

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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2020

START
inspiring minds

NEWSLETTER

Start Inspiring Minds www.startinspiringminds.org.uk

sarah@startinspiringminds.org.uk

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.



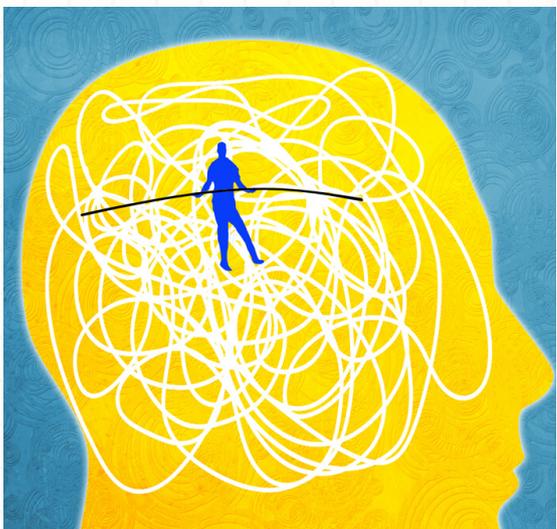
MONDAY: BE ACTIVE...

iPrescribe Exercise

iPrescribe Exercise is a free app that creates a 12-week exercise plan based on health information that you enter. This can help improve your overall health, but can also be used to manage a number of long term health conditions.

Follow the link below to find out more:

<https://iprescribexercise.com/>



TUESDAY: CONNECT...

Elefriends

Elefriends is a supportive online community brought to you by the mental health charity Mind. You can feel at home talking about your mental health and connect with others who understand what you are going through. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or having a hard time, it's a safe place to share experiences and listen to others. The community is available to all, 24/7 and it is moderated daily from 8.30am to midnight. Follow the link below for more information:

<https://www.elfriends.org.uk/sign-up>

