

Wellbeing Newsletter

Wednesday 22nd April 2020

Hello Everyone,

How are you all ? It's now 5 weeks since we had to close Harmony's doors, on 18th March 2020, due to the Coronavirus Pandemic. Can you believe it !

What a lot has happened in those 5 weeks. We've all had to learn new ways of adapting to life in lockdown .

There's still a lot we can do

Although it can be lonely , especially if you live on your own if you can access the internet there's a world of possibilities on YouTube. And Skype, Zoom and Facetime are all great ways to catch up with people and get to see their faces.

Another 3 Weeks

So we have at least another 3 weeks in lockdown . How do you plan to spend that time ? Will you 'Spring Clean' and get round to all those jobs you've been meaning to do ?



Simple pleasures

Keeping contact

With those things that make life worthwhile and keeping healthy.

Such as,

Friendships, pets, gardens, exercise, baking and cooking , meditating, walks writing and music.

Feeling unwell

If you are feeling unwell, with or without Coronavirus, you will need to make getting well your top priority.

YOU MATTER

Now is the time to be your own best friend.



Bridport Town Council

Have set up a Coronavirus Support Service . And you can contact them Monday-Friday 9-5pm.

01308 808900

Arts & Crafts & Creating !

If any of you are 'creating', in any shape or form and would like to share photos ,you can send them to harmonyinfo@harmonydropin.org.uk

And we can create an on line gallery,

It could be a wonderful way to encourage and inspire on another .

So take very good care of yourselves and enjoy the sunshine.

Linda and all the team Xx

Once this is over

And we get back to our 'new normal'

We will all have a lot to celebrate and some losses to grieve .

But don't forget, Harmony has a heart. And at its heart it has YOU, it's members !!

So stay strong

And on the days it all feels like too much and you just need some support then remember

The Harmony and CFR phone lines

Harmony :07597 379290

CFR :07385 290804

