



# December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2023	

 **ACTION FOR HAPPINESS** **Happier · Kinder · Together** 

## Mental Health & Wellbeing Focus Group

In the new year, all interested parents, carers & family members will be invited to become a part of our school's Mental Health & Wellbeing Focus Group.

Our vision is to build and maintain a culture that raises mental health awareness, recognises the importance of good mental health and wellbeing and seek to provide effective support when it is needed to whoever needs it.

Our goals include:

- To increase knowledge and awareness of mental health and wellbeing issues and behaviours.
- To reduce stigma around mental health & it's difficulties.
- To facilitate active participation in a range of initiatives that support mental health and wellbeing.
- Seek necessary training and resources to deliver the above.
- To provide or signpost support for those affected from issues relating to deterioration in their wellbeing.

Initially, we will have an open session to formulate a plan of topics to discuss at future sessions. Meetings will be arranged to suit the majority of stakeholders.

If you wish to be a part of this exciting new project, please complete the attached slip and return it by email to [admin@theavenue-inf.northants.sch.uk](mailto:admin@theavenue-inf.northants.sch.uk) Alternatively, if you are not able to be part of our group but wish to make viable suggestions, this can be done on the attached and e-mailed to [admin@theavenue-inf.northants.sch.uk](mailto:admin@theavenue-inf.northants.sch.uk)

# THE VENUE INFANT SCHOOL



## Mental Health & Wellbeing

☐

I/We wish to be part of the Mental Health & Wellbeing Focus Group.

☐

Unfortunately, I am unable to participate in the sessions but wish to be included in the group

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Unfortunately, I am unable to participate in the sessions and do not wish to be included in the group

NAME: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_

THE BEST TIME FOR MEETINGS WOULD BE: \_\_\_\_\_

SUGGESTIONS FOR TOPICS TO DISCUSS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please e-mail this page once completed to: [admin@theavenue-inf.northants.sch.uk](mailto:admin@theavenue-inf.northants.sch.uk)

**Expert advice on coping with the mental health impact of the rising cost of living is on offer in the run up to Christmas.**

**The free webinars, run by NHFT Talking Therapies, will offer useful advice, practical ideas, and general coping strategies to help people at this difficult time.**

**Whether it's managing worry, problem solving, tips on self-care, or practical support available locally, the online sessions aim to help.**

**The Financial Stress Webinar take place on:**

**Tuesday 20 December – 6pm-8pm**

**Yasmin Bailey, Talking Therapies' Senior Psychological Wellbeing Practitioner, said: "We know the increasing cost of household bills and worries about budgets and spending can have a significant impact on mental health, especially in the run up to Christmas. With this in mind, we've launched these webinars as a new and innovative way to share real practical solutions which can help people who find their mental health being impacted by difficult financial circumstances."**