



Extra Bulletin 10

MENTAL HEATH AWARENESS WEEK

This coming week May 18th onwards is Mental Health Awareness Week. Mental health problems can affect anyone, at any time. Approximately one in four people in the UK will experience a mental health problem each year and many of them suffer in silence. Mental Health Awareness Week aims to get people talking about their mental health and to reduce the stigma that can stop people from asking for help.

This year's overriding theme is kindness. All over the world kindness is prevailing in these uncertain times and people are helping each other. In the face of fear and anxiety there is community, support and hope. There is the added bonus that helping others is good for your own mental health and emotional wellbeing.

Looking after your own mental health so you feel emotionally strong is a very important ... be kind to yourself.

Anyone can have an off day but if it is happening too frequently then try to take some steps to build your emotional strength. These include ways to cope with dealing with your own or others stress; processing your feelings and building up your self-esteem.

Here are 8 simple ways you could try

- Keep a journal-even a list of three good things at the end of the day can help
- Get creative- sewing , drawing , gardening , wood work ...
- Be mindful- use some of the resources mentioned in previous bulletins
- Sleep enough- again try some of the relaxation techniques
- Avoid information overload – 24 hour news is probably too much
- Get into nature- no one has told Spring it's in lock down , look around you
- Take exercise- a 30 minute walk works wonders
- And relax.....with a cuppa , a good book , a jigsaw , take up something new or return to an old hobby,

You can find out more at benenden.co.uk

SEWING FOR THE NHS

This project is a community effort that members of our U3A have been supporting. Edina Geering, Di Parker and Helen Pearce among other have been involved with the sewing and many of your donated bed linen to provide the materials. To date an amazing 2790 scrub bags have been made for DVH and other medical or care facilities in our area. The last batch was delivered and gratefully received on Thursday.

A huge thank everyone involved in donating linen, collecting and delivering it, as well as cutting out and sewing the bags.



IF YOU CAN'T BEAT 'EM THEN JOIN 'EM

Meanwhile, while all this sewing has been going on Edina's husband Tony has been very busy making protective face shields for their local GP Surgery in Bean.

Here he is modelling one.

Thank you Tony.

FLORENCE NIGHTINGALE

2020 has been declared Year of the Nurse and Midwife by the World Health Organisation, and this week also marked both International Nurses Day and the 200th anniversary of the birth of Florence Nightingale.

It seemed timely, therefore for the National Archives, to take this opportunity to celebrate Florence Nightingale's legacy and reflect upon the records they hold.

You can read and exploring the documents which shine a light on her incredible life, from her birth through to her nursing endeavours in the Crimea War and beyond.

Go to

blog.nationalarchives.gov.uk/tag/florence-nightingale

NEWS FROM OUR GROUPS

SINGING GROUP.

There are usually 11 of us who meet weekly to sing and have a bit of a laugh. As we kept running short of time we decided to try booking two Zoom sessions back to back, There were a few teething problems the first week but it does now mean we've got time to start learning some new material. The last couple of weeks we worked on a medley of Beatles songs but we still made time this morning to go through the WWII songs we would have performed for the monthly meeting. Our next challenge will be a medley of Eurovision songs - "Meopham U3A Singers dix points".

ART APPRECIATION

Art Appreciation are also making use of Zoom and they are meeting fortnightly.

EVENING CURRENT AFFAIRS

This group have their first meeting on Monday 18th again using ZOOM. Anyone care to guess what is on the agenda for discussion?

WINE APPRECIATION 3

Are meeting weekly via Zoom and discussion seems to include food as well as drink!



Di Parker tried the recipe for Churchill Fruit Cake for VE day. She says that it was more like bread pudding than cake and very heavy and rich. It's no wonder he was that shape if he ate this on a regular basis!

Thank Di for the photo.

THE END

