

Enrichment ideas and activities

July 2022

Action for Happiness are marking this month's calendar

[Jump back up July](#)

[Clothing Poverty Awareness Week](#) was in June

[Food Waste Action Week](#) was March

... but it's always the right month to save money (and the planet!)

24 July [The Big Listen Samaritans Awareness Day](#) raises awareness of Samaritans services

[Plastic Free July](#)

British Values - Democracy, local elections and the BSL Act 2022

22 - 24 July [Northern Pride](#)

[What's On](#) in North Tyneside in July

Our friends at [Kooth](#) online mental wellbeing community are there as always

[Read on](#) for how to join [Kooth.com](#) and ideas for Jump back up July

Jump Back Up July 2022

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

8 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human

Ideas for [Jump back up July](#) from [Action for Happiness](#)



June was [Clothing Poverty Awareness Week](#)

[Food Waste Action Week](#) was March

but it's always the right month to save money (and the planet!)

“Clothing prices have risen by 11%, making it even more difficult for ordinary people in a range of challenging situations to have full access to their Right to Clothing”

From ‘Borrow a prom outfit’ groups to free school uniform schemes and extending the useful life of clothing ... ways to save money and reduce impact on the environment

Free preloved logo school uniform service for any parents and childcare givers to use regardless of financial situation

[Community School Clothing Scheme](#)

The Right to Clothing and the Right to Food are fundamental Human Rights
[Universal Declaration of Human Rights](#)
Article 25

Unwanted clothes?

[Suggestions](#)

for reusing, swapping, donating and more

Reducing food waste saves money ... and helps in the fight against climate change!
[food saving tips](#)

Reducing food waste and more
[Household Hacks to avoid waste](#)

The Bread and Butter Thing launched their first North Tyneside hub in April at Howdon Community Hub

Find out more, volunteer or make a donation at [the bread and butter thing](#)

- making life more affordable
- building stronger communities
- reducing food waste

[join The Bread and Butter Thing](#)

[Application Form - Free School Meals in North Tyneside](#)

[Free School Meals in North Tyneside](#)
Check eligibility

Kooth Online Wellbeing Community

Kooth is an anonymous online service, providing emotional wellbeing support through self-help, peer to peer and professional support

It is available to anyone aged 11-25 from any internet enabled device

To sign up no referral is required - Just to go to [Kooth.com](https://www.kooth.com) click "Join Kooth" and follow the simple steps on the site

Plastic Free July



From starting out small to BIG challenges, anyone can start to [reduce plastic waste](#)

**CHOOSE
TO REFUSE**
SINGLE-USE PLASTIC
[PLASTICFREEJULY.ORG](https://www.plasticfreejuly.org)

24 July [The Big Listen](#)

raises awareness of Samaritans services

**You can talk
to us about
anything that's
troubling you**

▶ We're here to listen 24/7

SAMARITANS

Call free on 116 123 or
email jo@samaritans.org

**Talk
to us**

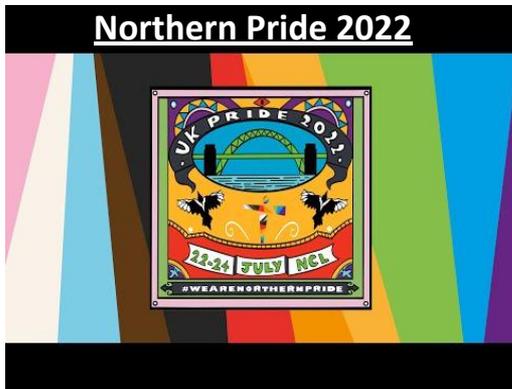
we'll listen

A registered charity

2022 is the 50 year anniversary of the first Pride event in the UK

Some of the [milestone events](#) in LGBTQ+ history across the decades
- and thoughts about future challenges

1972 around 2,000 participants marched together, calling for gay rights



In the **2010s**, the Equality Act added gender reassignment as a protected characteristic

The **1980s** saw the first openly gay MP

1990s the World Health Organisation declassified same-sex attraction as a 'mental illness'

The Civil Partnership Act & the Gender Recognition Act introduced in **2004**, granting same-sex couples the same rights as married couples

2020s Frighteningly, reports of anti-LGBTQ+ hate crime and violence are rising

1988 'Section 28', a piece of legislation which effectively banned the discussion of LGBTQ+ issues in schools

1989 the organisation Stonewall was founded



2019 1.5 million people celebrated & protested in support of LGBTQ+ rights at London Pride

British Values - Democracy (July 22)

How citizens can influence decision-making through the democratic process

Do you live in [Camperdown Ward](#)?
(Annitsford/ Burradon/ Killingworth)

Due to a recent vacancy for ward councillor in Camperdown, there will be a [By-election](#) on 14 July 2022

The **Electoral Commission** is the independent body which oversees elections and regulates political finance in the UK. They work to promote public confidence in the democratic process and ensure its integrity

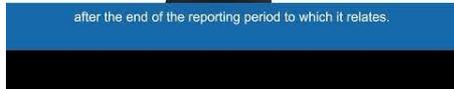
All about how to vote and how to register to vote in your local area here:

[Voter - Electoral Commission](#)

Should 16 year olds have the vote?

The [Votes at 16 Campaign](#) says there should be equal voting rights across the whole of the United Kingdom and Northern Ireland for all 16 & 17 year olds

- 16 and 17 year olds can vote in Welsh and Scottish devolved and local elections
- Many political parties support voting at 16 for all elections



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The [British Sign Language Bill](#) received [royal assent](#) & became an Act on 28 April 2022 - recognising BSL as a language of England, Wales & Scotland in its own right

From Battle Hill to Whitley Bay!

The (almost) A-Z guide to [local election results in North Tyneside](#) in May 2022

You can use this service to [Register to vote](#) in the UK

- Must be aged 16 or over to register (or 14 plus in Scotland and Wales)
- Must be 18 or over to vote
- In Scotland or Wales, can [vote in some elections](#) at 16 or over

Mouth of the Tyne Festival 8 - 10 July

Festival
Programme



Annual Tynemouth Beach Volleyball
Tournament 9 - 10 July

The Birmingham 2022
Queen's Baton Relay
Friday 15 July, 9:45 am
beside the Spanish City

Feast By The Sea
23 - 24 July

North Tyneside - What's On July 2022

Wallsend Festival
2 July



Whitley Bay Sandcastle
Competition
31 July 10 am - 1pm