

Weekly Wellbeing Information and Tips



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Keep Learning

This week, continuing to explore the Five Ways to Wellbeing, we are focusing on “Keep Learning”. Evidence shows that continued learning enhances self-esteem, encourages social interaction and a more active life. Setting yourself goals, however small, has been strongly associated with higher levels of wellbeing. New and creative ways are emerging daily for people to learn and develop while living our currently more isolated lives.

“The beautiful thing about learning is that
no one can take it away from you”

-B.B King

Why not learn something new today?

- Libraries may be closed, but eBooks and eAudiobooks are still available to borrow. Is there a particular topic, skill or subject you’ve always wanted to learn more about? Follow the links below for libraries in your local area:

[East Sussex libraries](#)

[West Sussex libraries](#)

[Brighton and Hove libraries](#)

- A new project developed in response to the lockdown, [Fly High Stories @ Home](#), provides short and fun play scripts from some of the best contemporary playwrights around. You can act out the plays at home; a great challenge for families to do together
- If you fancy learning a new craft, there are a variety of free online tutorials, from [origami](#) to [hand lettering](#) to knitting with [Wool and The Gang](#)
- The Open University has a variety of [free online learning courses](#), including one on our own [Royal Pavilion in Brighton](#), so you can increase your local knowledge at the same time

- How about trying out and learning a new recipe? Brighton and Hove Food Partnership have some great recipes to get started, for [cooking on a budget](#) and with limited equipment
- Get creative with [Arts on Prescription in East Sussex](#) – learn a new skill from local creative people or find out about arts based events
- Open Strings are facilitating a variety of [online sessions](#) where you can explore and learn to support your wellbeing through music.
- Friday 8th May marks 75th anniversary of VE Day. Look out for activities in your area including some great resources for you to get involved and learn more about this historic day:

[West Sussex](#)
[Brighton & Hove](#)
[East Sussex](#)

- Do you enjoy sewing? Although opinions about the use of face masks at the current time are mixed, if you enjoy sewing and want a simple project to get started, you can learn how to make your own reusable face mask [here](#).
- Have you always liked the idea of learning a new language? Take the opportunity to try one of Duolingo's [free online language courses](#). Even just one word a day would be a great achievement!
- Life drawing, pottery and yoga are just some of the things you can learn with the [Isolation Station in Hastings](#).
- Watch a documentary about a subject you have always wanted to learn more about. Listen to or watch a [Ted Talk](#)
- Need a break from screen time? Radio 3 is running The Shakespeare Sessions with each episode helping you learn more about a play or key character from Shakespeare's work. Tune in or check it out [here](#)

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next week's edition: **Give**

