

# Wellbeing Newsletter

## What's everyone been up to?

### Getting out in the garden



On the allotment, planting this year's pasta and loo roll plants - Graham Neville



Spot the odd one out! AKA this year's fruit harvest looks promising and my bay is flowering after 10 years.

**Lucy Anderson**

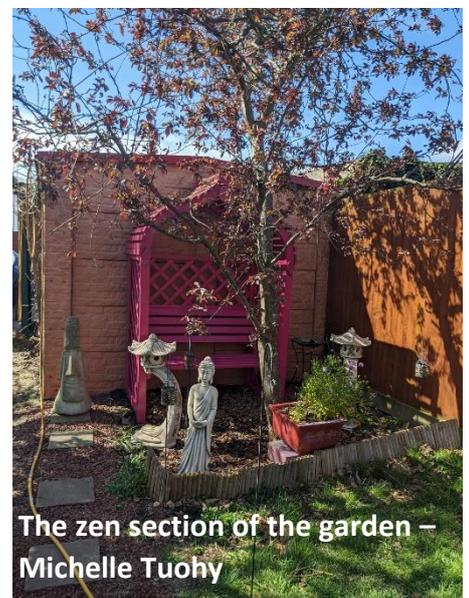


Feeling thankful to have the benefit of a garden during these strange lockdown times.

Today my daughter and I planted last years sweet peas that we had sown a couple of weeks ago, repatriated some woodlouse and was taken at my word when I explained 'you can't overseed grass'.

There will be more light gardening over the weekend, apart from the grass seeding. We've ran out.

**Neil Roberts**



The zen section of the garden – Michelle Tuohy

## Local walks



From the North Downs looking towards the South Downs

Jonathan Gale



We go for a stroll, either N,S,E,or W each day from our house in a quiet and virtually empty S.London. Friday, a new crescent moon, with Venus in attendance. Unseen notices suddenly noticed. And on the way back (on Jonathan Street!) there was a butchers, open for us to acquire two delicious pork chops for supper. (Sorry to any vegans out there.)

**Jonathan Ashmore**



View from Richmond Hill over the Thames to Twickenham



Walking past the millennium stones  
Jonathan Gale



Deer in car-free Richmond Park



View of pollution-free City of London from Richmond  
Dan Jagger



A well-timed photo of the train track that usually forms my commute, but today just interrupted my run.

**Alice Milne**

## At home with the pets



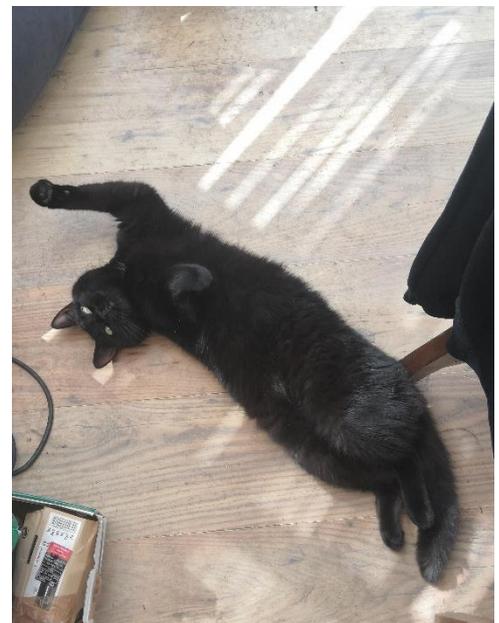
These 2 fellows are really helping with stress reduction (that is, until they jump up on the kitchen counter!)

**Lucy Handscomb**



Now we're at home all the time we finally know what the pets do all day.

**Anwen Bullen**



## Try to find local produce



Lots of companies that used to provide produce to businesses are now delivering to homes. This lot of restaurant quality veg were £20 from a local supplier we saw on Facebook .

**Alice Milne**

# Arts and Culture

The perfect time to catch up on some shows

## National Theatre

Live recordings are upload every **Thursday 7pm** and available for a week.

<https://www.nationaltheatre.org.uk/nt-at-home>

Release Schedule:

**2<sup>th</sup> April:** One Man, Two Guvnors

**9<sup>th</sup> April:** Jane Eyre

**16<sup>th</sup> April:** Treasure Island

**23<sup>rd</sup> April:** Twelfth night



## Shakespeare

Weekly readings of complete plays of Shakespeare by global casts.

New plays release **Wednesdays 7pm.**

<https://robmyles.co.uk/theshowmustgoonline/>

Globe theatre recordings

Hamlet is available **April 19<sup>th</sup>**

[https://www.youtube.com/watch?v=cdPqu598m68&feature=emb\\_title](https://www.youtube.com/watch?v=cdPqu598m68&feature=emb_title)



## Musicals

Andrew Lloyd Webber releases a musical every Friday – only available for 48 hours

**Friday 10th April :** Jesus Christ superstar

<https://www.youtube.com/theshowsmustgoon>



## Dance

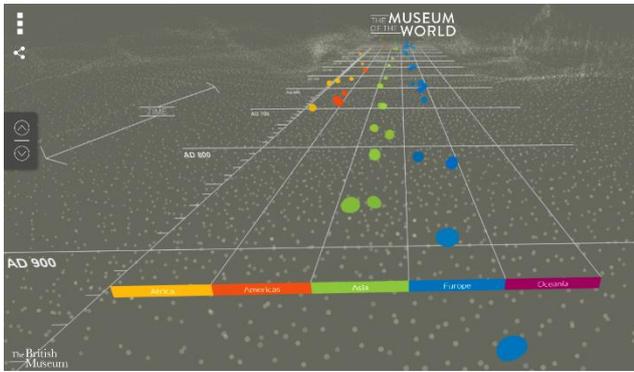
Sadler's Wells (based a close walk to the EI) is releasing various shows.

Rumpelstiltskin is available until Friday 10<sup>th</sup> April

<https://www.Sadlerswells.com/whats-on/2020/digital-stage>

**For an extensive list of shows and events see:**

[https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online\\_51198.html](https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html)



## Visit a virtual museum

Such as:

[British museum](#)

[Guggenheim](#)

And many more can be found at

<https://artsandculture.google.com/>

## Recommendations

### TV

The Biggest Little Farm – *Netflix, Amazon Prime Video*

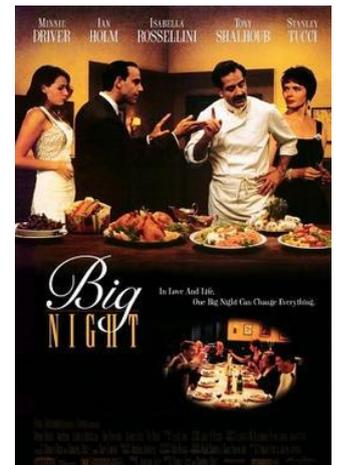
It is interesting, entertaining and inspiring, and thought-provoking both from a biological perspective and as an example of environmentalism in action.

*Jen Linden*



### Film

If you want to catch up on a classic – “Big Night” is newly added to Netflix, with thanks to *Dan Jagger* for that tip.



### Satire

For some comical relief this was a little project produced by Jonathan Ashmore’s daughter and friends a few years ago – it is a six minute satire on corporate culture

<https://www.youtube.com/watch?v=Un1HiODiZ0w>

**In other showbiz news**, on Sunday Lucy Handscomb started rehearsals for a new online play called ‘Cells’, written and directed by Ashley Scott Layton. This is to be rehearsed and performed (live) entirely on Zoom, with cast members in the UK and China. Performance details will follow.

# Parents and Carers

Resources for those looking after others at this time

## UCL PACT Community

New Microsoft Teams page open to all UCL Staff ([link](#))

It aims to:

- Provide important updates
- Establish a peer support system
- Run a series of webinars addressing important topics such as mental health for children, staying healthy in vulnerable environments, etc.



## Harry Potter at home

- Lots of Harry Potter resources through this link: <https://www.wizardingworld.com/collections/harry-potter-at-home>
- Harry potter and the Philosopher's stone is available as a free audio book (see next point)

## Free audio books

- <https://stories.audible.com/start-listen>
- From Peter Rabbit, to Anne of Green Gables, to Brave New World this new collection is completely free from audible

## Easter Holiday activities

During the school Easter Holidays Lucy Handscomb and family are doing a world tour from home with food and activities from different countries on different days. First stop France!



# Mental Health

Helping you to look after your mental and emotional health

## Free counselling available 24/7, 365 days a year by phone and online

Employee Assistance Programme (EAP) from Care First, is an independent provider of employee support services.

Information page for access to all resources: <https://www.ucl.ac.uk/human-resources/health-wellbeing/wellbeingucl/mental-health/find-support/employee-assistance-programme>

Telephone number: **0800 197 4510**



## Looking after your mental and emotional health

A selection of tip from <https://www.ucl.ac.uk/human-resources/self-care>, visit the website for the full list:

Proactive steps to maintain our wellbeing

### News and social media can generate a lot of fear and anxiety.

- Avoid the social media hype and focus on facts.
- If you are finding the news stressful – try limiting your media exposure.

### Give yourself some micro-boost

- At home we miss out on a lot of small actions and encounters like catching up with a colleague, buying lunch, leaving the office at the end of the day.
- Plan some new boots like, making a nice cup of coffee, ticking something off your to-do list, decluttering a drawer or learning a new skill

### Make time for those around you

- If you are isolating with your family, schedule some activities you can do together, whether it's playing board games, discovering new or old hobbies, or recording family videos.



## Key Links:

Advice and support from UCL: <https://www.ucl.ac.uk/news/2020/mar/advice-staff-and-students-who-may-have-concerns-about-outbreak-coronavirus>

Remote, but distant at UCL: <https://www.ucl.ac.uk/human-resources/remote-not-distant-ucl>

Join in with the bigger UCL community: [https://padlet.com/Remote\\_notdistant/olrnszb5ezao](https://padlet.com/Remote_notdistant/olrnszb5ezao) and through the new community space on Microsoft Teams: [UCL Meet Up](#)