



Now more than ever, it is important that we look after our mental health and well-being. Therefore, next week in St Clare's Abbey has been designated as 'Well-being Week' to highlight and promote the importance of a healthy body and mind.

Drawing inspiration from the 'Take 5: Steps to Well-being', we ask that each day next week, you and your child take time to act on one of the steps to well-being, sending a photo of this to us so that we can share in your journey to increased wellbeing and mental health. Please send your photographs to stclaresabbey@gmail.com

