

October newsletter from Connect for Health

Our October health and wellbeing update contains fun Halloween activities for the whole family, as well as safety tips around trick or treating. You can also get involved with and learn about Black History Month and Dyslexia Week.

[Download the October newsletter](#)

Link: <https://www.compass-uk.org/october-newsletter-2/>

World Mental Health Day

Find out about World Mental Health Day and how your school can get involved. Utilise the resources and activities to learn more about mental health.

[Download the World Mental Health Day leaflet](#)

Link: <https://www.compass-uk.org/world-mental-health-day-2022/>

Warwickshire Foodbanks

Foodbanks help to support families by providing food parcels which contain enough food for at least three days of healthy, balanced meals for individuals and families. They also try to provide essential non-food items such as toiletries and hygiene products, when they can. If you would like food support or are able to donate, find a Warwickshire Foodbank here

(<https://www.warwickshire.gov.uk/foodbanks>).