

## Wellbeing Pack 12

### Assert

#### **Active Club**

This week we will be doing a 10-minute bum toning video by the NHS.

<https://www.nhs.uk/conditions/nhs-fitness-studio/body-blast-bums/>

#### **Boxing Training Course**

In July, Anton, a boxing instructor who taught a class for January's Active Club, will be leading a weekly session. The session will be via Zoom and do-able from your home. We will cover some of the foundation steps and moves. You will be able to try the first session, or to experience improved fitness, we recommend doing the whole 4-week course! Each session will be £5. If you have any questions, please email [jenna@assertbh.org.uk](mailto:jenna@assertbh.org.uk)

#### **Budgeting Advice Service**

As well as the usual benefit casework, Alex is now offering 1-to-1 budgeting advice and support sessions. Please contact her by email with any benefits questions or to arrange a remote appointment or if you would like to get on to the waiting list for this service:

[benefits@assertbh.org.uk](mailto:benefits@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. This week's topic is "Film: Come and share information about your favourite film, a film that changed how you think, different genres, film soundtrack etc or just come and perhaps get some ideas for future viewing". Each week there will be a different topic for the conversation. Please email Debbie on [debstar0205@yahoo.com](mailto:debstar0205@yahoo.com)

#### **Mindfulness Course**

This course centres on managing stress & building resilience through the practice of mindfulness. If you would like to join the sessions, please email Julia on

[lifeskills@assertbh.org.uk](mailto:lifeskills@assertbh.org.uk) and she will be able to send you the Zoom link.

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## **Workbook: Nature**

This week's Wellbeing Pack Workbook is about the importance of nature. We have discussed in previous Packs about different ways to experience nature during lockdown. This pack will recap some of these ideas and hopefully encourage you to explore new methods while we are in this phase of loosening lockdown restrictions.

## **From home**

There are plenty of ways to reconnect with nature from your own home. In the next few months things will be a little different across Sussex, but that doesn't mean we can't connect with wildlife. It is proven that a daily dose of nature improves your mental health, so we've got a few hints and tips of ways you can get wild at home.

### **The Wildlife Trust**

The Wildlife Trust are providing a sample of the outdoors for you to experience while at home. They will keep updating this page with even more things you can do to boost your mood and keep healthy whilst spending time indoors and around the garden.

<https://sussexwildlifetrust.org.uk/discover/go-wild-at-home>

### **Brighton Museum Garden**

The garden's section on the Brighton Museum website gives tips on how to explore in your garden. This recourse is good for keeping an eye on the natural landscape which constantly changes throughout the day.

<https://brightonmuseums.org.uk/discover/2020/03/26/exploring-the-garden/>

### **Stonehenge**

The English Heritage site allows you to be inside of the circle – day and night – with no need to drive there!

<https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>

### **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>

## **Outdoors**

If you can get out and about some more, this is a good time to start stretching those legs again, re-entering the world. A slow and gentle way of doing this, and getting used to the outside world again, is by setting small goals and making plans to experience nature. I think we are all in agreement that post-lockdown is going to cause a lot of “socialising shock” - therefore, let us use this time to go out and observe nature!

### **Bird watching – from the garden**

Swifts and Swallows have now arrived also on their migration from Africa, swooping over our towns and countryside. You may also be able to spot a Magpie, Great Tit, or a Sparrow! These birds are now enjoying the summer in England and can be seen in the downs or even your gardens.

## **Butterflies**

According to The Living Coast, June heralds many new species emerging as adults in flight, including common species such as the Meadow Brown and Common Blue as well as the beautiful Marbled White.

<https://thelivingcoast.org.uk/news/nature-now-june-2020>

## **Different daily walks**

I have been taking myself for walks to see different areas of Brighton and different parks around me. Although I was regularly going to the beach as my daily dose of exercise, it started to become quite boring.... so, I have extended my parameters and have now explored a Dyke Road Park and the racecourse. It was really nice up there as there are much less people and it really feels like you have left town!

## **Brighton Bikes**

I have had an account with the Brighton bikes for a while, but I haven't used them much. I was a little apprehensive about using them during this current situation... but I made sure to hand sanitise my hands before and after and it was lovely to be able to move around town and escape to the undercliff pathway! I hadn't left Brighton in months & months and it felt exciting to get away. I understand if people still feel worried about using the Brighton Bikes but I would recommend cycling if you can (my housemate outright refuses and therefore has bought herself a bike!)

## **Walk round the block**

If hopping on a bike is too physically demanding for you, how about a gentle stroll around the block. I have one Support Client, who due to a health conditions, has been inside their home since lockdown. Therefore, for the last fortnight, we have worked on incrementally encouraging them to walk little further by walking slightly larger loops f block each day.

## **Going to see the sea**

I have spoken before about how good the sea is for our wellbeing. The seaside provides a sense of space, openness and fresh air. I find that being able to stand and look out at the wind farm makes me feel grounded and calm. I find this especially important after work. Visiting the sea can therefore give the feeling of reducing stress levels.

## **Swimming in the sea**

With many usual modes of exercise closed for the time being, being able to swim in the sea in a great bonus of living in Brighton & Hove. Swimming is a fantastic form on exercise. And don't be alarmed by the temperature – swimming in cold waters in proven to be good for your health and your mental wellbeing. If you are interested in how cold water can improve anxiety, I would recommend researching the Wim Hof method (I have a couple of Support Session clients who do it and have said that it has greatly improved their anxiety).

<https://www.wimhofmethod.com/> (Please be prepared for a very enthusiastic Dutch man!)

### **South Downs**

I am incredibly jealous of anyone with the means of driving to the Downs. I would love to experience the fresh, open air and look at the gorgeous views of the rolling hills and Sussex beyond. Especially after being cooped up inside! A good walk will also increase your heart rate and is extremely good exercise.

### **Nature in Brighton & Hove**

This Google map pin-points all of the local nature reserves and natural attractions in Brighton. This map could be used to decide upon which new location to visit. Locations include: Beacon Hill, Benfield Hill, Bevendean Down, Ladies Mile, Stanmer Park, Whitehawk Hill , Wild Park and Withdean Woods Local Nature Reserve.

<https://goo.gl/maps/WwhuX162P3yqeY66A>