Hi

**Mental Health Awareness Week / Alzheimer’s Society Fund Raiser**

The Mental Health Awareness Week theme of kindness (to ourselves and others) has been action packed and has hopefully inspired you all to embrace a sporting challenge or other activity to support your mental health.  Several of you are running, cycling or rowing your commute over the week/weekend, so we will collect and share these sporting achievements next week (please send us pics and totals) well done everyone!

Sarah Neil we have noted your completed challenge and Stuart, you will deserve a bank holiday rest if you complete your new challenge!  In the meantime, if you haven’t already, take a look at the pics posted on the intranet  which include art, crafts, face painting, baking, scenic walks and more…. <http://intranet.aat.local/wfh/_layouts/15/start.aspx#/SitePages/Home.aspx>, and please continue to upload your pics.

Yesterday the AATea Time Chat took place, for those of you who were able to join in and we hope you enjoyed catching up and socialising with your colleagues/teams.  The Business Services teams certainly enjoyed connecting with each other and sharing what they have been up to, particularly as those in different teams haven’t seen each other for weeks resulting in comments such as “*it lifted my spirits!”*



Following the AATea Time Chats, it may be that a regular version of something similar would be beneficial/welcomed.  To mix things up a bit, what about a Book Club or a Pets Club or Recipe Sharing Forum?  Let us know if you have any suggestions and we’ll see what we can do.

And the video’s!....well a good laugh is surely the best way to boost your mental health and so a huge thank you to Rachel, Craig and Claire for their brilliant contributions so far!

The brilliant news is that so far, together we have raised a whopping **£1076** for The Alzheimer’s Society, which is a fantastic achievement – thank you to all of you and your family and friends who have donated to such a worthwhile charity in their time of need.  If you would still like to donate, here is the link to, the Just Giving page: <https://www.justgiving.com/fundraising/lockdownfundraising>.

We will aim to post some pics on LinkedIn etc next week to show off our ‘unique’ and sporting people (we’ll of course seek your permission first)!

**Competition time**

Nick received his prize and indicated he would decide whether or not to donate it to the Alzheimer’s Society once he had seen the quality of the videos and achievements during the week.  How are we doing Nick?

We are back to the Office Olympics this week for the chance to win the big cash prize of £25.  The competition is relatively simple – guess how long it took me to complete Mike’s challenge of

“*emptying your bin while performing the Dance of the Little Swans from Swan Lake, while dressed in white tights*”.

For those who have not already been scarred by the trailer, here is link.

<https://youtu.be/MEzUy7y7kXk>

Some people on the TM AAT Time Chat yesterday afternoon suggested that it was necessary to make the deposit in a bin outside the office but that is plainly not required by Mike’s challenge or something that should be inflicted on the few people lingering in the vicinity of 10OB!

Answers by 10am on Tuesday.  It has yet to be decided whether the release of the final video will be dependent on the justgiving page reaching a certain amount.  Perhaps you would rather donate for me NOT to release the video?!

Enjoy the long weekend!

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