

# Health and Wellbeing Newsletter

27th May 2019

## Ideas on how to get active outdoors



The summer sun is on its way but it won't be here for long. Here are some great free ways to get active outside and make the most of the weather.

### Go for a run or jog

Many runners find running with others great motivation, especially for those who haven't run before.

Find out about the running groups in Cambridge by visiting the Cambridge County Council [website](#).

Are you a complete beginner? Try the great [Couch to 5K app](#).



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## Enjoy an after-dinner walk

Walking has been found to aid digestion and it's a great excuse to get out of the house and breathe some fresh air. Try a 15 minute walk with the whole family a couple of nights a week. If you have children it's a great way to tire them out before bed!



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## Take your children or grandchildren on a treasure hunt

A treasure hunt outside is not only a great way to keep children entertained but healthy too. With a bit of luck you can wear them out and get some fresh air, while having fun yourself.



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## Visit a park and take a healthy picnic

Head to a local park or nature reserve, often they are free and have plenty for you to see or do.

Take a walk around the park or play a game to get your blood pumping before you reward yourself with a healthy picnic.



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## Try an outdoor sport

Summer is the perfect time to try outdoor sports such as tennis, football, netball or badminton. You could even organise a rounder's or cricket tournament with your colleagues or friends and family after work.



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## Cycle to work, local events or just for fun

Biking is great for your physical health, but it's also a free way to travel when going out with friends this summer. Plus it means you can have an alcoholic drink or two when you go to that pub dinner you agreed to attend.



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## Try outdoor swimming

Swimming outside is great fun with a few outdoor pools running during the warmer months for free in Cambridge.

One pool that's great for adults is [Jesus Green Lido](#). A great pool for taking the kids to is: [Lammas Land Pool](#).



# Events, courses and campaigns

## Calling all performers



Open Mind Night is CUH's annual variety show celebrating the creative achievements of people who've experienced mental ill health. We're looking for musicians and comedians to perform 10 to 20 minute sets at our next show at the Frank Lee on October 10 – [World Mental Health Day!](#)

If you would like to take the stage at the show, please get in touch by sending a sample of your work to us at [OpenMindNightCUH@gmail.com](mailto:OpenMindNightCUH@gmail.com) and we will get back to you as soon as possible. Links to YouTube, Soundcloud, and Bandcamp all work well. If you send us sound or video files please make them as small as possible, or they might not get through the CUH firewalls!

Organised by the Trust's [Time to Change](#) volunteers OMN is also about raising awareness and reducing stigma, and features frank discussions from speakers and performers on some difficult subjects. We don't ask our artists to bring their lived experience into their performances, but we will encourage and support you if you want to do so.

The OMN team are also looking for a photographer and videographer for the show this year. If you can help with this, or another technical role, please do get in touch with us at: [OpenMindNightCUH@gmail.com](mailto:OpenMindNightCUH@gmail.com)

## Lunch time walks

There are led walks available for both staff and the public every Tuesday, Wednesday and Thursday at 12:30pm starting from the main hospital reception. These enjoyable social walks of between 20-30 minutes are just long enough for a good gulp of fresh air at lunchtime.



On the first Thursday of every month the walking group will be joined by a furry friend from PAT dogs. There's no need to book just turn up and join in.

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