

Happy Diwali

Family health & wellbeing!

November 2023 Update

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Anti-Bullying Week 2023

13-17 November

The Anti-Bullying Alliance have set the theme '**Make A Noise About Bullying**' and will encourage young people to consider what bullying means, how banter can turn into something more hurtful, and what we can do to stop bullying.



The week will be kicked off with **Odd Socks Day** on Monday 13th November, where adults and children wear odd socks to encourage people to express themselves and celebrate their individuality and what makes us all unique! There is no pressure to wear the latest fashion or to buy expensive costumes. All you have to do to take part is wear odd socks to your school, at work or at home, it couldn't be simpler!

Click on the links below to find more Anti-Bullying Alliance resources.

[Make a Noise About Bullying](#)

[Odd Socks Day](#)

[School Resources](#)

[Parents and Carers](#)

#AntiBullyingWeek





Diwali

12th November

Diwali is a five day-long festival celebrated by Hindus, Jains, Sikhs and some Buddhists. It takes place every autumn between October and November, with the date changing every year.

Diwali represents new beginnings and the victory of light over darkness, good over evil. It is the triumph of righteousness; knowledge in place of ignorance.

In the lead-up to Diwali, celebrants may prepare by cleaning and decorating temples, as well as their homes and workplaces. Places are brightly illuminated with candles and oil lamps, and devotional offers (puja) are made.

Families may organise feasts in which sweets (mithai) and gifts are shared. Many cities, towns and villages set off fireworks in the evening and hold fairs.

(Royal Museums Greenwich, 2023)

Find out more by clicking on the links below.

[Royal Museums Greenwich](#)

[When is Diwali?](#)

[National Geographic Kids](#)

[Fabulous facts about Diwali](#)

What else you can do to celebrate Diwali?

- research Diwali to improve your understanding of the celebration
- dress up in bright colours, this might be a flowery dress, a colourful t-shirt or a pair of bright socks
- decorate your home, school or work place in Diwali colours

Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a children under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org