**Report for Parish Meeting from the Well-brahams 2022.**

The Well-brahams continued to promote mental health and well-being throughout the pandemic and began face to face meetings as soon as able. One of our main aims is to provide all activities free of cost so that no-one is excluded, we are able to do this thanks to grants from the Co-Op and the GP community fund.

Coffee mornings were held regularly throughout the winter. Their purpose was to help individuals begin gradually socialising again in a safe environment following lockdown. Also, to provide a venue where people who felt lonely or isolated could meet in a friendly environment. These proved very popular and will continue next winter.

The Well-brahams have continued to work in the community orchard as this is an open green area which people can visit, always so important for mental health. We have provided two picnic benches so that individuals, groups, and families can enjoy meeting in this lovely open and peaceful environment. We also held a Pruning Workshop run by an East Anglian orchard expert, this was well attended, and these volunteers will help maintain the trees. We bought and planted eight trees replacing those lost which are looking very healthy.

Our emphasis this summer is on children and young people as it is well documented that there is a crisis in their mental help. We are providing a series of eight workshops teaching Creative Mindfulness, for both children and young people. These begin on 8th June and are facilitated by Rachael Cox who is well qualified in this field. We held a meeting to introduce parents and grandparents to this model so they could support their children throughout.

Helen Clarke is running an all age watercolour painting workshop in June as working creatively together is so positive for mental well-being.

In the summer holidays we are planning several sports events, days, and half days, run by Charlie Brown who also works at Great Wilbraham School. These are for children and young people to enable them to carry on socialising during the summer holidays and promote healthy outdoor exercise.

We continue to be available to chat for anyone with questions or concerns about mental health generally.

Have a healthy summer.

The Well-brahams.