

Brighten life with poetry, and World Mental Health Day on People First

Dear colleagues,



Today Thursday 8 October is [National Poetry Day](#). Reciting, reading or hearing the rhymes and rhythms, metre and cadence of a good poem can bring great pleasure. Poetry has therapeutic benefits, promoting a sense of connection with other people and experiences, and can be beneficial for those with dementia and mental health problems.

Joining a [reading group](#) can also connect people with others on a social basis, and there are [phone groups](#) for those who are housebound. It is also a great way for people to get to explore their [local library](#).

A number of [BME organisations](#) also run events specifically aimed at the arts and culture of specific communities, including poetry.

The [Poetry Society](#) has lots of information, ideas and resources.

Saturday 10th October is [World Mental Health Day](#). This year the theme is **dignity**.

One in four adults are likely to have a mental health problem in any given year. We have a lot of information [on People First about mental health issues](#) which has been co-written with professionals, including:

- 10 Ten Tips for good mental health
- Depression
- Eating Disorders
- Support and help
- As well as the section [on dementia and memory loss](#).

There are wide-ranging [events throughout the 3 boroughs](#) to support good mental health and to help those with issues. Westminster MIND are running a 'Lets Get Physical for Mental Health' day on Friday 9 October from 11am till 3pm, [full details here](#)

Flu vaccinations

A reminder that it is the season for flu vaccinations. Both residents and frontline staff should be encouraged to have the flu jab. It is available from GPs and some pharmacies and is free on the NHS to adults over the age of 18 at risk of flu (including everyone aged 65 and over). Details of the arrangements [locally are here](#) and there is lots of information on the [NHS Choices website here](#)

