

MIND IN BARNET – Intro NEWSLETTER

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



MENTAL HEALTH TIP OF THE DAY.

Find time for self-reflection and relaxation. Try and not spend all your spare time in front of the TV; listen to music, meditate and find some peace of mind everyday.



TV CLUB.



The Great British Intelligence Test – Horizon – Monday, 21:00 (9PM)

“Is your smart phone making you stupid? Can you make yourself cleverer? The Great British Intelligence Test measures the brainpower of the nation in one of the largest intelligence experiments of its kind.

Devised with leading scientists at Imperial College, London, over 250,000 people around the nation have taken part so far - revealing important new science about the nation’s changing intelligence.”



Email to: sambrown@mindinbarnet.org.uk

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

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.](#)



- **Oasis previously unreleased track, released April 2020:**
<https://bit.ly/3eZscyR>
- **Underwater lost city in England, National geographic:**
<https://bit.ly/2yYlrws>



CHAT ROOM - CHRIS

A big hello to everyone. I hope everyone is coping well. I, along with everyone, have been dealing with the lock-down the best way I can. How do I cope with the lock-down? I keep in contact by calling others on my smart phone as I prefer to hear a voice instead of an e mail or text. I have the internet, and that`s a big help. At least I have music to practice on my Hammond XK1 organ. I have my books for study, I have discovered a lot new stuff and this keeps me occupied. I control my diet, go outside get some sun. I live from day to day during this lock-down, because I have to keep myself busy. keep in touch and, support each other. - Chris.