



news

for physical, social and mental wellbeing

February 2020

Welcome to our very first Chat 1st newsletter!

The plan is to have one newsletter a month, featuring a range of hints, tips, news and views on physical, mental and social wellbeing. The newsletter is here to be whatever you want it to be – so please let us know any wellbeing questions you'd like us to answer? To make sure you don't miss one – pass your email address to a member of the Chat 1st team and we'll make sure your newsletter is delivered directly to your inbox every month. Alternatively, copies will be available at the Chat Café every Thursday, 2-4pm.

Happy Wellbeing.

The Chat 1st Team

Chat1st@brentwood-leisure.co.uk

Cancer Rehab

With World Cancer Day this month, we wanted to tell you a little more about our Cancer Rehab programme at the Brentwood Centre. The Cancer Rehab programme is a 12 week course that takes place in the studio for anyone affected by cancer, with exercises and activities tailored to each person's individual needs. Referral for this programme is via the hospital or GP's but we can help you with that process.

Physical activity is so important for cancer patients at all stages of their pathway – to find out more please email chat1st@brentwood-leisure.co.uk

What is Boccia?

Boccia is a precision ball sport, related to bowls and petanque. Played by competitors that require the use of a wheelchair, the ball is thrown from a seated position. As such, this is a great sport for the Active Ageing Programme – we would love you to join us to give it a go.

Every Monday, 2-3pm, just £3 a session.

What's On ...Key Dates in February

Mon 3rd – Sun 9th:
Children's Mental Health Week

4th Feb:
World Cancer Day

6th Feb:
Time to Talk Day

20th Feb 2-4pm:
A Gardening Chat Café

On Thurs 20th Feb, Melvyn will be joining us for the Chat Cafe if you have any questions about gardening and how it can help your wellbeing.

Melvyn looks after our very own bcgarden and is currently building an amazing greenhouse out of recycled plastic bottles! Please come along and join us for a cuppa and a chat!



Inner Smile - Laughing Buddha

Our ability to smile and laugh is the best antidote for stress and anxiety. Our funny bone is the first thing to disappear in times of stress, but also there is nothing in the world more contagious than smiling, laughter and good humour. Laughter is the best medicine, the best form of therapy and laughter is the sound of the soul dancing.

"Smiling is the secret to health and serenity, the theory behind the inner smile is that when we smile like a Buddha, the world beams back"

We forget the simple expression of smiling. This is achieved by softening your face, we release much habitual tension in the jaw, cheeks and forehead which allows your lips to gently open to produce a smile.

By Gill Bauer (Gill teaches Tai-Chi 1.30-2.30pm every Thursday as part of the Mental Wellbeing Programme)

Inner Smile Qigong Practice

A deep inner smile spreads like a relaxing elixir, making us receptive to transforming negative energy into positive Qi. Conversely, frowning suppresses the immune system by increasing stress and blocking energy. When we frown or scowl it tenses muscles, a tense face sends signals to the brain that there is stress, even when there is none.

Research by French physiologist Dr Israel Waynbaum indicates that facial muscles used to express emotion trigger specific brain neurotransmitters. Smiling triggers happy healing hormones such as endorphins and immune-boosting killer T-cells, whereas frowning triggers the secretion of stress hormones.

The Inner Smile starts on the face, rises to the eyes, goes deeper to the heart, and penetrates deep down into the cells and soul.

This Month's Thought:

Start your month with kindness. Think well of yourself and others.