

Meridian Media What's Happening at Ormiston!

Senior Team Introduction

Dear students, parents, carers and family members, I hope you are all well.

It gives me great pleasure to provide the introduction to the first newsletter of the academic year. We have managed to cram so much into the first seven weeks of this academic year and I am hoping that you will really enjoy reading about the lessons, events and activities that have taken place so far.

Firstly, it is very important to address the Class of 2024 and their GCSE results which they received in August. We were thrilled with our students and their performances across many subjects, and we want to celebrate their successes with you. Once again, we have maintained our position as one of the highest performing secondary schools in Stoke-on-Trent and here are some of the headlines:

- Joint second non-selective academy in Stoke-on-Trent for pass rates in English and mathematics
- Second non-selective academy in Stoke-on-Trent for number of students passing the English baccalaureate suite of qualifications
 - Maths pass rate 10 percentage points above the national average
 - English pass rate above the national average

We couldn't achieve such great results without the commitment, dedication and work ethic of our students and the support from all our families. So, moving onto the Class of 2025... set your aspirations high and know that you can achieve tremendously with hard work, a great attitude, fantastic attendance to school and participating in all your P6s and revision classes on offer! Let's go and smash it!

Moving on, we are thrilled to have opened our new Alan Turing building. We have state-of-the-art ICT classrooms with the best technology to enhance students' learning experiences and a brand-new canteen for Year 7 and Year 8 to enjoy. We would like to publicly thank Ormiston Academics Trust, Stoke on Trent City Council and Sneyd Contractors for all of their hard work in making this building a reality: Thank you all so much!

In addition to our new building developments, every classroom has been equipped with brand new classroom boards featuring outstanding software to enhance our teaching and support students' learning. This is part our 10-year ICT development plan to ensure that the right technology supports the education we provide whilst maintaining the development of core skills such as good, old-fashioned writing!

You may have seen in the national news that Ormiston Academies Trust are one of the first in the country to move towards a phone-free school experience for all of its students. As you are aware, we have operated a NO PHONE culture for a long time, where students must not use their phone whilst at school. The phones must be switched off and stored in their bag. There is an increasing amount of research being conducted nationally about the impact of mobile phones and the impact on student attainment and we are following this very closely. Believe it or not, the evidence shows that even having a mobile phone in your pocket can cause distraction leading to loss of learning time! We want all of our students to experience their childhood and schooling without being over-reliant on mobile phones but also feel safe and secure when walking to and from school. Thank you for your ongoing support with this!

We have so much to celebrate this year already so please enjoy reading all about our school experiences!



As the dark evenings draw in, and our students thrive in their new classes, the first formal assessment window of the year (AR1) approaches for each year group. Over the coming weeks, all of our students will be assessed against the curriculum that they have been taught so far since September so that our teachers can swiftly measure the areas of rapid progress in knowledge, and identify the next steps for teaching.

Our wonderful new Year 7 cohort have already demonstrated excellent exam skills this year, and Mrs Hearson (Head of KS3 Achievement) would like to congratulate our Year 7 students on their impeccable behaviour during their baseline GL Assessments in English, Maths and Science. They upheld all of the exam protocols and were incredibly focused as the testing was underway. The GL Assessments will provide us with a clear and precise baseline of your child's attainment levels and enable us to accurately monitor their progress in core subjects across KS3. The academy will be receiving the GL Reports in the coming weeks and will share the key findings and guidance with you.

As we move into the first Assessment Round window of the academic year (AR1) for all year groups, I know that you will be wanting to support your child through their revision and assessment.Embedding strong routines and practices around exams now will prepare your child for the same levels of success experienced by our exceptional 2024 leavers - see Mrs Stanyer's front page headlines! Therefore, I have summarised some key steps that you can take:

·First and foremost, research has shown that parental support is eight times more important in determining a child's academic success than social class. The fantastic news is that you don't need to be an expert in any of the subjects your child studies to make a real difference! Your child will have a revision list from each of their subjects, so it could simply be that you discuss the list with your child and monitor their progress against it.

•Encourage your child to have a clear goal by the end of their revision period - e.g. 'At the end of this thirty minutes, I will be able to recall four key quotes for each of the characters in An Inspector Calls.'

Ensure your child attends school every day− 90% attendance means one in ten days is missed; over the course of a school year this is the equivalent of four weeks and can be worth more than a grade!

·Provide your child with a quiet place to study where they will not be disturbed and there is a table to work at.

Alternatively, direct your child to attend our daily HAIL club which is facilitated by fantastic teaching assistants.

Ensure that your child has a range of stationery available to them. This can range from highlighters and colour pens, smaller "flash card" style pieces of paper or card, A3 paper, etc. If you would like support from the academy in providing these, please let us know.

·Most importantly, use Synergy to contact your child's form tutor or subject teacher should you have any questions or concerns about individual subjects.

I wish all OMERA students the very best for the AR1 window and thank you again for your continued support.

Miss Peacock

Assistant Principal for Achievement





Current House Totals:

1st Place Yousafzai: 436410

2nd Place Simmonds: 426305

3rd Place Bridgewater: 413675

4th Place Turing: 405420



Top Scoring Forms:

7Y1

8Y3

9Y1

<u> 10ANI</u>

11CWI









Extra Curricular Highlights Brilliant Book Society

Mrs Martin runs a book club after school on Monday and Wednesday 3.20-4.15pm. If you love reading or just want to improve, this is the club for you. We will be reading, sharing and reviewing books together, but most of all, having fun reading!



Love Your Library Society

Do you know we have thousands of books in the school library, that you can borrow and take home, to read and share with your family? Mrs Martin and the library team will be on hand to help you select from our wide range. The library is open to every students at lunch time. If you are interested, please get a pass at break time from the library.

Sports Societies

There are a large number of sports clubs in school including: swimming, dance, basketball, football, cheerleading and multisports. If you are interested in any of the above please speak to the PE Department or consult your club timetable.



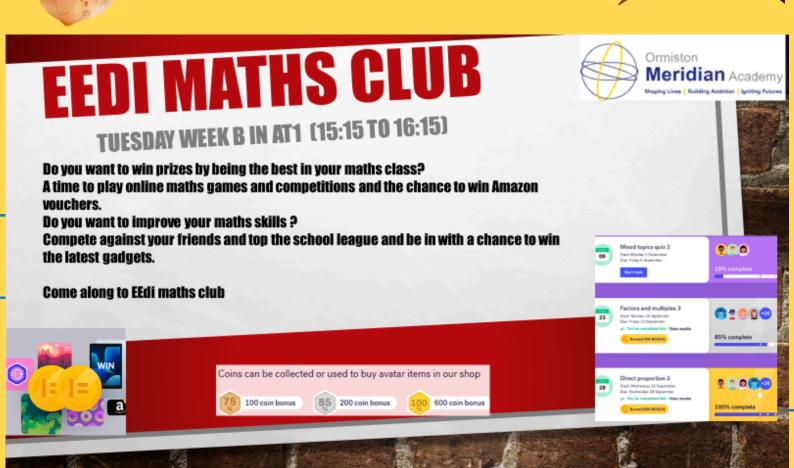
Join MrsMartin, Monday to Thursday, after school, until 4.15pm. Laptops are available for you to access Google Classroom. Help and support with homework is provided.

ECO Society

ECO Club runs every Monday lunchtime in SO4. This club is open to all year groups. Want to save the planet? Have a passion for recycling? Contact Miss Hodgetts for details.













At Ormiston meridian academy, there are many different societies. The Ormiston Meridian Chess Society, run by Mr. Simon, is a society where those wanting to test their strategic and problem-solving abilities come to duke it out on the battlefield that is the chess board.

Running open sessions every Tuesday, Wednesday and Thursday, the society welcomes players of all levels and abilities to come and play chess. From the brand-new chess players to the more experienced, hardcore chess players and every level in between, all are welcome to come play and enjoy during lunchtime.

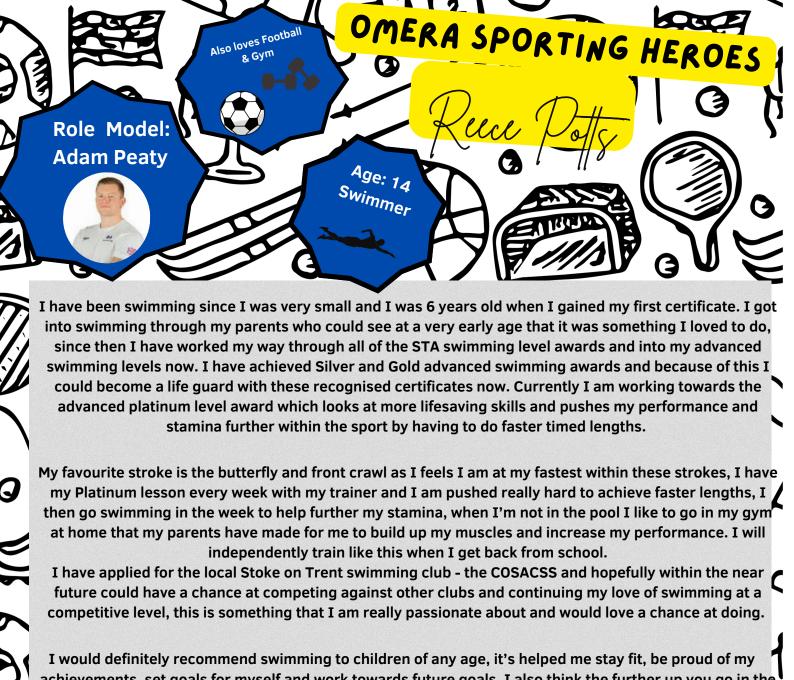
Additionally, the Ormiston Meridian Chess Society also runs higher level events on Fridays in which the hardcore and experienced chess players can come and participate in the chess league and to learn chess theory that can develop their understanding of chess as a whole.

There have been over 100 students who have been to at least 1 of the society's sessions and that number continues to grow. The society is open to all students and they can join simply by collecting a chess pass in the morning and showing up to the session. There is no joining fee or cost, making it more accessible for students.

"I like this society because I like chess, and this society makes it more accessible for me to play it regularly and it can also let me go against my friends and other students to have fun" - said Oliver, who comes regularly to the chess society. Oliver has been a consistent member of the club and has not missed a single session, both of the 3 open sessions a week and the Friday high level session. Chess is an opportunity for students to develop critical thinking skills, to improve problem solving skills while also ensuring they show the proper sportsmanship and follow the rules and etiquette of the game. The goal isn't just to win at chess, but it is to understand how and why someone wins. "I enjoy the chess society as it is a way for me to improve in an activity I would otherwise not have participated in. I like playing against others, whether I win or lose," – said Victor, who is a regular of the chess society and a student who has worked hard to learn an opening for chess since starting without any knowledge of openings.

Started with the goal of having a handful of students partaking in the traditional, strategic and complex game that is chess, the Ormiston Meridian Chess Society has far surpassed its goal yet still has plenty of room for new players to join.





achievements, set goals for myself and work towards future goals. I also think the further up you go in the levels the more demanding it can be but it makes you love and respect the sport more.

I would really like to have some kind of a future with swimming, I've watched the Olympics (specifically Swimming) and was in ore of the swimmer Adam Peaty and what he achieved, I would really do well within competitions, fingers crossed I get the chance to try...





Spotlight on The University of Warwick

This edition we will be focussing on the University of Warwick and what it has to offer. With its reputation for academic excellence in research and teaching, Warwick also prides itself on its links with business and industry and also its investment in innovation. Warwick promote themselves as 'place of possibility' and are focussed on looking for new ways to 'make things happen'. They market themselves as ambitious, dedicated and innovative, with expert tutors (and an internationally recognised scholarship scheme) to help students and staff learn and develop as well as help to make an impact to change lives on a global scale.

The proposal for The University of Warwick was granted approval by the government in 1961 and received its Royal Charter of Incorporation in 1965. The idea to have in the Coventry area was put on hold shortly after the end of the Second World War but it was a bold and imaginative partnership between the City and the County which brought the University to its 400-acre site. Since then, the University incorporated the former Coventry College of Education in 1978 and has extended its land holdings and campus by purchasing and developing adjoining farmland. The University started off with only a small intake of graduate students in 1964 and took its first 450 undergraduates in October 1965. By the end of 2023, the student population was over 28,000 of which over 9,000 are postgraduates (those studying masters and doctorate level qualifications). It is a very inclusive and multicultural campus with around a third of the student body coming from overseas and around 250 countries represented.

This year, Warwick was ranked as the overall eighth best university in the UK and has been awarded the Gold standard in all categories for teaching excellence.

92% of their research work is recognised as world-leading or internationally excellent and it has consistently high feedback on student satisfaction.

The Warwick university campus is impressive, there are extensive specialist laboratories, a sports and wellness hub, Arts centre, Maths innovation centre and a 24 hour Library! In fact, Warwick is ranked first in the UK for Maths and Economics, in fact its Maths course is ranked 10th best in the whole world! 19 of its 27 courses rank in the top 10 for the whole of the UK!

Did you know?

Famous alumni from the university of Warwick include the musician Sting, comedian Stephen Merchant and comedian and actress Ruth Jones and the university even has its very own Art collection!





As we reflect on last year's successes, we are proud to see our former Year 11 students settling into life at college. Their smooth transitions highlight the value of the support they received through our careers programme, and we continue to work hard to ensure current students have the same opportunities for success.

This term, our Year 11 students are invited to attend 1-to-1 careers appointments, designed to offer personalised guidance as they prepare for the next stage in their journey—whether that be applying for college, apprenticeships, or even job interviews. These sessions aim to build confidence, sharpen skills, and clarify pathways for all students.

We will soon be announcing the upcoming launch of our Year 10 work experience programme. This invaluable opportunity will allow students to explore potential careers firsthand. While placements won't take place until July 2025, we encourage Year 10 students and their families to start considering companies they may wish to approach. Early preparation is key to securing a meaningful and beneficial experience, so now is the perfect time to start researching options!

Finally, we are thrilled that students across all year groups are actively participating in our Igniting Futures programme. This innovative curriculum equips them with essential knowledge about the local labour market, job application processes, and how to present themselves professionally. These vital skills will serve them well as they navigate the world of work, helping them to thrive in their future careers.

We are committed to ensuring that every student at our academy feels prepared for life beyond school. Through our careers programme, we aim to ignite futures and empower our students to dream big and achieve their goals.

As always if you require any support of have any questions please contact Mr Davies and the academy Careers Team









Useful Contacts:



Mental Health Support

MHST Leigh Tams is in school on every Tuesday. For students to talk to with their mental health concerns.

Useful information for both parents and students:

combinedwellbeing.org.uk

https://www.combined.nhs.uk/services/mental-health-support-team

National Suicide Prevention Helpline UK 0800 6895652 A confidential and supportive listening service for anyone 18 and over with thoughts of suicide. Available from 6 pm till midnight every day. Shout www.giveusashout.org Text 'Shout' to 85258 if you are in crisis anytime, anywhere. It's a place to go if you are struggling to cope and you need immediate help. It's available 24/7.

NHS 111 Telephone '111' – for a 24/7 helpline for all health enquiries. They also provide an online service at 111.nhs.uk.

Samaritans FREE Tel: 116 123 <u>www.samaritans.org</u> For confidential emotional support for people in crisis, available 24/7.

Childline 0800 111 is a free, private and confidential service where you can talk about anything that you are worried about, at anytime.

Staffordshire Mental Health Helpline Call free on 0808 800 2234 For people 18+, 6 pm - 2 am weekdays, 2 pm - 2 am weekends, 365 days a year. Text FREE on 07860 022 821 Online webchat www.brighter-futures.org.uk; email: Staffordshire.helpline@brighter-futures.org.uk

CAMHS (Child and Adolescent Mental Health Services) Central Referral Hub for up to aged 18, 0800 0328 728 (Option 1) 9 am – 5 pm, Monday to Friday. Multi-disciplinary teams of social workers, mental health nurses, therapists, clinical psychologists, mental health practitioners and child and adolescent psychiatrists.

Changes Health and Wellbeing 01782 411433 <u>www.changes.org.uk</u> You can self-refer online. Groups promoting wellbeing, personal recovery and peer support.

The Dove Service 01782 683155 <u>www.thedoveservice.org.uk</u> Counselling and support for adults, including bereavement and social groups, and children and young people affected by bereavement or life-changing illness. Self-referrals will incur a fee for counselling.

Savana 01782 433204/433205 <u>www.savana.org.uk</u> FREE one-to-one counselling service for anyone who has experienced sexual violence (male and female), Independent Sexual Violence Advisor Service and Youth Support. Self-referrals can be made online.

Staffordshire and Stoke on Trent Talking Therapies https://staffsandstoketalkingtherapies.nhs.uk/ Can self-refer online or on Tel: 0300 303 0923. Multi-agency partnership (Midlands Partnership Foundation Trust, North Staffs Combined Healthcare Trust, Changes Health and Wellbeing, North Staffs Mind, Burton and District Mind and the Dove Service), offering free psychological treatments

The Mental Health Support Team



Available now in your local Stoke-on-Trent and Staffordshire schools and colleges

Panic ManagementSleep

Worry ManagementExam Stress



Low MoodProblem Solving
AnxietyCoping Strategies



The Mental Health Support Team works with schools and colleges to embed a better whole school approach to mental health and wellbeing, as well as offering support to parents, carers, children and young people. We use CBT (Cognitive Behavioural Therapy) informed principles to provide support and interventions for a range of common mental health difficulties.



Where To Find Us

Scan the QR code to be taken to the Combined Wellbeing Portal, where you will find a list of Mental Health Support Team schools, as well as a range of self-help resources and other services. Alternativley, please contact us on the email address below.



MHSTEnquiries@combined.nhs.uk https://combinedwellbeing.org.uk/









On Tuesday 16th July 2024 we took Year 7 to Thursaston Beach, The Wirral on our Science Trip adventure! Thursaston Beach is overlooked by one of the most beautiful parks, Wirral Country Park. This country park has large green areas and as a result is home to a vast array of wildlife.

As we walked from our coach parking area to the beach itself we took in the spectacular views over the Dee Estuary toward the Welsh Hills. There are some very steep steps that lead down to the beach (easier to navigate on the way down than on the way up!) that descend down the cliff face. Once on the beach (a mixture of sand and pebble) there was much for us to do!

Students were tasked with inspecting the Marram grass areas for evidence of insect life, and if we found negative evidence of humans (litter) we played our part in conserving the environment and ensured we put it in the bin.

Students were kept busy with their rock hunting task, where they set about trying to identify different types of rock and if they were lucky enough a few even managed to find a fossil!

Students were also enthralled as we observed the marine crab life which was very active on the beach! Students were keen to study the structure of the creature's exoskeleton, whilst ensuring they handled them carefully, causing no damage to them and making sure they were put back where they found them.







Common Shore Crabs (Juveniles)
Photo credits to Mrs R Eldershaw

Our Year 7 Science Beach Trip is fully funded for our students as part of our OMERA Entitlement pledge as we think educational, cultural experiences like this one are important for all students to partake in. We were extremely proud of how our OMERA students conducted themselves on the day as they were full of enthusiasm, keen to learn and very well behaved. They were excellent ambassadors for our academy and we are looking forward to taking them on the next learning adventure!





SCIENCE



My OAT STEM
Miami Experience
By Jack Powell

Trip Overview

My experience travelling to Miami was exhilarating, making new friends and embracing new cultures, my time in this foreign paradise was amazing.

Over the course of the week that I was there I developed drastically as a person, participating in activities I would normally not be doing back in England. Such as presenting in front of UK and American students alike focusing on our unique school habits as opposed to theirs. I shall now explain more about this once in a lifetime opportunity.

Travelling from the airport allowed me to embrace the city from afar, filled with an abundance of skyscrapers with clear blue skies for miles.

Accommodation

We all arrived at our hotel, 'The Best Western plus', a four storey building featuring 400 well-furnished rooms. The hotel was all-inclusive, meaning we had access to unlimited meals and access to all on site activities, mainly the pool, which as a collective was our main source of entertainment whilst we had downtime.

Our hotel room was another great aspect of the experience with rooms having air conditioning, so that even in the scorching weather we could still sleep in comfort. The room allowed us to have a great view of the rest of the site alongside the city and across the horizon, meaning that even while we were at the hotel we could still enjoy the beautiful views of Vice City itself, with the luminescent lights brightening up the night sky.







Miami Zoo

We woke up on the dawn of day 2 setting off early towards the world-renowned Miami Zoo.

We arrived to be greeted by the Flamingo enclosure, surrounded by a vast pond and various palm trees.

Many elusive species such as the African Onyx, Meerkats, American Crocodiles, Alpacas and many more awaited us, as animals from all around the world joined together to form this utopian animal park, making Miami Zoo one of my favourite attractions of the voyage.

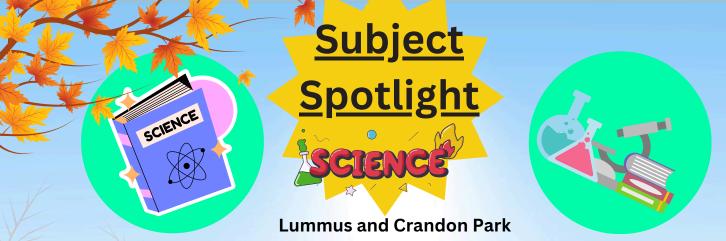
The Everglades

We started days three and four travelling to Miami Dade College, meeting up with 30 American students spanning across North and South American islands: such as Cuba, Puerto Rico and Costa Rica. Throughout the day we studied all about the Everglades ecosystem with many activities to allow us to establish a relationship with the American students, to prepare us for the next day. We then paired up with an American student to discuss the changes of industrialisation on the Everglades Ecosystem and what we can do to improve the condition of the plant and wildlife within the area.

Returning back to the hotel, we started to prepare four individual presentations that we would be showing to the American students on the second day, just like they did prior, focusing on four different themes: Entertainment, Sport, Education and Food.

The second STEM session required us to travel into the Everglades, in order to embrace the wildlife ourselves. We were met with a sea of lily pads and algae, with fireflies,

mosquitos and grasshoppers travelling around us, as we moved down the mile long trek through the subtropical wetland. I feel like the voyage to the rainforest was quite underwhelming as we barely saw a fraction of the wildlife that the Everglades had to offer.



Days 5 and 6 featured us going to some famous beaches within the area. These were the hottest days of the trip, but it really accentuated the tropical vibe the area was emitting. The surroundings were beautiful with people playing for as far as the eye can see, clear blue skies with wildlife such as iguanas roaming around freely.

Frost Science Museum

Whilst we were at Lummus park, we had plans to visit the Frost Science Museum only 15 minutes away. This was the highlight of the day, as it was a 6-storey building with various exciting exhibitions on each floor. From a hands-on experience discovering what it feels like to be on the International Space Station to a gigantic aquarium, filled with species from jellyfish to hammerhead sharks. On the final floor there is a miniature zoo containing various baby animals, to the right being a balcony where you can oversee the city and the sea.

Bayside Harbour

Bayside Harbour was the final destination of my journey. Being a shipping port accompanied by a large-scale shopping centre that caters for any consumer's interests. There people could take journeys on local boats across the sea, witnessing fish in their natural habitat. This was where I spent most of my money as alongside the Dolphin Mall my customer needs were well and truly met, purchasing exclusive merchandise I wouldn't have gotten elsewhere

Trip Evaluation

To conclude this article I would like to say I am intensely grateful for being able to represent Ormiston Meridian Academy abroad at Miami, from the great weather all week, to the limitless attractions that could never be completed within a week this was an opportunity that I could not miss out on and anybody who is planning on going abroad to Miami, America would be my number one choice to recommend, truly an experience that could not be replicated elsewhere.







Winter reads and
Christmas
competitions
NEXT ISSUE.....

Library and Reading

BREAKING NEWS!

Welcome to our school Library page. I hope you have had a lovely holidays and I would like to welcome the Y7 students to our academy.

This term we have busy in the library supporting our Y7 students with transition. We have also been joining students across the country taking park in The National Literacy Trust Take Ten to Read initiative. Students have enjoyed taking 10 minutes out of their day in October to read and discuss the benefits of reading to academic and physical health.

We are celebrating Autumn with our display on all things spooky and horror related.

We are also running a book review competition. Read any spooky book in October, write a review and automatically get entered into a competition to win a spooky hamper full of goodies. Winners will be announced next issue.

Mrs Martin

Donations

Thank you to all the staff and students who have donated books to the library this year. All you donations have been greatly received by the students.

If you are having a clear our over the half term please think of the library.

We accept any books that are in good condition, this also includes non-fiction and magazines.

Thank you again for your ongoing

Thank you again for your ongoing support

Mrs Martin THANK .. you

Books of the Month

This month we are celebrating Autumn and the spooky season. With a selection of books themed around horror and Autumn.

You will earn double stamps, for your loyalty card, on any books from our spooky or Autumn display.

Book Swap filled library loyalty cards for prizes!!!!!

Corner

THE TIMES CHILDREN'S BOOK OF THE WEEK

Welcome to SHIVER POINT, home of spooks, screams and small-town horror! Enter if you dare...
Shiver Point is boring. Nothing

interesting ever happens there and there's never anything fun to do. At least that's what Alex has always thought. Until one night, in the dead dark, he spots what looks like a meteorite plummeting into Howlmoor Forest. Life will never be the same again!!!!

SHVER POINT TO THE WOODS GABRIEL DYLAN

Autumn Books

We know that it can hard to keep yourself entertained over the half term. So, why not grab a new book from the library? We have everything from autumn reads and horror, to magazines. Any sppoky themed book you take out earns you double loyalty stamps. Swap your completed library loyalty card for prizes. Why not read a book as a holiday bordem buster?

Winter Book Review

In December we will be running a Winter Book Review competition in the library. If you read a book and write a review you will be automatically entered into a prize draw to winner a hamper of goodies.



LIBRARY REWARDS!!!!!!!

Every time you take out a book from the library you will earn a loyalty stamp. Fill your card and exchange it for a prize. Double loyalty points are earned on any book from our theme of the month display.

Rewards are as follows:

10 stamps-book mark

20 stamps- Bronze certificate and badge
30 stamps- Silver certificate and badge
40 stamps- Gold certificate and badge
50 stamps- Platinum certificate and badge
See Mrs Martin for more details.







Community Bookcase





Who doesn't like a freebie?

Come along to the our community bookcase
(opposite the school office) and pick up a book for

FREE

Books are available for all ages, to take away, free of charge.

All that we ask is when you have finished your book you pass it on to another person and share your love of reading. Alternatively, you can return the book to the case and swap for another. There is no need to sign books in and out. So, pick up a free book today and share your reading experience with your family and friends.

Spooky Book Review



In October we enjoyed exploring the horror genre.

Students selected their favourite book and wrote a book review.

This automatically entered them into a prize draw for a spooky hamper full of goodies.

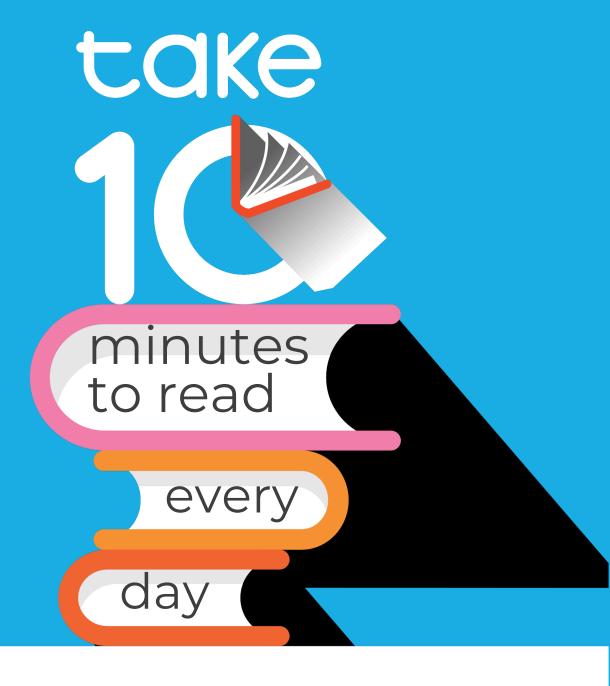
The winner will be announced next issue.....



Ormiston Meridian Academy

Membership SCH1059067

The National Literacy Trust is a registered charity no. 1116260 and a company limited by guarantee no. 5836486 registered in England and Wales and a registered charity in Scotland no. SC042944.



Read for 10 minutes a day to relax, be inspired and feel good.

Research shows that reading helps you to:

- Unwind and boost your mood
- Improve your memory and concentration
- Escape from the pressures of everyday life
- Connect with your feelings
- Improve your self-confidence.

So pick up a book today!

Social Media Get Connected....

Are you following us on Social Media?

We've recently relaunched some of our social media pages and you may not be following us...

Make sure you're following for up-to-date information about academy events, an exclusive look at the building of our new classrooms and regular details about exciting and engaging lessons that students have taken part in.

Mr Craddock

Use the links or QR codes below to find out more:







The Mental Health Support Team





The Mental Health Support Team works with schools and colleges to embed a better whole school approach to mental health and wellbeing, as well as offering support to parents, carers, children and young people. We use CBT (Cognitive Behavioural Therapy) informed principles to provide support and interventions for a range of common mental health difficulties.



Low Mood
Anxiety
Worry Management



Panic Management Sleep



Problem Solving
Coping Strategies
Exam Stress

Where To Find Us

Scan the QR code to be taken to the Combined Wellbeing Portal, where you will find a list of Mental Health Support Team schools, as well as a range of self-help resources and other services. Alternativley, please contact us on the email address below.







MHSTEnquiries@combined.nhs.uk



https://combinedwellbeing.org.uk/





