

Black History Month

Bulletin No 2: October 2021

October is Black History Month. Join us in celebrating the achievements, history, heritage and culture of Black people in Britain.

Click on the links below for access to resources.

1) The World I Want To See

HFEH Mind and Cephas Williams teamed up to promote a message of hope from Black boys in the community, with a collection of letters.

Wellbeing tip: Many people find writing is a great way to express themselves and process their feelings

2) Black History Month

The Black History Month website hosts a range of news, articles, and events for families in London, such as live music, film, photography, and workshops.

Wellbeing tip: Being active and connecting with others are tried and tested ways to boost mood

3) BBC Teach Black History Month

The BBC have displayed a collection of short stories and films for children to explore Black history, culture and achievements.

Wellbeing tip: Learning something new and taking time to share with your children is proven to boost wellbeing

The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.



We provide a **telephone drop in service** where you can speak to one of our team about your child's mental health and wellbeing.
Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
<https://hfehmind.jotform.com/210523186902955>

For blog posts, and to learn more about the support we offer, visit our websites: **www.hfehmind.org.uk**