



Take Notice

Think about how important your lovely friends are in improving your mood. I'm sure they can cheer you up with just a few simple words. Could you be a good friend to someone? If someone is feeling lonely, perhaps sitting on the friendship bench, you could maybe help them feel less lonely.

Give

Give yourself some time in every week to do something **you** enjoy. Whether it is a walk in the park, a bike ride, a board game, or even just some quiet time to read or listen to music. Be kind to yourself.

Connect

Check in with your friends and neighbours to see how they are doing. A quick chat, or simple greeting, can make someone's day. It shows you care, and can make the person feel a little less alone.

Keep Learning

Some people feel isolated because they are different from others, and so struggle to make positive connections. **Learn** to keep an open mind about everyone you might meet.

You may be pleasantly surprised, and enjoy making new friendships.

Be Active

Being part of a sports club can be a great experience. It teaches us all to work together and support each other when things are going well, as well as when we are struggling. Being a team player can be great fun. Give it a go!

Wellness Wednesday

The 9-15th May is Mental Health Awareness Week. The week provides an opportunity for the whole of the UK to focus on achieving good mental health and has become one of the biggest awareness weeks across the country. The 2022 theme is Loneliness. This theme aims to get us talking and thinking about how a connection to other people and our community is fundamental to protecting our mental health.