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



- 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/kpstRJ3
- Jake The Supremes The Happening: https://cutt.ly/0psytOl
- 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



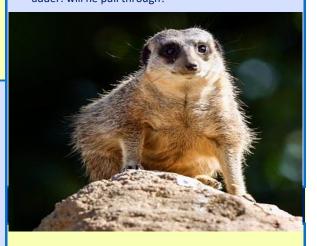
TV Club...



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