

Wellbeing Week



**Wellbeing Week returns
with another jam packed
week of activities!**

11–15th October

**For more information, visit
parklife.birchwoodpark.co.uk**



 PARKLIFE



#BeActive

Alive and Well Pop Up

- Monday 11th October
- 12:00pm-1:30pm
- EngineRooms

Come down to the EngineRooms this lunch time to meet our Gym Supervisor Magda and get some advice on joining our on site Gym. Free trial passes are available to learn more about everything Alive and Well has to offer so why not try out one of our lunch time classes this week.

Enter our WATT Bike Competition for a chance of winning some vouchers for the EngineRooms.

Birchwood Park Fun Run

- Thursday 14th October
- From 12:15pm
- Starting point by the Lake

The Birchwood Park 'just under' 5K Fun Run is back!

It's £5 to enter and all monies raised go to the Park's Charities; St Rocco's Hospice and Dogs for Good.

All welcome to Run, Walk and Jog and as always fancy dress is welcome as ever!

Prizes available for the winner of the race and for the best fancy dress!

To enter or for more information, please email ehoult@birchwoodpark.co.uk



Walkie Talkie

- Friday 15th October
- From 12:00pm
- Outside Chadwick House Entrance

Meet Elaine at the entrance to Chadwick House to get away from your desk, clear your head and go for a little stroll around the Park- weather permitting!

The walk should take around 30 minutes if you are interested in joining us or would like any further information contact Elaine on ehoult@birchwoodpark.co.uk

Club Latin Dance

- Friday 15th October
- 12:15pm – 12:45pm
- 1st floor Chadwick House

Our Latin dance teacher Mike is back for some Latin dance this lunch time. The class combines a mixture of different Latin styles of Dance; Salsa, Rumba, Cha-Cha, to give you a full body workout. All abilities, fitness levels and ages are welcome. Dance has been proven to help not just with your physical wellbeing but also with your mental wellbeing- learning Dance steps can help with your co-ordination and memory and you're guaranteed to leave with a smile on your face!

Free to our occupiers. Limited spaces available sign up via [Alive&Well Gym](mailto:ehoult@birchwoodpark.co.uk) 01925 824455.



#BeHealthy

Hydration Stations

Your body needs water or other fluids to work properly and to avoid dehydration.

This week we will have a selection of naturally flavoured water on offer at our Alive and Well gym and also for our Meeting & Event delegates.

Free Fruit Friday

- Friday 15th October
- EngineRooms

Fruit has many health benefits for both our body and mind. Help yourself to a piece of fruit - available throughout the day, while stocks last.

NUTRITIONAL PSYCHIATRY; CAN PLANT BASED FOODS BEAT STRESS?

Your brain is working hard, 24/7, even while you sleep. It powers your thoughts, movements, breathing, heartbeat and dreams; and just like any other engine, your brain needs fuel to keep working. It makes sense therefore that the quality of that fuel can affect your brains performance.

Unfortunately, just like a car, if you put inferior fuel in, you can damage your brains performance. Processed food and diets high in refined sugar produce oxidative stress. For example, multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, and a worsening of mood disorders such as depression.

You've probably heard about free radicals – produced when the body uses oxygen, they damage cells and are the root cause of many chronic health problems, ageing and disease.

A good diet can nourish the brain just like a premium fuel protects a car's engine, providing vitamins, minerals and





antioxidants. Antioxidants are our main line of defence from free radicals, and we get them primarily from a diet high in a broad spectrum of fruit and vegetables.

HOW DO THE FOODS YOU EAT AFFECT YOUR MOOD?

What you eat can impact your mental health and mood in several ways. Two of the main methods of action involve blood sugar levels and serotonin production.

Serotonin is a neurotransmitter that helps to regulate sleep patterns, appetite and mood. 95% of your serotonin is produced in your gastrointestinal tract; so your digestive system isn't only digesting food, it's playing a role in guiding your emotional state also.

From a blood sugar perspective, if you are eating foods that release glucose too quickly into the blood stream, the body produces an amount of insulin to quickly push excess glucose into muscle and fat cells. This leaves you with a dip in blood sugar that can make you feel lethargic and irritable.

IN SEASON THIS MONTH

Carrots, cauliflower, potatoes, beetroot, rocket, spinach, Swede, pumpkins, cabbage, onions, kale, apples and pears.



SO, WHAT CAN YOU EAT TO FEEL HAPPIER AND MORE ENERGISED?

One food group that helps to boost serotonin production AND help to keep your blood sugar stable could hold the key... fibre.

Complex carbohydrates that contain soluble fibre, such as those in plant based foods, can slow the absorption of sugar into your bloodstream and increase serotonin levels.

Most of us don't eat enough fibre. In 2015 the government published new guidelines recommending that the populations fibre intake to 30g per to adults. In 2012-14 our average daily intake was only around 20g, so we've got some work to do! Try adding some of these top high fibre foods to your diet; Oats, beans, pears, peas, lentils, artichokes, broccoli, raspberries, blackberries, avocado, bran flakes.



#BeMindful



Yoga

- Monday 11th October
- Wednesday 13th October
- Thursday 14th October
- 12:15pm – 1:00pm
- 1st floor Chadwick House.

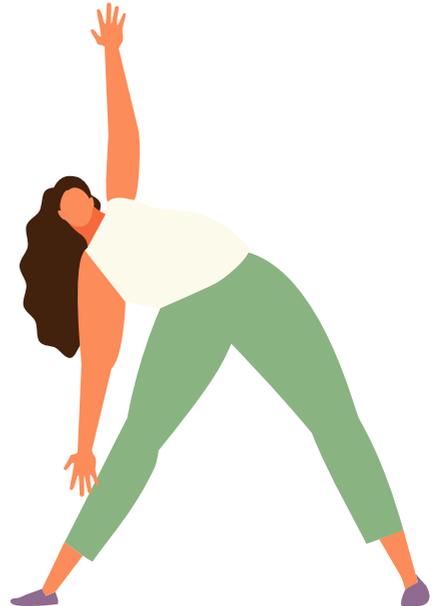
Yoga is a wonderful workout for the body and mind. Helping to tone up muscles and increase flexibility, whilst calming the mind and de-stressing completely.

Free to Birchwood Park Occupiers during Wellbeing Week. Limited spaces book through [Alive and Well Gym 01925 824455](tel:01925824455).

Pebble Art

- Friday 15th October
- 12:00pm – 2:00pm (Drop in anytime)
- EngineRooms

Take some time out of your day to get creative and relax by joining the pebble art movement in Warrington. Use our supplies to paint your own pebble however you like, colourful designs or positive messages then either take it home with you or spread some positivity by hiding it around the Park for someone else to find.



#BeSocial

Birchwood Park Book Club

- Monday 11th October
- 12:00pm – 1:00pm
- EngineRooms

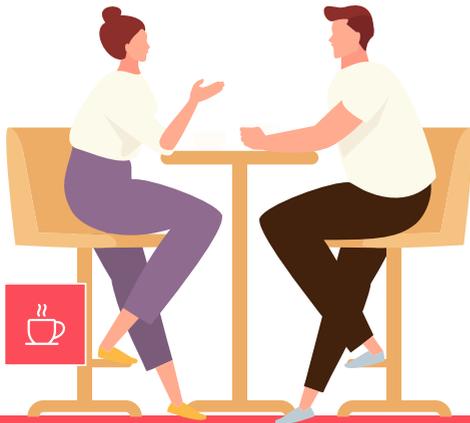
So far our members have only ever met via Zoom so we're inviting them, and any new members interested in joining, to meet in person and have a chat over a coffee.

For more information please email Elaine on ehoult@birchwoodpark.co.uk

The MitE Park Chaplains

- Mon 11th October | 11:00am – 11:30am
- Wed 13th October | 12:00pm – 2:00pm
- EngineRooms

Our Chaplains are available for a sit down chat at the above mentioned times. So if you're looking for a listening ear please pop over for a chat and a coffee.



Crafts Session

- Thurs 14th October | 12:30pm – 1:30pm
- Make Your Own Door Wreath
- Engine Rooms

Meet Hayley from Hayley's Flower Studio, get away from your screens and enjoy some creative craft time.

All materials will be provided for your own fresh Autumnal Hanging Door Wreath which should last up to 4 weeks.

This activity is free to **Birchwood Park occupiers** to take part but a small donation to our Park's Charities would be appreciated.

Sign up via Parklife or this [Eventbrite Link](#)

Live Music

- Thurs 14th October | 12:00pm – 2:00pm
- EngineRooms

Join us for lunch and Live Music at the EngineRooms.

Lunch time Brain Challenge

- Thurs 14th October | 12:00pm – 2:00pm
- EngineRooms

Put your phones away, find the list of questions on your table to the Birchwood Park Quick Quiz – no cheating! Post your answers in the box at the entrance to the EngineRooms and you could be in with a chance to win lunch for your team.



 **PARKLIFE**

parklife.birchwoodpark.co.uk |   @birchwood_park

 Birchwood Park