



UNIVERSITY  
CENTRE

# Newsletter

Issue 2 02/2022

## Wellbeing Week

With Wellbeing Week taking place across Holy Cross College and University Centre this week, we thought in this issue, it would be beneficial to focus on the importance of wellbeing and feeling good. The concept of wellbeing is different for everyone. So whether you're looking to take stock of your own mental health, or to boost your wellbeing, or even to find out more about mindfulness, or how physical activity can improve your overall wellbeing, we've included helpful information. We have also recommended reads and listens, and provided some tasty feel-good February soup recipes that will nourish your soul.

*"Be happy in the moment; that's enough. Each moment is all we need, not more." – Mother Teresa*

- Five steps to nurture your wellbeing.
- New counselling service at Holy Cross University Centre.
- The Year of Service and Humility; Bec Hyndman, Head of RE at Holy Cross College and University Centre writes about how serving others is good for our wellbeing.
- Quiet Minds Meditation.
- Recommended good listens.
- Nourishing, feel good February soup recipes.
- Information and signposting to support your mental health and wellbeing; useful tips for helping yourself, and guidance for friends and family too.

## Test your wellbeing

As a first step, why not visit the [Institute of wellbeing](#) and take a short survey to find out your levels of positive mental health, compared to the national average.

## Five steps to nurture your wellbeing



Evidence suggests that there are five steps you can take to help boost your mental wellbeing. Follow the NHS link [here](#), to find out more. Research suggests that acts of giving and kindness, whether small or large can stimulate the reward areas in the brain, creating positive feelings associated with positive mental wellbeing, which according to the NHS means feeling good about yourself and the world around you.



The 30,000 cards and many gifts that Edna Clayton received for her 101<sup>st</sup> birthday on the 31<sup>st</sup> January, is just one recent example of our ability to give. With the help of BBC Radio 2 listeners, Edna's favourite comedian Billy Connolly, the Queen and all the staff at Hector House care home in Glasgow, Edna celebrated her centenary a year late.



Your time,  
your words,  
your presence

Find out from the NHS how we can give more and the many different forms that giving can take, from small everyday acts of kindness such as saying thank you to someone, or offering to lend a helping hand, to bigger commitments such as volunteering in your local community.

Read on to find out more about our ability to give. The Head of RE at Holy Cross College and University Centre writes below about the *Year of Service and Humility* and how serving others with humility is good for our wellbeing.

## A new Counselling Service at Holy Cross University Centre

A free confidential Counselling Service is now available to all Holy Cross University Centre students. As a qualified counsellor with many years' experience, and now a Support Tutor, Maxine Crampton is delighted to be able to offer this service, and provides the following welcome.

'Counselling provides a safe place to talk about issues and life problems that may be confusing, painful or difficult. Whoever you are and whatever is happening in your life, if you need to talk, please get in touch. No problem is too small; too many people think their problem is not important enough to deserve a listening ear and a helping hand. This is simply not the case. You can arrange a one-off session, or regular weekly or fortnightly sessions to suit your needs.'



Appointments can be arranged in person at the College, over Teams or by phone.

If you feel that you would benefit, please get in touch with Maxine by email:

[mjc@holycross.ac.uk](mailto:mjc@holycross.ac.uk)

In addition to the support Maxine can provide, Liverpool Hope University also offers a professional and confidential student counselling service to help you with a wide range of personal issues that may be affecting your studies. These include self-esteem and confidence, relationship difficulties, bereavement, emotional or general feelings of well-being. Click the link for further information [Counselling - Liverpool Hope University](#).

# The Year of Service and Humility; how serving others with humility is good for our wellbeing

Bec Hyndman, Head of RE at Holy Cross College and University Centre writes about how serving others is good for our wellbeing.

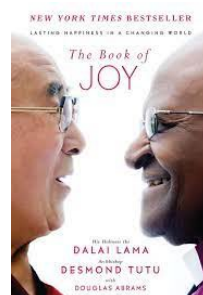
Our college and University Centre is underpinned by seven core values that derive from our founders, the Daughters of the Cross. These values underpin all our policies, procedures and practices and hopefully are best seen in our everyday interactions and our relationships between staff and students. Each year we focus on a certain value or two to



ensure we can all come to a deeper understanding of these values and find the best ways to put these into action. This year is the year of *Service and Humility*.

Service is something that many of us are probably quite familiar with in so many areas of life; we expect good service when we go out for a meal, we pay service charges for certain things to be completed and in education, we're continually thinking of our role in providing a high-quality education for students. In a Catholic college and university centre, the role model for this service is the person of Jesus who quite famously said, 'I have not come to be served but to serve others.' Putting others before himself is easy to evidence in the New Testament. We also seem to have come to a greater appreciation of the value of serving others in our popular culture and the benefits that serving others can actually have on our own wellbeing. An organisation we often promote in 6<sup>th</sup> form RE lessons is *Action for Happiness*; they have undertaken research and present strategies for

promoting happiness in the UK. One of their findings is that when we do something for others, it



actually lights up the same part of our brain as when we treat ourselves. So, we know that serving others is good for our own wellbeing too. This is also highlighted in a book we often use called *The Book of Joy* (by the Dalai Lama and Archbishop Desmond Tutu). In research

undertaken by the Neuroscientist Dr. Richard Davidson, he explains that we are hardwired to help others.

One of the current Daughters of the Cross, Sister Pat, offered us this advice on how serving others is not only valuable for the people we serve, but also for our own sense of wellbeing; 'Try not to put yourself first every time; sometimes focusing on others helps us put our own worries into perspective. Be ready to admit when you're wrong; pride builds barriers between people. Be open minded and creative in the ways you could serve others; sometimes we can serve in ways we never imagined possible.'

*Be mindful to respect people's dignity when you serve others; this way nobody is patronised or humiliated by the help given. Listen and respond carefully; the way you think you should serve might need to change.'* Perhaps we can all benefit from the advice of St. Teresa of Calcutta who said, 'Not all of us can do great things, but all of us can do small things with great love.'

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## Quiet Minds Meditation

Let your heart and mind rest a while by joining this 10-minute guided meditation, provided by the Chaplaincy at Holy Cross. It's a virtual meditation, so you can listen to it whenever you can. [Quiet Minds Meditation - YouTube](#).

Meditation can transport you to a restful space and can be so good for your mind and body. If you need some encouragement to start meditation, visit the [Mental Health Foundation](#), or simply listen to their free three-minute breathing space, narrated by Ed Halliwell, a world-leading mindfulness teacher.



Be Mindful  
Online Mindfulness Course

"At the end of the day, I can end up just totally wacky, because I've made mountains out of molehills. With meditation, I can keep them as molehills." – [Ringo Starr](#)

"Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed." – [Saint Francis de Sales](#)

## Good Listen Guide

Dr Hannah Madden and Dr Jo Hogan, from the department of Health and Wellbeing and Health and Social Care at Liverpool Hope University, will be well known to those students studying Health and Wellbeing at Holy Cross. Hannah and Jo have each provided a recommended good listen from BBC Sounds.



*Just One Thing*, a recommended listen by Dr Hannah Madden, is available to listen to here on the [BBC Sounds](#) app.

Each week on *Just One Thing*, Michael Mosely talks listeners through one thing we can do to improve health. In Health & Wellbeing, we spend a lot of time focusing on the social determinants and how health is not just about choice. However, it is important that we are all aware of some of the small things we can do to improve health and/or just feel a bit better! These 15-minute podcasts are really accessible and focus on easy things that we can all do, and the length is perfect for busy Holy Cross students!

Dr Jo Hogan's recommended listen *More or Less*, focuses on increasing our knowledge and improving our critical thinking skills, and is also available to listen to here on the [BBC Sounds](#) app.

*More or Less* is a BBC radio programme that explains - and sometimes debunks - the numbers and statistics in the news, political debate and everyday life. They frequently discuss health headlines and even those who fear maths will find this light-hearted podcast interesting. The most recent episode investigates the reliability of the "5 second rule" and explores the data behind food poverty.



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*'If everything was perfect, you would never learn and you would never grow' Beyoncé*

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## Soups to nourish your soul



Nothing is quite as comforting as a nourishing bowl of soup on a dreary February evening, and what a perfect way to use up any left-over vegetables. Visit the [BBC Good Food](#) website for their top ten winter soup recipes. The site is stocked with healthy family soup recipes, vegan soups, and soups for children. If you've never tried to make soup before, there's a section here for you too!

*'Joy does not simply happen to us. We have to choose joy and keep choosing it every day' Henri JM Nouwen*



Many of you will be aware of the charity [Mind](#), which provides advice, support, and award-winning information, empowering anyone experiencing a mental health problem.

There is a wealth of content to support those going through a difficult time and provides vital information on how we can support others, alongside promoting ways in which we can all look after our own wellbeing.

## Focussing here on your physical wellbeing

It is well documented that exercise has the potential to promote better sleep and boost our overall wellbeing. Take a look at the one-minute video on [5 ways to get moving and feeling better](#).



## Anxiety

According to Mind, every year, one in four of us will experience a mental health problem, such as anxiety or panic attacks. Anxiety disorders are one of the most commonly diagnosed mental health problems among students. Many of you will experience periods of anxiety during your studies, and while this is a normal human response, it can sometimes feel overwhelming. Anxiety is what we feel when we are worried, tense, or afraid – particularly about things that are about to happen, or which we think could happen in the future.

Mind produce a helpful information booklet that explains anxiety and panic attacks, including possible causes and how you can access treatment and support. There are some useful tips for helping yourself, and guidance for friends and family too. To access the booklet, just click the link [here](#). You may want to visit the Mind [Anxiety](#) pages too.



The [Mental Health Foundation](#) also provides helpful top tips and information on how to look after your mental health, whether it's using exercise or mindfulness or even how to sleep better, you can follow the link [here](#) to find out more. Their range of content also includes podcasts and videos, and inspiring stories about your mental health and wellbeing.

*'You can't go back and change the beginning, but you can start where you are and change the ending' CS Lewis*

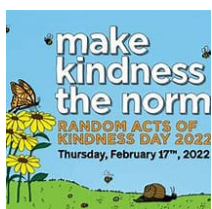
## Dates for your dairy



### Random Acts of Kindness Day

17<sup>th</sup> February

[FIND OUT MORE](#)



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### National Heart Month

A British Heart Foundation event to bring awareness of the heart and circulatory disease.

[FIND OUT MORE](#)



### Prostate Cancer Awareness Month

Increasing awareness around the most common form of cancer amongst males.

[FIND OUT MORE](#)



PROSTATE CANCER

### International Women's Day

8<sup>th</sup> March 2022

Celebrating women's achievements as well as call-to-action for gender equality

[FIND OUT MORE](#)



### National No Smoking Day

9<sup>th</sup> March

Awareness of the dangers of smoking, with advice for those with the addiction to quit smoking.

[FIND OUT MORE](#)



## Writing for Wellbeing

It is well recognised that all forms of creativity, such as painting, drawing, music, dance, drama, and creative writing can stimulate positive mental wellbeing. Writing poems or short stories can offer a unique way to express thoughts and feelings to others that may be difficult to express or communicate verbally.

Creative writing employs not only the imagination but also memory. Triggering positive memories, for example, can lead to positive feelings. Follow the link to the [Grimm & Co website](#) which is full of information and activities for exploring creative writing for wellbeing.



# Next Steps

## Career Talks

As you'll be aware from the last newsletter, Holy Cross University Centre is presently working with the Careers Service at Liverpool Hope to develop a range of opportunities for you to explore and plan your next steps towards your career goals and aspirations. Whilst we have some great ideas on what we could provide, and how this may be delivered, we really need to hear your voice, for you to have your say on what you would like your careers and employability support to include, at each level of study, and how you would like to access this.



Later this term we'll be inviting you to take part in a short survey, to capture your career and employability needs, so please do get involved by completing the survey and sharing your ideas, and what would work well for you! In the meantime, take advantage of Liverpool Hope's range of careers resources available to you by accessing the Careers tab on Liverpool Hope's home page and clicking on My Career Centre.

*"Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness." Louise Hart*

## Returning to face-to-face at Holy Cross

We are delighted that the University has made the decision to resume face-to-face teaching from w/c 14 February. As the official COVID rates are still high in Bury (521 per 100,000) and other sources (such as the COVID Zoe Study) suggest that numbers are, in reality, much higher than this, we are going to continue to ask you to wear face coverings in both classrooms and communal areas. There are some reports of schools in the area where significant numbers of staff and pupils are absent because of COVID so it is important that we continue to be careful.

## Holy Cross University Centre Job Advertisement

Holy Cross is advertising the role of Higher Education Assistant Support Tutor in the University Centre. If you are interested, or if you would like further information, more details can be found on the College website: [Job Vacancies | Holy Cross College & University Centre](#)



*"Happiness is the highest form of health." Dalai Lama*

# Information to support your wellbeing

## Liverpool Hope Wellbeing Team

The Student Development and Wellbeing team at Liverpool Hope are responsible for providing information, advice and assistance covering a wide range of issues including counselling, mental health and well-being, learning and disability support, student health, sexual misconduct and harassment, healthy relationships, and much more.

The Student Development and Wellbeing team offer brief consultation sessions of around 15-20 minutes. The appointments are for students wishing to access counselling, mental health, or learning/disability support. The appointments can be accessed via Zoom video call or telephone. To access the services available from the Student Development and Wellbeing team, speak to your support tutor, who can make a referral for an appointment on your behalf.

Click on the link [here](#), to access Liverpool Hope's Mental Wellbeing Toolkit, which offers a wide variety of self-help resources to support you in maintaining good mental well-being, or you can get in touch via email [sdw@hope.ac.uk](mailto:sdw@hope.ac.uk) and by telephone [0151 291 3427](tel:01512913427).



*"You have a treasure within you that is infinitely greater than anything the world can offer." – Eckhart Tolle*



Provides expert advice and practical tips to help you look after your [mental health and wellbeing](#). Discover what works for you by taking the NHS Your Mind Plan quiz. Find ideas for your wellbeing and how to [kickstart your physical health](#)



Brings together four national mental health charities working across the UK, providing tips and ideas to help you manage your [mental health and wellbeing](#) so you can feel your best. Click on the link to find out more and to listen to the short 2minute videos on work-life balance.



Provides [information and resources](#) for students on a variety of topics, including managing exam stress, exercise and sleep. It also provides information on helping to readdress negative thoughts, using a simple cognitive behavioural therapy (CBT) technique, known as a *taking your thoughts to court*.