

Kinder to our world

MindWell

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KINDER  LEEDS

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World Mental Health Day - 10 October



Recycle, compost and repair and try to use less electricity and water today if you can.

Have a go at upcycling - reuse something old to make something new.



Find out about local litter pickers and how you can help.



Does your nearest park or nature area have a 'friends of...' group that looks after the area? How can you help them?

Are there any local gardening or allotment groups in your area?



Tip: There are great ideas to help us look after birds, creatures, insects and the environment on websites like the RSPB, RSPCA and National Trust.