

Welcome to your mindfulness and wellbeing calendar for you to colour and personalise in any way you choose throughout the year.

This calendar was designed by Caerphilly Youth Forum. It was created for everyone with a focus on promoting better mental health and wellbeing. The inspirational quotes at the bottom of the pages are to help lift your mood, encouraging you to express yourself, to be organised and productive as this can reduce anxieties.

The 5 Ways to wellbeing are:

Connect
Be Active
Keep Learning
Take Notice
Give

GAVO can give you plenty of opportunities to Connect with others and to Give your time by volunteering. The mindfulness colouring will help you to Take Notice. Remember to write in your calendar ways to Keep Active and Keep Learning regularly.

Caerphilly Youth Service can also help you follow the 5 ways to wellbeing. Find out where they are on Padlet by scanning the QR code below and follow the Youth Forum and Youth Service on social media.



 [youth4u1](#)  [@youth4u1](#)
 [youth4u](#)  [@caerphillyyouth](#)

Need to talk to someone? You're not alone.

Childline: 08001111

Samaritans: 116 123

Mind: 0300 123 3393 or text 86463

Anonymous text support: 85258
www.giveusashout.org

Meic: www.meiccymru.org


CAL: 080880 23456. Text: 84001


Useful Contact to help you connect or give:

Gavo: 01633 241550

Caerphilly Youth Forum: 01443 863292
email: youthforum@caerphilly.gov.uk

 [@caerphillyYF](#)

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