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Description automatically generatedCatholic Children’s Society (CCS) Lent 2022

CCS Lent Appeal: One Community

This year’s CCS Lent Appeal is inspired by Pope Francis’s call to support everyone’s mental health by building a ‘culture of community’.

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CCS counsellors and therapists have developed resources and activities to help promote positive mental health and emotional wellbeing in schools.

Resources are based on the 5 Ways to Wellbeing. The resources explore each of the 5 themes and provide engaging activities for pupils to complete in school and at home.

Diagram

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[CCS Lent Appeal: One Community](https://www.cathchild.org.uk/lent/)

Pupils can also learn about how they can help vulnerable families in their community by supporting CCS:

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[One Community Lent Trail](https://www.cathchild.org.uk/wp-content/uploads/2022/02/One-Community-Lent-Trail-Interactive.pdf): Pupils can reflect on how they are helping others during Lent.

[Fundraising Challenges](https://www.cathchild.org.uk/lent/): Fundraising ideas for your school, including the Walk the Diocese Challenge.

[Online Lent Assembly](https://www.cathchild.org.uk/lent/): Find out more about CCS and the difference schools are making to the lives of local children and families.

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