



Aine and Jill are now stepping out of operations in relation to Connections going forward and focusing on other parts of the enterprise. We have streamlined comms and here are the key people that you will need to know to support you and your time with Fresh Minds Education.

A friendly email and update is always welcome but please do not cc Aine or Jill in emails going forward.

Please note individual contact hours, emails and phone numbers during school term time. The office is not operational currently on a Fri, Sat and Sunday and there is limited cover over school term times.

During the current Pandemic there are additional limitations due to distance working. Please go direct to the correct person to ensure your needs are being met.

## HR & Operations

Helen Woodside - [helen@freshmindseducation.com](mailto:helen@freshmindseducation.com)

Monday - Wednesday 10am - 3.30pm

Office Phone: 07921861104



HR:

- I have been delighted to be able to speak to many of you over the last few weeks to introduce myself and ensure that I am clear about your goals and availability in the months ahead. I will be continuing this process over February.
- We are also ensuring all required H.R documentation is up to date. I send out the Facilitator checklist last week- if you know that you still need to forward any documents please send through to [helen@freshmindseducation.com](mailto:helen@freshmindseducation.com) so we do not need to chase anything. Thank you to those of you who have already done so.

Operational:

- January got off to an amazing start, with 1 Training 4 Trainers and 15 Connection Link Life sessions delivered. This will continue to grow through February with 29 Link Life sessions and programmed in for March, 5 T4T's and plenty of Link Life deliveries.
- The proposed programme has been emailed. I will send weekly updates- **please can you come back to me with any issues on these dates**. Be aware the red dates are currently proposed and may not all go ahead.
- **Reports**- Just a reminder that the monitor form should be completed by every participant at the beginning and the evaluation at the end of each session. We need this information and will be looking at an effective and efficient way to deliver feedback to you shortly.
- I **really need** your confirmed attendee list, along with the zoom chat and photo emailed to me after the session. I am sending out workbooks and certs from the details on this list.
- **Telephones**. We are currently looking at updating our phone system. For now the **07921861104** is the main contact for FME. Hopefully, with forward planning and emails we will not need emergency numbers often, however if you require anything out of the office hours Mon-Thurs 9-5 that number is still manned.

## Programme Content

Julie Emo Haines - julie@freshmindseducation.com  
Monday - Thursday 10am - 3.00pm  
Office Phone: 07921861104



Hi everyone,

I'm delighted to be part of Fresh Minds Education and excited to get started.

It's been great to have met some of the team already and looking forward to meeting everyone else.

I'm a mental health nurse and would love mental health to have parity of esteem with physical health and one day hurting hearts will be treated the same as diseased ones. I love the connections training and so grateful to be part of this amazing work.

I will be in contact soon when I get to grips with everything!

Julie

## Mentoring & Support

Helen Woodside - helen@freshmindseducation.com  
Monday - Wednesday 10am - 3.30pm  
Office Phone: 07921861104



**DON'T FORGET**

Make sure we are on your 'safe list' to ensure you receive the monthly e-news

### Mentoring & Support

Our First mentoring Session was held on 27/1/2021. It was chaired by Jim Weir and Eilish Craig to support their fellow facilitators by sharing feedback and experiences.

- Some of the key areas that they looked at were building confidence: playing a support role, getting first hand experience and watching others facilitate.
- Challenges: timing, confidence, evaluation and using zoom.
- Hoping to get some practical practise

**Thank you Jim and Eilish-** I know that the sharing of your expertise is most appreciated.

The next mentoring group is planned for **24/2/21, 6-8pm** Please can all FME facilitators try to attend this invaluable support.

\*\*\*\* **Also please find on attachment with this newsletter Mental Health Workshops that we thought might interest you. Many are with our partner organisations.**\*\*\*\*\*

## IT & Web

Adam Wallace - adam@freshmindseducation.com  
Regular Ad Hoc hours



### Zoom Polls

- – you can set up a poll in advance – but you need to create one for each meeting.
- [How to Create Polls in Zoom Meetings \(howtogeek.com\)](#)
- This is optional but works well for immediate feedback for you..

## Finances

Email:

[finance@freshminds  
education.com](mailto:finance@freshmindseducation.com)

### FINANCE

Research shows that 35% of us (in NI) admit to having kept secrets from loved ones about credit cards, loans or savings.

Despite Covid-19 having a widespread impact on people's finances the stigma surrounding talking about money in our culture remains 38% stay silent about money worries with some of the reasons being given including: embarrassment or fear of being judged. This can be a major contributor to mental health issues.

Below are some handy guidance and support tips we can share to assist in money managing:

### This Money Guidance tool

<https://www.moneyadvice.service.org.uk/en/tools/money-navigator-tool>

If your financial income is down, you have been furloughed, have taken out a payment holiday, facing redundancy or have lost your job or you are self employed and work has dried up, then this guidance tool can help with advice and planning.

This **free Budget Planner** will help put you in control of your household spending and analyses your results to help you take control of your money.

<https://www.moneyadvice.service.org.uk/en/tools/budget-planner>

Fees and charges are just some of the things you should think about when looking at your financial resilience – why not **compare bank account fees and charges** through this link:

<https://www.moneyadvice.service.org.uk/en/tools/compare-bank-account-fees-and-charges>

## Book Connections for an individual

[https://freshmindseducation.com/pha-link\\_life/](https://freshmindseducation.com/pha-link_life/)



### Book Connections for an individual

- This is automated through the website.
- Spaces are dependent on funding
- We are building a volunteer team to ensure that there are at least two sessions running ten months of the year – if you would like to volunteer to deliver these contact [Helen Woodside](mailto:helen@freshmindseducation.com).

### UPDATE:

**CONGRATULATIONS- NEARLY ALL 700 CARE HELPER SPACES ARE NOW TAKEN**

## Book Connections for a group

### Contact Tracey...



[tracey@freshmindseducation.com](mailto:tracey@freshmindseducation.com)



**07921 861104**

### Book Connections for a Group

[Tracey Robinson](mailto:tracey@freshmindseducation.com) is your contact for all sales, marketing and funding enquiries and requests.

Signpost to Tracey if you have a group who would like:

- Promo on the programmes we offer
- To have a talk or demo on the programmes we offer
- To apply for funding to offer our programmes
- To talk about prices or gain a quote
- Commission our programme(s)
- Purchase our programme(s) or products

**UPDATE:** These are the unconfirmed sessions on the **session sheet**.

## Sponsorship, Support and Volunteering



[tracey@freshmindseducation.com](mailto:tracey@freshmindseducation.com)



**07921 861104**



### Support, Sponsorship and Volunteering

Signpost to Tracey if you have a group who would like:

- Offer financial support or sponsorship for our programmes or products
- Contribute in other ways e.g support through the provision of expertise
- If you wish to enquire about volunteering opportunities please contact [helen@freshmindseducation.com](mailto:helen@freshmindseducation.com)