

Talk



Share



Be Heard

Summer Wellbeing Pack

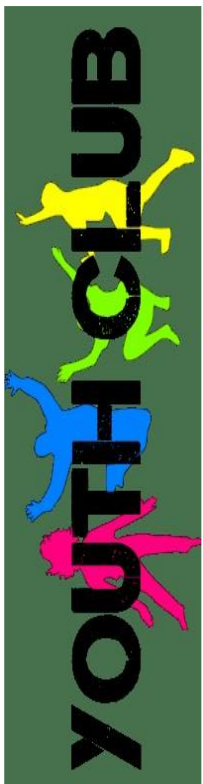
Hello and goodbye!

Hello summer holidays and goodbye to another school year.

Our Summer Prayer

Loving Lord, as this school year draws to a close, we pause to thank you for the seeds of knowledge sown, the kindness we have shared, and the ways we have grown closer to you and to one another. As we step into the brighter days of summer, we place our holidays into your hands. Renew our minds and bodies with the gift of rest.

Amen.



Find out what is happening in your local area over the summer holidays. [Click on the hyper links](#)

[Bristol](#)

[South Gloucester](#)

[North](#)

[SomersetMatthew](#)

App corner



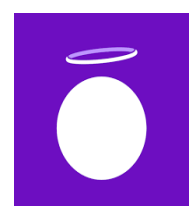
Feeling Good
Teens



Headspace

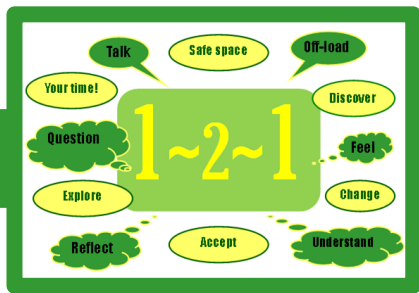


Couch to
5k



Hallow





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Mental Health Support

Click on the hyperlinked images

Need someone to talk to?



Online mental health support:



Urgent Support

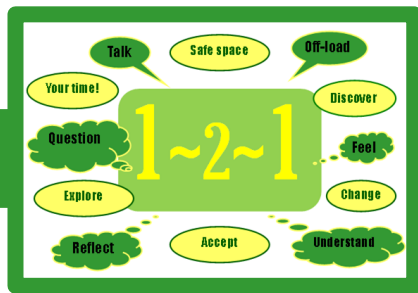
SAMARITANS

Call **116 123** to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

NHS

Urgent Mental Health Care
CAMHs
111





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Be Heard

Wellbeing and Catholic Social Teaching



**Peace,
Reconciliation
and Solidarity**

God made each one of us, and we are all part of one big family—God's family. We should treat everyone with kindness, love, and respect, just like brothers and sisters, especially those who are poor or vulnerable.

Use the Happiness calendar to spread peace, reconciliation and solidarity!

FRIDAY

7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well



THURSDAY

6 Smile and be friendly to the people you see today

13 No plans today! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day



WEDNESDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause



TUESDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need



MONDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

SUNDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

SATURDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community



Altruistic August 2026

Happier • Kinder • Together

ACTION FOR HAPPINESS

