

MENTAL HEALTH AWARENESS WEEK CAMPAIGN

11th - 17th May 2026



Supporting Wellbeing, together

Every year during **Mental Health Awareness Week**, the Community Champion Projects across **Church Street, Harrow Road, Mozart** and **Westbourne** come together to run a campaign to support residents through activities, events and wellbeing initiatives focused on improving mental health and emotional wellbeing.

Mental Health Awareness week is an important campaign that helps raise awareness about mental health, reduces stigma and reminds people that looking after our wellbeing is just as important as looking after our physical health. In communities across North Paddington, many residents can experience stress, isolation, loneliness and challenges that can affect their mental wellbeing.

Campaigns like this help bring people together, encourage open conversations and let residents know that support is available within their local community.

The theme for Mental Health Awareness week 2026 was **Action**. The purpose was to encourage people to take practical steps to improve their own mental health, support others and help create healthier communities, because **awareness alone does not create change, action does**.

The community Champions Projects delivered a range of activities and events across the community where residents could come together, connect with others, and take time to focus on their wellbeing.



Thank You

Thank you to our **Westbourne Champion Ebs** who created the beautiful Journaling guide and **Michelle from Community Living Well** for providing the stress balls and information leaflets.

Wellbeing Bags

During the campaign the projects worked together to put together wellbeing bags filled with thoughtful wellbeing items to give away to residents. The aim was to encourage relaxation, self-care and positive wellbeing while also sharing information about local mental health support services available.

250 bags were made. (50 bags for each Champions project, including the new Brunel Project.)

Each bag included:

- * Information about local mental health services
- * Wellbeing coloring book & Colours
- * Journal & pen
- * Journaling guide
- * Stress ball
- * Scented lavender

Collaboration



Community Living Well

Working together for your wellbeing

The campaign was supported by **Michelle Poponne - Community Development Lead** from **Community Living Well** (A free NHS mental health and wellbeing service for adults (aged 16+) including a self referral talking therapies service.) During discussions, Michelle introduced the idea of using journaling as a tool for improving mental health. The aim was to help residents understand the benefits of journaling and how it can be used to reflect on emotions, experiences and overall wellbeing.



Making Every Contact Count Training

TEAM UP!

The collaboration helped strengthen the campaign by providing residents with both wellbeing resources and trusted information about local mental health support.



pdt paddington development trust



The Champions Projects also partnered with **One You** (A free service to help people to live healthier lives) **Baron Ibrahim - Training Lead**, delivered **Making Every Contact Count (MECC)** training for our Community and Maternity Champions. This supported them in confidently speaking with residents about mental health and encouraging small, positive actions, in line with the Mental Health Awareness theme of taking action.

Community Champion Activities HARROW ROAD



The Harrow Road Champions delivered a range of activities designed to promote wellbeing, encourage social connection, and support residents to take time for themselves. Activities included:

Sow and Grow

This activity gave residents the opportunity to relax, learn new skills and enjoy time in a calm and engaging environment. Two facilitated sessions were delivered. During the first session, residents made beautiful Japanese Kokedamas, while the second session focused on planting a variety of seeds and taking part in a fun hands on gardening activity. The sessions had a clear positive impact on residents mood and wellbeing, helping them feel relaxed, connected and uplifted. As part of the activities, residents also took part in the 'Voices Of Harrow Road' initiative, where they wrote positive messages to inspire others. This gave residents the opportunity to express themselves while creating a display of encouraging words that spread positivity throughout the community.

Family Fun and Fitness

Champions delivered 6 Family Fun & Fitness sessions at a local park. Families came together to enjoy a range of fun activities including skipping, football, chalk art and catch ball games. These sessions provided a fun and welcoming space for families to be physically active, spend quality time together, connect with others and support their wellbeing. Both parents and children thoroughly enjoyed the sessions, with lots of laughter, energy and positive engagement. Wellbeing bags were also given to residents at both activities. The bags were greatly appreciated.

CHURCH STREET



Church St. Champions delivered a range of activities across Church Street aimed at promoting positive mental wellbeing, encouraging meaningful conversations, and providing practical resources to local residents.

Greenhouse Opening Day

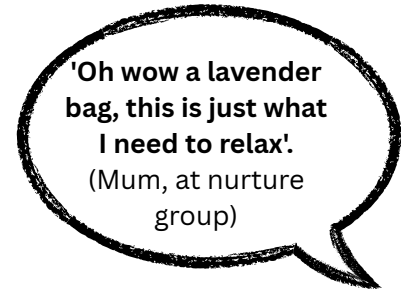
As part of the Greenhouse opening event, Champions were invited to host a health and wellbeing table for the families attending. They facilitated a creative arts and crafts activity where parents and children worked together to explore mental wellbeing. Families were encouraged to draw and label positive actions they could take to improve their mental health, as well as identify challenges or obstacles that may impact their wellbeing. The activity created an opportunity for parents and children to have open conversations, share ideas, and reflect together on the importance of looking after their mental health.

Church Street Festival

Champions engaged residents through a variety of activities focused on mental wellbeing. Parents and children were encouraged to complete a mental health quiz, with over 80 quizzes completed throughout the day.

Due to its popularity at the Greenhouse opening, they also continued the arts and crafts wellbeing activity. It provided families with a fun and meaningful way to spend time together, discuss mental health, and share ideas on maintaining positive wellbeing. Participants were able to take their creations home, giving them a visual reminder of the positive steps they had committed to taking on their mental health journey.

MOZART



Communithea

Mozart Champions delivered an additional Communithea (An once a month activity afternoon tea party for mature residents focusing on reducing social isolation and sharing health information) at Juniper House for local residents to join and come together to focus on their mental health. The residents enjoyed decorating ceramics and also had the opportunity to have their blood pressure checked. Over 25 wellbeing bags were given at Juniper House.

Nurture Group

10 bags were given at Queen's Park Children's Centre to mothers that attend the Nurture Group (A drop in session exclusively for new mums and their baby that aims to help mums bond with their babies especially if they are struggling but don't quite require medical attention).

"It was wonderful to see local residents get straight into their bags and begin colouring immediately.

The new mother's were so grateful for the bags and we received positive comments relating to the lavender bags and the Journalling How To Guide." - Zoe, Mozart Champions Project Lead

WESTBOURNE



Pop-up stalls in Westbourne and Ark School

Champions spoke with parents, carers, residents, children, and shared health information. They encouraged residents to write a small action they would like to take to improve their wellbeing on wooden hearts. Activities included, decorating and colouring the hearts

Westbourne Champions organised a variety of engagement activities across the community including:

Spring Event at Grand Junction

Community Champions hosted a stall and shared information about support services, residents wrote small actions they wanted to take during the month to improve their wellbeing.

Walking groups

Encouraged physical activity, connection, and well-being within the community.

After-School Activities

Champions started weekly after-school activities for families. These sessions provided a welcoming space where parents, carers, residents, and children could enjoy healthy snacks together, take part in play and sports activities, join creative activities such as colouring and relax and connect with others.

Impact:

"The outdoor environment was a key part of the experience. Many sessions took place in beautiful green spaces, especially around the café in Grand Junction. Participants shared how much they enjoyed being close to nature, sitting on the grass, being around trees, and listening to birds. This created a calm and peaceful atmosphere for everyone.

Children enjoyed playing freely outdoors, while adults had time to relax, talk, and feel a sense of calm. For many families living in overcrowded homes, this gave them an important opportunity to spend quality time together in a safe and open space." - Lina, Westbourne Champions Project Lead

Thank you!

A huge thank you to all our Community Champion Leads, Project Workers, partners, Community and Maternity Champions and residents who supported the campaign!

Together we continue to make a positive difference in our communities!



What residents said

- “The bag is such a lovely idea! It also includes useful information inside which is helpful.”
- “I have never journalled before, I think it is a great way to express my thoughts. The journalling guide was really useful, now I know how I can start!”
- “I will definitely use the lavender bag to help me relax, it smells amazing and is so calming!”

Need Support?



Working together for your wellbeing

Community Living Well Talking Therapies

<https://communitylivingwell.co.uk/>

Physical Activity

Some helpful resources to learn more about mental health and physical activity and get started:

[Better Health – NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Every Mind Matters – NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Live Well – NHS \(www.nhs.uk\)](http://www.nhs.uk)

Westminster Wellbeing Hub

IN AN EMERGENCY

Call 999 or, if possible, seek support at your local A&E.

If you or the person you are with can keep themselves safe for a short while but is still in need of urgent help:

- **Dial 111 on your phone and speak to the [NHS Mental Health Triage Service](#). It is free and open 24/7.**
- **Contact your or their GP surgery and ask for an emergency appointment**
- **Call the 24/7 Mental Health Crisis Line at 0800 0234 650**

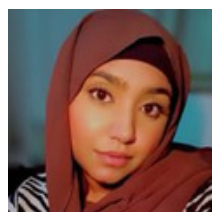
COMMUNITY CHAMPIONS TEAM



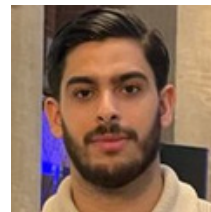
Lizzie - Communities & Climate Manager



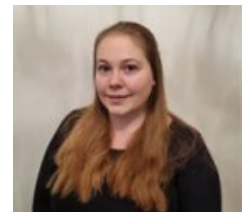
Lina - Westbourne Champions Project Lead



Sadiya - Harrow Rd. Champions Project Lead



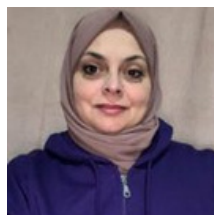
Hossam - Church St. Champions Project Lead



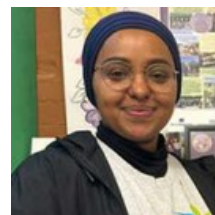
Zoe - Mozart Champions Project Lead



Rahima - Harrow Rd. Champions Project Worker



Celware - Westbourne Champions Project Worker



Nabila - Westbourne Champions Project Worker

Article written by Rahima Siddiqui - Harrow Road Champions Project Worker, June 2026