

# MIND IN BARNET – Intro NEWSLETTER

Welcome to the Mind in Barnet weekly newsletter. Here we can stay in touch through the chat room and TV club. I'll provide a new tip every week to keep on top of your mental health.



## MENTAL HEALTH TIP OF THE DAY.

Stay connected with as many friends and family as much as possible. Set aside time (everyday if you can) to call or video-call. This will reduce the feeling of isolation.

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)

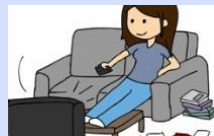
[YouTube Videos to watch.](#)



- **Importance of exercise at home:**  
<https://www.youtube.com/watch?v=p9Dw-4ycMQQ>
- **4 meals anyone can make:**  
<https://www.youtube.com/watch?v=URdX9rFibcc>



## TV CLUB.



**Animal Park – BBC Two – April 13<sup>th</sup> 18:30  
(6:30pm)**



*"Behind the scenes at Longleat Zoo. Will it be happy families or a brutal feud when Xena, the abandoned cheetah cub, is re-united with her mum and siblings?..."*

**Please reply with any thoughts you had on the show. Let us know what your favorite place was or how much you would struggle without your smartphone and anything else you think of. I'll include what you write in the next letter.**

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 - ANGELA

"I have been watching some good movies that are heart-warming. The latest movie I have watched is called 'Justine' and is about a young girl who develops a good friendship with a lady who has just become a carer. Both the girl and the carer had trouble bonding with other people in the beginning.

I have been taking short walks around my local supermarket which has helped me with getting my daily exercise, this has helped me physically and mentally. You need however to keep two metres away from others which I have managed to do.

I have developed my skills through my virtual piano lesson, and I can now play some simple songs. I invested in a tablet this weekend as this was easier on my eyes compared to using my phone Monday to Friday last week. I have also been helping students where I work through an online group we have for their lessons.

I have been cooking box meals this last week. I did a good shop yesterday where I have brought fresh fruit and vegetables and I plan to eat healthy food this week." – Angela