

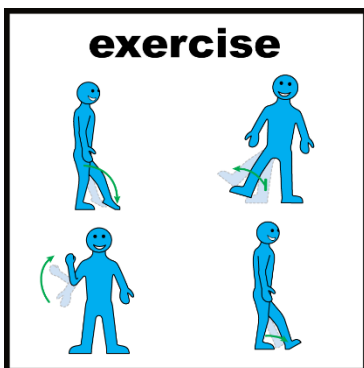
Genesis

Orwell Mencap

6 Wright Road, Ipswich, Suffolk, IP3 9JG
Tel: 01473 723888
Registered Charity Number 1117888

THE GREATEST SHOWMAN

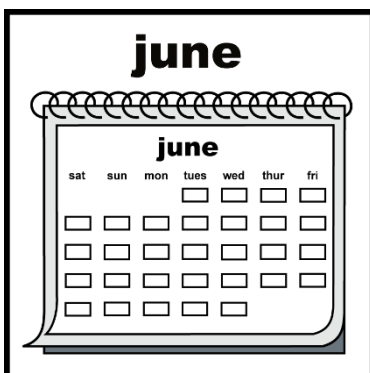
We've had a great time with our Greatest Showman theme, everyone enjoyed making Circus cupcakes, decorating Genesis with big top tents, and making their This is Me posters.



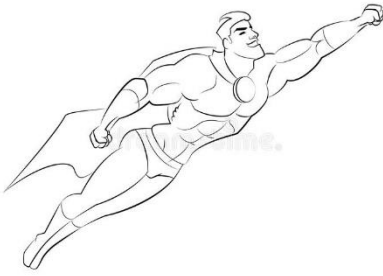
Suffolk Libraries are doing free online Zoom fitness sessions. You can book on the Suffolk Libraries website, there is:

POUND fit music exercise – Thursdays, 6.30pm to 7.15pm on 10, 17 and 24 June.

Sit and stretch - Tuesday 8 and 22 June.



Action for Happiness have released their 'Joyful June' calendar. You can find the calendar with this newsletter. There are little actions to do each day to make you feel happier.



We have Superhero themed activities for the next two weeks at Genesis. You can dress up like your favourite superhero, and watch all of the superhero films.



Learning Disability Week is from 14 - 20 June. The theme will be art and creativity. We already do so many creative things at Genesis, but this week we will be doing some extra creative activities to celebrate.



This month is Bike Month, a chance to ride your bike and support your friends and family to ride too. You can record each time you ride your bike on the Love to Ride website for a chance to win prizes.



We would like to see your photos from home! Show us all the interesting activities you are doing at home. We would like to put them on our Facebook page. Email them to

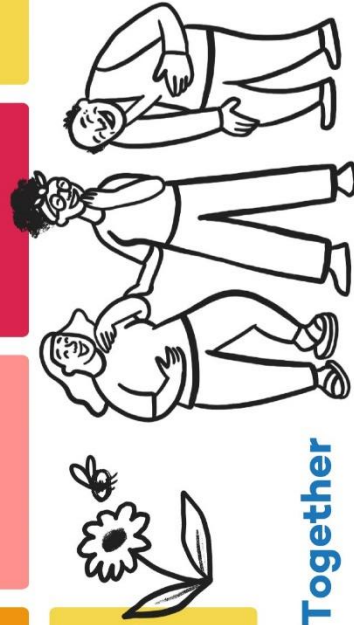
cappleford@orwellmencap.co.uk .

Joyful June 2021



ACTION FOR HAPPINESS

Happier · Kinder · Together



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1

Decide to look for what's good every day this month

7

Do something healthy which makes you feel good

8

Find joy in music: sing, play, dance, listen or share

9

Ask a friend what made them happy recently

10

Bring joy to others by doing something kind for them

11

Eat good food that makes you happy and really savour it

12

Write a gratitude letter to thank someone

13

Take a light-hearted approach. Choose to see the funny side

6

Get out into green space and feel the joy that nature brings

5

Think of 3 things you're grateful for and write them down

4

Take a photo of something that brings you joy and share it

3

Re-frame a worry and try to find a helpful way to think about it

2

Say positive things in your conversations with others

16

Speak to others in a warm and friendly way

15

Look for something to be thankful for where you least expect it

21

Send a positive note to a friend who needs encouragement

22

Watch something funny and enjoy how it feels to laugh

23

Create a playlist of uplifting songs to listen to

24

Bring to mind a favourite memory you feel grateful for

18

Look for something good in a difficult situation

19

Get outside and find the joy in being active

20

Rediscover and enjoy a fun childhood activity

25

Show your appreciation to people who are helping others

26

Make time to do something playful, just for the fun of it

27

Be kind to you. Do something that brings you joy

28

Notice how positive emotions are contagious between people

29

Share a friendly smile with people you see today

30

Make a list of the joys in your life (and keep adding to it)