

Well London Newsletter

— *Communities working together for a healthier city* —

How to achieve Wellbeing

- **GIVE...**
- **KEEP LEARNING...**
- **TAKE NOTICE...**
- **BE ACTIVE...**
- **CONNECT...**

Every issue we will talk about one of these actions; the benefits of implementing it in your life and how to apply it. In the last issue we talked about the importance of giving.

In this issue we will talk about **KEEP LEARNING**.

When we talk about learning we are not necessarily talking about the academic aspect. You can learn to do anything as long as it is a new skill you are learning it. You will find it fun, as long as it is something you WANT to you should have no trouble with needing motivation to do it.

Was there a language you always wanted to learn? A sport you looked at and thought you could do? A dish that looked tasty? Something you own that is broken and you never got round to getting anyone to fix it? A subject in school you wished you were still studying? A favourite song you wished you could play?

There are so many benefits to keep learning, not only do you keep your brain active; which will improve you memory and ability to learn. It also improves health as research shows who have a greater sense of purpose and personal growth have lower cortisol levels, an improved immune system and sleep better.

Source: Well London and Onika Winstion (Well London Apprentice)

"You must feed your mind with reading material, thoughts and ideas that open you to new possibilities." - Oprah Winfrey

"Learning is a treasure that will follow its owner everywhere." - Chinese Proverb

"I do not think much of a man who is not wiser today than he was yesterday." - Abraham Lincoln

"A man who views the world the same at fifty as he did at twenty has wasted thirty years of his life." - Muhammad Ali

"I am always doing that which I cannot do, in order that I may learn how to do it." - Pablo Picasso

RSPH Volunteer Training

RSPH Volunteer training helps our WLDT develop skills. It aims to increase confidence, awareness and skills in relation to health and wellbeing.

The training is going very well. It's given me a better understanding of the government guidelines for nutrition and physical activity. It has improved my skillset, making me more confident in my abilities, helping me to become a better volunteer for Well London.

I am enjoying working with a range of different backgrounds. Sharing our ideas for new projects and our past experience of being a Well London volunteer, Creating a healthier and more physically active London.

The RSPH is a great training course for anyone who wants to improve their volunteering skills. You get to mix with a range of different people who all share the same incentive improving nu-

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trition and physical activity in London.

Working as teams, sharing your ideas and experiences helps you to become more confident in your abilities as a volunteer. It is run in a relaxed, fun and friendly environment. Tutors are on hand help guide you through your course as well as the other volunteers. **Dathan.**

I enjoy the volunteer training a lot, I like meeting new people and the interesting talks we have as a group. **Howard.**

Personally, I find the volunteer training highly informative. I am learning new ways and techniques to improve my health and mental well-being thus I'm definite to affect other people positively :). **Ayo.**



The RSPH Delivery Team (Stratford Village and East Village Groups)

Why volunteer?

Before we answer this we'd like to answer the question what is a volunteer? A volunteer is someone who gives their time for an organisation freely and without being paid.

We realise how precious your time is to you, which is why we are so grateful when people decide to give their time. This is why our volunteers are able to join the training opportunities available to our Well London staff. We value them all and want to them to grow with us.

So why volunteer your precious time? Well here is what one of Well London Delivery Team

volunteers has to say about volunteering with us.

"I found out about Well London when Mavis (editor's note: the Well London SV coordinator) did the door to door knocking giving out flyers on Well London. Mavis asked me to come to the café workshop so I did and found that I really enjoyed it. That's how I got involved with Well London. I decided after that event I wanted to volunteer with Well London.

So far as a Well London volunteer I've helped out at the Well London PB event and gone to the DIY Happiness and RSPH volunteer training.

I have changed through volunteering with Well London because I have a better attitude and I don't feel as flustered in situations as I used to. I have my confidence back and I have confidence in the Well London team. I feel that Onika, Flo, Shantell and Mavis have really helped me make a difference. I will keep volunteering with Well London.

I have my name down for two projects with Well London to take part in and to also volunteer.

Volunteering for Well London has also giving me the confidence to take part in other projects. I now go to a project in Hackney called Men Sheds and it has worked out fine. Without volunteering with Well London I would have never have the confidence to approach this project".

Howard.



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