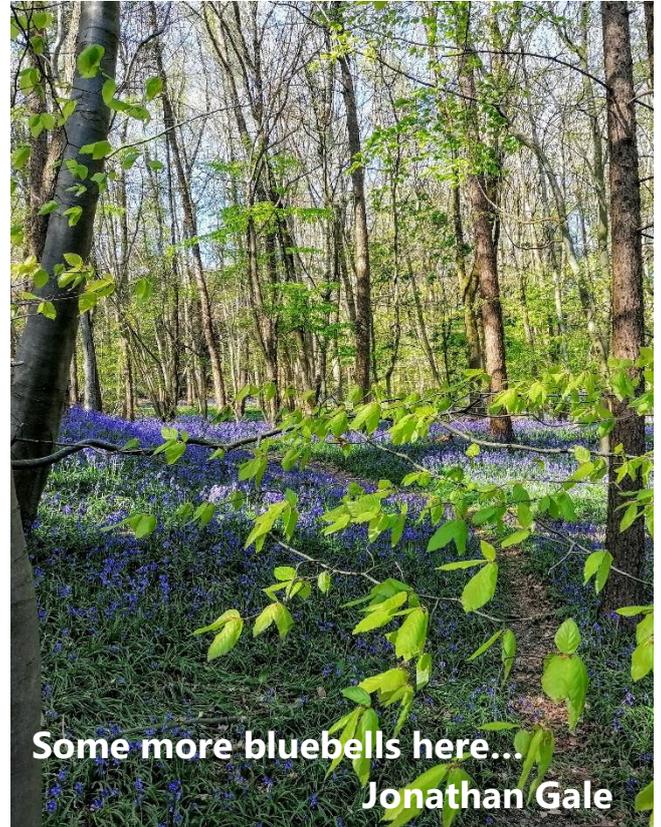
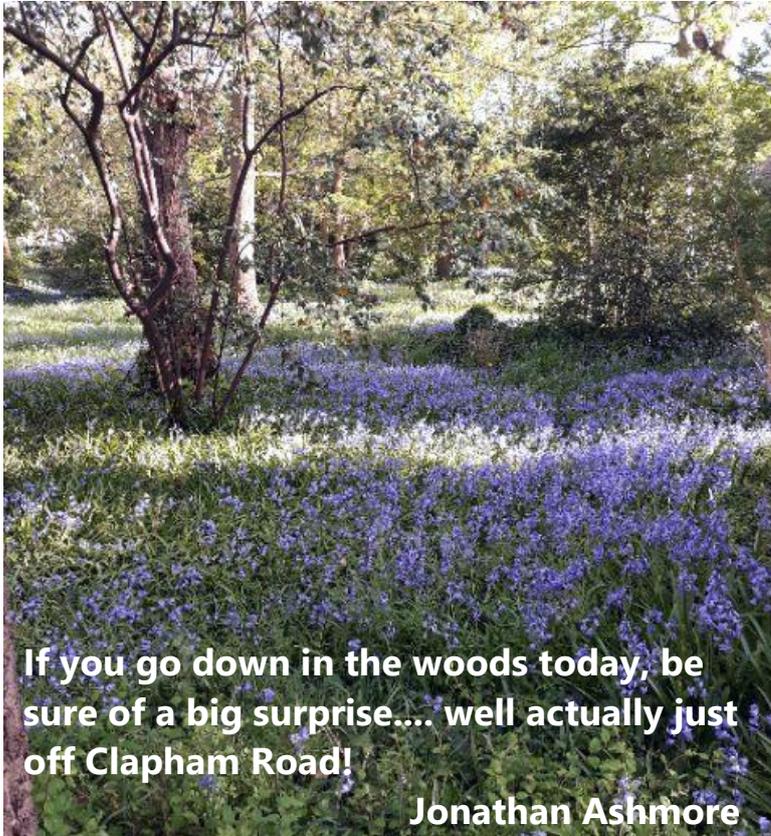


Wellbeing Newsletter

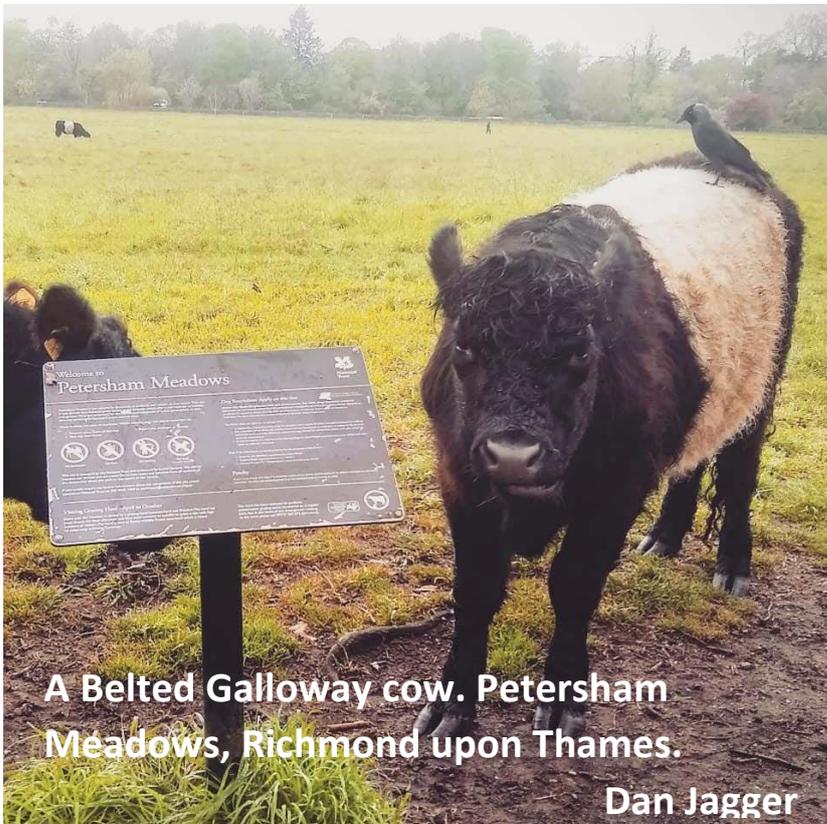
What's everyone been up to?

Spring has very much arrived in the last few weeks and so have the bluebells!



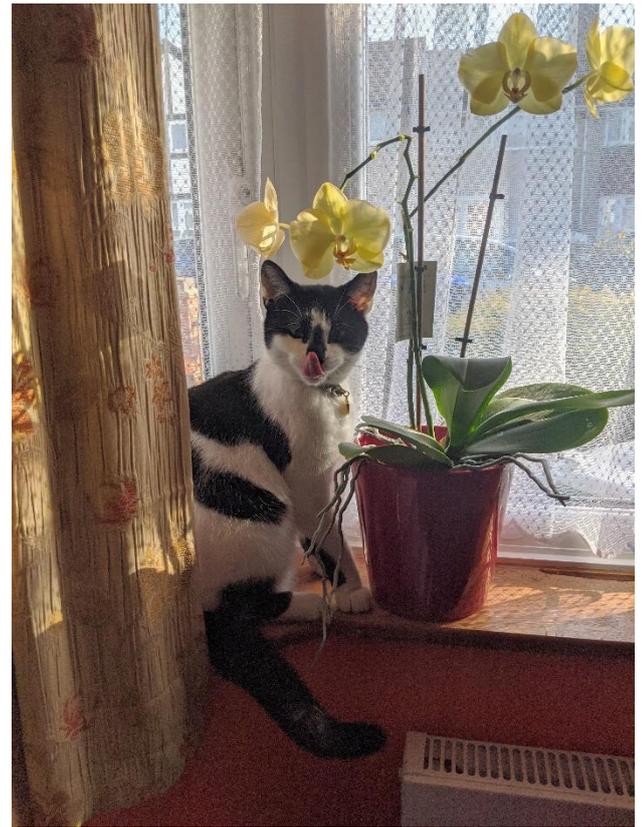
Picture of my rescue cat pancake who is now a year old.

Michelle Tuohy



A Belted Galloway cow. Petersham Meadows, Richmond upon Thames.

Dan Jagger



In a good news story Caitlin Broadbent's cat Misty is safely back home after 6 weeks missing



Something to look forward to..

Caitlin bought some finger spelling magnets for the kitchen fridge for people to use when we all come back. They're from the national deaf children's society 😊.

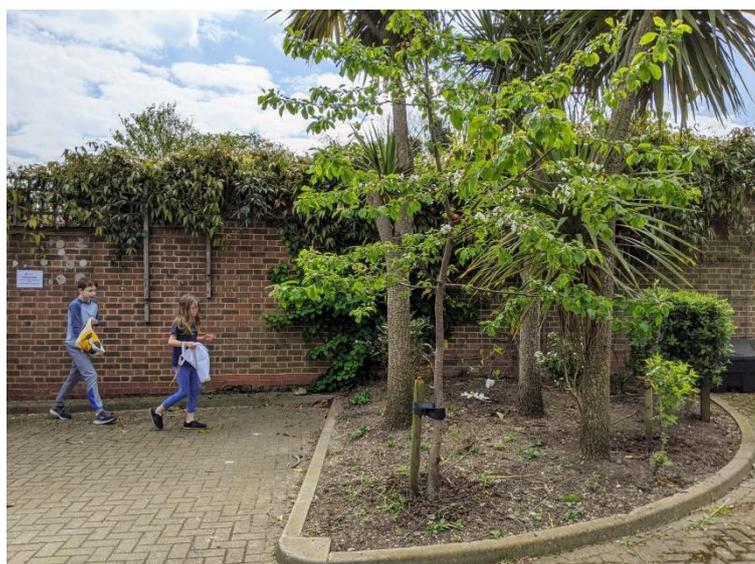
Built my new working from home office over the bank holiday ... only problem is it's a little snug for headroom and the girls want it to be painted pink!

Stephen Terry



We broke quarantine to do an egg hunt in the cul-de-sac at the end of our mews. At least 4 eggs are visible in this photo. Can you spot them? 😊🥚🥚

Maria Chait



I would like to introduce the newest member of my household. Rescued from the lacklustre aisles of Tesco he's a Fatsia japonica with a big heart and great foliage. I have decided to call him Larry.

Alice Milne

While slightly eerie, an empty London provides a (hopefully) once in a lifetime opportunity for photographers



Coffee Mornings

A snap from our first EI coffee morning.

Drop in and say hello on:

Mondays 10:30 – 11:30

Wednesday 11:30 – 12:30

Also...Friday Drinks

Every Friday 5.30pm

Props encouraged but not required!

Travel Diaries

Lucy Handscomb and Family have continued their travels:

South Africa

Safari: Here's a suggestion for a nice activity to do (gently educational if you have kids at home.) If you go to <https://wildearth.tv/> they stream a live Safari every day from South Africa, starting about 2pm. Two rangers drive around and just show you whatever they happen to spot (and they're very good at spotting!) You or your kids can also send in questions about animals.

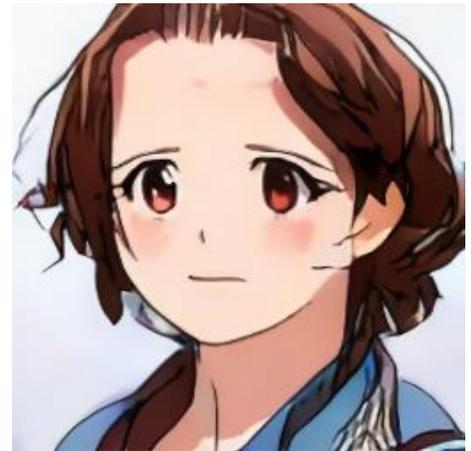


Talking to the locals: Also chatted to Cherilee Rutherford in Cape Town (she used to work at EI about 5 years ago.)

Japan

We used an app to make ourselves into manga characters.

<https://waifu.lofiu.com/index.html>



The game Animal Crossing on Nintendo switch is sweeping the globe and comes highly recommended.

“My daily routine is to listen to some music, plant some trees, fish some sea bass and visit my friends’ island for shopping. And sunbathing on my own beach. Very relaxing. “

Sijia Zhao



Theatre

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>

23rd April: Twelfth night

With the fabulous Tamsin Greg.

Daniel Kitson is a comedian who writes clever and unusual one man plays

His show *It's Always Right Now, Until It's Later* is available to rent for just £3

<https://vimeo.com/ondemand/itsalwaysrightnow/254326260?autoplay=1>



Tiger Country – available until the 26th

December is the busiest time of year for London's hospitals. For one particular team it's business as usual, even with the seasonal upsurge.



Brian, the urology consultant, is audaciously trying to convince his superior, Mr Leffe, to swap irksome patients. Newcomer Emily has already discharged 5 people and it's not even 10am. Her boyfriend James, a dishy doctor, is as usual engaged in charming his superiors – not to mention the eye-catching Rebecca. Feisty senior house officer Mark is wrestling with his bossy mentor Vashti to allow him to be more hands-on. And throughout it all, John, the cardiology registrar, simply can't find a minute in the day to enjoy his roast turkey sandwich...

<https://www.hampsteadtheatre.com/whats-on/hampstead-theatre-at-home/tiger-country/>

Recommendations

Documentary

Three Identical Strangers - *Netflix*

In 1980 New York, three young men who were all adopted meet each other and find out they're triplets who were separated at birth. But their quest to find out why turns into a bizarre and sinister mystery.

“What a story” – Maria Chait

*“So crazy that it is a real documentary” –
Roberta Bianco*



Film

Marvellous – *Amazon Prime*

Based on a true story Neil Baldwin (Toby Jones), a man who has worked as a circus clown, preacher and kit man at Stoke City, shares stories from his life.



“This heart-warming story made me laugh out loud and was just what I needed in these unsettling times”

- Alice Milne

Games

Stardew valley – *Most platforms, including PC*

A game where you get to build a new farm, a new life, make relationships with villagers whilst your life is cancelled for the foreseeable future.



Kat Poole

Desk Yoga

Wrist & Finger Stretches

Extend your arms overhead and draw 5-10 circles inwards and outwards with the wrists. Follow this by quickly spreading the fingers and closing the fists, releasing excess tension and increasing blood flow.

Extend your right arm in front of you with your palm facing forward and fingertips pointing up. Keeping your arm straight, gently pull back your hand with your left to feel a nice stretch down the forearm and wrist. Repeat on the other side.

Seated Twist

Place your left hand on the outside your right knee with your palm facing up, while your right arm extends down with your fingertips pointing towards the floor and palms facing forwards. On your Inhales sit tall and on your exhale, try to increase the twist a little. After a few breaths, repeat on the other side.

Shoulder Rolls

Simply rolling the shoulders up and back, nice and slowly. Inhale as you bring the shoulders up and exhale as they roll back.

Eagle Arms

Sit tall and extend your arms in front of you. Cross one arm over the other, interlocking them and placing your palms together. Lift your elbows in line with your chin and stretch your forearms upwards and at a 90 degree angle. Stay in this pose for 3-5 breaths before switching sides. You can add to the pose by crossing the legs (opposite leg on top) and interlocking one foot behind the other.

Taken from :

<https://www.hannahleggyoga.com/blog/desk-yoga-sequence>

Lateral Stretch

Sit tall and inhale both arms above your head. Take hold of left wrist and take a side stretch towards the right. It doesn't need to be a dramatic stretch –just to the point where you can feel a nice stretch down the side body and you can breathe easily. Inhale back to the middle and repeat to the other side.

Neck Release

Take your head towards your right shoulder, ensuring that both shoulders are relaxed and shoulder blades down and back.

If it increases your stretch, you can take your left hand behind your back. A further option is to lightly place your right hand on your head to encourage the stretch.



Mental Health

Helping you to look after your mental and emotional health

Bereavement

Our thoughts and condolences are with anyone who has lost friends and family during this time.

Bereavement can be hard under normal circumstances but may be particularly difficult in the current situation.

We hope as your colleagues we can be a source of support and there are additional sources of support below:

Cruse Bereavement Care

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

0808 808 1677

Somewhere to turn when someone dies, Cruse offers support, information and advice.

NHS – Grief after Bereavement or Loss

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Provides information on bereavement, where to go for support, and suggestions for helping yourself and others through grief.

Mind – Bereavement

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>

UCL has also produced a Bereavement and Loss support toolkit help managers and colleagues support their teams when a person dies.

<https://www.ucl.ac.uk/human-resources/covid-19-support/policies-and-guidance-staff-during-coronavirus-covid-19/support-line-managers-0>

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**

Some Reminders:

Thank you very much to everyone that sent in a contribution.

I hope I didn't miss any of your contributions – please let me know if I did and I will ensure they are in the next issue

Future contributions

Have you seen a good TV show, or maybe a terrible one? Share your review!

Been up to some arts and crafts? Send us pic!

The more you send me, the less likely I am to start a section called “houseplant of the week”.

Keep well and stay safe.

Your EI Wellbeing Team

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
and through the new community space on Microsoft Teams: [UCL Meet Up](#)