

What's On ...Key Dates in March

- 1st-31st March
Ovarian Cancer Awareness Month
- Sunday 1 March
Self Injury Awareness Day
- Monday 2nd - Sun 8th
Eating Disorder Awareness Week
- Thursday 5th
University Mental Health Day
- Wednesday 11th
No Smoking Day
- Thursday 12th
World Kidney Day
- Friday 13th
World Sleep Day
- Fri 20th
World Oral Health Day
- Mon 30th
World Bipolar Day



For some, fluxing hormones of the menopause can create a rollercoaster ride of despair and discomfort, every day feels like a lot of energy just trying to 'batten down the hatches' and prepare for the storm. Support, education and information is available in the form of MENOCIZE classes specific for women going through peri-menopause to post-menopause.

FOR MORE INFORMATION CONTACT

Email: gill.bauer@btinternet.com

Website: Tranquil-waves-of-motion.co.uk

Join my Facebook Group: Sail through (peri to post) Menopause

NEXT MENOCISE CLASS IS:

Monday 16th March at 2.30pm

The Connection of the Menopause and the Pelvic Floors & Exercise: £20

Eating Disorder Awareness Week

For any one looking for support with eating disorders, please visit:
www.beateatingdisorders.org.uk

We are delighted to confirm a ten week pilot for a brand new choir in Brentwood that supports the Chat 1st principles



Starting on Wednesday 11 March, 6.30pm - 8.30pm the new choir, conducted by Dave Wood will be meeting at Hutton Poplars every Wednesday for a ten-week pilot. The amateur performers from GODSPELL, the Brentwood Centre's community production starring Chesney Hawkes in 2019, so enjoyed meeting up that they have decided to set up their own choir - **and they want you to join.**

The emphasis is going to be upon meeting together as friends and enjoying our time together. For those who want to go on stage, there will be opportunities such as local community events (eg Brentwood's Strawberry Fair and Christmas celebrations) but that is not the be-all and end-all.

Ovarian Cancer Awareness Month

Do you know the symptoms?

Over 7,300 cases of ovarian cancer are diagnosed every year in the UK, but do you know what to look for?

- Persistent bloating
- Difficulty eating or feeling full
- Persistent abdominal pain
- Needing to wee more urgently

Share the symptoms this
#OvarianCancerAwarenessMonth








Other symptoms can include unexpected weight loss, change in bowel habits, and extreme fatigue. If you regularly experience any of these symptoms, and that's not normal for you, it's important that you see your GP. It's unlikely that your symptoms are caused by a serious problem, but it's important that you get checked.

Mental Wellbeing Programme - Come & Try It Week

Mon 30th March - Sun 5th April

As our current 12 week mental wellbeing programme comes to an end on 29th March, we will have a 'Come & Try' Week for the week commencing 30th March. This is the perfect opportunity to come along and give the classes a try, or bring along any friends or family who may benefit from joining us too.

Classes will include:

Monday 11.30am-12.30pm - FREE Wellbeing Walk

Monday 6.30pm-7.30pm - Racquet Sports, £2

Tuesday 1pm-2pm - Yoga, £2

Wednesday 11am-12noon - FREE Gardening

Wednesday 2pm-2.45pm - Boxing, £2

Thursday 1.30pm-2.30pm - Tai Chi, £2

Friday 10am-12noon - FREE Gardening

Friday 1-2pm - Swim, £2

Saturday 5pm-6pm - Gym, £2

How to improve your kidney health

- 1) Stay a healthy weight and try not to eat more than 6g of salt a day - that's about one teaspoon.
- 2) If you have diabetes or high blood pressure, make sure you keep them under control.
- 3) Aim for 30 mins of physical activity, 5 days a week. Pick something you enjoy like gardening or swimming.
- 4) Stop smoking. It slows the blood flow to your kidneys so they don't work as well.
- 5) Stay hydrated and avoid excess alcohol so your kidneys can do their job properly*.
- 6) Take drugs like ibuprofen with caution and seek advice because they can sometimes harm your kidneys.

*dialysis patients may need to restrict their fluid intake