***Derby North MP stresses how kind acts can make an important difference as part of Derby’s wellbeing revolution***

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The 17th of February marks Random Acts of Kindness Day, a growing annual tradition to highlight how acts of kindness can brighten up everyone’s lives. The campaign this year has a special focus on encouraging everyone to Explore the Good and Make Kindness the Norm, as even the smallest acts of kindness can have a profound impact on people’s lives. The Random Acts of Kindness Foundation have included ideas for acts of kindness and inspirational stories of the difference that they can make on their website ([www.randomactsofkindness.org](http://www.randomactsofkindness.org)).

Under lockdown restrictions, recent surveys have shone a light on the increasing impact of the pandemic on our mental health and wellbeing. Earlier this month, YouGov published data from their recent Personality Study which revealed that 53% of Britons felt that the situation caused by the coronavirus pandemic had harmed their mental health, with only 8% reporting an improvement in their mental state. Derbyshire Live also reported on Tuesday that Girlguiding research found that more than half of girls and young women were feeling increasing levels of anxiety and mental health deterioration as a result of the pandemic.

Derby is currently undergoing a wellbeing revolution through the ‘Brilliant Derby’ programme as a key part of the city’s recovery from the pandemic. The first two wellbeing sessions have now taken place and the programme is seeking to make a stand against the rising tide of mental ill-health and help build individual and collective resilience across the city. Through the spreading of positivity by those who take part in the sessions and volunteer champions, the wellbeing revolution is gathering pace through Derby’s communities, businesses and schools.

Raising awareness of mental health and wellbeing issues and helping people tackle their problems have long been important to Amanda Solloway, the Member of Parliament for Derby North. Amanda founded Head High CIC in 2017 and the organisation continues to help people with their mental health and wellbeing across Derby.

Amanda has commented on the important difference that can be made through acts of kindness and on the wellbeing revolution taking shape across the city.

**Amanda Solloway MP said:**

*“Many acts of kindness are simple, and it is easy to forget how much of a positive impact they can have. This period of lockdown restrictions is a difficult time for us all and our kind deeds and words can really help brighten up someone’s day.*

*I am a passionate believer in the importance of taking care of our mental health and wellbeing now more than ever, doing or saying something kind has the power to make others feel better and make us feel better ourselves.*

*I am pleased that we are more aware today of the importance of being kind, in marking the day, I would encourage everyone to think of kind things they can do, no matter how small, to make someone else feel a little bit better.”*

**ENDS**

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