

LOCKDOWN LIFE

Issue 37

January 2021

Happy New Year!

Happy New Year everyone! 2020 was a year like no other and we've all had to find new ways of staying healthy and well during a difficult time.



New Year is often a time when people make resolutions and set goals for the year ahead. Have you made any resolutions? Get in touch - we'd love to hear about them!

We're continuing with the theme of 'Get Well For Winter' which is run by the lovely folk at Skills for People. Just let me know if you want any more information about their online events programme.

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Winter Wellbeing

This week Sheryl has sent some lovely photos to show how she is staying healthy and keeping well this winter.



It's important for our wellbeing to go outdoors when we can. Being outside, especially in green spaces, is great for our mental health. Sheryl wears a mask if she is near people to keep everyone safe.

Staying In Touch

We may not have seen as much of our loved ones this year, but it's still very important to keep in touch. A phone call or video chat with family or friends can really lift the spirits.

Sheryl uses Skype to keep in touch with her family every week



Sending a letter or fun card is a great way to stay connected!



How do you stay connected with your friends and family?

Staying Active

Winter is a beautiful time for walking. Sheryl goes walking every day.



Sheryl has enjoyed walking at Tynemouth, Hexham, Derwent Valley, Blyth and many more. Thanks for sharing your photos Sheryl!



Where do you like to walk?
Get in touch and let me know!
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