

Together, We Care Community Care Toolkit

A Flourish Oxford & Bumble Creatives CIC Initiative
for World Mental Health Day 2025 and Beyond!

SHARE
What
SUPPORTS
YOUR *Wellbeing*

#togetherwecare

Launched World Mental Health Day 2025
flourishoxford.com

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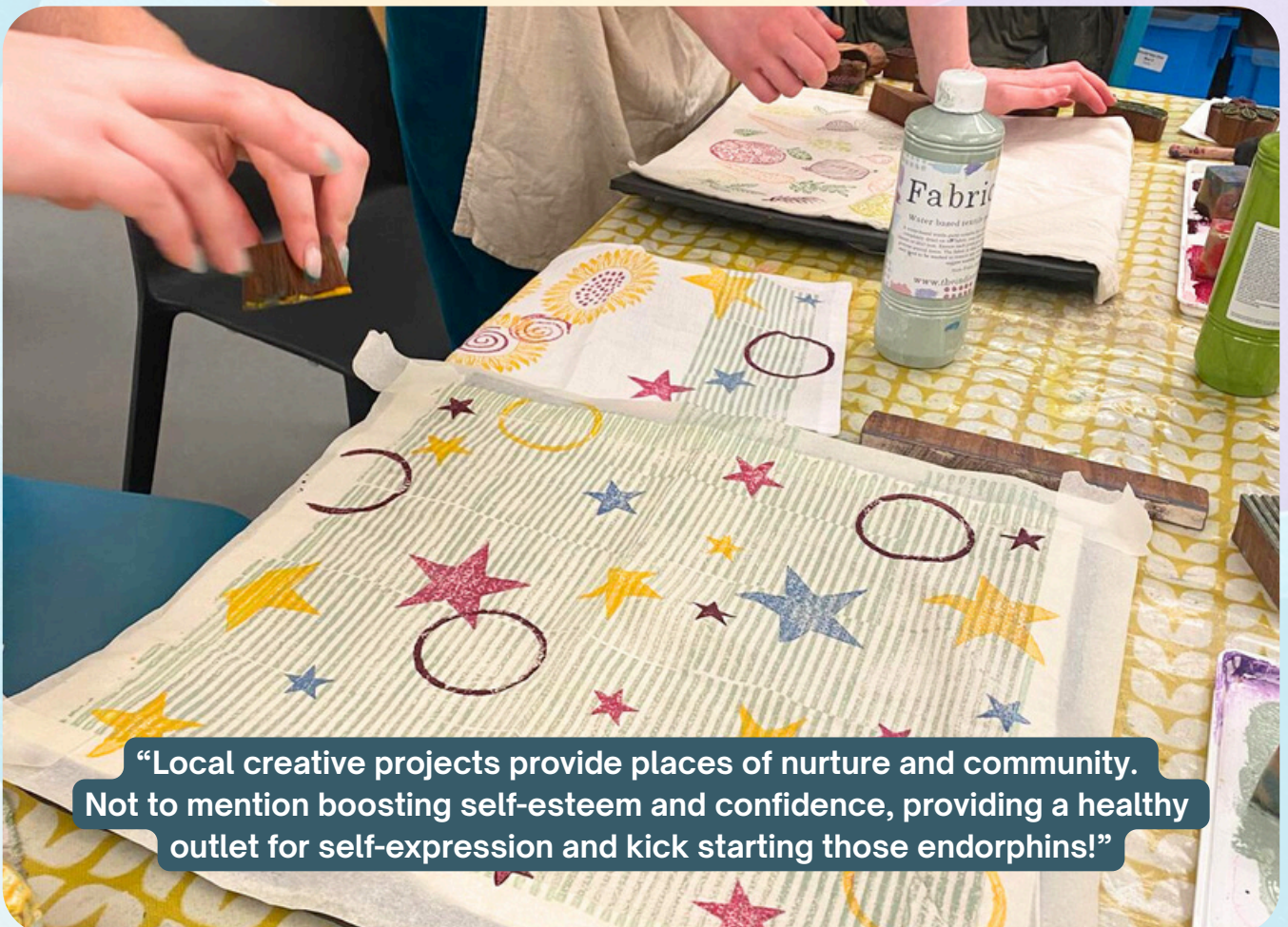
About the Campaign

This World Mental Health Day, we're recognising something we all feel, that access to mental health support is essential, and that too many people are still waiting.

While we continue to campaign for better access and stronger services, we also believe that community, creativity, and connection can help hold us through difficult times. Local Creative Projects provide places of nurture and safety, helping individuals boost self-esteem and confidence, provide healthy outlets for self-expression and kick start those much needed endorphins!

Together, We Care is a gentle invitation to reflect, create, and share small acts of care, for ourselves, for each other, and for our communities.

This toolkit is designed to help you take part, whether you're an individual, a school, a workplace, or a community group.



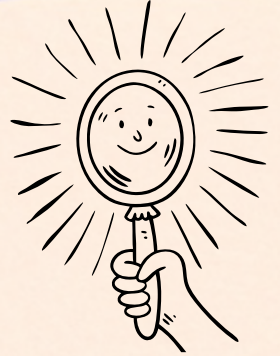
"Local creative projects provide places of nurture and community. Not to mention boosting self-esteem and confidence, providing a healthy outlet for self-expression and kick starting those endorphins!"

How To Take Part

You can join the campaign in three simple ways:

1. Reflect

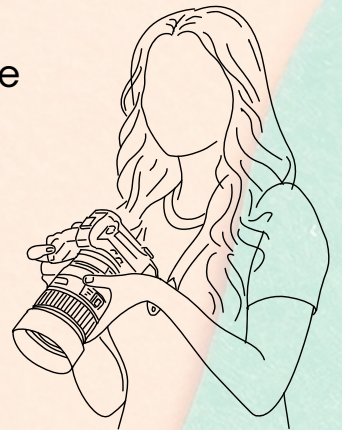
Take a moment to think about what helps you care for your mental health, or what you'd offer to someone else who's struggling.



- *"When I'm feeling low, I..."*
- *"Something that helps me reconnect is..."*
- *"If I could offer one small kindness to someone, it would be..."*

2. Create

Express your reflection in whatever way feels right for you, through writing, drawing, photography, music, or a simple note of encouragement. You could:



- Paint or draw something that brings you calm.
- Write a short message of hope.
- Share a photo that represents care or connection.
- Make something in your community, a kindness tree, a creative wall, a shared journal, a poster display.

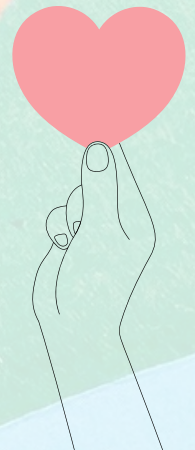
3. Share

Use your creation to spark connection.

If you're online, share using **#TogetherWeCare** and tag **@FlourishOxford** or **@BumbleCreatives**.

If you're offline, display your work in your school, community centre, library, or workspace.

Each act of sharing helps remind someone that they're not alone.



Host a Creative Care Activity

**Want to bring people together?
Here's a simple structure you can adapt:**

Time: 30 - 60 Minutes

Who: Any small group (workplace team, community club, class, friends)

Materials: Paper, pens, colours, or creative materials of your choice

Step 1 - Welcome

Open with a brief reflection: "Today we're taking time to think about what care means — for ourselves and our communities."

Step 2 - Reflect

Ask people to choose one question:

- What helps you care for your own mental health?
- What does community care look like to you?
- What small act of kindness would you offer someone who's struggling?

Step 3 - Create

Spend 20–30 minutes creating a small piece (drawing, poem, collage, quote, photo).

Step 4 - Share #togetherwecare

Invite people to share what they've made or one thought from the process.

Step 5 - Display

Create a simple display wall or digital gallery to share the group's messages of care.



Together, We Care

[Click This Link to Visit an editable poster in Canva](#)

Add Your Logo or Company Details Here...

This World Mental Health Day (and beyond), join us in sharing small acts of care. Reflect on what supports your mental health, or what kindness you'd offer to someone who's struggling.

Create something that expresses it: a drawing, a poem, a message, or a photograph. Share it with your community or online using

#TogetherWeCare

Because while we wait for better access to support, we can still care for each other: **right here, right now.**

SHARE
What
YOUR
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Wellbeing



Local Connections

How to Find Local Creative Activities in Your Area

Creativity and connection should start close to home, sometimes in places we walk past every day. Here are a few ways to discover creative activities and wellbeing opportunities near you:

1. Check Your Local Library or Community Centre

Libraries and community centres often host free or low-cost creative groups, from art sessions and book clubs to crafting circles and wellbeing workshops. Many also have noticeboards with local events.

2. Follow Local Arts and Culture Social Networks and Pages

Look for arts organisations, creative collectives, or community theatres in your area. Follow them on social media to stay updated on drop-in sessions, exhibitions, and volunteering opportunities.

3. Explore Your Local Council or Arts Network Website

Many councils list community wellbeing activities, grants, and creative networks online. Search for:

“Creative wellbeing activities + [your town/city]”

“Community arts projects near me”

4. Ask Around

Sometimes the best opportunities come through word of mouth. Ask at local cafés, schools, or places of worship, or chat with neighbours and friends about what they’ve found helpful.

5. Start Something Small

If you can’t find something nearby, start something yourself! You don’t need funding or a venue, a creative walk, a journalling group, or a shared craft hour can make a big difference.

If You’re in or Near Bicester...

You can find creative wellbeing workshops and community art sessions through [@BumbleCreatives](#), from local library collaborations to outdoor art projects and seasonal gatherings. These sessions are designed to welcome everyone, no experience needed, just curiosity and care.

About Flourish and Bumble Creatives CIC

Flourish Oxford Ltd is a wellbeing and counselling practice grounded in creativity, compassion, and community. Through reflective workshops, therapeutic resources, and creative expression, Flourish supports individuals and groups to reconnect with their strengths and grow through life's challenges. www.flourishoxford.com

Bumble Creatives CIC is a community arts initiative that brings people together through creativity, collaboration, and care. We believe art-making isn't just about talent, it's about connection, belonging, and giving shape to the stories that make us human.

Bumble projects range from local creative wellbeing sessions to larger collaborations with schools, artists, and community groups, all designed to nurture confidence and community spirit. www.bicesterhive.co.uk

This toolkit was created by **Nicolette Glashan**, founder of both Flourish Oxford and Bumble Creatives, an integrative counsellor, therapeutic arts practitioner, and community facilitator.

Through Flourish and Bumble Creatives, Nicolette explores the meeting point between personal wellbeing and collective creativity, helping people and communities to thrive, not just survive.

"I hope you found something inspiring in this kit, **please do contact me to share your creations, comments or suggestions to develop this initiative.**

I truly believe we are better off working in community and will continue to campaign for better mental health support for all".

Nicolette



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