

FEELING GOOD WEEK – FEBRUARY 2022

It can be easy to think you need to change parts of yourself, but what if you spent more time devoted to being you, for you? This year the theme is Body Positivity. We would like to see ideas that promote acceptance, respect and celebration of all children and young people for who they are, and tools that can be used to support good mental health and emotional wellbeing.

Feeling Good Week is a Hertfordshire-wide event that encourages schools and the wider community to promote children and young people's emotional wellbeing by raising awareness of mental health and showing where support can be accessed within the community.

From **7th – 11th February 2022**, we want you to help make children and young people in Hertfordshire feel good by running your own special projects to boost their emotional and mental wellbeing.

Youth organisations, schools, and young people are invited to submit a bid and apply for up to £500 of funding, which has been put forward by Hertfordshire County Council, and the county's two Clinical Commissioning Groups (CCGs). The bids will be reviewed by a panel in December, and they will decide which projects will receive funding Feeling Good Week 2021.

For more information please visit:

<https://www.healthyyoungmindsinherts.org.uk/home/news-and-resources/events/feeling-good-week-february-2022>

Please submit completed application forms via email:

CAMHS.Commissioning@hertfordshire.gov.uk

The deadline for applications is:

Friday 3rd December 2021

Please note, unless there is an issue with your application form, bids will not be acknowledged by email. Only one application per organisation will be accepted.



The Five Ways to Wellbeing can all easily be adapted to fit your own lifestyle whatever your age or background. For more information visit: <https://www.justtalkherts.org/Young-people/Young-people-looking-after-your-mental-health.aspx#Fivewaystowellbeing>