



Weekly Wellbeing

by the Wellbeing Advocates



Every week the Wellbeing Advocate group will create a small newspaper. On this there will be one or two positive news stories of the week and also a wellbeing tip.

We thought it might be a nice, positive way to end a day or it could be shared in Tuesday's reflection collective worships.

Enjoy!

The Wellbeing Advocates





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18th September 2025



Helsinki in Finland has launched the world's first sightseeing tour just for dogs, called The Doggy Route to Happiness. It includes a puppy café and even a dog-only island – because dogs deserve happiness too!

Tip of the week:

Share how you are feeling with someone you trust, to encourage self awareness.

