

ACTION FOR HAPPINESS

Northamptonshire Action for Happiness Helpful Hints & Tips for Keeping Physically and Mentally Well – Week Six

Hello All

I have had a busy week with some interesting and important virtual meetings. I am a trustee at a local youth counselling agency, Time2Talk in Daventry. They have come together with the other youth counselling agencies across the county to form the REACH collaborative. We have a weekly catch up that includes representatives from the Children's and Adolescent Mental Health and School Nursing teams. Each Monday we share information, problem solve and update each other on referral rates across the county to understand how our young people are coping at this challenging time.

On Wednesday, we had the bi-monthly Northamptonshire Hub Action for Happiness Steering Group, again, virtually. Although a bit of a challenge to chair it was lovely to share news, update on Northamptonshire's progress and, finally, we always end our meeting with the question, 'what has made us happy this week?' It was lovely to see the faces (below) of twelve of the Steering Group on screen all sharing what had made them happy. Of course, this picks up the 'Relating' key!



Action for Happiness received some national coverage this week when Sir Anthony Seldon was interviewed about the importance of 'pausing' on Radio 4's Today Programme. You can listen to the interview here: <https://soundcloud.com/actionforhappiness/daily-pause-with-sir-anthony-seldon-highlights> As you know from previous weeks, I am running a Mindfulness Based Stress Reduction webinar on a Monday evening with Dr Mike Scanlan and this wonderful hour helps me pause.

A quick reminder to follow us **@A4HNorthants** on Facebook, Instagram and Twitter and do not forget the Happiness pledge: -

"I will try to create more happiness and less unhappiness in the world around me"

Take the pledge at: bit.ly/A4HNorthants

Also, this week I have also been in touch with the lovely Mark Williamson, who is the Director of Action for Happiness. He reminded me that the central website has been sharing the following NHS-backed Every Mind Matters which you may find helpful: -

<https://www.nhs.uk/oneyou/every-mind-matters/>

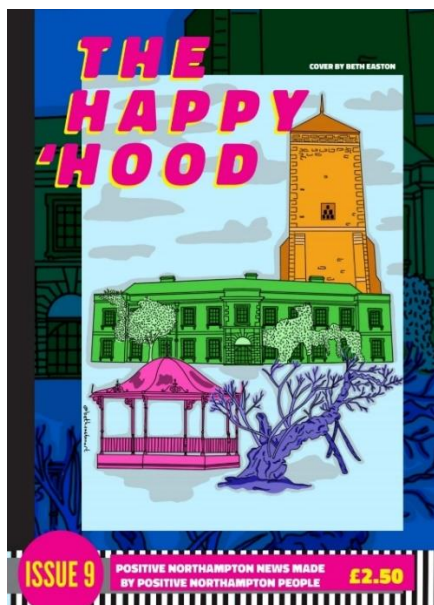
And finally, our partners over at The Happy Hood have some exciting news...

The Happy Hood is a printed, quarterly good news magazine, created by local people to celebrate the great things that happen in Northampton.

We'd normally launch the new issue with a free public event, but as we can't do that, we're doing things differently....Issue 9 was released into the wild on our 2nd birthday, 19th April, when it was posted to subscribers.

This Sunday, (26th April), 19:00 – 20:00 we will be having an online launch event answering your questions, talking about the new issue, and celebrating the independent businesses, community groups, charities and people featured in the new issue. To order your copy head over to thehappyhood.com

To find out details about how to join our virtual launch, follow us on Facebook and Instagram @TheHappyHood or Twitter @TheHappyHoodNN



Remember: Keep Calm, Stay Wise, Be Kind.