

MIND IN BARNET – Intro NEWSLETTER

Welcome to the Mind in Barnet newsletter. Here we can stay in touch.



MENTAL HEALTH TIP OF THE DAY.

Keep your environment clean and organized. An organized environment is an organized mind! And an organized mind can be a healthier mind.

If you have any thoughts or ideas for the newsletter, or just want to get in touch. Please email: sambrown@mindinbarnet.org.uk

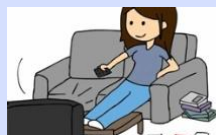
YouTube Videos to watch.



- o **LEARNING** The secret life of Orangutans:
<https://bit.ly/2W9pejL>
- o **MUSIC** Tom Misch - Nightrider:
<https://bit.ly/3cg73OU>



TV CLUB.



Andrew Marr's History of Modern Britain – Monday, 20:00 (8PM)

“Andrew Marr revisits Britain in 1945 and finds the country victorious, but badly beaten up and nearly bankrupt. With astonishing archive and telling anecdote, he tells the story of Britain's extraordinary struggle for national and cultural survival in the post-war world.”



Email to: sambrown@mindinbarnet.org.uk

What show should we watch next week? If you have any suggestions, please email your us.



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