

# Health and Wellbeing Newsletter

25th March 2019

## The benefits of having a hobby



**Hobbies are fun and entertaining. But most importantly they can have a positive effect on your physical and emotional wellbeing. Keep reading to find out about the possible benefits.**

---

## Improve your mood



By spending time doing something you enjoy you are less likely to spending time focusing on upsetting thoughts or events that can cause anxiety and stress.

Instead of sitting at home talking about work, or thinking about what you need to do at work, try occupying your mind with an activity you enjoy, such as drawing, knitting, reading or playing a game.

## Feel accomplished



The process of creating something and having a finished product such as building models or completing a puzzle can be uplifting and enjoyable. By reaching a goal or developing your skills you have a purpose outside of work that brings you happiness and joy.

## Get fit



Physical hobbies such as being part of a sports club can help improve wellbeing. Joining an active club can help improve your strength, endurance, energy levels and BMI. Physical exercise is also know to produce endorphins that help improve sleep, anxiety, stress and depression.

## Make new friends



Joining a hobby group can reduce loneliness. Sports groups, classes or book clubs can be a great way to make new friends and take part in new experiences. And working in a team can help individuals to build confidence and self-esteem.

## Finding a hobby

Finding a hobby can be tricky if you spend long hours at work, have home obligations or lack inspiration. But it's possible to fit one around your working day. Try something small such as:

- Lunch break sports and exercise
- Reading, knitting or puzzle-solving on public transport
- Social games at home and work
- Early-morning boot-camps, yoga or running teams



Have a hobby that you use to enjoy? Taking the time to remember why you enjoyed your past activities could bring back your interest. You are never too old to start again. Or you could give something new ago. Test out a new hobby every week or as often as possible for your schedule to find something you love.

# Events, courses and campaigns

**Want to start a hobby group?**



Do you have a hobby you would like to share with others? Why not start a group at CUH to meet others who share the same interests?

We would love to hear from you and help promote any new or existing hobby groups at CUH.

Just contact the Oh [Staff Health & Wellbeing](#) team by emailing: [staffhealth.wellbeing@addenbrookes.nhs.uk](mailto:staffhealth.wellbeing@addenbrookes.nhs.uk).

## Lunch time walks



Running every Tuesday, Wednesday and Thursday starting at 12:30PM at main reception. Join the team on 30-40 minute led walks for a great opportunity to meet new people. Walkers will be joined by a furry friend (PAT dog) on the 1st Thursday of every month. No need to book just turn up, and walks are at a pace to suit everyone.

To find out more contact walk leader Richard Butler on x216087 or by [email](#).

---

## Frank Lee Leisure & Fitness Centre



The Frank Lee Leisure & Fitness Centre (onsite) offers a vast range of fitness classes, as well as having a gym and swimming pool. To find out more about memberships, classes and opening times please see: [www.frankleecentre.co.uk](http://www.frankleecentre.co.uk).