



Hello from the Wellbeing Team!



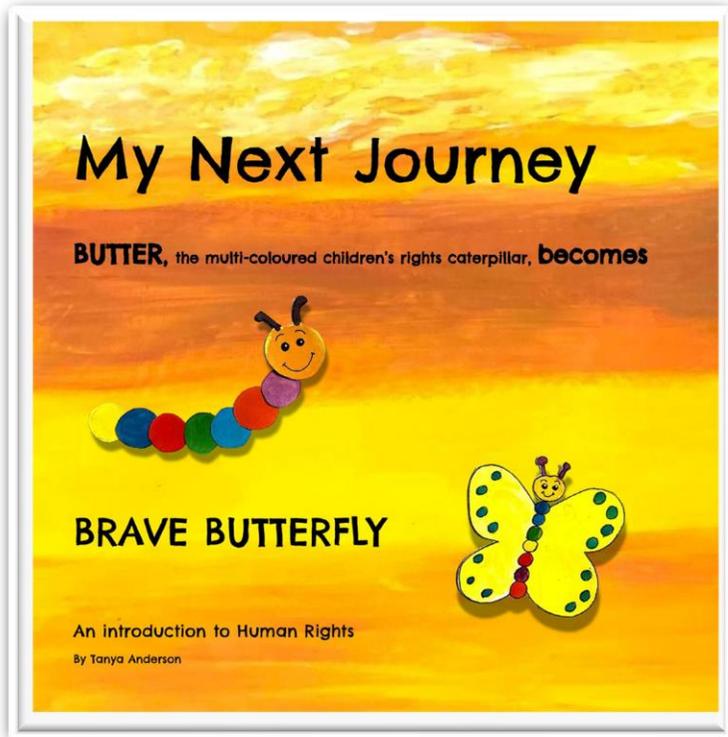
CAL, the Wellbeing Octopus; BUTTER, the multi-coloured children's rights caterpillar, and two new members, BIG CAL and BRAVE BUTTERFLY

Welcome BRAVE, the human rights BUTTERFLY, a fun book full of games & activities!

As BUTTER enters the world of adulthood as a butterfly, BRAVE BUTTERFLY organises an event for everyone to help each other learn about 'Human Rights,' using fun characters, including Cheeky Chipmunk, Gentle Giraffe, and Calm Koala.



Our amazing #KnitWellbeing Volunteers have been creating more CALs, BUTTERS and now BRAVE BUTTERFLY. Caterpillars become Butterflies, and BUTTER neatly fits into the wings to become BRAVE BUTTERFLY.



On 'My First Journey' I loved exploring, trying new things, and listening to valuable advice. In life we are faced with various challenges and big decisions. I've grown up, and it's time to prepare for life as BRAVE BUTTERFLY. I feel nervous and curious at the same time. I'm excited to get started. Please join me on my next journey!

Meet BRAVE BUTTERFLY's friends:

What are Human Rights?



Human rights encompass the most basic rights and freedoms that belong to every human being from birth to death, regardless of their race, gender, religion, or ethnicity.

They apply regardless of where you are from, what you believe or how you choose to live your life.



The Universal Declaration of Human Rights (UDHR) was proclaimed by the United Nations General Assembly in Paris on 10 December 1948, setting out for the first time, fundamental human rights to be universally protected. It has been translated in over 500 languages.



Here's some Quick Facts:

There are 16 rights in total, and each one is referred to as a separate article, for example, Article 2: Right to life.

In Britain the Human Rights Act 1998 sets out a series of Articles, known as 'the Convention Rights.'



You are protected under the Human Rights Act if you live in the UK.



These basic rights are based on shared values like dignity, fairness, equality, respect, and



These values are defined and protected by law.



The Human Rights Act is important because it sets out a minimum standard of how you should expect to be treated.



The Declaration outlines 30 rights and freedoms that belong to all of us and that nobody can take away from us.



The Articles include all the Articles from 2 to 12 & 14, (Articles 1 and 13 of the ECHR do not feature in the Act)



BIG CAL starts travelling around Scotland!

BIG CAL is having an amazing journey, travelling around Scotland, visiting nurseries and primary schools. Having already visited Aberdeenshire, North Ayrshire, and Edinburgh since October 2023, **BIG CAL** is looking forward to travelling to the Western Isles and Lanarkshire in January and February.

The only cost to hire **BIG CAL** is the arrival travel, which naturally depends on where **BIG CAL** is coming from. To date the full cost of postage and prep has been approximately £10.

BIG CAL is available from March 2024. To find out how to order simply visit the website and click on the order form 😊

🌞 CAL, the Wellbeing Octopus
18 September · 🌐



J-LO's Early Years
15 September · 🌐

We finished our week on a high! **BIG CAL**, the Wellbeing Octopus arrived all the way from Edinburgh just in time for our visit to Peterhead prison this morning! Thanks Tanya for trusting us with **BIG CAL** on his first holiday away from you. ❤️

Thanks for having us **Peterhead Prison Museum** we learnt so much and can't wait to visit another time! Can you spy the well-being words we were learning about from CAL? 🇬🇧 🇪🇺

Don't worry CAL made it home on the bus with us the bairns made sure not to leave him in the cells 😊 😊



*Cargilfield Primary School
Nursery, Edinburgh*



More fun photos and wellbeing stories from 2023:

"...the children had so much fun and it has prompted lots of discussion on "BIG CAL".

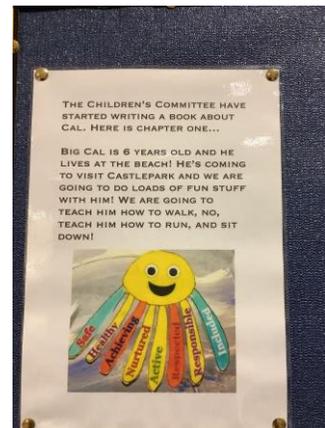
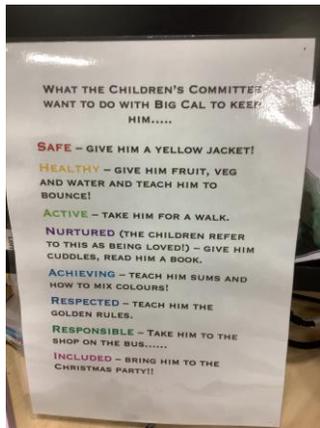
Jennifer McLaughlin, Head of Centre

Castlepark Early Years Centre, Irvine.

"We have learned loads with Cal, we've loved having him (BIG CAL) here, the children have been full of big Cal chat both here and at home since the day we knew Cal was coming." 🧠 😊. Sarah



"BIG CAL is coming to Castlepark EYC in December for 1 month. Please help your child to vote where they would like CAL to go..."



My BIG ADVENTURE with BIG CAL, the Wellbeing Octopus! I love it when a plan comes together! My first ever journey on an electric environmentally friendly bike to pick up BIG CAL, is a day I will never forget! For me, environmental and social partnerships are key, so I was very excited to find out about **Porty Community Energy Bicycles** when I met [Susanne Mueller](#) a few weeks ago. A non-driver, and a daily cyclist, I'd never been on any form of an electric bike, let alone a three-wheel Trike!

The journey started with a 5-mile cycle to Porty Community Energy bike library on my slim wheeled Giant bike to pick up the **Nihola Trike**. Next, 9 miles to **Cargilfield Nursery**, Cramond to pick up BIG CAL. Then, 6 miles home on Nihola Trike, up hill!!; drop BIG CAL off. Nearly there, cycled Nihola Trike 5 miles back to Porty, and finally, 5 miles, cycling home (in the dark!) on my bike.

Amazing stories from #KnitWellbeing 2023:

"Bracoden School are delighted to receive enough knitted Butter toys for every pupil..." Bracoden School @Bracoden15. Apr 13 (Twitter)



Bracoden Primary @Bracoden15 · Apr 13

THANK YOU! To everyone who took the time to knit these creatures. The pupils are delighted with them and know that Butter stands for - 'Be United Together Teach Everyone Rights' @EducationScot @GIRFECAbshire @gtcs @StartwithFamily ❤️🧶



Bracoden Primary @Bracoden15

The pupils got to select their Butter to take home and look after. There were all different colours and styles - the children loved them @EducationScot @GIRFECAbshire @StartwithFamily ❤️



#KnitWellbeing 2024

Knit CAL BUTTER, BRAVE BUTTERFLY or BIG CAL!

In 2023 we welcomed the Happy Hello Poster, and a new #KnitWellbeing pattern for BRAVE BUTTERFLY.

In 2024 we'd love to create another BIG CAL! All we need is 100 crochet squares! If you have some spare wool and would like to crochet, we'd love to hear from you!



The Wellbeing Team wish everyone a happy and fulfilling 2024. Please keep in touch, whether you are a knitter, teacher, parent, carer, child...EVERYONE 😊