ACTION DAY

PROJECT INSPIRATION
MENTAL HEALTH

What's been before?

From workshops for teens covering issues like loneliness, anxiety and bullying to encouraging more students to spend time outside by painting a local school playground with bright colours, NCSers have explored this subject in myriad ways.

A project worth highlighting

Last year, one group took to the streets for a dramatic march around their town centre. The team wrote words on tape that they felt represented common fears of speaking up about mental health issues and placed them over their mouths in silent protest.

Working closely with their local mental health charity Dorset Mind, they raised funds as they marched. And, to make the message clear for their audience, they also worked with a local business to create a huge banner that highlighted their key message.

To top things off, they made it into the local newspaper! NCSer Rafferty said to Dorset Echo, "So many people came up to us and thanked us, and I think we encouraged a lot of people to speak out."

How can this project keep growing?

This project ticked a lot of boxes! Wide-reaching? Check. A commendable cause? Most definitely. Newsworthy? Yes! Impactful? Oh yeah.

So, how could the team expand the project even further? Well, they could aim to make it a more regular occurrence, inviting other local charities, organisations and businesses to get involved. They could even invite members of the public to join in and make it a march no one can ignore.