SPARk THE BBQ

SPARk A CONVERSATION

SPAR a.f. blakemore & son ltd

Simple ways to check in with those who matter this summer

Summer is full of small, meaningful moments – standing by the BBQ, sharing a picnic, queuing for ice cream or catching your breath on a park bench. These relaxed, everyday occasions are the perfect chance to check in with someone you care about.

We all know the power of a good chat – especially when it comes to mental wellbeing. A simple "How are you?" in a sunny moment can go a long way.

HERE ARE A FEW EASY WAYS TO SPARk UP THAT CONVERSATION

01 START WITH WHAT'S HAPPENING AROUND YOU

Use the moment you're in to open the door gently.

> *"It's so nice to slow down for a bit – how's everything going with you?*
> *Feels like summer's finally here – how's your week been?*

02 BE OPEN ABOUT YOUR OWN FEELINGS

Sometimes sharing a little of your own story helps others feel safe to share theirs.

> *"I've been feeling a bit all over the place lately – how about you?*
> *Glad we've got this time – it's been a hectic few months, hasn't it?*

03 ASK QUESTIONS THAT INVITE A REAL ANSWER

Open-ended questions give people space to reflect and respond honestly.

> *"What's been on your mind lately?*
> *What's something that's made you smile recently?*

04 KEEP IT LIGHT – OR GO DEEPER IF IT FEELS RIGHT

Trust your instinct. Some people just need a friendly check-in – others may need space to open up.

> *"You seemed a bit quiet last time we spoke – how are things now?*
> *You've been on my mind – everything OK?*

05 MOST IMPORTANTLY – JUST LISTEN

You don't need to have the answers. Just being there and listening can mean the world.

06 REACH OUT – EVEN WITH A SIMPLE TEXT

If someone's been quiet lately, a quick message could be the spark that starts a conversation.

When you're enjoying a quiet summer moment – relaxing in the sunshine with a cold drink or some lunch – take that time to text or call someone you haven't heard from in a while.

Ask how they're spending their time – it might lead to a follow-up chat or even a phone call. It's another meaningful way to connect.

07 REMEMBER TO FOLLOW UP

If someone opens up to you, check back in a few days – it shows you care and that the conversation wasn't just a one-off.

> *"Just wanted to see how you've been since we chatted.*
> *Been thinking about what you said – how are things now?*

08 KNOW WHEN TO ESCALATE

If someone is really struggling – or you're worried about their safety – encourage them to speak to a professional, or contact one on their behalf.

You're not alone.
Suggest support services, local charities, or helplines.

If there's immediate risk, contact emergency services

Helpful Responses

> *"That sounds tough — thank you for sharing that.*
> *You're not on your own. I've felt similar before*
> *If you ever want support, there are brilliant organisations that can help.*
> *Can I grab you a drink or just sit with you a minute?*

Simple Do's & Don'ts

DO	DON'T
• Make eye contact, smile, and keep it friendly. • Let people talk at their own pace. • Be open, non-judgemental and kind. • Share your own experience if it feels right — but only if you're comfortable. • Signpost to help if someone needs more support.	• Try to fix someone's problem on the spot. • Push for personal details or advice. • Make assumptions about how someone feels.

FOR FURTHER HELP

If someone is at immediate risk of harm, call 999 or go to your nearest A&E.

Samaritans: Call 116 123 or www.samaritans.org
SHOUT: Text 'SHOUT' to 85258
Mental Health Wales: 01656 651 450
Tough Enough to Care: A 24/7 text support service – Simply text the word TOUGH to 85258
Call Mental Health & Social Inclusion Hub (MHSI) for access to 24/7 professional mental health support on 0808 196 3002
Contact YESS: 01889 567756

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