



Wellbeing Pack 7

Assert

Fortnightly Activity

Assert will be sending out 2 virtual activities out each month to replace the monthly trip that would have normally been organised. For May's first activity, Assert has chosen a National Theatre Production of Cleopatra & Anthony. Each week the national Theatre are releasing live performances from their archive. Cleopatra & Anthony is available to watch via their YouTube channel from Thursday 7th - 14th May.

<https://www.nationaltheatre.org.uk/shows/nt-at-home-antony-and-cleopatra>

<https://www.youtube.com/user/ntdiscovertheatre>

Active Club

I will be sending out a different exercise video each week that we can do at home. I thought it would be nice if those of us who can, try to do it at the same time on a Friday afternoon at 3pm. Or whenever you can fit it into your week! This way, although well be doing it separately we can feel as though we are still doing it together! This week's video is a dance workout! I realised the last few videos have been very sensible, so I think it is time we had a little more fun with our movement this week – shake off any worries & put a smile on our faces. If you have any questions, please email jenna@assertbh.org.uk

<https://www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/>

Benefits Caseworker

Alex is taking referrals for remote support. Please contact her by email with any benefits questions or to arrange a remote appointment: benefits@assertbh.org.uk

Telephone Support Sessions

During this strange and unusual time we are currently living through, Assert have set up the opportunity to have a phone call or video chat with one of our volunteers. Calls will last up to 30 minutes and can be one offs or weekly. To book a chat or for more information please email Cat/Sue at activities@assertbh.org.uk

Peer Discussion Group

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm. Each week there will be a different topic for the conversation. Please email Debbie on debstar0205@yahoo.com

Nature Documentary

Seeing as we can't go out into the countryside for our usual wellbeing walk... why don't we bring nature to us!? Each month Julia will be send out a different nature documentary for us to all watch, from the comfort of our own homes. This month's documentary is 'The Mariana Trench: Earth's Deepest Place' (45 minute). There will then a discussion group on Friday 15th May for 45 minutes. If you'd like to join the documentary discussion session, please email Julia asking for the ID meeting on lifeskills@assertbh.org.uk

<https://documentaryheaven.com/mariana-trench-earths-deepest-place/>

Big BrightONline Weekender

May usually marks the beginning of festival season in Brighton. Brighton Fringe have collated a number of events for this bank holiday weekend!

<https://www.facebook.com/events/1438477979665503/>

Lunch Time Concerts

Brighton Unitarian Church are hosting a concert every Friday at midday for some the best emerging classical talent.

www.facebook.com/brightonunitarian

Krater Comedy Club

Komedia will be live-streaming Krater Comedy Club. During the show people will be given the option to pay what they can in the form of a donation. Live streams are being posted in Komedia's YouTube channel each week.

<https://www.youtube.com/channel/UCGJEsKcTVNM32KViMzzXTQ>

Roaring 2020 Speakeasy

Fringe are throwing a classic 1920's party with easy to join dances and dressing-up. There will be guest performances and a Charlston dance contest. The party will be held via Zoom – the link on the website.

<https://www.brightonfringe.org/brighton-fringe-online/the-roaring-2020-speakeasy-lockdown/>

Record Fair

VIP Record Fair usual host large record fairs across the country. In the meantime, they have set the first virtual record store! They have brought together some of the finest dealers looking to take digging through a crate of vinyl online or finding the ideal album achievable from home.

<http://www.vip-24.com/>

Nature

Behind the Scenes at Kew & Wakehurst

Spring has sprung and the gardens at both Kew & Wakehurst are blooming. You can still visit them virtually via the website below.

<https://www.kew.org/about-us/virtual-kew-wakehurst>

Routine

Instead of another monologue about routines, this is just a nice article I read over the weekend about some 'alternative' routines. It really opens up your mind to the possibilities and options for creating a routine that suits you.

https://www.theguardian.com/lifeandstyle/2020/apr/01/start-a-daily-routine-and-make-the-weekends-different-the-isolation-experts-guide-to-lockdown-living-coronavirus?CMP=Share_AndroidApp_Gmail

Exercise

Brighton Natural Health Centre

BHNC are now offering free Guided Relaxation classes have been so well received that we've decided to add two more of these nourishing classes to the schedule - Tuesday 6.30pm with Leonie Taylor and Wednesday 9am with Lisa McRory. We've also added Thursday 7.30pm Iyengar yoga with Randall Evans.

BNHC are also offering a range of online classes in Pilates, yoga, meditation/mindfulness. These classes are 'pay as you can' - so you can choose to either pay £3, £6 or £9. The classes will be taught via Zoom which is a video streaming software.

<https://brightonnaturalhealthcentre.org.uk/timetable/>

Theatre

Glyndebourne

Glyndebourne are showing a production of Mozart's *Die Entführung aus dem Serail* for free on OperaVision. This is Mozart's ambitious first opera for Vienna. This performance was filmed at the Festival 2015.

<https://www.glyndebourne.com/events/die-entfuhrung-aus-dem-serail-on-operavision/>

Flowers for Mrs Harris

Chichester Festival Theatre has released an archive performance of Flowers for Mrs Harris.
This performance is only available until 8th May!

<https://www.cft.org.uk/flowers-for-mrs-harris-broadcast>