

**March 2024**

For further advice and support,
please feel free to contact us.
sian.mansey@derbyshire.gov.uk



Be Kind

Spread a Little Happiness

'The best way to cheer yourself up is to cheer someone else up.' Mark Twain

Evidence shows that being kind and helping others can be beneficial for our own mental health and wellbeing. It can reduce stress as well as improve our mood, self-esteem and our own happiness.

There are so many ways to help others as part of our everyday lives.

Good deeds needn't take much time or cost any money.

Simple ways in which we can spread happiness:

- Smile at a stranger.
- Give a complement to a stranger.
- Let someone go before you in a queue.
- Actively listen - don't feel the need to solve the problem, just listen and give the other person room to vent.
- Show yourself kindness.

Visit the **Action for Happiness** website using the QR code for ideas for actions to be happier and kinder, together.



BSS Bulletin

Be Curious

Neurodiversity Celebration Week

Neurodiversity Celebration Week is being held from 18th-24th March 2024 with the purpose of helping the world to understand, value and celebrate the talents of neurodiverse minds. It's a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by giving the community an opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

There are 24 **FREE** online events which are open to all and **recorded** so you can catch up at any time. The discussions will be focusing on key neurodiversity topics delivered by inspirational speakers from a range of backgrounds and professions. Use the QR code to see the events planned.



Ask members of your neurodivergent community in school how they would like to celebrate and share their lived experience in order to develop wider understanding.

Be Connected

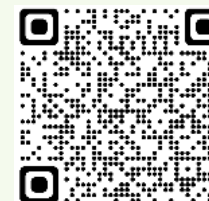
Be Active for April

Across Derbyshire there are a range of local events to encourage our children and our families to connect and 'be active'.

Derby – Markeaton Junior Park Run is a free event held every Sunday at 9am. Whatever your running speed, children aged 4 – 14 are invited to come along and have fun.



Buxton – The Pavilion Gardens are hosting a family fun weekend.



Chesterfield – Chesterfield Parks run a variety of free events across local parks during the school holidays. Check out Chesterfield Parks on Facebook.

Carsington Water Easter Trail
Enjoy a walk around the reservoir and look out of the Easter Bunny's hidden clues.

