

Thought for the Week

Week beginning Monday 5th January 2026

"Life opens up opportunities to you, and you either take them or you stay afraid of taking them."

Jim Carrey

Week beginning Monday 12th January 2026

You're imperfect, and you're wired for struggle, but you are worthy of love and belonging.

Brene Brown

Week beginning Monday 19th January 2026

"The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well."

Ralph Waldo Emerson

Week beginning Monday 26thth January 2026

"No culture can live, if it attempts to be exclusive."

Mahatma Gandhi

Week beginning Monday 2rd February 2026

"The experience I have had is that once you start talking about [experiencing a mental health struggle], you realise that actually you're part of quite a big club."

Prince Harry

Week beginning Monday 9th February 2026

"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."

Ernest Hemingway