

# MIND IN BARNET – Intro NEWSLETTER

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



## MENTAL HEALTH TIP OF THE DAY.

We all have more free time than we are used to so it's important to pick up new skills or hobbies. This can be a new video game, or even studying.

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

[YouTube Videos to watch.](#)



- National Geographic – Tornadoes 101:  
<https://bit.ly/3bxk5XW>
- History of Britain in 20mins:  
<https://bit.ly/3cBLtEq>



## TV CLUB.



### **Ken Dodd: How Ticked We Were - Monday, 20:30 (8:30pm)**

“A celebration of the life and work of one of Britain's favourite entertainers, Sir Ken Dodd, as told in his own words and with testimony from friends and family.”



**Please reply with any thoughts you had on the show.**

Email to: [sambrown@mindinbarnet.org.uk](mailto:sambrown@mindinbarnet.org.uk)

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



## CHAT ROOM - MARCUS

I now work four days a week from home and I do not miss having to commute on the crowded tube. My normal journey to work used to take an hour each way and I am grateful to have an extra two hours every day.

I have a small back garden where I now have more time to do weeding and sweeping up than usual.

If the lock down continues, I will have a very tidy garden!

For daily exercise I have been going on walks around my neighborhood.

I appreciate the longer days and sunny weather which make a big difference from all the rain we had in February and March.

I have been catching up with friends in the evenings using Zoom chats. I think our current technology is really making a big difference to the way we can continue to communicate.

I belong to an organization called Meet Up: [www.meetup.com](http://www.meetup.com) I used it to meet people with similar interests. Meet Up now exists with virtual meet ups on Zoom. I can recommend it as it covers many activities and hobbies and is a good way to meet new people.