

Hello Champions!

We hope that you are well and staying safe. We hope that the key worker advice was useful and that for those of you that felt it would be useful in your practice, had a look at the Future Learn course around low mood during this pandemic.

Just a reminder that Point 1 is open and available for telephone support for families. You can contact us on **0800 977 4077** or email at point1-support@ormistonfamilies.org.uk. Please include the name and date of birth of the young person, their postcode, their school and a contact within the school and a brief outline of your concerns.

Mental Health Awareness Week

As you may be aware, this week is Mental Health Awareness Week. Each year the Mental Health Foundation hosts a week to raise awareness of the mental health issues that can affect

everyone. They have lots of information on their website about how you can get involved in your setting. They have a [resource pack](#) available on their website, as well as posters and leaflets that you can display. This year, their theme is kindness and they are encouraging us to perform small acts of kindness as much as we can this week! Research shows that people who are kind and compassionate see the benefits in their wellbeing and happiness!

**MENTAL HEALTH
AWARENESS WEEK
KINDNESS 18-24 MAY 2020**

Other organisations are getting involved too. The Charlie Waller Memorial Trust are running a 'pay it forward' campaign based on the idea of paying forward a random act of kindness that has happened to you! They are encouraging you to post on social media, thanking someone that has done something kind for you and then returning that kindness to someone else! You can find out more on their [website](#).

Mentally Healthy Schools have also created the 'Seven Days of Kindness Calendar' which has been designed to encourage children and young people to perform two kind acts each day. This is a great resource for this week but can be used at any time to encourage kindness! Designed to be used in primary schools, the resources can be found [here](#).

The charity Mind are encouraging us to #SpeakYourMind this week and reach out to friends and family members that may need a little support. Mind are hoping that by reaching out with messages of kindness, and by sharing our own tips for coping with the pandemic, that people will feel less alone at this time! You can find out more on their [website](#).

Norfolk Scouts are getting involved too! The scouts are encouraging people to take part in their #Threefor3 campaign which involves drawing or writing three things that you are doing to look after your mental health and sharing them with 3 other people! You can find out more on their [website](#).

Heads Together also created the #MentalHealthMinute, a video of celebrities sending the message that we are not alone! A great video to share with young people, it reminds us that we are connected to each other in so many ways! The video also encourages us to reach out to the people around us and check in with our loved ones that may need a little extra kindness at this time! You can find the video on the Heads Together [Twitter](#) page.

#Kindnessrocks

Here at Ormiston Families, we have been inspired by the Norfolk Rocks project and have created our own kindness rocks! Staff have been busy decorating rocks with messages of kindness and hiding them around Norfolk! If you spot one when you're out and about, please post a picture to our [Facebook](#) Page and hide it somewhere else. You are more than welcome to join in by decorating a rock with a message of kindness! Don't forget to include #kindnessrocks and @ormistonfamilies.

If you aren't already, don't forget to follow us on social media!

