

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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NEWSLETTER

Start Inspiring Minds www.startinspiringminds.org.uk

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KEEPING US CONNECTED

Welcome to the new edition of Start's Five ways to Wellbeing newsletter.
Sharing daily inspiring activities to keep your mind and body healthy during lockdown.



MONDAY: BE ACTIVE...

Keep Walking!

Walking is the most accessible, easiest way to stay fit and many of us embraced it during lockdown and reaped the benefits, but now gyms are back open, don't let your new habit fall away. A 2013 study claimed that walking briskly can help your heart health as much as running! "Walking and running provide an ideal test of the health benefits of moderate-intensity walking and vigorous-intensity running because they involve the same muscle groups and the same activities performed at different intensities," says study leader Dr Paul Williams, from the Lawrence Berkeley National Laboratory in California. In a report that included findings from multiple studies, researchers found that walking reduced the risk of cardiovascular events by 31% and cut the risk of dying by 32%. These benefits were equally prevalent in men and women and were apparent by covering just 5.5 miles a week at a speed of two miles per hour!



TUESDAY: CONNECT...

Peer emotional support app HearMe

This free app allows users to connect with a trained, empathetic HearMe listener in real-time to allow you to open up about something that's on your mind. The service is completely anonymous and secure, so you don't need to worry about your personal information going anywhere - just get whatever is on your mind off your chest by sitting down for a quick chat with a trained listener. You can download the app via the HearMe website:

<https://www.hear.me/app/>



WEDNESDAY: TAKE NOTICE...

Capturing Summer 2020

Paradise Works have teamed up with Manchester International Festival to create a large-scale community art project called "Capturing Summer 2020". Over the next 5 weeks (22nd July- 31st August) they are asking people who live or work in East Salford to document their experience of this historical Summer through any means they have: filming on their mobiles, webcams on laptops, taking photographs or even pieces of writing! Submissions collected will then be edited together into a collaborative film, premiering towards the end of the year, that paints a unique portrait of the area and it's people- separated by lockdown but reunited by film into one community. Head to the MIF website for more details on submitting and suggestions of what to capture: <https://mif.co.uk/capturing-summer-2020/>

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DRAWING CHALLENGE!

STILL LIFE DRAWING



THURSDAY: KEEP LEARNING...

Draw your Dinner!

Edouard Manet said, "bring a brioche, I want to see you paint one. Still life is the touchstone of painting". Try drawing a still life with food and drink! For as long as people have been creating visual work, there has been a desire to record our belongings. Through drawing and painting, these pieces give viewers insight into the lives of others. And as artists you've got another benefit—by drawing from direct observation, it allows you to hone your skills. it doesn't have to be anything fancy, it could be a piece of fruit, a sandwich or a mug of tea!

FRIDAY: GIVE...

Donate a Bike to Help Young People

Riding to Success is a new scheme to provide young people with skills and bikes which could help them find work and training. Salford City Council is asking residents to donate any type of adult bike which can easily be repaired. Young people will be trained to repair and maintain the bikes, giving them a new skill for life which could also help them find work and they will be able to keep the bike after the course. Any extra bikes will be gifted to other young people, particularly young carers and those in local authority care to help them cycle to work or training. Donated bikes will be collected free by appointment from homes or businesses in the city until Friday 14 August. Anyone who has a bike to donate can contact jordi.matthews@salford.gov.uk to arrange collection.



ideas and inspiration welcome!

We would like you to get involved!

If you have any self care tips or creative ideas to share that may help others during this time please email sarah@startinspiringminds.org.uk and we will add them to future newsletters, and be sure to visit our YouTube channel and Instagram page for more ideas.



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