

# Poggio Renatico UK Community

## Mental Health and Wellbeing Update



Welcome to our latest MH&W update for our most important asset, the families that make up our wonderful community. However, firstly let me wish you all a happy new year. We hope you all had a wonderful and well-deserved break over Christmas.

As we continue to experience many challenges here within both the UK community and the wider Italian community, we wish to once again publish another update. We will outline some of the options for how to access help if required.

*"Take one day at a time"*

We now have a MH&W champion in place. Sgt Ian Whitcombe will work behind the scenes accessing new and innovative ways for the community to seek help should it be required. He has completed many MH&W courses and is passionate about the subject and community.

*"Show yourself a little kindness today"*

Both Sgt Whitcombe and I thank all those who participated in the Mind Charity event. Well done to all those who completed the fitness challenge during a chilly period weather wise. Thanks to your sterling efforts and those who baked and bought cakes we managed to raise over €500 for the charity. Watch this space for the next event.

*"Exercise can help you get out of your head, and connect with your body"*

Cold isn't it!! BRRRRR we can experience a varied climate here in Northern Italy during these winter months. From freezing fog to beautiful sunny crisp days. We are lucky to have stunning landscapes on our doorstep.

# Seasonal affective disorder (SAD)

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter.

A few people with SAD may have symptoms during the summer and feel better during the winter.

## Symptoms of SAD can include:

- A persistent low mood
- A loss of pleasure or interest in normal everyday activities
- Irritability
- Feelings of despair, guilt and worthlessness
- Feeling lethargic (lacking in energy) and sleepy during the day
- Sleeping for longer than normal and finding it hard to get up in the morning
- Craving carbohydrates and gaining weight

For some people, these symptoms can be severe and have a significant impact on their day-to-day activities.

## Treatments for SAD

- Lifestyle measures – including getting as much natural sunlight as possible, exercising regularly and managing your stress levels
- Light therapy – where a special lamp called a light box is used to simulate exposure to sunlight
- Talking therapies – such as cognitive behavioural therapy (CBT) or counselling

*“There’s no such thing as bad weather, just bad clothing. Get wrapped up and get outdoors”*

# Headspace.com

Sgt Whitcombe has managed to secure free access to Headspace for 1 year for each service person at Poggio Renatico. As part of this, each service person can invite 1 other to use the service so this can be shared with a loved one or friend.

Through science-backed meditation and mindfulness tools, Headspace helps you create life-changing habits to support your Mental Health and find a healthier, happier you.



In order to access this use the following link;

[Free Headspace access](#)

on step 4 please use your ModNet email address to enrol.

## HeadFit.org

WHAT IS HeadFIT FOR LIFE? Is a UK Government backed website. Mental fitness is all about good management of good mental health. HeadFIT for Life helps defence people stay mentally fit and on top of their game at work and at home.

[HeadFIT.org](#)

*"What's your Mental Health goal?"*



Final thoughts.

*We would love to hear what you want from the us with regards to mental health and wellbeing within the community. We also welcome ideas for our next charity event.*

CLO and Sgt Whitcombe