

## Mental Health Awareness Week at Wing College

Last week students at Wing College participated in a number of activities for Mental Health Awareness week. The theme for this year was community – we started the week by gathering donations for the local food bank to give back to our local community, our donations box was overflowing! The Wellbeing team at the Wing put on an Ultimate Frisbee match in a local park – it was fantastic to see so many students and staff involved and working as a team.

During lunchtimes within the week the Integrated Therapy Assistant and Assistant Psychologist ran their Creative Wellbeing club where students were invited to paint ‘Positivity Pebbles’ with encouraging messages to leave in and around the community, it was again incredible to see how many students got involved and the lovely messages for the public to receive and I can confirm most of the pebbles have been claimed. Finally, on ‘Wear it Green Day’ all staff and students wore something green to raise awareness for Mental Health and how important community is for it. Students and Staff were also treated to a wonderful green cake from the Catering team for dessert – Thank you all who took part, we are incredibly proud of the community created at The Wing College and the generosity of students and staff 😊!

