

Diocese of Salisbury  
Academy Trust  
*'Beyond expectations for all of God's children'*

Hi All, Welcome to a weekly 'how are we all doing?' collage board based on the theme of 'hope'.  
**Our thanks go to Amy from St Andrew's for curating this week's well-being bulletin.**

**From Mark:**

What I have seen in the Trust this week gives me great hope – thank you, it has been remarkable. We would not choose the regime that we have had to put in place this week, but we have done what we needed to do. When I have spoken to many of you, and spoken to children, I have been able to see through those arrangements because what has come across most strongly is the joy and the hope on the faces of everyone. We have taken the first tentative steps back towards normality. We all know it is going to be a long journey but the hope of better days to come keeps us going. Hope is one of the great distinguishing features of the Christian faith – a deep-seated belief that God will ultimately bring us to his glorious presence – and we are able to live in the good of that hope every day: “Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.” (Romans 5:5)

## Hope

**"Hope is hope of life, hope of purpose, hope of peace, hope of justice, equality and a good future."**  
Archbishop Justin Welby

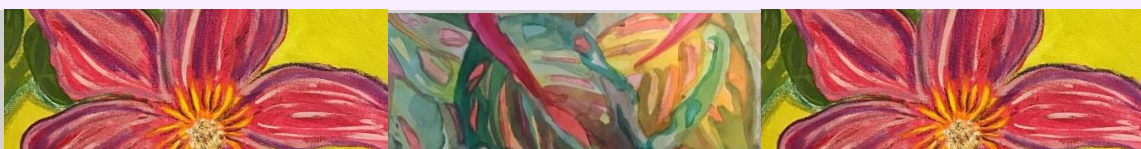
During times of uncertainty we can experience a range of feelings and emotions.

No matter how difficult and challenging things become there is always hope. Hope that things will get better, we will get there, things will work out, and eventually it will all be okay. Hope is so important. Hope gives us something to focus on and to look forward.

We cannot change the past and we are not yet in the future. All we have, for certain, is now, this present moment. Now is precious. Now is the time we can **#makeadifference** to ourselves and to others in a positive way if we choose.

*"Make me a channel of Your peace,  
Where there's despair in life, let me bring hope,  
Where there is darkness, only light,  
And where there's sadness, ever joy."*

Hymn, based on the Prayer of St Francis





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### **Are you feeling creative?**

Can you help us to **grow** a **Garden of Hope** online art gallery? Just draw, paint or collage a garden-themed picture then send a photo of it to:

[artgallery@standrews.dsat.org.uk](mailto:artgallery@standrews.dsat.org.uk)



This is open to everyone.

For more information, watch this video online:

<https://www.youtube.com/watch?v=ewPGIPlpN3A&feature=youtu.be>



*"To plant a garden is to believe  
in tomorrow."*

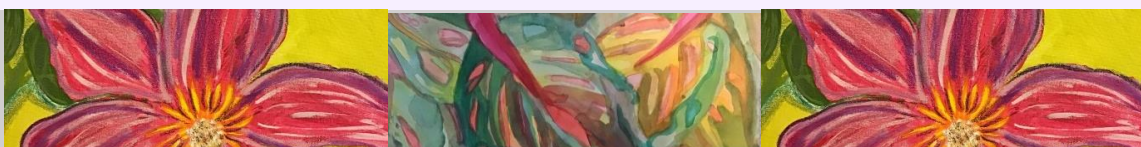
*Audrey Hepburn*

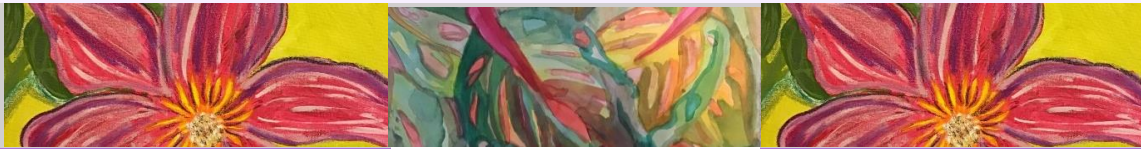
*"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today." Thich Nhat Hanh*



### **Wellbeing and Mental Health Resources**

- **Action for Happiness** 'helps people take action for a happier and kinder world'. They are a charity and they have a website, Facebook page and offer other resources that are designed to help people live happier lives online: <https://www.actionforhappiness.org/>
- **Action for Happiness - 10 Keys to Happier Living Guidebook**, online: <https://www.actionforhappiness.org/10-keys-guidebook>
- **Action for Happiness - 10 Days of Happiness**, offering free online coaching during these challenging times online: <https://10daysofhappiness.org/>





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## Daily Pause



The Daily Pause is a chance to stop, be still, reflect and breathe to help support mental health and wellbeing.

## Coping Calendar & Monthly Action Calendars



The Coping Calendar can be downloaded from:

[https://www.actionforhappiness.org/media/863032/coping\\_calendar.jpg](https://www.actionforhappiness.org/media/863032/coping_calendar.jpg)

There are also Monthly Action Calendars each month which can be downloaded from:

<https://www.actionforhappiness.org/calendars>

- Every Mind Matters, online: [https://www.nhs.uk/oneyou/every-mind-matters/?WT.src=Search&WT.mc\\_id=Brand&gclid=EAlaIqobCHMlueHikqvD6QIVlevtCh2xGwQDEAAVASAAEgJvyfD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/?WT.src=Search&WT.mc_id=Brand&gclid=EAlaIqobCHMlueHikqvD6QIVlevtCh2xGwQDEAAVASAAEgJvyfD_BwE)
- Spread the Happiness, online: <https://www.spreadthehappiness.co.uk/>

