providers with resources to help them better support their own staff, learners and the employers they work with.
- Increase awareness of the importance of good mental health and wellbeing.
- Highlight the existing good practice within Providers and Employers.
- Identify and signpost external support agencies and resources.

## Contents

1. Purpose
- 2-3. Background
4. Partners
5. Landscape - Covid-19
- 6-10. Self-Assessment Tool for Training Providers
11. Mental Health Charter
12. Mental Health Champions
- 13-14. Training
- 15-17. Resources
- 18-19. External Support
- 20-24. Case Studies



# Self-Assessment Tool for Training Providers

This tool gives a space for providers to reflect on guided questions and list any actions for progressing on these reflections on the following topics:

- Leadership and Management
- Environment for Learners
- Curriculum
- Employers
- Staff Development and Support
- Parents & Carers
- External Partnerships
- Audit & Evaluation

# Resources including...

## Mental Health Support TP E L

- [BACP](#) - British Association for Counselling and Psychotherapy
- [Buzz Manchester](#) - Health & Wellbeing Service
- [Campaign Against Living Miserably](#) - Suicide Prevention Charity
- [DfE](#) - Mental Health Resources for Children, Students, Parents, Carers and School/College Staff
- [FE Week](#) - Mental Health & Wellbeing in FE
- [Greater Manchester Mental Health NHS](#) - Local Mental Health Support
- [Manchester Mind](#) - Independent Local Mental Health Charity
- [Mental Health Foundation](#) - Mental Health Charity
- [Mind](#) - Mental Health Charity
- [NHS England](#) - Signposting
- [Rethink Mental Illness](#) - Mental Health Charity
- [Samaritans](#) - Mental Health Charity
- [SilverCloud](#) - Online Therapy in GM
- [TalkOut](#) - Mental Health Support in the Workplace
- [Young Minds](#) - Children & Young People's Mental Health Charity

# Case Studies including...

## Case Studies

### Apprentify - Mental Health First Aid Training

#### **Why did you decide to do the Mental Health First Aid Training?**

*"I am the Mental Health Champion at Apprentify. I undertook the Mental Health First Aider Training Programme so that I could support others correctly, raise awareness and be proactive in developing a positive and healthy working environment. As an organisation, all staff undertake a Mental Health awareness course each year however, in my role as champion, I wanted to go beyond awareness and gain a deeper understanding the issues, as well as obtain the tools and resources needed to meaningfully support others."*



# Contacts

Anne Gornall | Executive Director | [anne.g@gmlpn.co.uk](mailto:anne.g@gmlpn.co.uk) | 07909 612 946

Charlotte Cookson | Project Manager | [charlotte.c@gmlpn.co.uk](mailto:charlotte.c@gmlpn.co.uk) | 07738 621 735

James Lees | Project Coordinator | [james.l@gmlpn.co.uk](mailto:james.l@gmlpn.co.uk) | 07540 464062

# FITNESS AND WELLBEING DURING LOCKDOWN

**Gail Clifford** | Head of Central Support & Enrichment  
**Luke Podmore** | Sports Development Officer  
Tameside College



Tameside College





# Revival Project

Tackling Inactivity throughout national lockdown

**Tameside College**



**REVIVAL 2.0**

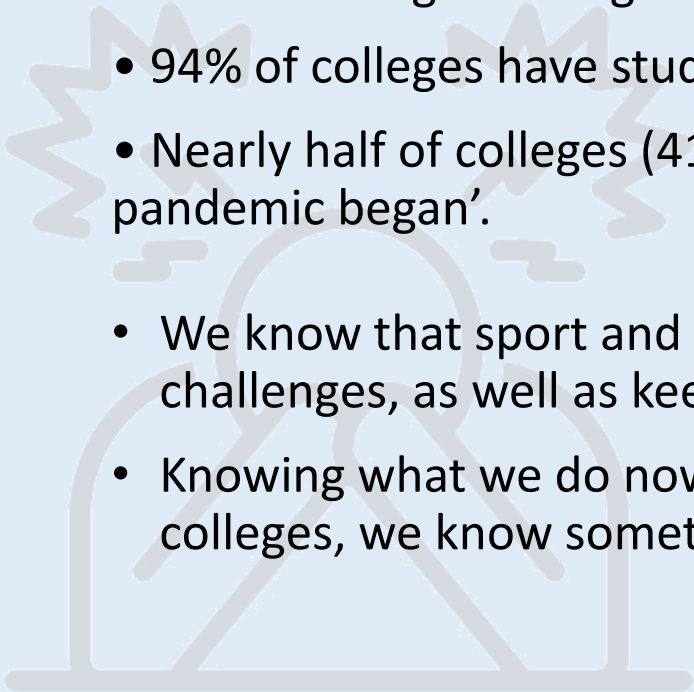
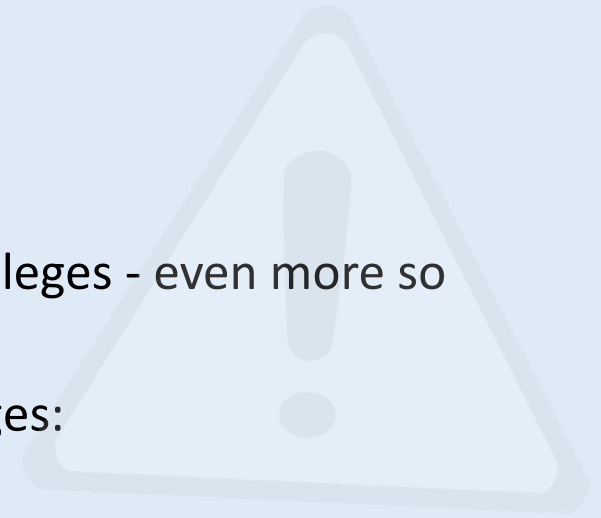
START YOUR 2021 WELLBEING JOURNEY

# Need for Intervention

“The mental health and wellbeing of students and staff is a huge priority for colleges - even more so since the beginning of the COVID19 pandemic.” AoC 2021

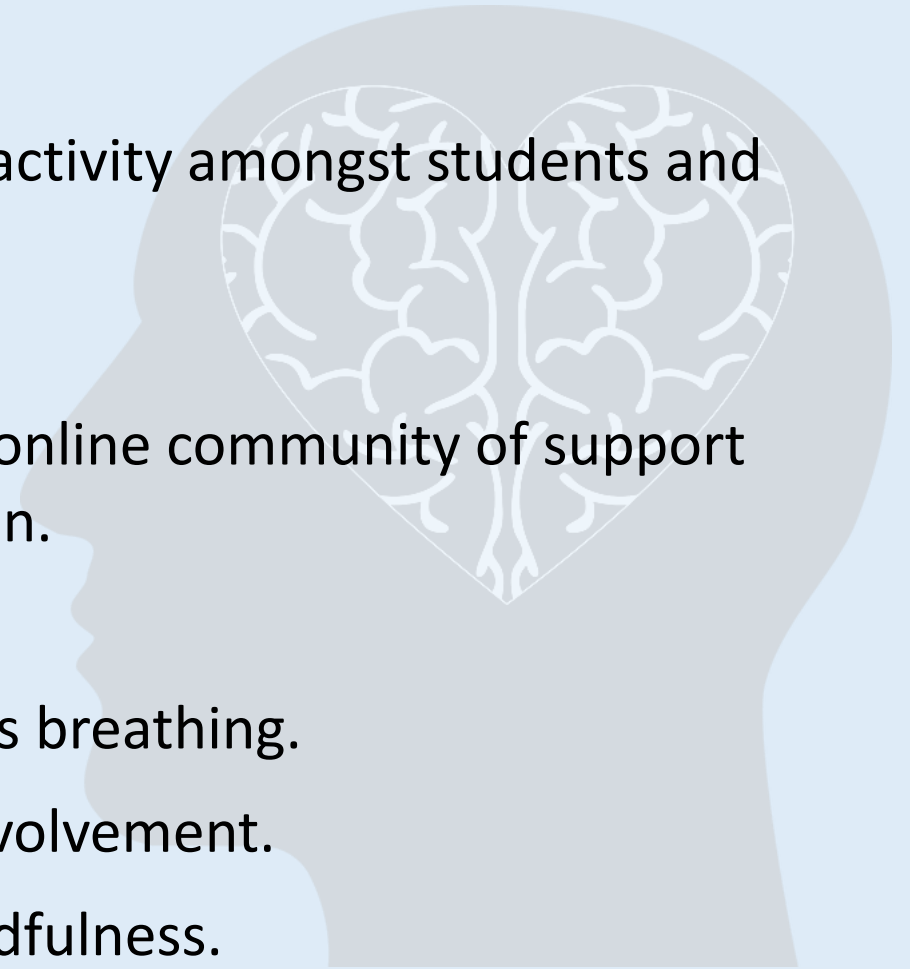
The recent AoC Mental Health in Colleges report (Jan 2021) details the challenges:

- 90% of colleges seeing an increase in students diagnosed with mental health conditions.
- 85% of colleges seeing a significant number of students with undiagnosed mental health difficulties.
- 94% of colleges have students who have attempted suicide in the last twelve months.
- Nearly half of colleges (41%) say that mental health referrals have been significantly higher since the pandemic began’.
- We know that sport and physical activity is a viable outlet for individuals to manage mental health challenges, as well as keeping themselves physically fit and healthy.
- Knowing what we do now, and the increasing impact of the COVID-19 pandemic on students and colleges, we know something must be done.



# Revival - background

- Revival was an inactivity project set up to combat inactivity amongst students and staff at Tameside College.
- Particular focus on mental health.
- During the pandemic there was a need to create an online community of support to combat isolation and minimised human interaction.
- Not just physical activity sessions.
- Online weekly quiz, live animal cameras, mindfulness breathing.
- No competency measuring at all to promote total involvement.
- Prize fund/incentives that can aid more activity/mindfulness.





# Examples of sessions

- Show example video AMRAP
- All pre recorded to allow students to take part anytime.
- Live AD Hoc sessions
- Simple format and easy to follow to promote feeling of competence and confidence.
- Non competitive structure
- Small space & minimal equipment needed
- Discuss Revival Impact (Show Info-graphic)



# Outcomes

- Wellbeing become much more focussed at college.
- NEW Wellbeing working group set up.
- Aims to contribute to a wider wellbeing strategy to put wellbeing at the heart of the college.
- Creation of colleges own fitness app in association with My PT Hub.
- FIKA Mental Fitness
- Allow us to provide constant support during and out of term time for all staff & students.
- Keeps them connected to the college & more engaged in wellbeing.
- Technology fully embedded in to the processes & operation of the services

# Questions?

If anyone would like me to share anything directly:

Email: [Luke.Podmore@tameside.ac.uk](mailto:Luke.Podmore@tameside.ac.uk)

# DIGITAL WELLBEING

**Amie Bentley** | Apprenticeships Business Development  
Advisor – Wellbeing Leader | MMU



**Manchester  
Metropolitan  
University**



Greater Manchester  
Learning Provider Network

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**WYLP** ●●●



# Digital Wellbeing

**Amie Bentley**

Wellbeing Leader – Manchester Metropolitan University  
Mental Health Champion - GMLPN

[A.Bentley@mmu.ac.uk](mailto:A.Bentley@mmu.ac.uk)

<https://www.linkedin.com/in/amiebentley/>

# Today's outcomes:

- What is Digital Wellbeing?
- How Digital Technology can impact your wellbeing
- Signs you may need a Digital Detox
- Ways to manage your Digital footprint

# Five Senses Exercise

See

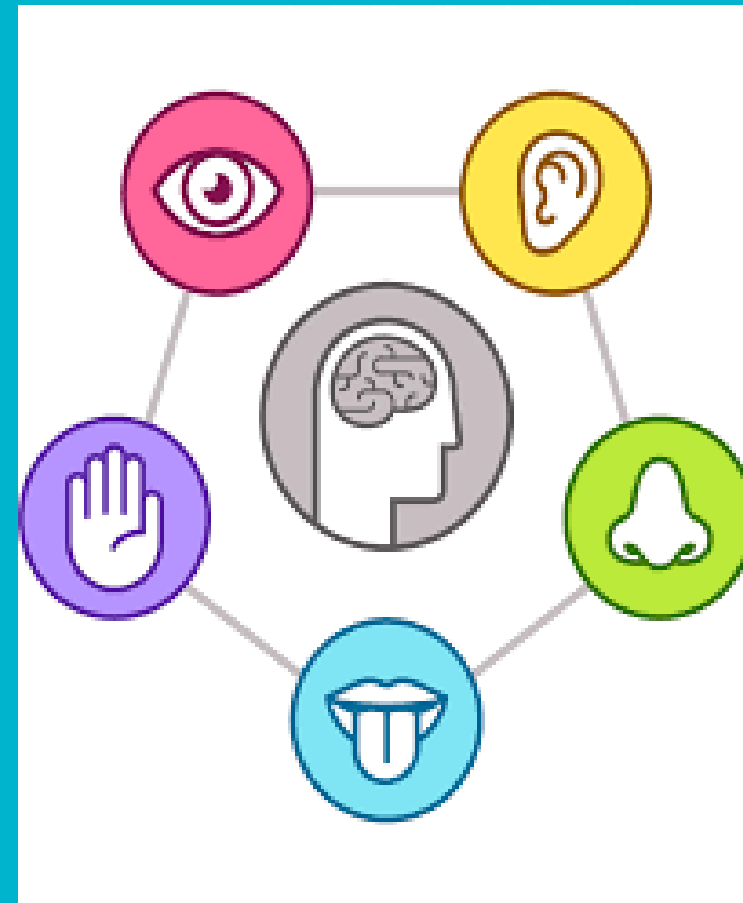
Hear

Feel

Smell

Taste

Take a few seconds to and notice each  
of your senses.



# What is Digital Wellbeing?

“The enhancement and improvement of human well-being, in the intermediate and long term, through the use of digital media” ([UNESCO](#))

“Digital wellbeing considers the impact of technologies and digital services on people’s mental, physical and emotional health” ([JISC](#))

“The ability to live holistically healthy lives considering all activities that involve the use of digital technologies”. ([HundrED](#))





Study found a connection between night-time tech use and increase BMI

Increase in Mental Health cases due to **fear, fake-news** and online **panic buying**

Millennials **check their phone 150 times** a day on average

18% adults cited technology use as the main source of stress in their life

**1 in 4 people** have **changed their technology** use to improve their digital wellbeing

# How Digital Technology can impact your wellbeing

## Connect

Give us access to socialize with more people and increase confidence

Removes the human element that can decrease self esteem

## Be active

Try new hobbies through new channels can increase happiness hormones

Stops us enjoying nature and being outside which helps us relax

## Take notice

Notice how colleagues are feeling or acting, which enhances self-understanding

Doesn't give you time to enjoy the moment and environment around you which can increase positive choices

## Learn

Access to practically anything which can help lift people out of depression

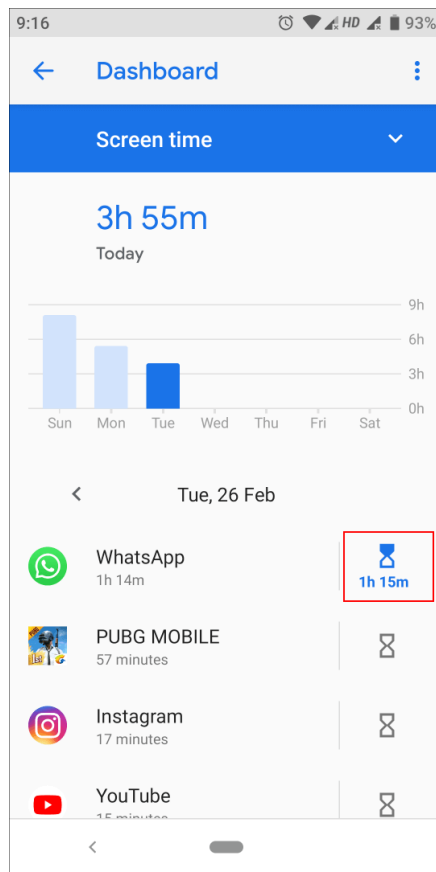
Increase anxiety if you are struggling to learn online

## Give

Get involved in challenges to help increase wellbeing

Lose the sense of community which reduces fulfilment

# Signs you may need a 'Digital Detox'



- Available
  - Busy
  - Do not disturb
  - Away
- Available
  - Saved
  - Settings

# Signs you may need a 'Digital Detox'

- Screen jumping – working all day on a laptop then moving to a TV or mobile phone
  - FOMO – worrying about missing out on social media so constantly checking and needing to update yours
- No boundaries – working earlier/later and checking emails outside of your normal hours
  - Being available all the time – worrying about being 'away' from your laptop
- MS Teams/Zoom fatigue – feeling exhausted from endless meetings which could be done over a quick phone call

# What Are the Benefits of a Digital Detox?



**Reduces stress**



**Reduces FOMO**



**Improves sleep habits**



**Allows for a more positive life perspective**



# Ways to manage your Digital footprint



Google™

Yourself

Google Search



## Ideas to take away

- **Come up with a plan**

Assess what makes you unhappy and minimise consumption

- **Resist the artificial goals**

Forgot how many followers or likes you have, these goals are never fulfilled

- **Be Realistic**

Don't completely disconnect yourself as this can have an adverse effect, try a mini-detox at the end of your working day

- **Let your friends and family know**

They will be able to support, and might surprise you by trying it themselves

# Any Questions??

[a.Bentley@mmu.ac.uk](mailto:a.Bentley@mmu.ac.uk)

<https://www.linkedin.com/in/amiebentley/>



# Wellfest 2021

## 15 MINUTE BREAK

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# MANAGING ANXIETY

**SallyAnn Coleman** | Head of Commercial | Apprentify



# MENTAL HEALTH & APPRENTICESHIPS - AN APPRENTICE PERSPECTIVE

THALES

Emma Nolan | Degree Apprentice & GM  
Apprenticeship Ambassador | Thales



# WELLFEST CLOSE

Anne Gornall | Executive Director | GMLPN

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# Wellfest 2021

## THANK YOU!

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