

# MONTHLY UPDATE

Issue 1 / 1st April 2020

We felt that a monthly update/newsletter to keep in touch with you all during this strange time would benefit us all. It will be short, light-hearted, and hopefully be a breath of welcome fresh air for everyone. Please contact your Area Coordinator if you want to chat through how things are going with your Younger Friend, or if you need any ideas for how to stay in touch with them during this difficult time. If you have any suggestions for future updates do please let us know – email [karen.hoy@friendshipproject.co.uk](mailto:karen.hoy@friendshipproject.co.uk)

## PHYSICAL HEALTH AND WELL BEING CHALLENGE

Now that we are all staying in our homes we thought we would give you a few ideas for activities for Younger Friends to do over the coming weeks. Each activity will earn you points – see how many you can earn!

Complete the Joe Wicks <u>youtube</u> workout 3 points	Complete 10,000 steps 3 points	Complete a cosmic kids yoga session on <u>youtube</u> 3 points	Go on a <u>30 minute</u> walk 3 points	Skip for 1 minute 3 points
Do <u>100 star</u> jumps 3 points	Listen to David Walliams tell one of his stories on <a href="https://bit.ly/AudioElevenses">https://bit.ly/AudioElevenses</a> 2 points	Paint a stone/rock with a nice pattern 2 points	Record a video and send it to your Older Friend (or a school friend) 2 points	Read a book for 15 minutes 2 points
Draw a cheerful picture and put it in your window for people to see 2 points	Help to make lunch or tea 1 point	Make a den in your home or garden 2 points	Phone, text or email someone that you haven't spoken to in a while 2 points	Create an origami creation 2 points

## Spotlight on.....

**Name:-** Fiona Roche

**Started working for FP:** 1 July 2013

**Job Title:** Area Coordinator for Warwick/Leamington. I also coach tennis at Leamington Lawn Tennis and Squash Club, so I am very lucky to have two jobs where I am really working with the local community helping improve peoples lives and I find it very rewarding indeed.



**In my spare time:** I like to be outside, playing tennis, going for walks, planting pots, knitting, sewing, drawing and painting. I have recently been body boarding in Cornwall and Wales, which is very exhilarating in the month of October/November! I love baking cakes and make special themed birthday cakes for the family. I am partial to a crime box set with my 17 year old daughter!

**Favourite food:** Salad, particularly tomatoes! Recently I have become partial to After Eights and Marmite!

**Most exotic place visited:** I love exploring. I went on a

gap year after school to Egypt, India, Nepal, Thailand Malaysia, Indonesia, Australia and New Zealand, before I crashed the car my best friend and I were in, she broke her leg and we flew home! More recently with my partner Carl we have been to two incredible places so that he could photograph the night sky. Last year was Tenerife - we were up on the top of a volcano and I have never seen a milky way like it, whilst standing on lava! This year just before the Coronavirus hit we were in Iceland and saw the northern lights, we were incredibly lucky because there was a strong geo thermal storm going on and we had a clear night, so Carl took some beautiful photos.

**Words of wisdom:** My fathers words always stick in my head "take all opportunities in life that come your way", "never judge a book by its cover" and "Show compassion and kindness". I say to my children "Live for today" - we don't know what is round the corner.

# Happy memories.....



***'You are part of my family and I am a part of yours' said a Younger Friend about their Older Friend.***