

Inside Outside

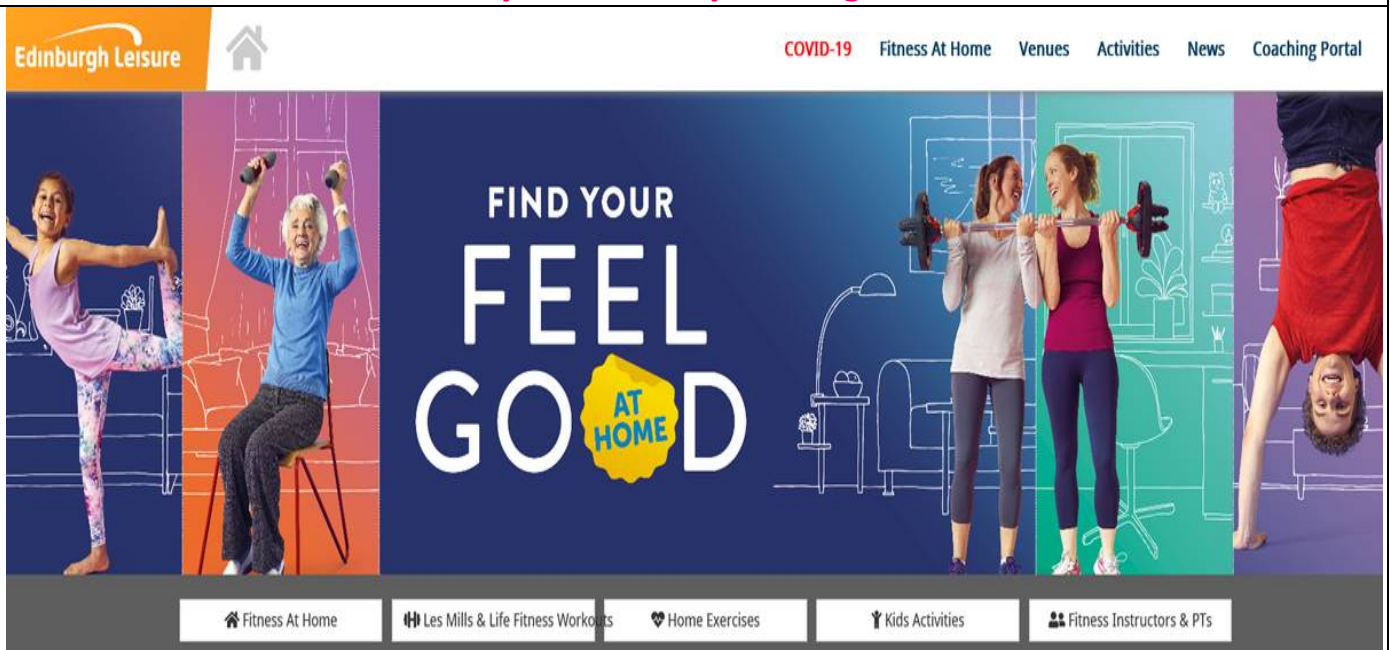
Briefing #2: 16 April 2020

We will be providing weekly briefings on different subjects and themes during the C19 Crisis. Welcome to our 2nd issue. Many thanks to all of who have sent us links and ideas for sharing.

This week we are focusing on how to keep active whilst practising social distancing or as Edinburgh Leisure describe it “**find your feel good at home**’. We’ve also included links to beautiful outside spaces you can visit without leaving your house, and innovations and new developments from partners.

Please continue to get in touch with your stories, materials and ideas – email linda.irvinefitzpatrick@nhslothian.scot.nhs.uk

“The best way out is always through.” Robert Frost



The banner features the Edinburgh Leisure logo and a navigation menu with links for COVID-19, Fitness At Home, Venues, Activities, News, and Coaching Portal. The main image shows four people engaged in different home exercises: a woman in a pink tank top and leggings performing a standing balance pose, an older woman in a blue top sitting on a chair and lifting weights, two women in a living room setting lifting a barbell together, and a woman in a red top performing a handstand. The central text reads 'FIND YOUR FEEL GOOD AT HOME' with 'AT HOME' in a yellow speech bubble. Below the main image is a navigation bar with icons and labels for Fitness At Home, Les Mills & Life Fitness Workouts, Home Exercises, Kids Activities, and Fitness Instructors & PTs.

Good, practical advice and tips to keep people active and help them Find their Feel Good, including:

5 ways to keep active during lock down - <https://www.edinburghleisure.co.uk/news/5-ways-to-keep-active-during-lockdown>

Access to free on-line classes - <https://www.edinburghleisure.co.uk/fitness-at-home/les-mills-and-life-fitness-workouts>

On-line circuit class led by one of Edinburgh Leisure’s specialist health instructors and links to NHS resources - <https://www.edinburghleisure.co.uk/fitness-at-home/home-exercises>

Activities for the family - <https://www.edinburghleisure.co.uk/fitness-at-home/kids-activities>

Links to on-line instructors and PTs - <https://www.edinburghleisure.co.uk/fitness-at-home/fitness-class-instructors-and-pts>

Outside Inside - today Im going to visit...

Glacier Bay National Park and Preserve, Alaska - A 3.3-million acre arctic paradise. **Glacier Bay's** fjords and ice rivers from a cruise ship

Grand Canyon, Arizona - This natural wonder **Grand Canyon** cradles two billion years of geologic history, with 40 layers of rock shaped into butters, spires and cliffs

Hawai'i Volcanoes National Park, Hawaii - Explore the Nahuku Lava Tube, which is a cave formed by flowing lava, which can drain lava from a volcano during an eruption, "fly" over an active volcano, and see the effects of an eruption from 1959 - **virtual tour**

Graffiti Tours - only every picture perfectly captures the street art of everywhere from Buenos Aires, Argentina to Malmo, Sweden and an art expert's audio tour plays in the background as you scroll through all the images **virtual walking tours**

The spring **#StepCountChallenge** is back! If you're already doing The **#DailyMileAtHome**, why not sign up with your colleagues? Keep active, safe and connected. @ActiveScotland <https://t.co/3UEHcobOuA#>

North Edinburgh Arts have put together some great activities – here are some examples , you can find out more at <https://mailchi.mp/dcf291496037/wereinthisogether-01?e=9dbc76e708>

Dancing with Dice

Join our Saturday Arts teacher [Hayley MacDonald](#) in some fun dancing games with dice. Get all your family involved and have fun. For written instructions click [here](#).

Cut and Come Again Lettuce Project

Over the next month Garden Artist-in-Residence Natalie Tay from North Edinburgh Arts will be posting beautifully illustrated instructions on how to **easily grow your own lettuce from seed on the windowsill**. To start the project, we'll be giving away free seeds to anyone interested in growing their own.

Join Stephanie Knight, a Hatha yoga teacher, for an **online general –level yoga class** on Saturday mornings throughout the next few weeks. This online class is suitable for everyone, and it will include prāṇāyāma [breath exercise], āsana [Yoga postures], relaxation and a guided meditation.

When: Saturdays, 10.30am – 12pm. This class will be streamed via Zoom so please make sure you download this free application on your device prior to the start of the class.

Email admin@northedinburgharts.co.uk for more details and to book your place

Collective art activities

Every week an artist's film commissioned by Collective from the archive will be posted and following these with an online Zoom discussion for anyone interested in talking about the film and how it relates to the current situation. Current and forthcoming films are here on Collective Edinburgh's website <https://www.collective-edinburgh.art/programme>

While schools are closed the learning programme, Collective PLAY, has moved online. Each week we're posting a new themed suggestion for 'loose parts play' - a child-led way of playing using a 'loose parts toolkit' of everyday items collected from your own home. The first two sessions are online - more to follow every Friday <https://www.collective-edinburgh.art/programme/loose-parts-fridays>

My Experience of Isolation: A SMHAF Commission

What does isolation mean to you, what impact does it have on your mental health, and how do you cope with it?

Many people were already experiencing isolation for reasons unconnected to coronavirus (COVID-19) – long-term health problems, disabilities, family breakdown, poverty etc – all of which can affect mental health. Many of these problems will have been exacerbated by the current crisis.

The Scottish Mental Health Arts Festival wishes to commission **five artistic responses to the theme ‘my experience of isolation’** that can be showcased via SMHAF’s website. In the midst of the coronavirus crisis, we want to amplify the creative voices of people who already understand isolation, in the interests of solidarity, empathy and the sharing of wisdom and experience.

We are happy to hear proposals spanning all art-forms – music, film, animation, writing, visual art etc - as long as the work can be created in isolation and shared online through SMHAF’s website. The successful proposals will be compellingly presented and have something insightful to say about the causes and effects of isolation and mental health.

Each selected artist will receive a fee of £500 inclusive of all costs and materials.

To enter, please send a short proposal – one paragraph maximum if in writing; we can also accept proposals by audio or video – plus examples of previous work and an estimate of how long it would take you to make and submit your piece. We will not prioritise applicants who are able to make work more quickly. We can also be flexible around access needs.

Please send proposals and any questions to Gail Aldam at galdam@mentalhealth.org.uk .

The deadline for submissions is **Friday 1 May at 5pm**. However it may be possible to extend this if there are reasons why you need extra time.

Thanks to Redhall Walled Garden for these beautiful photos - <https://www.samh.org.uk/>

