

Greetings from Fehrina, Steven and Evie



I've just received a lovely email from one of our baptism families who emigrated to Australia last November.

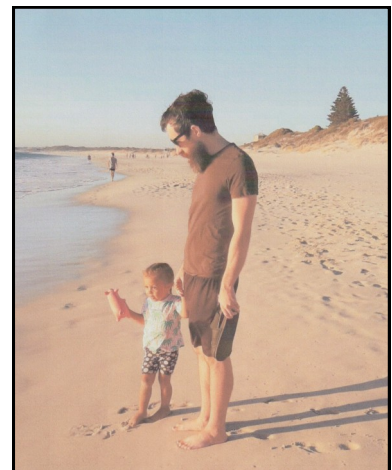


Pat sent an anniversary card to Evie and they were delighted to hear about it from Gran.

They are very happy in Australia, they are expecting their second child next month and they send their love to everyone at St Chad's.

Kath xx

ps our church family is spread across the world





**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024

Mental Health Awareness Week **runs from 13 to 19 May 2024**

The theme of this year's campaign is "Movement: Moving more for our mental health". One of the most important things you can do to help protect your mental health is regular movement. Moving more can increase your energy, reduce stress and anxiety, and boost your self esteem.



Mark Rowland, Chief Executive

It's Mental Health Awareness Week again. We look forward to this week every May since we first launched the campaign in 2001. Over the years it has grown to be a prominent fixture in the calendar of not just the mental health sector but more widely with schools, workplaces, and organisations of all kinds getting involved. It's a chance to get the whole of the UK focused on mental health, the things that help to protect and nurture it, and encouraging greater openness about our experiences of poor mental health.

This year we're focusing on moving more for our mental health, but why is this our chosen theme? We know that even the thought of starting "exercise" can be off-putting to many people and that's why we're focusing on movement to make you feel good. At a very basic level, physical activity means any movement of your body that uses your muscles and expends energy. One of the great things about moving more is that there are possibilities to suit almost everyone.

Benefits of movement for mental health range from improved mood, reduced anxiety, lowered inflammation and stress, improved memory and concentration, increased confidence, improved sleep and even increased social connectedness.

If you are just starting out, have caring responsibilities, or work long hours, it's important to remember that even short bursts of movement are beneficial. As little as 15 minutes of movement a day has been shown to positively impact mental health (although the more often we move, the bigger the benefit).

Considering the many benefits of moving, can you think of anything else that could have the same protective power and mental health benefits?

If you ask people about movement and physical activity, the vast majority will say that it benefits both physical health and mental wellbeing. In fact, we did ask and more than eight in ten people shared that opinion. If we understand that it's good for us, why are so many of us not able to incorporate regular movement into our daily lives?

In theory movement should be readily available to everyone. But as with many things we can do as individuals to protect our mental health, it is much easier to be physically active if we feel secure in our homes, have adequate income, are not living with a long-term health condition and are not subject to racism or discrimination. This was confirmed in our Mental Health Awareness Week research when we found common barriers like the weather, costs, feeling too tired, stressed or anxious are more likely to be a hurdle for people who are already facing disadvantage in their lives. We found people needed more support to find local activities and at a low cost.

There are also challenges that come with modern living. While technological advancements bring many conveniences it also means that now, more than any time in human history, we can survive, work, engage in hobbies, see our friends and family... all without doing any physical movement at all. By not having to move out of necessity, many of us struggle to do the minimum amount of movement set out by the World Health Organisation (150 minutes a week).

Physical activity guidelines for older adults

(Apologies to all you youngsters under 65, but this is my age range!)

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should:

- aim to be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.

What counts as light activity?

Light activity is moving rather than sitting or lying down.

Examples of light activity include:

- getting up to make a cup of tea
- moving around your home
- walking at a slow pace
- cleaning and dusting
- vacuuming
- making the bed
- standing up

What counts as moderate intensity activity?

Moderate intensity activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities include:

- walking for health
- water aerobics
- riding a bike
- dance for fitness
- doubles tennis
- pushing a lawn mower
- Hiking

What counts as vigorous intensity activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity.

Most moderate intensity activities can become vigorous if you increase your effort.

Examples of vigorous activities include:

- running
- aerobics
- swimming
- riding a bike fast or on hills
- singles tennis
- football
- hiking uphill
- dance for fitness
- martial arts

I can definitely do light activity and some of moderate, I did cut the lawn last week, but vigorous is a definite no no!!!

THE WEEK IN HISTORY...

13th May 2019

Doris Day Died

Born in 1922, American singer and actress, Doris Day died of pneumonia at the grand old age of 97. Her career started in 1939 when she became a big band singer, later embarking on a solo career and recording more than 600 songs between 1947-1967. On screen, she came across as "the girl next door" and was one of the leading ladies of Hollywood during the 50s and 60s. I think my favourite film was "Calamity Jane" - what a voice! I also loved the "Moonlight Bay/Silvery Moon" films! I wonder which film was your favourite?



14th May 1998

Frank Sinatra Died

On this day 26 years ago, Frank Sinatra, the legendary singer and actor, died of a heart attack at the age of 82.



Some of his famous movies included Anchors Aweigh (1945), From Here to Eternity (1953) and the musical High Society (1956) whilst possibly his best known songs could be cited as being "New York, New York" and "Strangers in the Night".

15th May 1982

7-week run in the music charts

Nowadays we don't seem to have music tracks that remain at "No. 1" for weeks on end but back in the '80s we certainly did!



On this day 42 years ago, Stevie Wonder and Paul McCartney's hit "Ebony and Ivory" hit the top of the charts and remained there for 7 weeks!

16th May 1920

Canonization of Joan of Arc

On this day 104 years ago, Joan of Arc was canonized as a saint by Pope Benedict XV in St Peter's Basilica in the Vatican. Two days later on 20th May, the former French president, Raymond Poincare, wrote that Joan's canonization, "fulfills the last part of her mission in bringing together forever in the sacredness of her memory" one-time mortal enemies England and France: "In her spirit, let us remain united for the good of Mankind".



17th May 1749

Edward Jenner was born

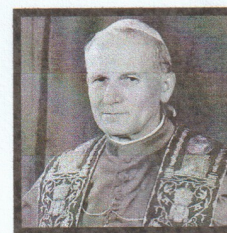
Jenner was the son of a clergyman who sadly died when he was only five. He was therefore raised by his older brother, also a clergyman. At the age of 13 he was taken on as an apprentice to a nearby surgeon. After his apprenticeship finished at the age of 21, he moved to London to continue his training. In May 1796, after moving to a country practice in Berkeley, Jenner discovered that milkmaids who had contracted cowpox were protected from smallpox and so, this great breakthrough formed the basis for modern-day vaccination.



18th May 1920

Pope John Paul II Born

One hundred and four years ago, Karol Jozef Wojtyla was born in the Polish town of Wadowice, 35 miles southwest of Krakow. He went on to become Pope John Paul II, history's most well-travelled pope and the first non-Italian to hold the position since the 16th century. At the age of 58, he was also the youngest cardinal to be elected as pope for 132 years.



19th May 2018

Prince Harry Marries

Six years have passed quickly but that is exactly the amount of time since the marriage of Meghan Markle and Prince Harry at St George's Chapel, Windsor. With 600 guests at the wedding and the televised ceremony watched by nearly 2 billion people worldwide, it was certainly a spectacle! The wedding was presided over by the Archbishop of Canterbury, Justin Welby.

This partnership was seen by many as an indication that the royal family was beginning to enter a new, integrated, modern era.

Nearly one year to the day of their wedding, the couple welcomed their first child, Archie, who was born on May 6, 2019 with Meghan giving birth to their daughter, Lilibet, on June 4, 2021.



