



All Individuals Matter

Health and Wellbeing Newsletter

Happy New Year, I hope that you all had a fantastic Christmas break and enjoyed the holiday season with family and friends.

Please do talk to us about any worries or concerns that you or your child may be experiencing, we will always listen and try and help in any way we can. Please look after yourselves and each other in the year ahead.

If you feel you would like support in any of these areas please contact your child's class teacher in the first instance and they will pass me your details. Or, you can call the school office or email via enquires, Mrs Justine Dunham.

01526832060 enquiries@winchelsea.lincs.sch.uk



H.A.Y. Lincolnshire

haylincolnshire.co.uk

How are you? North Kesteven

A fantastic directory to help local people find activities, support and resources in order to boost their mental health and wellbeing.





We are Shine Lincolnshire

 <h3>Find Support</h3> <p>Find Support in Lincolnshire - helping people connect to locally based services.</p> <p>Search</p>	 <h3>Peer Support</h3> <p>Working with service users and carers and other agencies in Lincolnshire.</p> <p>Search</p>	 <h3>Opportunities</h3> <p>We are here to help build a network of support, giving you opportunities in your area.</p> <p>Search</p>	 <h3>Training</h3> <p>Find out about training opportunities through Shine Lincolnshire.</p> <p>Search</p>
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shinelincolnshire.com

Our Vision:
To be a leading mental health & wellbeing organisation, striving for innovation and excellence in all we do.

Our Mission:
To connect people & communities by promoting health, wellbeing, independence & choice. Shine Lincolnshire will work to create, connect, and deliver services that are accessible to all. Supporting personal choice; and offering opportunities that promote positive health & wellbeing.