



Your guide to daily



5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



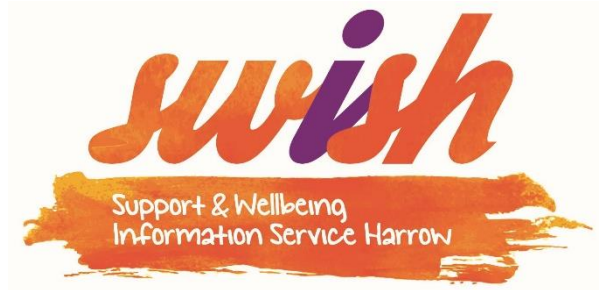
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Notice the small stuff... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Tips

Like a spotlight: our attention can only really be focused on one thing at one time. If we are in our head then we don't pay attention to where we are and what we are doing.



Lost in thought: on average, our minds are lost in thought 47% of the time. That's almost half of our lives we are not present in the world in which we live. When our minds are lost in thought, they tend to worry. They worry about something that happened in the past or something that might happen in the future.

Being vs Doing: Being mindful by taking notice can help to reduce the amount of time spent needlessly worrying by re-focusing our attention on the present moment.

Case Study

Saud was not sure where to start on the journey of managing his anxiety in a positive way to help decrease his symptoms of stress. Saud began by accessing the NHS Choices website where he found 'Moodzone' and subsequently downloaded a few different apps around mindfulness, meditation and physical activity. After a couple of weeks of regular use, he found the newly developed habits had helped him to become more aware of triggers for his feelings of stress as well as how his mood could affect his body. Through dedicated mindfulness use, Saud successfully began to worry less about the past or future and instead developed methods for staying in the present moment. In general, Saud began to feel more relaxed and more likely to engage with new people and new activities, like going for walks in the park and joining a local allotment scheme.



For more information on NHS-Moodzone, continue reading.



Opportunities to Take Notice – Using the senses

Sight

Harrow Camera Club

We are a club for photography enthusiasts, whatever their age or experience, where creative and technical ability is developed and celebrated in a friendly and vibrant atmosphere. We meet at 8pm on Tuesday throughout the year.

Guide Headquarters, Leeway Close, Hatch End, HA5 4SE

T: 07796 444644 (New Member Enquiries)

www.harrowcamera.co.uk

Heath Robinson Museum

Our permanent exhibition tells the full story of Heath Robinson's artistic career with original artwork and other items. Open from 11am-4pm on Thursday-Sunday.

Entry fees: Adults £6, Over 65s £5.00, Children 5-18 and full-time students with student ID, people with disabilities £4; carers go free, Families: up to 2 adults and 4 children £18, free entry with National Art Pass.

Pinner Memorial Park, West End Lane, Pinner, HA5 1AE

T: 020 8866 8420 | E: welcome@heathrobinsonmuseum.org

Types of Trees in Harrow

Harrow Council information regarding the types of trees that can be found in Harrow's streets and parks.

http://www.harrow.gov.uk/info/200253/parks_and_open_spaces/1430/types_of_trees

Usurp Art Gallery & Studios

The Usurp arts space and studios was launched in 2010 to develop opportunities for communities to engage with artists, musicians, poets, filmmakers, activists, writers, performers and designers. We have created an arts hub for meeting, learning, exchange and thinking. Usurp is the only artist-led space in the Harrow area.

140 Vaughan Road, London, HA1 4EB | T: 0208 426 6264 | M: 07956 817038 |

E: art@usurp.org.uk | www.usurp.org.uk

Vue Cinema – Harrow

Vue Cinema Harrow offers a range of content and event cinema titles including opera, ballet, musicals, national theatre, live streaming of sporting events and concerts. Vue Harrow has wheelchair access throughout the venue and in all screens. Sub-titled films are shown every week. Autism-friendly screenings are shown at 10am on the last Sunday of every month.

St George's Shopping & Leisure Centre, St Anne's Road, HA1 1HS

www.myvue.com/cinema/harrow



Sound

Harrow Arts Centre

Based in Hatch End, Harrow Arts Centre is the only professional multi-art form venue in the London Borough of Harrow. Throughout the year our thriving arts venue hosts fantastic events encompassing music, theatre, comedy, dance, film and much more. We work in close partnership with many local organisations and community groups to deliver an inclusive, educational and accessible programme of events and activities for the diverse community of Harrow.

171 Uxbridge Road, Hatch End, Middlesex, HA5 4EA

T: 020 3773 7161 | E: box.office@harrowarts.com

www.harrowarts.com

Heath Robinson Museum – Open Mic

From 7:30pm to 9:45pm: Music, storytelling, poetry and fiction from some of the best in the Pinner area. Great atmosphere. All welcome. £3 entry fee, all profits to charity. Tickets at the door.

Pinner Memorial Park, West End Lane, Pinner, HA5 1AE

T: 020 8866 8420 | E: welcom@heathrobinsonmuseum.org

www.heathrobinsonmuseum.org

PinFab (Pinner Folk and Blues Club)

Come and play and sing or just listen and enjoy – your choice, on the 1st and 3rd Wednesday of every month from 7:45pm.

Pinner Village Hall, Chapel Lane, Pinner, HA5 1AA

T: 07900 814922 (include PinFab in text) | E: PinnerFolkandBlues@outlook.com

<http://pinfab.wordpress.com/>

Movement

Harrow Hill Trust

E: hello@harrowhilltrust.org.uk

The Harrow Hill Trust is a volunteer-run community organisation that looks after the people and places of the Harrow on the Hill conservation areas. We regularly organise guided walks around the hill. In general, the guided walks commence at 2.30pm, meeting on the Green, High Street on the Hill. The charge of £3, or £2 concessions, goes to Trust funds. Please do get in contact for more information.

www.harrowhilltrust.org.uk



Harrow Parks and Open Spaces

Information and advice on the facilities, locations and history of Harrow parks.

T: 020 8901 2600

http://www.harrow.gov.uk/homepage/49/parks_and_open_spaces?WT.ac=parks_and_open_spaces

London Parks & Gardens Trust

We aim to increase knowledge and appreciation of parks, squares, community gardens, cemeteries, churchyards – all those places that form London's open space network. Trust members – amateurs and professionals – provide lectures, walks, day trips, children's programmes, a newsletter and journal, research and an inventory of historic green spaces.

T: 020 7839 3969 | E: office@londongardenstrust.org

www.londongardenstrust.org

Pinner Village Gardens

Located on the outskirts of Pinner with entrances from Rayners Lane, Compton Rise, Whittington Way and Hereford Gardens. The park provides 6.58 hectares for informal recreation. There are extensive shrub and azalea plantings, and a small rose garden. Facilities: 2 Tennis Courts, 2 x Children's play area, Basketball practice goal.

Marsh Road, Pinner | T: 0208 901 2600

www.harrow.gov.uk/info/200253/parks_and_open_spaces/54/pinner_village_gardens

Yoga Classes – online directory

A web directory to support Yoga Students and help promote yoga teachers and yoga studios in the UK.

<http://www.localyogaclasses.co.uk/search/Middlesex-Harrow>

Taste

Harrow Cookery School

Whether you're a beginner, amateur or experienced cook and if you love great food you'll love the hands-on approach to teaching at the Harrow Cookery School.

Located at the Civic Centre on station road we have a fully equipped training centre and experienced tutors that will help you master new cooking techniques. We offer a range of classes to suit everyone including fun and entertaining workshops for children. Whether you book a half day, full day or an evening, our chefs will teach and inspire you to create great food using quality ingredients. Competitive pricing.

T: 020 8736 6810 | E: cookery.school@harrow.gov.uk

www.harrowcommercialservices.co.uk/services/catering/harrow-cookery-school



NHS – The Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week. www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Touch

The Harrow Potter

Art classes and gallery space. We want to celebrate and promote hand-crafted work.
391 Station Road, Harrow HA1 2AT
T: 07926 34 7926
www.theharrowpotter.co.uk

How to be mindful?

Reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.

Apps, Podcasts and Online resources

Aura

Whenever you're stressed and anxious or having trouble sleeping, Aura will find mindfulness meditations, life coaching, stories, and music personalized just for you. To personalize the experience, Aura will initially ask about your age and how stressed, optimistic, and interested in mindfulness you are. Aura will continuously learn about what helps you and improve the recommendations. Free to download. Offers in-app purchases with monthly and yearly subscription options. www.aurahealth.io

BirdTrack

If you have been out birdwatching or simply watching the birds in your garden, recording the birds you have seen can be useful data. The scheme is year-round, and ongoing, and anyone with an interest in birds can contribute. Registration of your name, address and email address is required to begin. Free to download. <https://app.bto.org/birdtrack/main/data-home.jsp>



Daylio – Journal, Diary, Moods

Daylio enables you to keep a private journal without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. This format can help you to understand your habits better. Keep track of your activities and create patterns to become more productive! It is free to download and offers in-app purchases.

<https://daylio.webflow.io/>

Headspace - Meditation

Our Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness. After that, by subscription, gain access to the full Headspace meditation library. Bring more awareness to daily activities through on-the-go exercises, and use SOS sessions to skilfully manage moments of panic or anxiety.

www.headspace.com

Health Help Now

Are you tuned into your physical health symptoms? Health Help Now aims to help people in Harrow find the right service for their health needs. It provides advice and guidance and signposts to the relevant health and care services. It is suitable for everyone to use. Under 16s should use the product in conjunction with their parents.

<http://harrow.healthhelpnow.nhs.uk/>

Insight Timer

10,000+ free guided meditations, music tracks, talks and courses. People come to Insight Timer for many reasons. Some are looking for a peace and happiness. Others hope to achieve greater levels of compassion and gratitude. And some need help with sleeping. In-app purchase offered of monthly or annual subscription options.

www.insighttimer.com

NHS – Easy Meals

Our free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to get you going if you're ever short of inspiration. 'One You' is here to help you live more healthily and make the changes that matter. Sometimes it's hard to know what to prepare or think of new meal ideas.

www.nhs.uk/Tools/Pages/easy-meals.aspx



NHS – Moodzone

Whatever you need to know about coping with stress, anxiety, depression, or just the normal emotional ups and downs of life, the NHS Choices Moodzone is here to help. It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

www.nhs.uk/conditions/stress-anxiety-depression

Stop, Breathe, and Think

Stop, Breathe & Think wants to help you get acquainted with mindfulness first. A section called 'Learn to Meditate' explains what mindfulness is, why it is beneficial, and what to expect when you press play on your first track. It even covers some of the neuroscience of mindfulness and the physiology of stress. A small library of free meditation tracks available. In-app purchases also available.

www.stopbreathethink.com

Take notice with faith and spiritual communities

Many faith and spiritual communities have volunteer opportunities and varied schemes to get involved with, like meditation classes that are offered for free at the Brahma Kumaris' location in Harrow. Many of these organisations will have a website explaining what activities are available. Alternatively, you could pop-in and express your interest to get involved and enquire what opportunities might be accessible and of interest to you.



Please call Mind in Harrow on 020 8426 0929
for a large print version of this factsheet or a summary translation.

Mind in Harrow's Mental Health Information Service is a part of SWiSH, a consortium of five local charities, offering the local Care Act Information & Advice Service for Harrow residents, funded by the Council. www.harrowca.org.uk

This factsheet was produced by
Mind in Harrow

Mind in Harrow, First Floor, 132-134 College Road, Harrow, HA1 1BQ
T: 020 8426 0929 | E: info@mindinharrow.org.uk | W: www.mindinharrow.org.uk
Registered charity number 1067480

Visit our website for our Mental Health Directory
<http://directory.mindinharrow.org.uk/>

Easy to use searches for over 100 Harrow services, including counselling/therapy, specialist NHS services, minority ethnic community organisations, support for carers, benefits & housing and self-help groups. Over 20 Harrow factsheets on topics such as schizophrenia, sleeping problems, self-harm and depression. Also, if you can't find what you are seeking in Harrow, the directory has around 100 National organisations which may be able to help.