

- Get involved in a local fundraiser in West Sussex with **Stonepillow** and join their **Little Big Sleep Out at Home** whilst raising money to support their homeless services.
- Do you enjoy cooking? How about learning a new recipe whilst giving to charity? **Migrateful** runs cookery classes led by refugees, asylum seekers and migrants struggling to integrate and access employment, and your donation helps support migrants and refugees rebuild their lives.
- If you are in a position to do so, donate to local food banks. Visit the **Trussell Trust** website for information on local foodbanks in your area or check out the **Brighton and Hove Food Partnership** for information how to support a variety of Brighton and Hove food services.
- Give a genuine compliment to someone: being kind goes a long way to making people feel better. Also acknowledge and receive compliments when they are given to you!
- Volunteering, if you feel able to, is a great way to give your time. **Volunteer in Hastings**, and **Community Works** is a great resource for finding volunteering opportunities across **Brighton and West Sussex**.
- **Action for Happiness** is a great organisation full of ideas of how you can support your mental health and wellbeing, whilst creating a happier, kinder world. You can download their **"Coping Calendar"** with helpful daily reminders. If you find it useful, you can even sign up to receive monthly calendars with daily ideas.
- Give your time by simply having conversations. Talking to others and giving your support during this time, sharing how you are coping can make a big difference.
- Finally, don't forget to also give yourself a break and schedule in time for some self-care into your day. You can't pour from an empty cup! There are some good ideas **shared here** in this video on Relaxation tips from national Mind.

Next week is **Mental Health Awareness Week**, so although we won't be bringing you a Weekly Wellbeing Information and Tip sheet, please look out for how you can get involved and join the conversation on Twitter using **#kindnessmattersBrightonHove** and **#kindnessmattershastings**

