

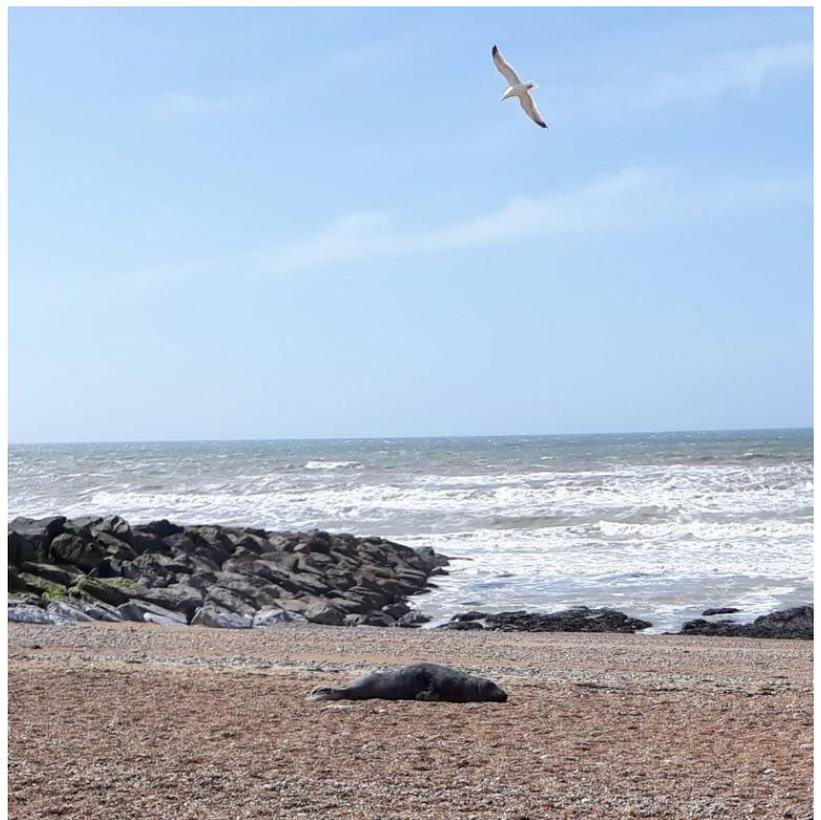
Wellbeing Newsletter

Welcome to issue 4 and an animal extravaganza, we have sheep, horses, dogs, cats and three types of birds! Also look out for sunsets, plants and some kitchen chemistry...



A seal self-isolating on the beach at Rottingdean this morning, seen while out on my daily cycle ride. She/he was moving so I think she/he is alive and apparently someone had informed the appropriate authorities so hopefully she/he will be fine.

Andy Forge



I'm lucky to have all this at the bottom of my street. On a 'normal' work day I'd leave home in the dark and get back in the dark so rarely had the opportunity to explore the area. Very much appreciating nature currently.

Nazia Mehrban

Dan Jagger

Last weekend my world started to resume normality! My stableyard have been great balancing government advice, BHS advice and welfare of horses and owners. My first ride since lockdown started....

Lucy Anderson



I must say I prefer the view from my current office window to my usual one of gridlocked Gray's Inn Road! This jay has become a regular visitor to my urban Kilburn garden.

Lucy Handscomb

A very warm welcome to our New Translational research manager **Nicola Ridgway** her Gordon Setter Bren!

“He is obsessed with the treehouse in our garden and spends his days being a nosey neighbour from his treehouse viewing point.”

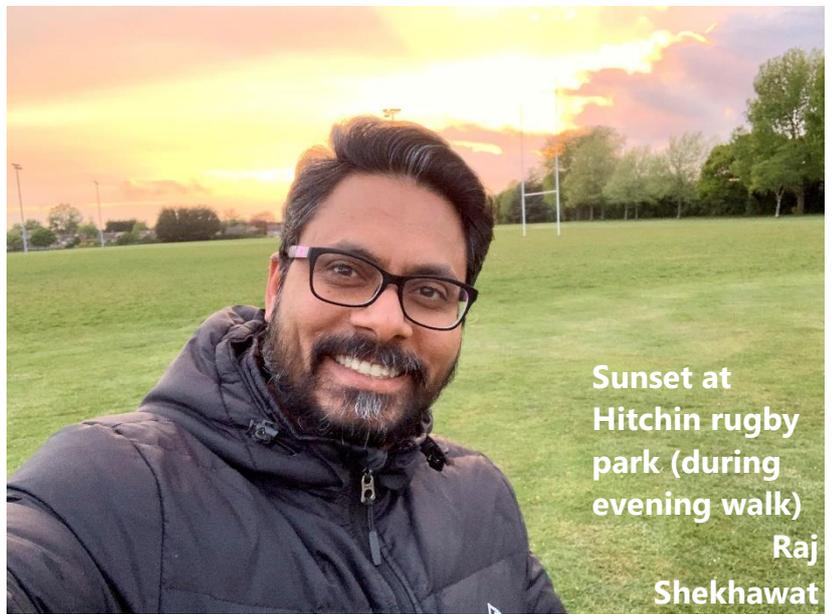


The Robin understands social distancing perfectly, doesn't let another bird near. The sparrows however have not got the government message at all, they chatter noisily and congregate in groups.

Graham Neville



April Showers and then...
Jonathan Ashmore



Sunset at
Hitchin rugby
park (during
evening walk)
Raj
Shekhawat



Pancake making himself comfortable on my seat
Michelle Tuohy

Been doing some chemistry today with the girls! Making new cure for corona virus. Only joking! They are homemade lava lamps.

Stephen Terry



Meet Barry he is looking for like-minded plants like him his hobbies are sitting, photosynthesis, and eating carbon dioxide

Stephen Terry

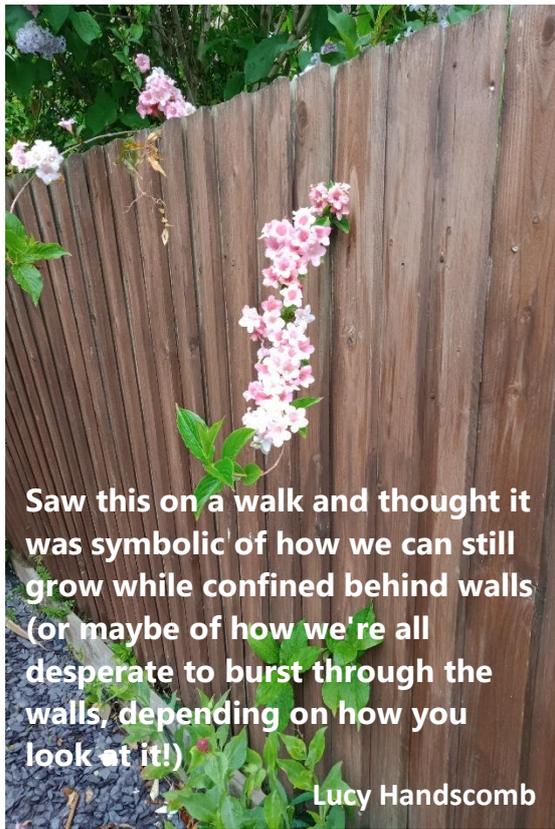




I liked the fallen tree in Richmond Park as it continues to thrive despite being 90% uprooted. The river Thames early morning view is at Marble Hill in Twickenham.



Dan Jagger



Saw this on a walk and thought it was symbolic of how we can still grow while confined behind walls (or maybe of how we're all desperate to burst through the walls, depending on how you look at it!)

Lucy Handscomb

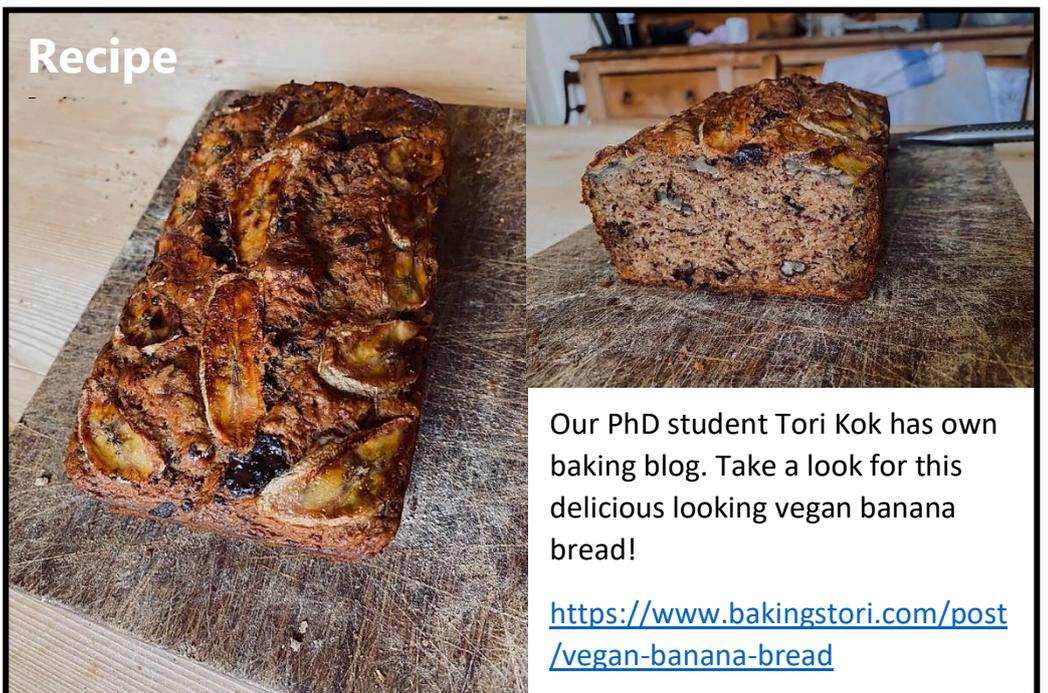
I have been spending money saved on commuting on my garden. A bespoke sign for my bistro area, more bunting, one can never have enough, some colourful pots for herb's etc. Nice place to chill in the evening, just need a butler to serve us.

Michelle Tuohy



Enjoying these beautiful peonies Alice Milne

Recipe



Our PhD student Tori Kok has own baking blog. Take a look for this delicious looking vegan banana bread!

https://www.bakingstori.com/post/_vegan-banana-bread

Culture

The perfect time to catch up on some shows

#StayHome with Radiohead

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

Now that you have no choice whether or not you fancy staying in: a live show from the archives every Thursday at 10pm UK/2pm PT/5pm ET.

Lots of other streamed (many free) concerts: <https://discover.ticketmaster.co.uk/music/our-guide-to-finding-the-best-live-stream-gigs-49794/>

Dan Jagger



National Theatre Review

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

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

12th Night was fab. New one streaming from tonight is Frankenstein, first Benedict Cumberbatch as monster Jonny Lee Miller as Dr, with alternative version streaming from tomorrow with Miller as monster and Cumberbatch as Dr. Saw the first version at NT, brilliant.

– Dan Jagger

The Paris ballet working from home....

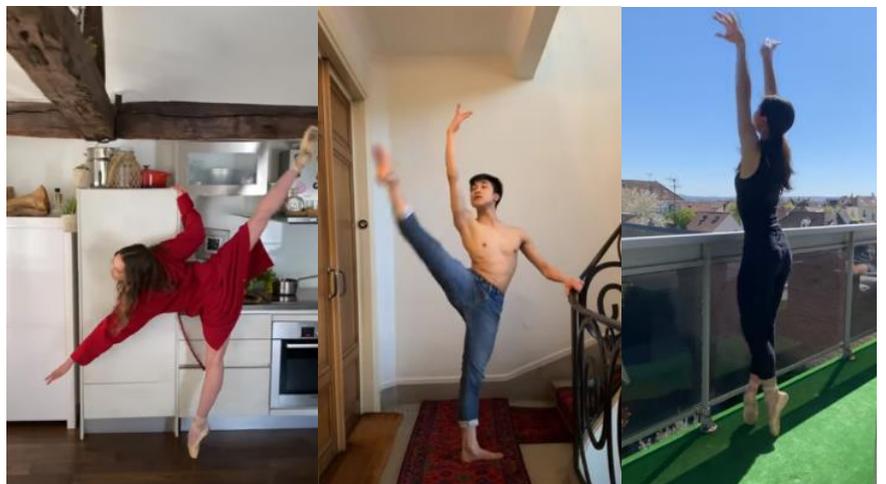
A beautiful lockdown dance from the Paris Ballet.

It is gorgeous and inspiring.

Jen Linden

<https://www.youtube.com/watch?v=NiM-x4fPFRI&feature=youtu.be>

(just 4 minutes long, great for a quick coffee break)



TV

DEVS - iplayer

The future is fixed. Everything is determined. When her partner doesn't return from a secretive tech firm, Lily uncovers a conspiracy that could change the world. What is Devs?

<https://www.bbc.co.uk/programmes/p087gj19>

PODCASTS

Thanks to **Jen Linden** for this podcast recommendation:

Esther Perel on surviving (and thriving) at work from the Ft Podcast Culture call: <https://www.ft.com/content/e271eac4-e41a-4577-b6e3-6c24e4e01c75>

Top tip from Jen: The Esther Perel part of this interview is excellent; it starts about 5min in and ends about 10min before the podcast does. So you can skip to the wisdom part quickly. ;-)

Bonus: Esther Perel's advice for coping in a pandemic - <https://www.ft.com/content/3d1083ca-cb1b-4ae5-a4ad-c7cf57919879?shareType=nongift> via @FT



Back in the classroom

I'm sure many of you are aware of the wealth of educational animations produced by TEDed, but if you haven't tried them I'd really recommend them. My 11 year old feels patronized by the BBC Bitesize videos school tells her to watch (it's very easy to patronize an 11 year old!) but finds the TED ones aimed at 'middle school' really engaging <https://ed.ted.com/lessons>

Lucy Handscomb



TEDEd



Quiz ready

As the British love for pub quizzes has gone both virtual and viral in the pandemic perhaps you want to polish up on your facts?

<https://online.seterra.com/en-an>

From bones, to cloud types to parts of a flower



Bank Holiday Friday

I think this sign spotted by **Jonathan Ashmore** says it all. Even though we are still on lockdown I hope you all get a chance to take a break and enjoy this unusual, in so many ways, Friday bank holiday.

**SPLENDID
TIMES TO BE
HAD BY ALL**

From rambles in S. London: a beer (after this is all over!) to anyone who spots where it is!

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](#)

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**