

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..

Change it up. It's easy to become stuck in the same routine week after week. So try something new! Go a different way around the park or take up a new skill. Listen to a new song or try a new taste... mix it up a bit

YouTube & Playlist

- Learning:

- VR experience of the deep sea | Nat Geo: <https://cutt.ly/Za54bKn>
- The Best Of Animals Teamwork | BBC: <https://cutt.ly/qa57LuZ>

- Cooking:

- 7 easy to make desserts: <https://cutt.ly/Ga55Hk2>

- Your Playlist:

- Angela – Yes – Homeworld (The Ladder): <https://cutt.ly/ja59iLd>
- Marcus – Gorillas – Feel Good Inc: <https://cutt.ly/kpstR13>
- Jake – The Supremes – The Happening: <https://cutt.ly/0psytQl>
- Richard – Erik Satie – Gymnopedie No.1: <https://cutt.ly/Ka594qY>
- Rashid – John Waits – Missing You at All: <https://cutt.ly/EpsyS5k>

Click this link to access our Electra/Libra playlist:

<https://rb.gy/evmgvo>



TV Club...



Meerkat Manor

– BBC2 – Monday, 18:35 (6:35PM)

“Wildlife documentary series. Meet the Whiskers, a family of meerkats living on the edge of the Kalahari Desert. Shakespeare is bitten by a puff adder: will he pull through?”



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