

Our Tree of Reflection

Over the last 18 month we have seen first-hand the impact the pandemic has had on people's lives in our community.

People have lost loved ones, been isolated, frightened and more alone that they have ever been in their lives.

With this in mind we want to give you the opportunity to express and share those feelings through a piece of art.

We have commissioned a 6ft tall tree of reflection to be constructed. It will be on display in The Gallery, The Core, Solihull Library from 30 August 2021 for 4 weeks.

Please support this project by decorating a butterfly or circle of reflection to hang on the tree. All you need to do is contact us on 0121 779 6707 and we will arrange for a decoration to be posted to you or you can collect it from our office or come to The Core during the week beginning 31 August 2021.

Citizens Advice Solihull Borough is a charity. If you would like to make a donation to our work please visit our website:

www.casb.org.uk

Any donations you make will all go towards the cost of delivering services and campaigning against injustice.



Citizens Advice Solihull Borough
Registered Office: 176 Bosworth Drive,
Chelmsley Wood, Birmingham, B37
5DZ

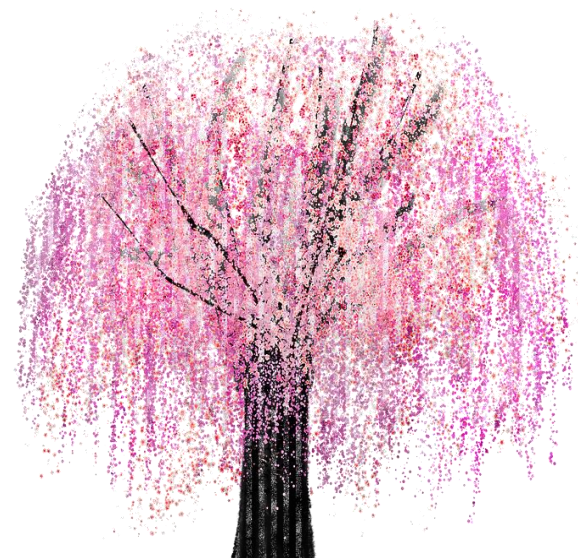
Advice Line: 08082 787976
Email: chelmsley@casb.org.uk

Company No. 07513263
Charity No. 1141020

Produced – June 2021



Tree of Reflection



FROM 31ST AUGUST

Butterflies of Remembrance

A butterfly is a symbol of change, transformation, hope and life. We would like you to decorate a butterfly which will be hung on our tree of reflection.

We are asking people who have lost a loved one (with or without covid), during lockdown and wants to remember them this way to decorate a butterfly.

You can decorate your butterfly with any materials you choose, paint, collage, photos it is your choice.

The butterflies are double sided and we would like you to decorate both sides.



We are looking forward to seeing your beautiful butterflies and we hope in a small way it will help your grief.



Circles of Reflection

The circle is a symbol of unity. We need unity in our community more than ever to help us all recover from our experiences of the past 18 months.

We would like you to take a moment to reflect on the challenges Covid-19 has brought, how it has impacted on your life and made you feel. By sharing our experiences, thoughts and feelings, we hope to give our community the opportunity to come together.

Our circles have two sides, we would like you to decorate one side with your feelings during the pandemic and the other we would like you to think about what your hopes are for the future.



Social Prescribing

Citizens Advice Solihull Borough funded by 3 Primary Care Networks in the Borough provide a Link Working Social Prescribing project.

Everyday our Link Workers see how the pandemic has impacted on peoples mental health in our community.

They wanted to give people the opportunity to express those feelings through a piece of art.

The Tree of Reflection will be a beautiful reminder of how we have come together to support each other through these darker times.

We would like you to come and join us to make this project a lasting memory of our communities' thoughts and feelings.

If you would like to know more about our Social Prescribing Link Worker project or how you can get involved with this project or others to help your community please call 0121 779 6707.