

MIND IN BARNET – NEWSLETTER

If you want to find out more about Mind In Barnet's wellbeing service, email: sambrown@mindinbarnet.org.uk



MENTAL HEALTH TIP OF THE DAY.

Try something new! It is important that we add some variety to our lives. Following the same routine every week can lead to boredom. To counter this, try a new recipe, a new walk... something new.

YouTube & Playlist



- Learning:

- National Geo – Measuring Mangroves: <https://bit.ly/3g9Hlg8>
- The Fuzzy Origins of the Giant Panda: <https://bit.ly/2Zvy7Gi>

- Cooking:

- 3-Ingredient Dinners & Sides: <https://bit.ly/2TqGGP2>

- Your Playlist:

- Angela – Mike Oldfield – Top of The Morning: <https://bit.ly/3cR3rTL>
- Marcus – Pharrell Williams – Happy: <https://bit.ly/36qbNQ8>
- Richard – Talking Heads – Once in a lifetime: <https://bit.ly/2WQjP1y>
- Chris – Stanley Clarke – Together Again: <https://bit.ly/2WOhBj2>
- Jake – They Might Be Giants - Birdhouse in Your Soul: <https://bit.ly/3cSm7Tm>



TV Club:

Paddington 2 - FILM – Monday, 19:00 (7PM)

“Paddington finds the perfect gift for Aunt Lucy's birthday, but when the gift is stolen he becomes the prime suspect, and it is up to the Browns to prove his innocence.”

- Heart-warming, easy watch



PADDINGTON 2

CHAT ROOM - GARY

I have been going for walks and jogging in the park for exercise. I have celebrated my friend's birthday which was nice. I have been cooking simple meals. I have been keeping in contact with my brother and his family over the phone. I have also been chatting to my friends Lorretta and Chris. – Gary