



## **Wellbeing Club 9**

### **Assert**

#### **Fortnightly Activity**

Assert will be sending out 2 virtual activities out each month to replace the monthly trip that would have normally been organised. For May's second activity, I have chosen another National Theatre Live performance! This coming Thursday 'A Streetcar Named Desire' with Gillian Anderson (X Flies) and Venessa Kirby (The Crown) will be aired live at 7pm, and then available on the NTL YouTube channel for the following week.

<http://ntlive.nationaltheatre.org.uk/productions/ntlout7-a-streetcar-named-desire>

<https://www.youtube.com/watch?v=BJEpYaD3yTw>

#### **Active Club**

I will be sending out a different exercise video each week that we can do at home. This week we will be doing an abs work out video from the NHS. I thought it would be nice if those of us who can, try to do it at the same time on a Friday afternoon at 3pm. Or whenever you can fit it into your week! This way, although well be doing it separately we can feel as though we are still doing it together! If you have any questions, please email

[jenna@assertbh.org.uk](mailto:jenna@assertbh.org.uk)

<https://www.nhs.uk/conditions/nhs-fitness-studio/body-blast-abs/>

#### **Benefits Caseworker**

Alex will soon be offering 1-to-1 budgeting advice and support sessions. Please contact her by email with any benefits questions or to arrange a remote appointment or if you would like to get on to the waiting list for this service: [benefits@assertbh.org.uk](mailto:benefits@assertbh.org.uk)

#### **Telephone Support Sessions**

Assert have set up the opportunity to have a phone call or video chat with one of our volunteers. Calls will last up to 30 minutes and can be one offs or weekly. To book a chat or for more information please email Cat/Sue at [activities@assertbh.org.uk](mailto:activities@assertbh.org.uk)

#### **Peer Discussion Group**

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm. Each week there will be a different topic for the conversation. Please email Debbie on [debstar0205@yahoo.com](mailto:debstar0205@yahoo.com)

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## **Mental Health Awareness Week**

This year's Mental Health Awareness Week's theme is **kindness**.

With limited social interactions and personal connections, kindness may feel far and few between. And when we are feeling low or lonely kindness can feel like a distant act. This is why this year's theme may be one of the most important.

### **Small Acts of Kindness**

Small acts of kindness have the ability to form bonds, to make us feel connected to one another, and make us feel cared for and seen. What is special about kindness is it does take a big gesture to show it. Acts of kindness can be as small. The inspiration for this week's theme was an experience of someone who works at Mind while queuing in for the supermarket when a staff member got everyone umbrellas when it began to rain. Acts like this can have an enormous impact on your day and our mental health. It can also reduce stress and improve our emotional wellbeing.

### **Kindness to One's Self**

Kindness is defined by doing something for yourself and others. Kindness to our selves allows for healing, forgiveness & growth. And improves our sense of self, our self-esteem and optimism & confidence.

### **The Importance of Kindness**

Kindness can be an antidote to isolation as it can create a sense of belonging & community. Helping others is believed to be how humans strengthen bonds and maintain social connections. For example, volunteering opens up opportunities to meet new friends and provides a sense of belonging which reduces loneliness & isolation.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

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## **Wellbeing Pack Workbook**

### **Act of Kindness Journal**

Throughout Mental Health Awareness week, please write down either one small act of kindness; you did for someone else, an act you witnessed, or one that someone did for someone else each day – and by the end of the week you will have a list 7 acts of kindness. I hope that this list will be a positive reminder to you of the importance of kindness and also proof that kind acts are all around us.

### **Acts of Kindness ideas:**

- Offering to make a cup of tea
- Offer your expertise and support as a mentor for those who are struggling

- Check in safely with a neighbour who is isolated or shielding
- See if there's anything you can do to support your children's school or nursery – offer to read stories by video for example
- Involve your friends and neighbours in community projects
- You could start up an online book club or film club
- Offer to skill-share with a friend via video call - you could teach guitar or a new recipe
- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them

### **Workbook Activity**

#### **Monday**

- An act of kindness I did for someone else today:
  
- An act that I saw today:
  
- An act someone did for me:
  
- Act and of kindness you did for yourself (self-care):

#### **Tuesday**

- An act of kindness I did for someone else today:
  
- An act that I saw today:
  
- An act someone did for me:
  
- Act and of kindness you did for yourself (self-care):

#### **Wednesday**

- An act of kindness I did for someone else today:
  
- An act that I saw today:

- An act someone did for me:
- Act and of kindness you did for yourself (self-care):

#### **Thursday**

- An act of kindness I did for someone else today:
- An act that I saw today:
- An act someone did for me:
- Act and of kindness you did for yourself (self-care):

#### **Friday**

- An act of kindness I did for someone else today:
- An act that I saw today:
- An act someone did for me:
- Act and of kindness you did for yourself (self-care):

#### **Saturday**

- An act of kindness I did for someone else today:
- An act that I saw today:
- An act someone did for me:
- Act and of kindness you did for yourself (self-care):

**Sunday**

- An act of kindness I did for someone else today:
  
- An act that I saw today:
  
- An act someone did for me:
  
- Act and of kindness you did for yourself (self-care):