



Well, not so 'out and about'...



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Planning

Recently it's been more of a 'staying in' situation of course! The last few weeks have been a challenge for us all, but thankfully our amazing team has adjusted to the working from home life brilliantly and have continued to provide our clients with a first-class service.

In times like these, keeping an upbeat culture is more important than ever. We've made sure that our focus on supporting the team hasn't dipped and are doing whatever we can to help them achieve a happy working-from-home environment that is conducive to providing the best service possible.

Usually we would save our community work for our charity newsletter, the

Foundation roundup, however we feel it is important at the moment to take note of some of the incredible work being done. We are extremely proud to help our local heroes and organisations that are working hard to provide support for the most vulnerable members of our society.

I hope this newsletter provides some light relief and, from the whole of Equilibrium, we hope you and your families are keeping safe.

If you have any thoughts or feedback, I would be delighted to hear from you at sarah.warburton@equilibrium.co.uk



Staying connected

The team has been amazing through these challenging times, and we've had plenty of virtual games and competitions to make sure we stay connected. From 'guess the Equilibrium baby' to online bingo, we've still managed to keep the team spirit alive even whilst we're apart.

As always, you can keep up to date on the latest from the team by following us on Instagram: [@Equilibrium.fp](https://www.instagram.com/Equilibrium.fp)



Movers and shakers

The working from home situation has allowed a few special guests to join Equilibrium over the last few weeks!



We're live!

You might have joined us in April for our first ever live stream client briefing! If you couldn't join Mike Deverell for his presentation on the day, you can watch recordings of all our live streams by [clicking here](#).

There have been a variety of presentations on a wide range of topics recently, so make sure you take a look if you haven't had a chance to watch them yet.





Making people's lives better

Our purpose of making people's lives better doesn't just apply to our clients and staff. We feel that giving back to the community is more important than ever at the moment.

We are incredibly proud to say that the Equilibrium Foundation has donated over £30,000 to support a variety of charities over the last few weeks. Below are just some of the fantastic causes we've helped.

Elle For Elle and **Stockport without Abuse** who support domestic violence victims.

East Cheshire Hospice who provide fantastic end of life care to people in East Cheshire.

Various foodbanks to help those in need of support.

MCR NHS Foundation Trust who support front line NHS workers.

Age UK to help their work supporting the elderly.

Pure Insight who provide mental health care, mentoring and support to young people (aged 16-28) leaving care.

Barnabus who help people get off the streets or keep them safe whilst living on the streets.

NHS Big Lunch Box – we provided 500 lunches for the NHS via this charity.

Our very own **Julie-Anne Jackson, Lead Receptionist**, (below) has been able to make 100 PPE visors for NHS workers with a donation from Equilibrium.



Useful links

There have been plenty of useful and interesting resources shared over the last few weeks, so we thought we'd do a little round up for you.

Mind

If COVID-19 is causing you to feel stressed, there are lots of things you can try that could help your wellbeing as detailed in the guide by mental health charity, Mind, which can be found [here](#).

TED talk: Bill Gates - the next outbreak

You may or may not be surprised to hear that Bill Gates predicted a pandemic as the one thing he fears most back in 2015. You can watch his TED talk [here](#).

Yoga with Adriene

Yoga with Adriene provides high quality practices on yoga and mindfulness at no cost to inspire people of all ages, shapes and sizes across the globe. You can take a look at the website [here](#).

The Doctor's Kitchen

The Doctor's Kitchen is a website and podcast focused on the medicinal effects of eating well. The website has some delicious recipes and some fascinating podcasts with worldwide experts on health and wellbeing. Click [here](#) to take a look.

Why COVID-19 took everyone by surprise

COVID-19 spiralled into a global pandemic quicker than anybody expected. This video uses visual special effects to demonstrate the power and rapidity of exponential growth and how it relates to the spread of a virus like COVID-19. Watch it [here](#).

