

Thought for the Week

Week beginning Monday 9th September 2024

Belonging is not about fitting in; it's about feeling seen, heard, and valued for who you truly are.

Karla McLaren.

Week beginning Monday 16th September 2024

You are not only responsible for what you say, but also for what you do not say

Martin Luther.

Week beginning Monday 23rd September 2024

Let's stop believing that our differences make us superior or inferior to one another.

Con Miguel Ruiz.

Week beginning Monday 30th September 2024

We may encounter many defeats but we must not be defeated.

Maya Angelou.

Week beginning Monday 7th October 2024

What mental health needs is more sunlight, more candour, and more unashamed conversation.

Glenn Close.

Week beginning Monday 14th October 2024

Courage is resistance to fear, mastery of fear, not absence of fear.

Mark Twain.

Week beginning Monday 21st October 2024

The person who says it cannot be done should not interrupt the person who is doing it.

Chinese proverb.