



TESCO BAGS OF HELP & GROUNDWORK WELLBEING PACKS

OBJECTIVES

Mindstars received an award through the Tesco Bags of Help Covid-19 Community Fund to support our first project in our community, reaching children living in poverty within the North East with the provision of our wellbeing boxes.

With this project delivery we are working towards our aims and making a positive impact to many children and families at a time of escalated need.

DELIVERY

Mindstars provided 500 children and families with activity wellbeing boxes with mindful colouring, positive affirmation cards, a grow your own lavender challenge and advice booklets on managing wellbeing during the pandemic,

OUTCOMES

- Providing a proactive approach to mental health topics at a time of escalated need together with fun activities.
- Starting conversations between children and families around mental health.
- Children addressing worries with their families, and families feeling more supported in how they respond to their children.



We are delighted to be partnering with Mindstars. Since restrictions came into place in March we have seen a significant rise in the amount of families and children requiring emergency food parcels. As well as experiencing food poverty, we know that many families are also struggling with anxiety and mental health issues caused by the ongoing uncertainty, thanks to Mindstars, our parcels will now contain both nutritional and mental health benefits for children and families which will be a much utilised and welcome addition over the coming months ahead.

Paul Oliver, CEO Hospitality and Hope Food Bank