



The importance of having fun during the Coronation

by Andy Holter

In our hectic, modern lives, many of us focus so heavily on work and family commitments that we never seem to have time for pure fun. Somewhere between childhood and adulthood, we stopped playing. When we carve out some leisure time, we're more likely to zone out in front of the television or computer than engage in fun, rejuvenating play like we did as children. But play is not just essential for kids; as it is for adults, for we all have an inner child.

Having fun is a way to fuel your imagination, creativity, problem-solving abilities, and emotional well-being. Adult play is a time to forget about work and commitments, and to be social in an unstructured, creative way.

Having fun could be simply goofing around with friends, sharing appropriate jokes with a colleague, throwing a frisbee on the beach, dressing up and taking part in coronation street parties or events, playing fetch with a dog, acting out charades at a party, or going for a bike ride with no destination in mind. There doesn't need to be any point to the activity beyond having fun and enjoying yourself. By giving yourself permission to play with the joyful abandon of childhood, you can reap oodles of health benefits throughout life.

Having fun helps:

Relieve stress, trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Improve brain function. Playing chess, completing puzzles, or pursuing other fun activities that challenge the brain can help prevent memory problems and improve brain function. The social interaction of having fun with family and friends can also help ward off stress and depression.

Stimulate the mind and boost creativity. Young children often learn best when they are playing – a principle that applies to adults, as well. You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and solve problems.

Improve relationships and your connection to others. Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Play doesn't have to include a specific activity; it can also be a state of mind. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers, make new friends, and form new business relationships.

Keep you feeling young and energetic. In the words of George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing." Play can boost your energy and vitality and even improve your resistance to disease, helping you function at your best.

So why not have lots of fun joining in on the King's Coronation, and release that inner child this May bank holiday.

Games to improve your mind's health

- The colour game
- The shortest short story
- Non-dominant hand day
- Find a hidden object
- Test your memory
- Create a story
- Count backwards



The famous Field family Coronation Chicken recipe (dating back three generations!) Serves about 12

For the chicken: 2 chickens (water and some wine to cover), 1 carrot, Bouquet Garni, peppercorns
Poach the chickens until tender then allow to cool in the liquid. When cold remove all of the meat from the bones.

For the sauce: 1 tbsp oil, 2oz onion, finely chopped, 1 dessertspoon curry powder, 1 tsp tomato puree, 1 glass white wine, ¾ glass of water, Bay leaf, Salt, pepper and pinch sugar, Good squeeze of lemon juice, 1-2 tbsps apricot puree, ¾ pt mayonnaise, 2-3 tbsps lightly whipped cream

Cook the onion gently in the oil for 3-4 mins. Add curry powder and cook for another 1-2 mins. Add puree, wine, water and bay leaf. Bring to the boil. Add salt, pepper, sugar and lemon juice. Simmer with pan uncovered for 5 – 10 mins. Strain and cool. Gradually add the mayonnaise with apricot puree to taste. Gently stir in the whipped cream.

Mix with the chicken meat and serve with rice and a salad.

King Charles looks out the window.
Camilla asks, "Still raining?"
Charles replies, "Yes. But not for much longer."



BE PHYSICALLY ACTIVE THIS MAY BANK HOLIDAY

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Don't forget

- The CPJ Wellbeing Hub
- The CPJ Field Moments of Mindfulness
 - The CPJ Field Wellbeing Journal
- Wellbeing Colleague Support (Wellbeing Lead Andy on ext. 9900 or Wellbeing Champions Dee in Cooper & Son, Heathfield or Kar-Ming in Heritage & Son)
- Line Managers readily available to offer a listening ear of support.

Passion fruit coronation cocktail

To help get your coronation celebrations off to a swinging start; why not test out our 'coronation cocktail' – any excuse!!

You'll need: 200ml gin (if you want to make it truly regal try Buckingham palace gin), 3 tbsp No 1 passion fruit curd, 75ml bottle champagne (or prosecco) – chilled, 24 raspberries, 1 passion fruit, optional for garnish

Method: In a jug stir together the passion fruit curd – cover and pop in fridge until ready. Divide the gin between 8 cocktail glasses, then top up with champagne. Put 2-3 raspberries in a glass, add a little passion fruit curd and garnish, drink and enjoy!



Fruity flag traybake – a regal centrepiece to any coronation celebration picnic!

From www.bbcgoodfood.com/recipes/fruity-flag-traybake

Ingredients:

- 100g butter or baking spread, softened, plus extra for the tin
 - 175g self-raising flour
 - 50g ground almond
 - 2 tsp baking powder
 - 4 large eggs
 - 225g caster sugar
 - 125ml full-fat Greek yogurt
 - zest 2 lemons
- For the butter icing:
- 175g butter, softened
 - 350g icing sugar, sieved
- To decorate:
- 300g raspberry
 - 175g blueberry



Method

STEP 1: Heat oven to 180C/160C fan/gas 4. Butter and line a 30 x 20cm traybake tin with baking parchment. Measure all the sponge ingredients into a mixing bowl and mix together using an electric hand whisk until smooth. Spoon into the tin and level the surface.

STEP 2: Bake for 25-30 mins until lightly golden and the top of the cake springs back when pressed with your finger, and the sides of the sponge are shrinking away from the sides of the tin. Carefully lift the sponge out of the tin, then transfer to a wire rack to cool. Remove the baking parchment.

STEP 3: To make the icing, tip the butter into a bowl and whisk using an electric hand whisk until light and fluffy. Add half the icing sugar and whisk again until incorporated. Add the remaining sugar and whisk again until smooth. Spread the icing over the top of the cold cake.

STEP 4: To decorate, place a double row of raspberries across the centre and down the length of the cake to make a cross. Next, place a single row diagonally from each corner to the middle. Now fill in the empty spaces with blueberries. Cut into squares to serve.



Did you know King Charles is the first monarch in UK history with a university degree, having studied history at Cambridge University from 1967–1970

