[](http://www.activenewcastle.co.uk/)

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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **The Five Ways to Wellbeing**  The 5 ways to wellbeing video clips have been created by Active Newcastle to give simple tips around how we can connect more with people, take notice of our surroundings, be a little more active, learn new skills and knowledge and give more within our communities.  The guides give ways of how we can use these tips to improve our wellbeing during the current circumstances we find ourselves in | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | The first if the 5 ways to wellbeing is [CONNECT](https://www.youtube.com/watch?v=1tsBtN8Mo0E&t=27s) | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | [LEARN](https://www.youtube.com/watch?v=551rSo8-HFc&t=2s) is the third of the five ways to wellbeing.  Why don't you learn something new and let us know what you have been up to | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | [GIVE](https://www.youtube.com/watch?v=jvEPHjgkqoE) is the final of the five ways to wellbeing | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | How to [BE ACTIVE](https://www.youtube.com/watch?v=SsHDRb84k6g&list=PLvvdGm00h0Ve6St0Uml6W-2eSWl2o98Ju&index=4) is the second of the 5 ways to wellbeing. Watch the [video](https://www.youtube.com/watch?v=SsHDRb84k6g&list=PLvvdGm00h0Ve6St0Uml6W-2eSWl2o98Ju&index=4) the find out more | | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | [TAKE NOTICE](https://www.youtube.com/watch?v=nedWCio-DzU) of the things and people around you. Watch this [video](https://www.youtube.com/watch?v=nedWCio-DzU) for hints and tips on the fourth of the five ways to wellbeing | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  | |  |  | | --- | --- | | |  | | --- | | All information and session videos are available on the [Active Newcastle YouTube channel](https://www.youtube.com/results?search_query=active+newcastle) Subscribe for free to be notified when a new video is added | | | | | | |
| |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | May is walking month, and this year is no different, as Active Newcastle have set some great challenges for you to get involved in.  Take a look at the [Active Newcastle Facebook](https://www.facebook.com/Activenewcastlepage/?epa=SEARCH_BOX) page for daily updates on the challenges  **Challenges**  **The Tik Tok Challenge-** Active Newcastle community partners and public to create a Tik Tok video (tunes to include walk or move in the lyrics) share these on the Love Newcastle Tik Tok  **Walking Bingo**  Each day for the 31 days of May we will reveal something on the ‘bingo card’ for you to spot or find on your daily walk.  At the end of the 31 days the aim is to have found all the items on your walks.  We would ask you to share your videos or selfies on the Love Newcastle platforms (Tik Tok, Instagram) as well as  Active Newcastle Facebook and Twitter  **Walk Everyday in May**  Active Newcastle have been inspired by Captain Tom Moore’s determination to keep walking and in recognition of Walking Month our team have set a challenge for each of us to “walk every day during the month of May”.  We are personally inviting each and every one of you to join us in this challenge.  It can be as flexible as you want.  You can do this as an individual or challenge your friends/family and support each other.   Walking up and down the stairs, taking part in a Live Active Newcastle session, playing in the garden with the kids, or walking the dog, all count towards your daily total  More information about the challenges can be found on the Active Newcastle Facebook page   [#WalkThisMay](https://www.facebook.com/hashtag/walkthismay?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARDC5kIo4BDFkHzhhb6XYA5YczWiPaZlmAX6SujnAyEdAFHb7ZnT8iEQM4dFHwosldTt6_lDtzkkX8B4-uzUjDhecCaCqyOmN-w96PrvkyxGj2jhFhbqo5ylZEMFZoSOKKwtAL-A52IFa6TD0YN57tgGn6_uZak6O8IsIgv97F4_83qje2pbcHScUY3TSseqZEPfUb6CKL2iZXhE5b7ymXOs1d86TDmIPZ9_C47vSBHZNzSSexoloO70SoUS2ZjUjW22wpYmWICk6m7CNE2u6PoeioHoZ_VqZopP0FMc8t8gWwOVuZaJ9JRKYib8G9QblWzYoFGXLlQOCAVePvuYcubRknsgx5FSyPnjNw&__tn__=%2ANK-R) [#WalkTheRightWay](https://www.facebook.com/hashtag/walktherightway?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARDC5kIo4BDFkHzhhb6XYA5YczWiPaZlmAX6SujnAyEdAFHb7ZnT8iEQM4dFHwosldTt6_lDtzkkX8B4-uzUjDhecCaCqyOmN-w96PrvkyxGj2jhFhbqo5ylZEMFZoSOKKwtAL-A52IFa6TD0YN57tgGn6_uZak6O8IsIgv97F4_83qje2pbcHScUY3TSseqZEPfUb6CKL2iZXhE5b7ymXOs1d86TDmIPZ9_C47vSBHZNzSSexoloO70SoUS2ZjUjW22wpYmWICk6m7CNE2u6PoeioHoZ_VqZopP0FMc8t8gWwOVuZaJ9JRKYib8G9QblWzYoFGXLlQOCAVePvuYcubRknsgx5FSyPnjNw&__tn__=%2ANK-R) [#WalkingFromHome](https://www.facebook.com/hashtag/walkingfromhome?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARDC5kIo4BDFkHzhhb6XYA5YczWiPaZlmAX6SujnAyEdAFHb7ZnT8iEQM4dFHwosldTt6_lDtzkkX8B4-uzUjDhecCaCqyOmN-w96PrvkyxGj2jhFhbqo5ylZEMFZoSOKKwtAL-A52IFa6TD0YN57tgGn6_uZak6O8IsIgv97F4_83qje2pbcHScUY3TSseqZEPfUb6CKL2iZXhE5b7ymXOs1d86TDmIPZ9_C47vSBHZNzSSexoloO70SoUS2ZjUjW22wpYmWICk6m7CNE2u6PoeioHoZ_VqZopP0FMc8t8gWwOVuZaJ9JRKYib8G9QblWzYoFGXLlQOCAVePvuYcubRknsgx5FSyPnjNw&__tn__=%2ANK-R) | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | |  | |  |  | | --- | --- | | |  | | --- | | Below are the first four items of the walking bingo card we would like you to find - keep an eye on Facebook each day for the new daily item  Rainbow Magpie Colourful flower Cloud (Star Wars Day - Luke too the Skye) | | | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | We are offering live sessions on the Active Newcastle Facebook page every day.  The schedule will remain the same subject to staff availability.  Keep an eye out for new sessions coming soon  The Active Newcastle's Wellbeing and Movement programme are aimed specifically at people new to activity or who want to try moving more. Look forward to seeing you live on our [Facebook](https://www.facebook.com/Activenewcastlepage/) page. [#StayInWorkOut](https://www.facebook.com/hashtag/stayinworkout?epa=HASHTAG) [#ActiveNewcastle](http://https/www.facebook.com/Activenewcastlepage/) [#](https://www.facebook.com/hashtag/stayinworkout?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARBawUoFjZ6tEgi_OVqb_k_hBlsvkDE79ryb9dOWQ1hiifJ23oiQrpCmVtrQcW2UK4tZ2_hdnLFesxXHfE04JFlLbPUEJLbMp-XO1LDVkuv1U_fJeX8XPYcFb0ATV4PwYq7iThzHPcbnKge0XqUtM8auHcmiC3rMU12uWzHdzp6UcwuH1TEtmEazVgf3-BJqXk3YQq3Qn72n9_72MRoi0meaaw0_vmGnBCSpw8moqY7-fTRkO82DVL8AfzH1pQCK9oJE3UFE1jbSF8mh4ftHkyNWG3PEdtbQMTxixXaJtnW20nUUqh2rphI5NwGDZJCidR5zlUQgCUlgk3zSFZHMWuEXWHtK8cK56YA&__tn__=%2ANK-R)BeActive  [#](https://www.facebook.com/hashtag/stayinworkout?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARBawUoFjZ6tEgi_OVqb_k_hBlsvkDE79ryb9dOWQ1hiifJ23oiQrpCmVtrQcW2UK4tZ2_hdnLFesxXHfE04JFlLbPUEJLbMp-XO1LDVkuv1U_fJeX8XPYcFb0ATV4PwYq7iThzHPcbnKge0XqUtM8auHcmiC3rMU12uWzHdzp6UcwuH1TEtmEazVgf3-BJqXk3YQq3Qn72n9_72MRoi0meaaw0_vmGnBCSpw8moqY7-fTRkO82DVL8AfzH1pQCK9oJE3UFE1jbSF8mh4ftHkyNWG3PEdtbQMTxixXaJtnW20nUUqh2rphI5NwGDZJCidR5zlUQgCUlgk3zSFZHMWuEXWHtK8cK56YA&__tn__=%2ANK-R)Learn  [Monday 11.00am Move to Music 3.00pm Beginners Pilates  Tuesday and Friday 10.00am Stay in Work Out 3.00pm Seated Move to Music  Wednesday   11.00am Tai Chi Thursday      11.00am Wellbeing and Balance  Friday     Bank Holiday -no sessions   (subject to change)](http://https/www.facebook.com/Activenewcastlepage/)  **If you are taking part in the live sessions, why not leave us a** [review](https://www.facebook.com/pg/Activenewcastlepage/reviews/?ref=page_internal) | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **This Girl Can Newcastle** celebrates our North East women and girls getting active their way - whatever that may look like. We believe that there is no right way to get active - if it gets your heart rate up (feeling a bit puffed out) - it counts!   We would like to share how our women and girls are keeping moving to motivate others. Please send us your photo, short video or story of how you are doing this. Email us at [thisgirlcan@newcastle.gov.uk](mailto:thisgirlcan@newcastle.gov.uk)   Like and follow us on This Girl Can Newcastle [Facebook](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Factivenewcastle.us16.list-manage.com%2Ftrack%2Fclick%3Fu%3D79ed24d1ae94e010abbff8157%26id%3D58fe6b8335%26e%3D4372a6c63e&data=02%7C01%7C%7Cbbef21cd5b6e4b4f3fc008d7e8421cfa%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637233242954027674&sdata=nuAwzS66JVrQkE5rtjCQaUCslL9KqfFg3VdrHuitza0%3D&reserved=0) page and [**Instagram**](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Factivenewcastle.us16.list-manage.com%2Ftrack%2Fclick%3Fu%3D79ed24d1ae94e010abbff8157%26id%3D9f0a1d2e7a%26e%3D4372a6c63e&data=02%7C01%7C%7Cbbef21cd5b6e4b4f3fc008d7e8421cfa%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637233242954037668&sdata=lSgkPIqG%2BE41nU%2BgVfcEZ2bA7F6lxoygwKhyhoCczYY%3D&reserved=0) . We post inspiring stories, tips and activity opportunities - our community aims to support and encourage each other, to show that anyone can be more active 😊  [#ThisGirlCanNewcastle](https://www.facebook.com/hashtag/thisgirlcannewcastle?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARBawUoFjZ6tEgi_OVqb_k_hBlsvkDE79ryb9dOWQ1hiifJ23oiQrpCmVtrQcW2UK4tZ2_hdnLFesxXHfE04JFlLbPUEJLbMp-XO1LDVkuv1U_fJeX8XPYcFb0ATV4PwYq7iThzHPcbnKge0XqUtM8auHcmiC3rMU12uWzHdzp6UcwuH1TEtmEazVgf3-BJqXk3YQq3Qn72n9_72MRoi0meaaw0_vmGnBCSpw8moqY7-fTRkO82DVL8AfzH1pQCK9oJE3UFE1jbSF8mh4ftHkyNWG3PEdtbQMTxixXaJtnW20nUUqh2rphI5NwGDZJCidR5zlUQgCUlgk3zSFZHMWuEXWHtK8cK56YA&__tn__=%2ANK-R)  #Connect | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | UK Active Kids have some great tools for kids.  Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity. [So, join the crew](https://ukactivekids.com/movecrew/?fbclid=IwAR0sfK6209Rr8_DWimW5Oxqv7P3PNif8cZnsivxL5Vtj-wYP4So42CPs3bE)  [#](https://www.facebook.com/hashtag/stayinworkout?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARBawUoFjZ6tEgi_OVqb_k_hBlsvkDE79ryb9dOWQ1hiifJ23oiQrpCmVtrQcW2UK4tZ2_hdnLFesxXHfE04JFlLbPUEJLbMp-XO1LDVkuv1U_fJeX8XPYcFb0ATV4PwYq7iThzHPcbnKge0XqUtM8auHcmiC3rMU12uWzHdzp6UcwuH1TEtmEazVgf3-BJqXk3YQq3Qn72n9_72MRoi0meaaw0_vmGnBCSpw8moqY7-fTRkO82DVL8AfzH1pQCK9oJE3UFE1jbSF8mh4ftHkyNWG3PEdtbQMTxixXaJtnW20nUUqh2rphI5NwGDZJCidR5zlUQgCUlgk3zSFZHMWuEXWHtK8cK56YA&__tn__=%2ANK-R)Learn  [#](https://www.facebook.com/hashtag/stayinworkout?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARBawUoFjZ6tEgi_OVqb_k_hBlsvkDE79ryb9dOWQ1hiifJ23oiQrpCmVtrQcW2UK4tZ2_hdnLFesxXHfE04JFlLbPUEJLbMp-XO1LDVkuv1U_fJeX8XPYcFb0ATV4PwYq7iThzHPcbnKge0XqUtM8auHcmiC3rMU12uWzHdzp6UcwuH1TEtmEazVgf3-BJqXk3YQq3Qn72n9_72MRoi0meaaw0_vmGnBCSpw8moqY7-fTRkO82DVL8AfzH1pQCK9oJE3UFE1jbSF8mh4ftHkyNWG3PEdtbQMTxixXaJtnW20nUUqh2rphI5NwGDZJCidR5zlUQgCUlgk3zSFZHMWuEXWHtK8cK56YA&__tn__=%2ANK-R)Connect  [#](https://www.facebook.com/hashtag/stayinworkout?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARBawUoFjZ6tEgi_OVqb_k_hBlsvkDE79ryb9dOWQ1hiifJ23oiQrpCmVtrQcW2UK4tZ2_hdnLFesxXHfE04JFlLbPUEJLbMp-XO1LDVkuv1U_fJeX8XPYcFb0ATV4PwYq7iThzHPcbnKge0XqUtM8auHcmiC3rMU12uWzHdzp6UcwuH1TEtmEazVgf3-BJqXk3YQq3Qn72n9_72MRoi0meaaw0_vmGnBCSpw8moqY7-fTRkO82DVL8AfzH1pQCK9oJE3UFE1jbSF8mh4ftHkyNWG3PEdtbQMTxixXaJtnW20nUUqh2rphI5NwGDZJCidR5zlUQgCUlgk3zSFZHMWuEXWHtK8cK56YA&__tn__=%2ANK-R)TakeNotice  [#](https://www.facebook.com/hashtag/stayinworkout?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARBawUoFjZ6tEgi_OVqb_k_hBlsvkDE79ryb9dOWQ1hiifJ23oiQrpCmVtrQcW2UK4tZ2_hdnLFesxXHfE04JFlLbPUEJLbMp-XO1LDVkuv1U_fJeX8XPYcFb0ATV4PwYq7iThzHPcbnKge0XqUtM8auHcmiC3rMU12uWzHdzp6UcwuH1TEtmEazVgf3-BJqXk3YQq3Qn72n9_72MRoi0meaaw0_vmGnBCSpw8moqY7-fTRkO82DVL8AfzH1pQCK9oJE3UFE1jbSF8mh4ftHkyNWG3PEdtbQMTxixXaJtnW20nUUqh2rphI5NwGDZJCidR5zlUQgCUlgk3zSFZHMWuEXWHtK8cK56YA&__tn__=%2ANK-R)BeActive | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | Sport England have launched a new campaign “Join the Movement” that’s all about giving people the advice and tools to get moving in and around the home in fun and creative ways.  They have hints, tips and tricks on how to keep moving.   You can find out more by going to their website.  [Join the movement and](http://stayinworkout.org/) [#StayInWorkOut](https://www.facebook.com/hashtag/stayinworkout?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARDdjMxkCObWNKRiX8jhHso1_c1sbNJZjSwFWmNP2kovMtnUmR3RR0wGLPVcIvgTdumQ3CiZNeB6yVpqo3T0UQfjuA5mdvqlMzJSucFwfVnwR5nmF_KYVC78maCsgwOLGRSDr370uR5Il15tHYMjzyByYgpuOFuc1KXRcFCFKcppI2eTOMh6MloHMVj4kNUDxywm04HwkkR-s_lqJEWmmLfyd693JiQgALpFB6ay94XGmNckn_dGO3ojqltSx5bfsvd9LzVp9CiLQjGuX88BDmosWJJD6YE9L6nMKq_mXM_9Qylp9ji-aIWQBBb1xPAVwyS6Yg1utC4OExScCj_LaKM&__tn__=%2ANK-R). | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | [**Every Mind Matters**](https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAIaIQobChMInJX05IPo6AIVF-DtCh3cxAbuEAAYASAAEgJK_PD_BwE) Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19). You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. It's important to remember that it is OK to feel this way.   Remember, this situation is temporary and, for most of us, these difficult feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it. Every Mind Matters has some great tips and advice on what you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home.   * Stay connected with others – make calls, video calls, message and get in touch with old friends * Talking about your worries * Looking after your body – eat healthy, well-balanced meals, drinking enough water and exercising regularly **#StayInWorkOut** * Do not stay glued to the news * Carry on doing things you enjoy – your favourite hobby, online quizzes or learn something new * Take time to relax | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **We are all living through unprecedented times.  It is great that the Government acknowledge how being active is so important to our health and well-being.  We at Active Newcastle would encourage you to ensure that you stick by the Government’s guidelines and only exercise , alone or with members of your household and apply the 2 meters of social distancing.  We are all in this together.  Stay safe and stay home #StayInWorkOut If you want to know more about Newcastle City Council’s response to COVID-19 you can use the following link** [www.newcastle.gov.uk/coronavirus](http://www.newcastle.gov.uk/coronavirus) | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **Importance of Fruit and Vegetables for Good Nutrition**  Good nutrition can have a huge impact on both our physical and mental wellbeing. Fruit and vegetables are the biggest food group from the groups shown on the Eatwell Guide.  Eating them can help maintain a healthy weight alongside a range of other health benefits.  They can also be a great option for a quick snack.  Most people are aware we should eat 5 portions of fruit and vegetables a day, however, the guidelines are actually a minimum of 5.  To get the most out of your 5 A Day try to include a variety of fruit and vegetables, different types contain different combinations of vitamins, minerals, fibre and other nutrients.  Almost all fruit and vegetables count towards your daily intake. They can be fresh, frozen, canned, dried or juiced. Have a look at the link below for more information and let’s see if we can get towards or past the 5 a day recommendation. <https://www.nhs.uk/live-well/eat-well/why-5-a-day/> | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | *Copyright © 2020 Active Newcastle  All rights reserved.*  **Our mailing address is:** activenewcastle@newcastle.gov.uk | | | |