Hi

We hope you are sitting comfortably because there is a lot of information to pass on today!

**Mental Health Awareness Week 18th – 24th May 2020 in conjunction with Alzheimer’s Society**

[](https://www.alzheimers.org.uk/)

The Wellness Champions and Victoria, have been making plans for Mental Health Awareness Week, which seems particularly important to all of us this year in dealing with all the change and uncertainty that COVID-19 has thrust upon our lives.  This year’s theme is kindness (to ourselves and others) and we plan to link a week of activity and acts of kindness to raising money for the firm’s charity ***Alzheimer’s***.  You can find out more about the charity and this fund raising event on the intranet in an article Victoria has written: [LINK](http://intranet.aat.local/Lists/Announcements/DispForm.aspx?ID=2355&Source=http%3A%2F%2Fintranet%2Eaat%2Elocal%2FSitePages%2FHome%2Easpx&ContentTypeId=0x0104004C49FD337AA3604B8992F1E063B7CEDA).

As with many charities, Coronavirus is seriously disrupting the ability of the Alzheimer’s Society to fund their dementia information and support and so they need our help more than ever.  We are hoping that some of the money you and family/friends might be saving through being homebound e.g. on coffees etc, might enable you/them to sponsor you for a week of challenges and make a donation via the Just Giving Page: <https://www.justgiving.com/fundraising/lockdownfundraising>.

So, we are planning a few activities to brighten your day/week and enable everyone (and possibly family members) a chance to get involved through various physical or creative/fun/kindness fundraising challenges and also build in some social interaction with your colleagues – all of which supports good mental health.

***Challenge Event***

The challenge is about being kind to yourself by taking some time out each day to get active for at least 30 minutes a day (which could of course be more than 30 minutes now that Boris has given the go-ahead and as long as social distancing is observed) and to then share some pictures of you in action on the Home Working intranet page <http://intranet.aat.local/wfh/_layouts/15/start.aspx#/SitePages/Home.aspx>, or alternatively email them to Jill or Karen who will upload them for you.  Some suggestions of some physical and not so physical activities are:

* HIIT, yoga, running (e.g. homebound 5k), walking, cycle your commute, gardening, dancing in your kitchen!
* Yes Day, an act of kindness, baking, home haircuts/head shave, coin hunts, lip sync battle or waxing!

Throughout the week, the Wellness Champions will also post links to free exercise classes or other activities that you might want to try out yourself (and include a video/picture of a one of us doing it/having done it!).

We will share the just giving page and our commitment to Mental Health Awareness week via the firms’ social media, and hopefully you can also share this yourself to encourage friends and family to sponsor you.  You could also ask people to challenge you to different activities in exchange for donations!

AND……. the first £50 raised will unlock the first of a series of partner videos (embarrassing or challenging) – so hopefully the partners (and anyone else who would like to produce one) are working on those so please give them some gentle encouragement   The final video released, at some point towards the end of the month, in exchange for donations, will be the challenge set by Mike of Ian “*emptying your bin while performing the Dance of the Little Swans from Swan Lake, while dressed in white tights.*”.  It’s going to be very embarrassing (Ian is currently at ballet boot camp with his daughter) but worth doing in the name of charity – however he draws the line at waxing apparently!

***AATea Time Chat***

Connecting with others regularly is essential to many people’s good mental health.  Whilst we are all trying to keep connected whilst working through team catch ups and calls etc, as the prolonged absence from the office extends into May and June, I think we all (even the introverts) probably miss that social interaction with our people in the kitchen, over a cup of tea or lunch etc.  So we propose that all departments/teams have a tea/coffee/cake Teams catch up at **3:00pm on Thursday 21 May** where you could talk about how you have been getting on in the challenge event, share ideas, encourage each other, show off the cake you are eating, and of course chat about anything else (as long as it’s not work )!  We would also love our furloughed team members to join in with that and ensure that everyone has a chance to participate so please invite them too.  An outlook invite will follow for each department/team.

**Competition time**

This week we have gathered some photos of booze cabinets from around the firm and all you have to do it match up the booze cabinet with the person.  Review the photos in the attached file and add your A to H guess in the table below.   The usual huge cash prize of £25 is on offer.

If you are one of the people who kindly provided a photo then you can still enter but a handicap will be applied.

As a tie breaker, please indicate how many letter I will open in the office today.

Answers by 10am on Monday please.

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| Rachel |  |
| Lawrence |  |
| Claire |  |
| Nick |  |
| Ian |  |
| Alex B |  |
| Simon |  |
| Karen |  |



**Gill Household**

We had our second lockdown birthday on Wednesday.  Mille (now 10) requested a rainbow unicorn cake and this was duly delivered with towering style!  I think we might be out of lockdown before this cake is finished.



Have a great weekend.

**BC Contacts**

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| COVID-19 - At AA Thornton we are well equipped to proceed with business as usual, and to provide uninterrupted, high-quality service to our clients. Please click [here](http://www.aathornton.com/covid-19/) for our latest update. | |

