



OCTAVIA

The Good News Newsletter

January 2021

We know that this year has been difficult for everyone and we at Octavia have missed seeing you all at our various activities. We have created this 'Good News' Newsletter to spread some joy during these difficult times. Please enjoy this newsletter with a good cup of tea/coffee, a nice sweet treat and have a break from the regular news.

- From the Befriending Team

Wellbeing Tips of the Month

1. **Adapt your routine for the winter months.** This could involve learning a new skill, finding a new recipe to try, or even trying a new book.
2. **Talk to someone.** If you are finding things difficult, it's good to reach out to a friend—maybe even someone you've met at a coffee morning. However, there are a wide range of organisations you can call if you're feeling overwhelmed. For instance, the Samaritans (116 123), SANEline (07984 967708) or the Silver Line (0800 4 70 80 90) can be called if you are feeling low. Remember, there is always someone for you to talk to and you are not alone.
3. **Take a break from the news!** Whilst it's good to keep informed of changes in lockdown rules, it is imperative to get a break from the news. If you are finding that the news is causing you anxiety, take a break and watch a comforting movie instead.

Coming by Philip Larkin

On longer evenings,
Light, chill and yellow,
Bathes the serene
Foreheads of houses.
A thrush sings,
Laurel-surrounded
In the deep bare garden,
Its fresh-peeled voice
Astonishing the brickwork.
It will be spring soon,
It will be spring soon—
And I, whose childhood
Is a forgotten boredom,
Feel like a child
Who comes on a scene
Of adult reconciling,
And can understand nothing
But the unusual laughter,
And starts to be happy.

Riddle of the month

I have branches, but no fruit,
trunk or leaves. What am I?

Answer: A bank

Did you know?

Did you know that Ikea bought a US forest, of 11000 acres, to stop the forest being developed on and commit itself to its goal of being carbon neutral?

Did you know that, in 2020, a small village of 11 houses has been built in Scotland to help homeless people and to rehabilitate people?