

# Wellbeing Week



Wellbeing Week returns with another jam packed week of activities.

17<sup>th</sup>–21<sup>st</sup> May 2021

Visit [parklife.birchwoodpark.co.uk](http://parklife.birchwoodpark.co.uk) for more information



# #BeActive

## Wednesday Walk

**Wednesday 19th May – 12 noon**  
**Chadwick House**

Our Wednesday Walks are back for Wellbeing Week!

Get out of the office and from behind your desk and meet Elaine outside the front of Chadwick House from 12pm to go for a stroll around the Park.

Learn more about the walking routes around the Park and get some fresh air on your lunch break.

## Bike Light Giveaway

**Get on your bikes!**  
**Thursday 20th May – 12pm-2pm**  
**Chadwick House**

Elaine and Mandi have taken over from Nicola for a little while as your Travel Coordinators and to help make getting on your bike a little easier they are giving away free bike lights.

Pop down to Chadwick House this lunch time to meet them and pick up your free bike lights.

They will also have Cycle maps on display to help you plan your routes into the office.

## Opportunities to Grow in our Allotments

Gardening is a great alternative to the gym, did you know we have allotments here on Birchwood Park?

They are usually fully booked up, but a few plots have become available, if you are interested, please get in touch with Elaine for more information at [ehoult@birchwoodpark.co.uk](mailto:ehoult@birchwoodpark.co.uk)

## Want to grow but can't commit full time?

If you are keen to grow, but can only potter why not help out with the Birchwood Park plot.

We will be growing seasonal produce such as; strawberries, herbs and root vegetables to sell to raise money for our Park's charities; Dogs for Good and St Rocco's.

Any help is much appreciated, dig when you can – no commitment needed!

If you would like to get involved, please get in touch with Elaine at [ehoult@birchwoodpark.co.uk](mailto:ehoult@birchwoodpark.co.uk)



# #BeHealthy

## Free Fruit Friday

**Friday 21st May**  
**The Café at Chadwick House**  
**& The Wood Shed at Bridgewater Place**


Help yourself to our bowls of fruit available throughout the day, while stocks last

## Wellbeing food

**The Café at Chadwick House**  
**& The Wood Shed at Bridgewater Place**

Our catering team is always looking to include a range of ingredients to help boost your wellbeing – this week you will find a selection of choices that include some of the 10 great foods to boost mental health

1. Salmon
2. Chicken
3. Whole Grains
4. Avocados
5. Spinach
6. Yogurt
7. Nuts
8. Olive Oil
9. Tomatoes
10. Dark Chocolate



### Sleep Better

One in three of us suffers from poor sleep. Regular poor sleep puts us at risk of serious ill health and a shorter life expectancy, according to the NHS.

**Checkout the quick help guide overleaf for help with a better nights sleep.**

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# Live Well Sleep Better

One in three of us suffers from poor sleep. Regular poor sleep puts us at risk of serious ill health and a shorter life expectancy, according to the NHS.

So how much do we need, and why do so many of us fail to get enough of it?

The amount of sleep an individual needs varies from around 6 to 9 hours. Professor Jim Horne, director at Loughborough University's Sleep Research Centre suggests that the mythical '8 hours' figure is nonsense, and that the amount of sleep you need is dictated by genes, physical make up and what your body becomes accustomed to.

So, with no set figure to aim for, how do you know if you're getting enough sleep? Clearly if you're nodding off at your desk you don't need any other clues, but there are some other signs that you may not be aware of:

## 5 Signs That You May Not Be Getting Enough Sleep;

- **Feeling hungry** – studies show that sleep deprived people have reduced levels of leptin (a chemical that makes you feel full), and increased levels of a hormone called ghrelin that stimulates appetite
- **Feeling irritable or moody** – lack of sleep can make you irritable and long term is associated with anxiety and depression
- **Loss of sex drive** – yep, maybe it's an obvious one, but studies show that men and women who don't get enough quality sleep have less of an interest in sex
- **A slower metabolism** – chronic sleep deprivation may cause weight gain by affecting the way our bodies metabolise carbohydrates
- **Frequent colds and poor immunity** – poor sleep compromises immune function, including the activity of the body's killer cells

# How to Improve Sleep Quality...

## 1. Take physical exercise

Research shows that physically active people have a better quality of sleep. 20 to 30 minutes a day 3 times a week will have a noticeable impact on the quality of your sleep. Avoid exercising right before bed though as this can have the opposite effect!

## 2. Avoid alcohol before bed

It may help you fall asleep at the beginning of the night but, as your body absorbs it, mild withdrawal symptoms occur that may wake you up.

## 3. Avoid caffeine

This one is obvious; it's a stimulant and should be avoided after 4.00pm if you have trouble sleeping.

## 4. Eat a balanced diet

Low blood sugar can cause fitful sleep so a light snack like an apple, some natural yoghurt or a small bowl of muesli before bed can be useful, but ensure that your main meal is eaten at least three hours before bedtime.

## 5. Go dark

If you must have a phone in your room at night, get a blue light blocker app. Blue light can suppress the production of melatonin, a natural hormone that helps to regulate sleep.

## Insomnia Causes



**Caffeine,  
nicotine  
and alcohol**

**Heavy meal**



**Medication**

**Busy  
schedule  
or stress**



**Poor habits**



# #BeMindful

## Yoga

**4th floor, Chadwick House**  
**Monday 17th May, 12.15pm – 1pm,**  
**Wednesday 18th May, 12.15pm – 1pm,**  
**Thursday 19th May, 12.15pm – 1pm**

Free to occupiers this week only, places are limited and must be booked via Alive & Well, 01925 82 44 55

## Leadership & culture change

**Webinar via Zoom**  
**Thursday 20th May, 12.15pm – 1pm**

To celebrate Learn at Work week we have teamed up with WRK Training based here on the Park.

WRK Training is one of the UK's leading independent providers of ISO management systems auditing and compliance courses, they will be sharing a Zoom session to help refresh and develop your personal skills including : time management, how to motivate and become a better listener

**Sign up to attend live or watch in your own time at: [ehoult@birchwoodpark.co.uk](mailto:ehoult@birchwoodpark.co.uk)**

## Songs that make us Smile

Birchwood Park team "uplifting" playlist on Spotify – the team have put together of their favourite songs to help put us in a good mood. Search: Team Birchwood Park



## World Meditation Day

**4th floor Chadwick House**  
**Mindfulness with Holistic Haven**  
**Friday, 21st May**  
**12pm – 12.30pm / 12.30pm – 1pm**

Annamarie from Holistic Haven will be joining us again today to celebrate World Meditation Day. Take a break away from your desk for half an hour of mindfulness.

Practicing mindfulness has been proven to have a number of benefits including; decreasing anxiety and stress levels and improving sleep.

Please bring your own mat, blanket or cushion for comfort- although these are not essential

Limited places available.

**Book your place via Parklife.**  
**Free to occupiers.**

## Mental First Aid Kits

Most of us have an emergency first aid kit for minor cuts, scrapes, and burns. Immediate treatment of small injuries can prevent them from turning into something worse

We think it's just as important to have access to a first aid kit to help us switch off and relax when we are in times of stress or anxiety, our reception teams have created a kit to help do just that, you can find them on the reception desks at **Chadwick House, 401 Faraday, Bridgewater Place and EngineRooms.**

# #BeSocial



## Birchwood Park Book Club

Birchwood Park have started our very own Book Club and we are inviting our occupiers to join us.

If you love to read would like to meet up every 6 weeks – in person or online, to chat about books, then why not join our book club? It will be a great opportunity to network as well as meeting new people on the Park.

If this sounds like something you would like, please register your interest with Elaine at [ehoult@birchwoodpark.co.uk](mailto:ehoult@birchwoodpark.co.uk)

## Picnic Box Lunches

**Tues, Weds & Thursday, 12pm – 1pm,  
Grab & Go – EngineRooms**

If you've missed meeting up with colleagues for lunch why not enjoy your Picnic Box under the canopy on the new Terrace.

Please note, Grab & Go will only be open to pick up a Lunch Box and a cold drink between 12pm and 1pm. And remember, Starbucks coffee is still available from The Café at Chadwick House & The Wood Shed at Bridgewater Place.



## Listening Space – Chat with a Chaplain

**Monday 17th May, 11.30 – 1.30pm  
The Café at Chadwick House**

**Wednesday 18th May, 11.30 – 1.30pm  
the Hub at 401**

**Thursday 19th May, 12.30 – 1.30pm  
EngineRooms**

Did you know we have a Workplace Chaplain who is regularly here at the Park, they are a non-judgemental, friendly listening ear for people of all faiths or none.

If you fancy a chat they will be back here in person during Wellbeing Week:

Why not drop in between and say hello?





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 Birchwood Park