

## Mental Health Awareness Week

18 -22<sup>nd</sup> May

The focus of this year's campaign is the power and potential of **kindness**. This year's campaign is particularly important and relevant as the world fights the Coronavirus pandemic.

**Kindness** is a bit like a magic wand. It can strengthen relationships, develop communities, and make us feel better and stronger. We all need **kindness**, and can benefit from both giving or receiving.

Let's take a moment and think about the acts of **kindness** that have already flourished. We have seen Captain Tom Moore walk in his garden to raise money for the NHS, Thursday night clapping in support of our NHS staff, various food drops to the vulnerable, the list is endless. How wonderful it is to see all these acts of **kindness** grow from one community to the other, each doing amazing things for other people.

The Community Wellbeing Project are providing suggested presentations for assemblies or form time, together with resources that can be used at school or at home around the theme of **kindness**.

Let's make it our job to embed acts of **kindness** in our daily routines!