

# From the PTFA

We need paving slabs for the school allotment project. If you have any or know anyone who wants to get rid of some, please let us know!

terilouisemurphy@yahoo.com

Cake sale dates for 2019/20 are booked:

6th November -	Year 4
4th December -	Year 2
15th January -	Year 3
5th February -	Year 1
11th March -	Reception
22nd April -	Year 5
20th May -	Year 6
10th June -	Preschool

Our next meeting is **Tuesday 8th October** at 7:30pm at the Cannon Inn. Everyone welcome! (Please note: Elections only happen at the AGM, so you're totally safe to come to meetings for a whole year without fear of being voted on to the committee!!)



at St. Luke's

Could you help us with any of the following items to fill shoeboxes which will be sent to children in need around the world, please? Items must be new.

**Toys** - e.g. doll, cuddly toy, cars, skipping rope, yo-yo, puzzles.

**Stationery supplies** – e.g. pencils, pens, crayons, note books.

**Non-liquid hygiene items** – e.g. flannels, soap, toothbrush.

**Other items** - e.g. hat, scarf, gloves, sunglasses, hair accessories.

**Do not include** war-related items (like toy guns, knives, model soldiers), liquids, or handmade stuffed toys.

**Due to customs regulations we are unable to take toothpaste or sweets.**

Please put your gifts in the box in the reception area by **Thursday 17 October, 2019**.

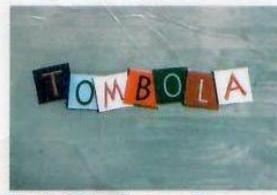
If you have any questions relating to this, please speak to Mrs Raffell.

***A special "Shoebox service" will be held in St. Luke's Church at 3.45pm on TUESDAY 12 November, 2019. Please join us if you can and help bring the shoeboxes in!***

St Luke's Church  
Newton Poppleford

# Autumn Bazaar

Saturday 5th October  
10.00 am - 12.00 pm



\* Children's activities \* 50/50 Stall \* Refreshments  
\*Face Painting \* Colouring Competition \* Raffle \* and so  
much more

**Raising Money for the Church Development Project**

**FOR MORE INFORMATION CONTACT  
KIRSTY ON 07966 219494 OR EMAIL  
KMADAMSON@HOTMAIL.CO.UK**

# HOW TO DONATE

Thanks so much for taking part in #HelloYellow this World Mental Health Day and fundraising for YoungMinds! By getting involved, you are helping to show young people that they're not alone with their mental health.

There are a number of different ways you can donate what you have raised to us.

## Bank transfer

Please use your name/organisation as the reference and transfer your donation to:  
CAF Bank Ltd - Sort code: 40-52-40 - Account number: 00002523

## By post

Make any cheques payable to 'YoungMinds' and send to us at:  
Fundraising, YoungMinds, Fourth Floor, India House, 45 Curlew Street, London SE1 2ND.  
(Please note, we are unable to accept any cash donations sent by post.)

## Credit/debit card

Call us on 0207 089 5050 or donate any funds raised securely online at [youngminds.org.uk/donate](https://youngminds.org.uk/donate)

## Online fundraising page

If you have set up an online fundraising page, all donations including Gift Aid will come directly to us so there's nothing you need to do! Why not share it with everyone you know to boost those donations even more?

When donating, please make sure to use the reference 'HelloYellow' so that we know it has been raised towards the campaign.

## Our Contact Details

Address:

YoungMinds, Fourth Floor, India House  
45 Curlew Street, London SE1 2ND

Website: [youngminds.org.uk](https://youngminds.org.uk)

## Any questions?

Email us at:

[helloyellow@youngminds.org.uk](mailto:helloyellow@youngminds.org.uk)

or call on: 0207 089 5050



FUNDRAISING  
REGULATOR

# YOUR #HelloYellow DAY

## Wear something yellow

Help us spread the word that whatever you're going through, you're not alone with your mental health, by wearing something yellow and donating £1 to YoungMinds.

Whether it's a scarf, hat, or your favourite bow tie, dig out your best yellow clothes and wear them with pride on 10 October for World Mental Health Day.

Help us spread this important message by posting your photos on social media with the #HelloYellow hashtag. We'd love to see your colourful costumes!



## Sample post or tweet:

We said **#HelloYellow** this **#WorldMentalHealthDay** by wearing yellow and raising money for **@YoungMindsUK**

## Spread the news

Let everyone know about your day by posting on social media using **#HelloYellow** and tagging us:



@YoungMindsUK



@YoungMindsUK



@YoungMindsUK

# '10 a day' choices towards balancing our mental health



Talk about your feelings



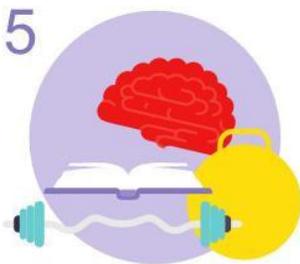
Do something you enjoy and are good at



Keep yourself hydrated



Eat well



Keep active in mind and body



Take a break



Stay connected to those you care about



Ask for help



Be proud of your very being



Actively care for others