

# Well-being Week at Kibworth Primary School

It has been a pleasure for some of us from The Well to participate in Well-being week at Kibworth Primary School. We have joined in with, 'Toast and Reading' breakfast sessions in the school hall and an after school fundraising activity with plenty of cake involved! What a fantastic opportunity for the 200+ children and their parents to spend some quality time together before the start of a busy day.

It was also a pleasure to meet and chat with Sarah Spray who heads up the week with her team who run a small fundraising group to support the mental health of local children (Kibworth Mental Health and Well-being Fund) Sarah is keen to network with others for subsequent years and to partner with the Well in doing this. ***Please speak with Emma if you would like to become involved in this or any other events connected with the Primary School.***

Also, all the best to the team of Well volunteers who are representing us TONIGHT at a quiz to raise more funds for Sarah Spray's mental well-being project. With Wayne at the helm & a seriously strong team, we are sure to do well (no pressure!!)

Next Friday, The Well will again be working in partnership with the school to organise a Valentines Day tea party, giving the opportunity for older members of the community to meet young children from the Year 1 and 2 classes. The children plan to showcase some of the work they have been doing about toys from the past and their senior guests have prepared some show and tell items to help them describe what life was like for them as a child.



## Night of Prayer Last Friday

What a privilege to be sat in prayer at the very second that the U.K. left the EU last Friday. We marked the moment by recognising the mixture of emotions that would no doubt be going on and praying for peace and unity for our nation and internationally. In a time of uncertainty, poverty and hate crimes, these prayers seemed more relevant and poignant than ever.

Late night prayer will be happening every last Friday of the month at The Well and it is our aspiration to build up a team of prayers so as to be able to continue praying throughout the night, finishing with breakfast on Saturday morning. If you would like to be involved, please chat to Alan Pyke (Spiritual Group Coordinator), Lucy Bloomfield or Emma.



We are incredibly blessed with high quality donations for our charity and are grateful for any items of clothing and books to sell in the shop. Recently, we have noticed that other items are creeping back in as people have a clear out and kindly, 'think of us'. Please could we politely remind customers and fellow volunteers that we are very limited for space at The Well and sadly can only accept the items specified above. Community members can be steered towards GEMS next door who will always consider other items. Thank you for your understanding.

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*Next Week at The Well:*

Monday 10th Feb - 2-4p.m.

Dementia Cafe

3p.m. Visit from members of The Bower House, Christian Counselling service

Wednesday 12th Feb - 10 for 10.30 start, Spiritual Team Meeting

Friday 14th Feb - 2-

3p.m. Valentines' Tea for senior members connected to The Well at Kibworth Primary School



*Friendly Communities -  
Autism Awareness*

Kevin Baskerville, Autism Outreach officer for Leicestershire, led a fantastic talk at Kibworth Library last Thursday to build understanding about Autism and how we can better embrace and nurture people on the spectrum in our community.

The Well has been asked by the council to contribute to a steering group, helping all in our community develop awareness about autism and adapt our practices and environments accordingly.

After talking to people with autism linked to The Well, the following opportunities have emerged: -

1) a fortnightly group on a Saturday afternoon for parents of non-speaking children to network and share ideas.

2) a group for children of school age and their parents - led in partnership with the school and local charity, 'Spectrum'

3) a young people's social group led by 18-25 year olds once a month at The Well for networking and friendship (not necessarily for people with autism but autism friendly)

***For these to take off, we are looking to recruit volunteers as hosts, who are sensitive to the needs of others and willing to learn about what it feels to experience autism in your life, or to support someone with autism. In particular, we are looking for DBS checked volunteers who have experience in working for children with additional needs and/or their siblings. Please contact Emma if you feel you could help with these invaluable initiatives or could recommend someone else.***

