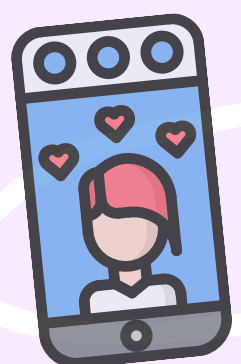
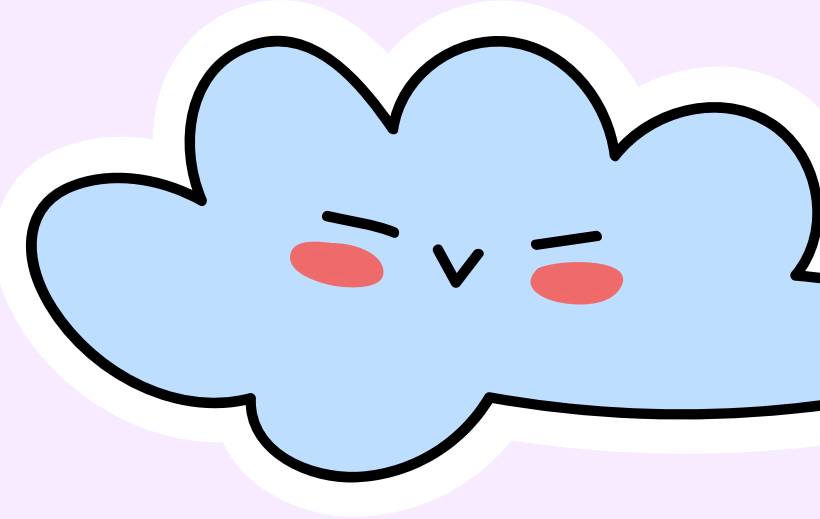


Mental Health

Awareness week 2022
9th - 15th May



Helpie Selfie Challenge!

Mental Health Awareness Week takes place on Monday 9th May- Sunday 16th May. The theme is loneliness. To help tackle loneliness and promote kindness the South Leicestershire School Sports Partnership, the Healthy Schools Team, Active Oadby & Wigston, Active Blaby and Active Harborough, have created the Helpie Selfie Challenge.



For the challenge, parents are asked to tweet a picture showing their child helping someone. You may choose to take a picture of your child baking a cake for their grandma or helping an elderly neighbour with their shopping. Parents are encouraged to tweet pictures/videos of the challenge using #HelpieSelfie and tag in @lsissp along with @activeoadbywigs, @activeblaby or @SportinHarb depending on the area you live.

An Amazon gift voucher will be awarded to lucky participants at random!

Let's tackle loneliness and
spread kindness!!!



Mental Health
Foundation



Healthy Schools



Active
Blaby



ACTIVE
Oadby and Wigston



ACTIVE
HARBOROUGH DISTRICT



South Leicestershire School Sports Partnership
Health | Well-being | School Sport | PE | Physical Activity