

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

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...

Health Improvement Connect offer a range of different services in areas such as healthy eating, getting more active and weight management.

They also have a weekly exercise challenge, an exercise class for beginners and can offer one-to-one support to help you get more active, with activities and ideas to suit you and your lifestyle.

Call the team on 0800 952 1000 Monday to Friday 9am to 4.30pm or take a look at their website to see what they have to offer:

<https://www.salford.gov.uk/health-improvement-service>



TUESDAY: CONNECT...

Make a Portrait

Grayson's Art Club was a TV series presented by artist Grayson Perry about making art during lockdown. If you have access to streaming services you can catch up on

ALL4:<https://www.channel4.com/programmes/graysons-art-club/on-demand/71402-001>

In the first episode Grayson looked at creating portraits. You could grab a mirror and make a self-portrait, or why not try drawing a portrait of someone you know or admire. It could be a housemate, friend, family member, or someone famous. You could use a photo of the person, or find a portrait online and use that to guide your work. In the TV programme, they discuss how a portrait is not about getting a likeness, but rather about representing the relationship between the person in the portrait and the artist. Try to remember that when you paint, sketch or draw!



WEDNESDAY: TAKE NOTICE...

Try Creative Writing

To the left are some photographs of places. Take a good look at them. Really look. Begin to imagine exactly where they might be. There is no right or wrong - this is about using your imagination. You could come up with a title for each photograph, and then choose one that particularly appeals to you. Spend some time describing the location in detail. Imagine you are there, in the photo. Think about what you can see, but also hear, smell, touch and even taste. Spend about 20 minutes, or longer. There should be lots of detail. When you've spent enough time doing that you could move onto another photograph and do the same thing. Then you could try using your favourite location, or even a combination of locations, as a setting for a story or poem, or even a script.

THURSDAY: KEEP LEARNING...

Discover the Art of Andy Goldsworthy

Andy Goldsworthy is a British artist, sculptor and environmentalist. Most of his work is made outdoors and he has been commissioned to make work all over the world. His work is made of natural materials, ice, twigs, stones and more. His sculptures have an extraordinary sense of play and space. You can watch a beautiful documentary called "River and Tides- Andy Goldsworthy working with time" on YouTube here - <https://youtu.be/QcHplKs856g>

FRIDAY: GIVE...

Give a Random Act of Kindness

Giving can take many forms, and small, everyday acts are just as important as big gestures. Here are some ideas for you to try:

- Mow your neighbours grass verge when you do your own
- Catch an insect in your house in a glass and take it outside instead of swatting it.
- Let a another car in if you're in busy traffic
- Ask someone how they are and really listen to the answer
- Arrange a day out for yourself and a relative or friend
- Give a tired bee a little sugar mixed with water on a teaspoon



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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