



Weekly Wellbeing

Going up

Rare quintuplet lambs born on a farm in Cumbria



The makers of Barbie bring out gender-neutral



University offers a 'Science of Happiness' course



Penguins got to have the run around of the whole aquarium!



Your weekly dose of goodness to help keep you happy, healthy and mentally well.

Hello spring!

Although things seem a little bit cloudy in the world now, Spring has well and truly sprung! As the sun has been shining so brightly recently, we have decided to dedicate our first weekly wellbeing newsletter to it! We hope you enjoy reading and remember to look after yourselves 😊
The Bucks Mind CYP Team x

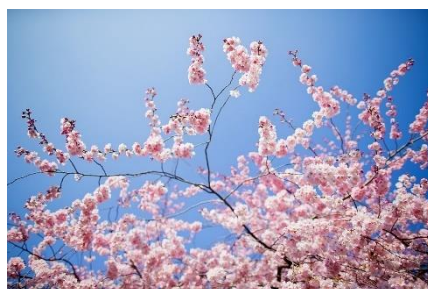


Stuck for something to do?

See our list of the most binge-worthy TV shows to watch this Spring...
Gilmore Girls
Friends
Riverdale
Call the Midwife
The Crown
Modern Family
New Girl
Downton Abbey
Once Upon a Time

Quote of the week

"The first blooms of spring always make my heart sing"
- S. Brown



Spring into Action!

It's super important to remain as active as possible, keep our bodies moving and blood pumping! Why not try this Spring equinox yoga class:



Need a pick me up? Check out this video of the cutest puppy playing with baby chicks!



Weekly Wellbeing

This week's recipe...

An oldie but a goldie!



Chocolate Easter egg nest cakes

Preparation time: less than 30 mins

Cooking time: less than 10 mins

Serves: makes 12

Ingredients:

225g plain chocolate (broken into pieces)

1 tbsp golden syrup

50g butter

75g cornflakes

36 mini chocolate eggs

Method:

1. Line a 12-hole fairy cake tin with paper cases.
2. Melt the chocolate, golden syrup, and butter in a bowl set over a saucepan of gently simmering water (do not let the base of the bowl touch the water). Stir the mixture until smooth.
3. Remove the bowl from the heat and gently stir in the cornflakes until all the cereal is coated in the chocolate.
4. Divide the mixture between the paper cases and press 3 chocolate eggs in the centre of each nest. Chill in the fridge for 1 hour, or until completely set.

Voila! Enjoy 😊

Spring Word Scrambles

ODLPTAE _ _ _ _ _

LMSOOSB _ _ _ _ _

AIGIRNN _ _ _ _ _

ESDUDPL _ _ _ _ _

RWESLFO _ _ _ _ _

NRIBOWA _ _ _ _ _

FLBTUERYT _ _ _ _ _



Information from Youth Concern

Coronavirus update: **YOUTH CONCERN** IS STILL OPEN!
(In fact, we're open on more days and for more hours than normal!)

Although we won't be opening our drop-in centre on Whitehill Lane in Aylesbury until further notice, we've launched a new triage service. Any 13-25 year old is welcome to call us on 01296 431183 to speak to a friendly member of our team. They'll be able to chat with a youth worker or counsellor 1:1 by phone or via a safe platform of their choice.

We're here for young people who need counselling, emergency accommodation / are at risk of homelessness or would like information about education, employment, housing, welfare, sexual health, addiction.

We also have big plans afoot to run several new virtual services: podcasts, live streaming & music sessions and more!

Watch this space! www.youthconcern.org.uk. But most of all, please encourage young people to call us on 01296 431183 Mon-Fri 10am-5pm.

Word scramble answers:

Tadpole, blossom, raining, puddles, flowers, rainbow, butterfly