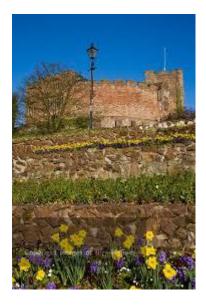


Wellbeing Weekly



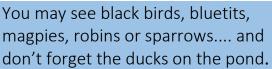
LOOK AROUND

Spring is getting closer and colour begins to return. This is a great opportunity to notice the flowers as they begin to grow and the birds as they start to sing again.

When you're outside, take a deep breath and look around you – look out for birds... the five pictured are common locally.















FIVE SPRING FLOWERS - Can you find more?

Look out for crocuses, daffodils, hellebores (winter roses), primroses and snowdrops.











And look forward to



bluebells, irises and tulips...





shout 85258 here for you 24/7 Next week we want to share some favourite TV shows and films to enjoy over half term – please let us know any recommendations you have!

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