



## Welcome

It's fair to say this week has been a week like no other; one of uncertainty and unease – one which will go down in history and will be talked about with future generations. Amidst those discussions will be tales of triumph against adversity, of communities pulling together, and of families reconnecting, as the important things in life are crystallised.

There are also undoubtedly struggles as we look to adapt to a new way of living, disconnected from loved ones and friends. Now more than ever we must be aware of the importance of looking after our own health and wellbeing as well as those around us. Over the coming weeks we will be bringing you this bite-sized wellbeing newsletter, to share ideas and resources, links and tips to help support you all; from exercise and film suggestions, to recipes and podcast. If you stumble across anything you'd like to share with colleagues, please drop me an email and we'll look to include it next time; likewise any suggestions, I'm all ears...

Stay fit and healthy and happy reading!

Emily Hendin



## Staying connected

Social isolation is a scary term, and whilst essentially it means we can't physically see our loved ones and friends, it doesn't have to mean no contact at all. It has never been more important to reach out to those around us, neighbours you may not have spoken to in a while, friends that may have been put on the back burner as daily life took over. Now is the time to embrace technology and talk... it's good to talk!

On the right are a list of simple ways in which we can still continue the conversation, many of which you may already be aware some of which may be new to you....

Be creative: set aside one night a week for a glass of wine and a chat with an old friend; host a Sunday afternoon family quiz over Zoom, or a mid-morning coffee on your day off with a neighbour over WhatsApp. We no longer need a reason to call someone... a voice or face at the end of the line is a morale boost in itself.

Hold a '**Netflix party**' to help get together with friends virtually and watch favourite movie & TV shows.

Host **virtual coffee dates** with friends over Skype

Play a game of **scrabble over Skype**

**House Party** is an app allowing people to chat via video and hold virtual games nights

Use **Twitter and Facebook** to keep up to date with loved ones

**Touch note** is an app which allows you to upload photos and quickly and easily create a postcard or card which gets posted for you.

**Putting pen to paper** - encouraging children to write letters to cousins, grandparents, friends and neighbours and start up a pen pal scheme.



## Staying fit and healthy

Joe Wickes has demonstrated this week that it is possible to motivate millions of children across the globe to exercise, with a few 'shout outs' and some funky moves, he's had children young and old squatting and star-jumping their way into every working day – my children included! It's put a spring in their step and set the momentum for a positive day ahead.

Exercise is a fantastic way to keep mind and body fit – and it doesn't have to involve lunges and squats, there are plenty of free online workouts currently being offered for all levels of fitness abilities and all ages, from Dame Kelly Holmes doing a seated arm workout with her father, to dance classes with strictly's Diane Boswell.

Below are a list of our favourite links this week – give them a go and let us know what you think.



- Tips from the British Heart Foundation: [www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you're-self-isolating](http://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you're-self-isolating)
- More tips from Good Housekeeping: [www.goodhousekeeping.com/uk/health/health-advice/a31697332/staying-fit-healthy-self-isolating/](http://www.goodhousekeeping.com/uk/health/health-advice/a31697332/staying-fit-healthy-self-isolating/)
- Joe Wicks, **live workouts everyday from 9am on YouTube**
- This Girl Can- list of exercises to try at home: [www.thisgirlcan.co.uk/activities/home-exercise](http://www.thisgirlcan.co.uk/activities/home-exercise)
- Change4Life has created Disney-themed games and activities to get the kids moving: [www.nhs.uk/change4life/activities/indoor-activities](http://www.nhs.uk/change4life/activities/indoor-activities)
- 7 Minute workout, Daily Yoga & Fiit are great free home workout apps

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## Conserving food supplies

I don't know if anyone has experienced the same this week, but with two parents working from home, and two children home schooling, my usually well stocked fridge looks like its been attacked by a plague of locusts... and that's with stringent limits on snacks and portion control! But its been a lesson in adapting and as result, I've fallen back in love with my dried and tinned food and am challenging myself to be resourceful in the dishes I create.

Many renowned chefs have turned their websites over to 'store cupboard' recipes, so I thought I'd share the pick of the crop with you, to help with meal planning over the coming weeks.

If you have any family favourites please do email them to me, likewise any pictures of your masterpieces, as again we'd love to share in one another's culinary triumphs... or not!

- [www.jamieoliver.com/features/14-store-cupboard-meals/](http://www.jamieoliver.com/features/14-store-cupboard-meals/)
- [www.pinchofnom.com/essential-store-cupboard-recipes-for-self-isolation/](http://www.pinchofnom.com/essential-store-cupboard-recipes-for-self-isolation/)
- [www.thehappyfoodie.co.uk/articles/all-of-the-store-cupboard-and-self-isolation-recipes-and-resources-you-need](http://www.thehappyfoodie.co.uk/articles/all-of-the-store-cupboard-and-self-isolation-recipes-and-resources-you-need)
- [www.healthylivingjames.co.uk/15-store-cupboard-recipes/](http://www.healthylivingjames.co.uk/15-store-cupboard-recipes/)
- [www.bbcgoodfood.com/recipes/collection/storecupboard](http://www.bbcgoodfood.com/recipes/collection/storecupboard)



Don't forget the clocks change on Sunday - British Summer time officially begins!