

mirthy →

Summer Programme

April 2021
JULY - AUGUST 2022

TRAVEL:
Home or
Away?

p. 4-14

p. 36

WIN!
12 months of
Mirthy premium

TABLE OF CONTENTS



04

Home & Away
p. 4-7 & p. 8-14



15

Live WELL



24

Arts & Crafts



27

Love to Learn



33

Community



**DOWNLOAD
PRINTABLE CALENDAR**

FOUNDER'S NOTE



Dear Readers,

Mirthy has come on a long way since we set up shop nearly 24 months ago. Today, we run over 100 online classes, activities and events each month, and are a growing community of 45,000 members worldwide! The team are hard at work over our next big development, with more details to share very soon - watch this space!

Welcome to the first issue of the Mirthy Magazine. This is an extended programme of events for July and August with some other interesting bits to keep you learning, inspired and entertained over the summer.

We have some incredible virtual tours covering the UK (Home) and abroad (Away), our usual mixture of fitness classes, and several interactive workshops.

In celebration of our first issue we are running a competition to win a free year's premium subscription to Mirthy. Just complete the crossword at the back (p. 36) and email your answers to hello@mirthy.co.uk by 31st July to be entered into the prize draw.

Alex

HOME

Discover the fascinating history and natural beauty of the UK as our speakers and tour-guides take you on a journey around this island that many of us call home!



A Visitor's Guide to Salisbury

7th July at 4pm

Malcolm Meadows

Salisbury began as a hilltop settlement and iron age fort founded between 600 and 300 BC. Its ancient Cathedral was built between 1220-1258 and is one of the leading examples of Early English Gothic architecture with the tallest spire in the UK. It has the largest Cloister and Close in Britain and houses one of the oldest working clocks in the world, and the best surviving example of the Magna Carta.



Explore St Paul's Cathedral

12th July at 4pm

Andrew Warde

The City of London's splendid 17th century cathedral is dedicated to St Paul, the patron saint of the City. There has been a cathedral on this site for over 1,400 years, the present building replacing one burned down in the Great Fire of 1666. Discover the splendid interiors of the church, together with its memorials to national figures, paintings, mosaics and fine carvings.



The Magic of Scotland's North Coast

21st July at 11:30am

Julia Goodfellow-Smith

The North Coast 500 has become an immensely popular touring route around the north coast of Scotland, and for good reason. It took Julia and her husband three weeks to drive the route, allowing plenty of time for exploring. This talk shares some of the magic of the north of Scotland, without having to travel all that way.



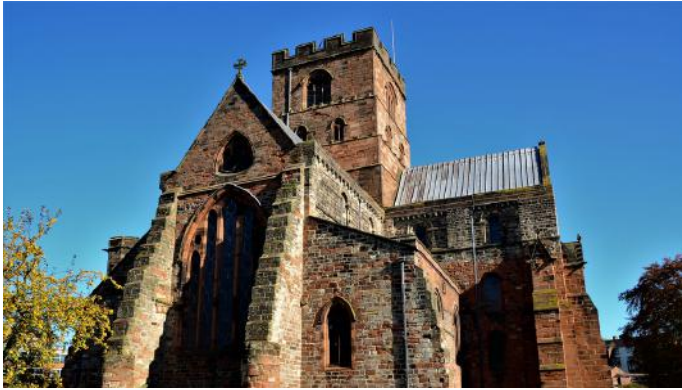
A Visitor's Guide to Portsmouth

4th August at 4pm

Malcolm Meadows

Portsmouth is the most densely populated city in the United Kingdom. It is the only island-city in the United Kingdom, and its history can be traced to Roman times. It is one of the world's best-known ports and the largest dockyard for the Royal Navy. In this talk we look at some of the famous ships that call Portsmouth home, the dockyard and some of the fascinating places to enjoy around the city.

HOME



10th August at 7pm

Historic Carlisle

Anna Gray

This great Border City has a history shaped by its proximity to Scotland and major north-south routes. We will look at the impact this has had on the city and its subsequent development. The tour will start at the imposing castle and take a linear route through the city looking at features that demonstrate 2000 years of Carlisle's unbroken history.



23rd August at 4pm

Round Towered Churches of Eastern England

John Vigar

If you've travelled in Eastern England you may have come across a round towered church, but outside this area they are rare, with only 186 existing in total. Much has been debated about their origins, dates and relevance, including some pretty bizarre theories but John's lecture explains their fascinating history and looks at the beautiful churches onto which they are joined, and the treasures they contain.



23rd August at 11:30am

A Visitor's Guide to Cardiff

Malcolm Meadows

Cardiff, the Capitol and largest city in Wales has a very colourful history. Archaeological evidence from sites in and around Cardiff show that people had settled in the area by at least around 6000 BC, during the early Neolithic period. In 1905 it was ranked as a city and in 1955 proclaimed capital of Wales. This talk will explore several of the fascinating sites around the city and its suburbs.



30th August at 11:30am

The City of Hereford Revealed

Penny Platts

Hereford was central to the long and violent history of the Welsh Marcher lands, guarding an ancient ford across the River Wye. Take a virtual walk from the cathedral, across the 15th century bridge and along the riverbanks. Cross Castle Green, with its monument to Lord Nelson, a Saon monastery and the site of a castle, before exploring the Norman Market place.



STATELY HOMES

5 of the Best Stately Homes to Visit in the UK

The United Kingdom is home to a wealth of iconic buildings with their own unique history. Once jealously guarded by the nation's elite, these can now be enjoyed by anyone for the price of admission!

We'll be exploring some of the best stately homes to visit in the UK. You can read the full article, which includes 5 more stately homes and membership details for National Trust and English Heritage, [on our website](#).

1. Chatsworth

Private/family owned

Home to the Duke and Duchess of Devonshire, this remarkable stately home has been in the Cavendish family for 16 generations. There are up to 25 rooms to explore, each with their own spectacular decor and furnishings. Chatsworth also holds a remarkable collection of art from around the world, from ancient Egyptian sculpture to masterpieces by Rembrandt.



2. Chartwell House

National Trust

What better place to visit than the family home and gardens of Sir Winston Churchill? While the grandeur of Chartwell can't compare to some other options listed here, its historical significance surely earns its place on this list.

3. Kenwood House

English Heritage

Located at the edge of Hampstead Heath in London, this spectacular property offers a taste of tranquillity to those living in England's capital. Stroll through the home's impressive gardens or take in its jaw-dropping interiors. The building contains a sizable art collection, including Rembrandt's piece, 'Portrait with Two Circles'.



4. Belton House

National Trust

The National Trust website describes Belton as "the perfect country house estate" with an astonishing collection of English portraiture, silver, sculpture, books, and more to be enjoyed by visitors to this unique location. The grounds, furnishings, and local wildlife are other factors that make Belton worth the trip.

5. Bodrhyddan Hall

Private/family owned

This lavishly decorated, grade I listed home is a jewel of Northern Wales. Lord Langford's family has lived here for several generations. The estate includes several hundreds of acres of gardens and pristine woodlands that simply sing during the summer months. Guided tours that dive into the history of this spectacular hall are available throughout the year.

AWAY

Explore the world without a plane ticket! Learn about the history of different cultures and feast your eyes upon the stunning architecture and extraordinary nature.



Egypt

12th July at 11:30am

Sue Ablett

Take a journey back in time to see some of the world's most impressive and ancient monuments - the Pyramids, the Sphinx, Temples of Abu Simbel and Luxor. This was a civilisation that saw some of the most amazing construction projects thousands of years ago but today as you cruise the Nile you still see farming with donkeys and hand tools. Hear about how they moved the temples of Abu Simbel and learn more about the discovery of King Tut's grave.



Vienna

19th July at 11:30am

John Vigar

Discover the unique architecture displayed in Imperial Vienna and the stories behind its magnificent buildings. Hear the tragic life story of the Empress Sissi, admire the treasures of the Holy Roman Empire and discover how a siege created the city's coffee-shop culture. You'll see that there is so much more to Vienna than Sachertorte!



Jain Temples of Palitana

19th July at 4pm

Amee Mehta

Religious scholars believe that Jainism was propounded by Mahavira in the Ganges Basin of Eastern India, around 7th-5th century BCE. There are some beautiful Jain temples in Ranakpur and Dilwara, renowned for their exquisite marble carvings. However we will visit the Jain temples in Palitana as this is believed to be the holiest of all pilgrimage places by the Jain community.



Myanmar

21st July at 4pm

Sue Ablett

A country only relatively recently opened to tourists, but one well worth visiting, even if on a somewhat "controlled" approved route. Once described as "A land of gold, populated by a deeply religious and dignified people, and with more temples than Britain has parking meters!" Learn why this country, then known as Burma, was the first country that Sue ever heard about as a child.

AWAY



Stupa in Sanchi

26th July at 4pm

Amee Mehta

The aim of Buddhism is to free oneself from the delusions of ego and achieve enlightenment or Nirvana. Sites associated with the Buddha's life became important pilgrimage places. We will travel to the oldest stupa site, The Great Stupa at Sanchi which has been the focal point of the Buddhist faith in the region since it was built by Emperor Ashoka in the 3rd century BC.



Iran Unveiled

28th July at 4pm

Penny Platts

Discover Iran, with its most friendly and welcoming people, where culture and customs of travellers on the Silk Roads merged with those of Persia. A three thousand year old irrigation system enables crops to grow in this desert land, so there is delicious food. Explore the mountain village of Abyaneh's ancient clay buildings and see the Zoroastrian Towers of Silence in Yazd. Glimpse the ancient Persian site at Persepolis, and in Shiraz and Isfahan experience the beauty of mosques, bazaars and beautiful gardens.

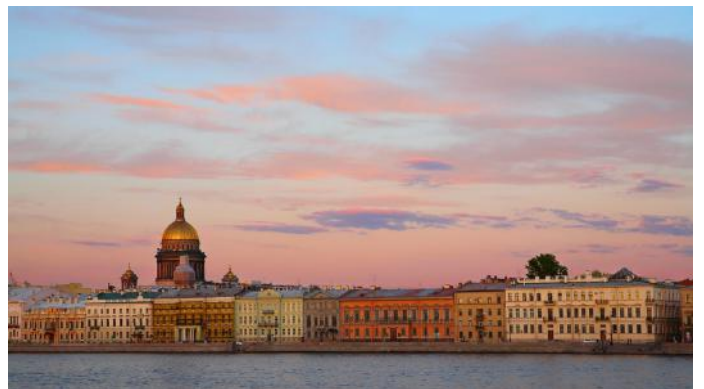


Temples in South India

2nd August at 4pm

Amee Mehta

Hinduism is the major religion in India of over 80% of the population here. We will visit Haridwar (The Gateway of Gods), a major pilgrimage centre which is also host to Kumbh Mela the largest religious gathering. We will look at the Bathing ghats and the Ganga Aarti or worship of the Ganges river.



Waterways of the Tsars (1)

9th August at 11:30am

Rukshana Masters

Part 1 (The Treasures of St Petersburg) explores the Treasures of the Hermitage Museum, with one of the largest and most spectacular art collections in the world, the stunning Peterhof Palace, and the romantic Summer Palace, associated with Catherine the Great. The talk also includes a brief history of St. Petersburg with some unusual stories.

AWAY



Tasmania

11th August at 4pm

Sue Ablett

The history of settlement in Australia is fascinating. Learn more about convicts and free settlers, including a visit to what was one of the harshest penal institutions in the world; enjoy stunning scenery, great wildlife, and experience a trip along one of the world's most scenic drives - the Great Ocean Road from Melbourne to Adelaide. Its always interesting going to a place where they speak the same language. Or do they? Tinnies, stubbies, sunnies!



Waterways of the Tsars (2)

16th August at 11:30am

Rukshana Masters

Part 2 (From Mandrogy to Moscow) takes us from the River Neva out of St. Petersburg, through Lake Ladoga, down the Volga river and the Waterways of the Tsars. Finally arriving in Moscow, with the Kremlin and the iconic St. Basil's Cathedral, the talk includes a tantalising tour of the fabulous Underground Stations of Moscow amongst other hidden treasures.



The Beauty of Japan

18th August at 4pm

Penny Platts

Learn the principles of creating stunning true Japanese gardens. Discover the spiritual dimension of life with Shinto and Buddhist temples. See remarkable castles and their links to the Shoguns and Samurai warriors. Visit beautiful location such as Kyoto, Takeyama and Matsumoto where the ancient customs such as the Tea Ceremony co-exists alongside ultra-modern life, including travels on the famous Bullet Trains, notable to Hiroshima and its Peace Park.



Guyana

25th August at 4pm

Sue Ablett

South America's undiscovered secret and the only English speaking country in South America. This is a little visited country so often overlooked by the more popular destinations. A trip involving some intrepid travel up river, staying at rustic lodges, close encounters with some interesting wildlife, and a chance to discover something of the culture of this fascinating country. Certainly not a trip for those who like 5-star luxury!

WALKING IN THE NAMIB DESERT

The Adventure of a Lifetime

Jenny Bowen



“Have you got water with you?”

“Yes” I replied.

“OK.”

I smiled. I was really waiting for a briefing for my solo hike.

“You have the map...”

I hesitated, “Yes, er, see you in around 3 hours then.”

That was it?

Temperature extremes

No safety talk about the perils of walking in the Namib desert? No kit check to see whether I had adequate clothing and footwear, no briefing on emergency protocols, no sanity check to see whether I was really 'all there'. I was going on a 3-hour walk, in the desert. It was 3pm and over 30C and there was no check on whether I had a mobile phone or not. I was rather taken aback; I was not used to this. Back home when I do a briefing to students embarking on a Duke of Edinburgh expedition, even if it is a training day and I am with them, I still ask a few more questions to see how prepared they are!

This is the beauty of Africa. If you are mad enough to consider going on a walk in the desert in hot conditions, then you should take responsibility for your actions and sort yourself out. So I sorted myself out. I had a hand-drawn map (provided by Rostock Ritz Lodge), 3 litres of water (one for every hour), walking trainers (no ankle support there), a compass, sun cream, hat and a massive sense of adventure. I was ready.

Namibia

Namibia is a country of compelling beauty and a sense of unconfined space. Rugged yet fragile, barren but beautiful, it's an enchanting wilderness with a rich fusion of culture and tradition. Immerse yourself into unspoilt landscapes and wide horizons with clear, unpolluted skies.

The famous sights of Namibia are remarkable: the oldest desert in the world, the highest sand dunes in the world, one of the world's most ancient plants, and one of the world's largest game reserves. The striking scenery is a superb backdrop for Namibia's diverse wildlife ranging from the smallest, busiest desert beetle to the largest imposing elephant; it is a photographer's utopia. Namibia is a paradise for those who want to experience their natural surroundings - agoraphobics are advised to stay away!

Spectacular scenery

I had only been in Namibia for one full day and already I had reignited my love affair with the country. The sense of freedom that you get once out of Windhoek and on the gravel roads is monumental. The scenery is mind-blowing, so much so that a photo cannot really do the vistas justice. Miles of dirt roads winding through canyon passes and around stark red rocky outcrops, meandering down towards a sea of sand dunes, it is just incredible.

I had driven 5 hours on a dirt road to get to Rostock Ritz, a small lodge nestled in the wilderness. It blends perfectly in with its surroundings with igloo-like rooms the same colour as the rocky outcrop they are built on. I had arrived in time to have lunch by the pool. With an incredible view over the desert for about 50km, it was a spectacular setting. After lunch, I had decided to walk one of the 10 self-guided hiking trails that the lodge has created in the local area. The walking trails were well marked with a mixture of white-painted arrows on the rocks and a few signs. How could I get lost? It was pretty easy to follow. As I negotiated my way along the path and scrambled up the side of a small rocky hill it suddenly struck me that I really was by myself in the middle of nowhere.

Getting lost

I was enveloped in magnificent scenery that went on as far as the eye could see. My smile was nearly as huge. Walking for me is restoration for the soul and here in the Namib Desert it was heightened. I only lost the route once. Naturally, I struggled to find the white arrows on the rocks as they were in a sea of white quartz! As the minutes ticked by, I became mildly concerned and wondered whether I should retrace my route, follow my instinct or use my compass. I also wondered whether I had enough water to survive the night... But after 10 rather nervous minutes I managed to find that elusive arrow and continued on my adventurous journey.



Animals

The views from the ridgeline I was walking along were worth stopping for and I rested on the warm rocks and gazed into the distance over the Namib desert.

The colours were astounding; rich ochre reds and pinks dotted with burnt brown scraggly bushes, a vivid green cactus or a bright white vein of quartz - there was too much to take in.

And that was when I saw 31 zebra, 5 oryx and 2 ostrich...all in a couple of minutes. So, there is life in the desert after all. Astounding.

I would thoroughly recommend walking in Namibia where you can and it is safe to do so. Not only are the views and terrain incredible, but it is also fantastic to be out of the car and to stretch your legs. Put your best foot forward!

Travel summary

Namibia is an excellent self-drive destination, ideal for those looking for a sense of freedom and adventure and where the environmentally aware lodges blend into the landscape creating a natural and tranquil ambience. The perfect destination for bespoke and compassionate holidays.

It is ideal for:

- Scenery as well as wildlife
- Cheetah spotting – Namibia has the largest wild cheetah population in the world
- Self-drives
- Those who want to travel independently
- Adventurous families

Quick facts

1. Water is generally safe to drink in Namibia, but please ask your lodge on arrival. If travelling in rural areas, bottled water is recommended.
2. The currency in Namibia is the Namibian Dollar, which is fixed to the rand (1 Rand = 1 N\$). South African Rands are accepted everywhere.
3. Namibia is at GMT+2 hours. The United Kingdom is one or two hours behind Eswatini, depending on UK 'summertime'.
4. Electric current is supplied at 220 volts AC 50Hz, and 15-amp three round-pin wall sockets are used. These are the same as the South African adapters.
5. In large towns, there are chemists, supermarkets, and a variety of shops to buy necessities.
6. Afrikaans and English are the official languages.
7. A British driving license is recognised in Namibia

Jenny Bowen, owner of Sense Earth, lives for travel, whether it is at home or abroad. It is a joy to visit new places, meet new people and create memories of a lifetime through new experiences. There are many wonderful and inspiring places to explore on our earth and fascinating wildlife to see. Travel restores the soul, whether it be in reality or vicariously through articles and talks with Mirthy.

LIVE WELL



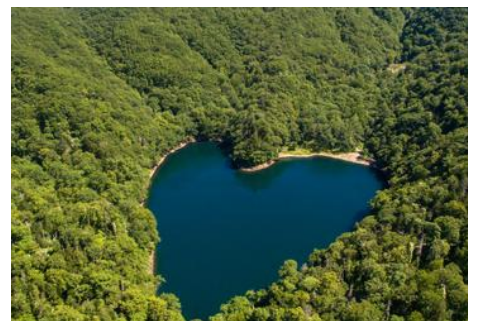
16 DANCE



17 FITNESS



20 WELLBEING

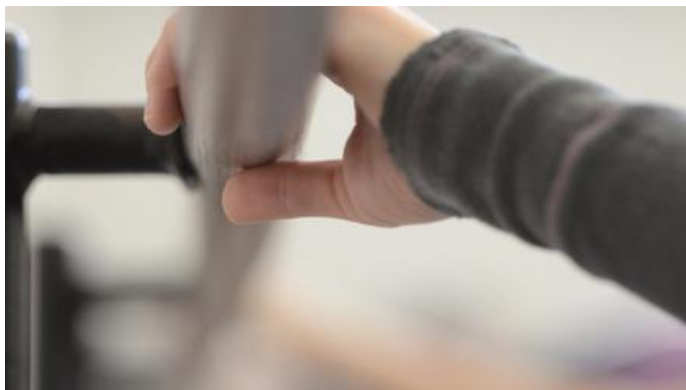


21 LIFESTYLE



LIVE WELL

DANCE



Barre/Contemporary

Lucia de Paiva Kynch

Every Monday at 11am

This class is aimed at all abilities, with a variety of options within the class to work to your own level and improve at your own pace. This is designed to be practical in minimal space, as most of the exercises will be done on the spot, utilising the feet, and working on balance and the calf and leg muscles, as well as dancers' postural alignment and grace. This class will make you feel revived and strong, whilst working to align the body with core and fundamental dance techniques.



Belly Dancing

Shelley Lozano

Every Monday at 4pm

Belly dancing is a fun, exciting way to keep fit and is suitable for all ages and ability. It uses all the main muscle groups, increases strength and flexibility, and is a great physical and mental tonic. As well as keeping fit, belly dancing can also help improve confidence and fight depression. Learn various belly dance steps, arm movements, and a simple choreographed routine at your own pace in this introductory workshop.



Jazz

Lucia de Paiva Kynch

Every Tuesday at 7:15pm

Do you love fun, upbeat choreography to your favourite musical numbers? These jazz dance workshops will be a chance to explore fun footwork and dramatic choreography! Led by a current musical theatre and dance performer. It is perfect for those that have danced previously, though there will also be options for beginners in the class that want to experiment with the learning and picking up of choreography!



Bollywood

Vidhi Shah

Every Saturday at 11:15am

Bollywood dance is the name given to the type of dance used in Hindi films. A vibrant and entertaining dance that is suitable for beginners. It gives a whole body workout while dancing to the rhythm of joy with the powerful nature of Bollywood music. All experience levels encouraged, beginners welcome to sweat and have fun together! All you need is a positive attitude, a desire & willingness to learn, and most importantly, JUST ENJOY!

LIVE WELL

FITNESS



Pilates (seated)

Helen Tudge

Every Tuesday at 10:30am

Join Helen Tudge (MCSP) for an online Pilates class. This class is predominantly seated with a few optional standing movements.

This class gives all the benefits of Pilates without having to get down to the floor, offering a whole body workout which will include strengthening and flexibility, with particular emphasis on postural exercises.



Early Morning Stretch

Helen Tudge

Every Wednesday at 8:30am

Join Helen Tudge (MCSP) for an early morning stretch class.

We will loosen off the whole body before getting up to our feet and checking our posture ready to start the day

This class can be done on an exercise mat on the floor or if you prefer on a bed. Please also bring a pillow or cushion along to provide head support when turning onto sides.



Mat-Based Pilates

Helen Tudge

Every Wednesday at 11:30am

A gentle Pilates class suitable for complete beginners, working on both strength and mobility with particular emphasis on engaging postural muscles. Each class will include exercises in standing, kneeling, sitting, and lying to give an all-body work-out, but different options and adaptations will be offered to accommodate any sore joints that don't like to be knelt or laid on.



Yoga

Elaine Whitaker

Every Wednesday at 4pm

Join Elaine for some gentle, mindful yoga. Stretch, strengthen, breathe and relax! Each class will start with a breath awareness session, followed by some postures (standing, sitting, kneeling, and laying), finishing with a lovely relaxation. By the end of the session, Elaine hopes you will feel the benefits physically, mentally, and emotionally. You'll need a non-slip exercise mat, a cushion, and a blanket. Wear loose comfortable clothes.

LIVE WELL

FITNESS



Aerobic Fitness **Trinity Handley**

Every Thursday at 10am

This aerobics style class will get your feet moving, heart pumping and face smiling! Expect some different cardio and strength-based exercises scattered amongst more traditional aerobics moves (the leotard and sweatbands are not compulsory!). Suitable for anyone of any ability; just bring your enthusiasm!



Pilates (standing) **Helen Tudge**

Every Friday at 10:30am

Join Helen Tudge (MCSP) for an online pilates class. This class gives all the benefits of Pilates without having to get down to the floor. Join Helen Tudge (MCSP) for a whole body workout, including strengthening and flexibility with particular emphasis on postural exercises.



Zumba **Tyla**

Every Friday at 4pm

Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosting energy. New routines and steps are demonstrated but to keep heart rates up the idea is not to spend much time on steps and just enjoy moving to the music and having fun!



Tai Chi **J.T. Turner**

Every Thursday at 2:30pm (August only)

Tai Chi is a mindful movement system from China. It has been used around the world for thousands of years to help reduce stress, prevent falls, and improve focus, balance, circulation, & mobility. This session will focus on simple, seated Tai Chi exercises.

LIVE WELL

FITNESS TALK



Introduction to Pilates

Helen Tudge

1st July at 2pm

What is Pilates? Who was Joseph Pilates? Why has Pilates become so popular?

Join Helen Tudge Chartered Physiotherapist to hear the answers to these questions, and to discover if Pilates is for you!

This will be a part talk/part exercise class, so you are welcome to watch and listen with cuppa in hand or actively join in with the exercises being demonstrated.

Requirements: exercise mat and cushion for head support.

LIVE WELL

WELLBEING



Laughter Yoga Sylvia Tillman

Every Monday at 10am

'mirth' means joy and laughter - let's turn that into action by laughing like nobody is watching - just for the pure joy of it and to boost your mood, health and resilience. Join certified Laughter Yoga Leader Sylvia for this unique session, combining laughter with breathing and stretching exercises - this will most certainly give your Monday morning a boost. Sylvia will facilitate the exercises. When we laugh, we release feel-good hormones that uplift our mood, help to combat stress and even relieve pain.



Early Morning Meditation Claire Nelson

Every Thursday at 9am

This weekly mindfulness session will give you the opportunity to start your day from a place of balance, calm & clarity, by providing half an hour of precious 'you' time.

Whether you're a seasoned meditator or it's something you've been curious about but never tried, this drop in is for you. Everyone is welcome. All you need is a quiet space (or earphones) to enable you to be fully present with the guided mindfulness meditation.



How to relax and practice good sleep hygiene

Yewande Rolph

1st July at 5pm

Join Yewande to take time for self-care on this Friday evening - a relaxing end to the week. Learn about practicing good sleep hygiene. Participate in mindful hand massage including techniques of pulling, rotating, stroking and stretching. The session to finish with restful deep belly breathing. Yewande hopes you will feel positive psychological benefits and can release any tension.



Meditation and Loving Kindness

Sinsi Ong

9th July at 10am and 21st July at 9pm

Discover the beauty and simplicity of the art of meditation. We will explore together how meditation can become an act of kindness toward ourselves and others.

We will start the journey from the head to the heart. This is an interactive process where you can feel comfortable listening, asking questions, reflecting and just being in the experience.

LIVE WELL

LIFESTYLE



Nutrition and Eating Well

Jeanette Thompson-Wessen

1st July at 12:45pm

Jeanette Thompson-Wessen is a non diet Nutritionist who has a special interest in internalised fat phobia, body image and intuitive eating. Jeanette will be taking time to talk about the basics of eating well, myth busting nutrition and answering your questions about nutrition. Explore what "eating well" really means and understand that every food fits and how that works in nutrition. Know what supplements we really need and explore common misconceptions about food and nutrition.



Creative Art Journaling for Self-Care

Bettie from Wellbeing Journaling

2nd July at 10am

Relax for a moment and have fun exploring your mind and experimenting over cup of tea or coffee. Re-discover the artist inside you. Learn new techniques, using scraps of paper, washi tapes, stamps. Implement tips to live more in the moment to enjoy your life, appreciate what you have in your life and build on it.



Get Singing Again!

Julia Loveless

5th and 19th August at 2:30pm

Get back into the joy of singing with this easy and accessible online workshop. Julia will take you through a short, tailored warm up, then with the help of backing tracks there will be a chance to sing along to some all-time classics, and if you're feeling brave, to try out learning some harmonies! These sessions are open to all, whether you have joined one of Julia's previous sessions or not.



Vegetarian for Life Cooking Demonstration

Justina Vajorinaite

3rd and 17th August at 1pm

Justina will demonstrate you a couple of simple recipes which you could make at home this summer! Enjoy the demonstration and some useful tips which you might find useful in your daily cooking. At the end of the session there will be time to ask questions about the demonstration of vegetarian and vegan diets in general if you have any.



HOW TO START RUNNING AT 50 PLUS

Sue Ablett

I first took up running at the age of 30. I'd been sporty at school, and in my 20s had turned into a bit of a couch potato. I always loved watching the London Marathon, inspired always by some of the 'old people' that turned out year after year to run. I guess those 'old people' may well have been younger than I am now!

So the day after watching the London Marathon on TV, I went out for a run – just round the block. It was a disaster! I went much too fast, couldn't keep up the pace, and collapsed in a heap when I got home.

The next day I went out again, much more slowly this time. I managed a lap of the block and I was hooked! Forty plus years on, albeit with a 15 year gap, I'm still running, still loving it, and see no reason to give up. I might not be as quick as I was, but I always did prefer distance over speed.

I've got all the Personal Bests I want. I've run three Marathons, including London to mark my 60th and 65th years. And now I like nothing more than encouraging others who might want to take up running.

What's so Good About Running?

You may be a regular walker, so reasonably fit, and wonder why you would want to take up running. What's so good about it? Well for a start, it is quite different to walking, it uses different muscles, and it is harder. So, if you are reasonably fit, want to push yourself a bit, and try something new, then why not give running a go. You will find a great sense of satisfaction, particularly if you have never been a runner and never thought you could run. And age really is no barrier, as long as you are fairly fit, sensible, and build up slowly. Running really is good for both your physical and mental health.

How to Start Running at 50 Plus

One of the comments I hear over and over is that people are worried about starting running because of what others will think of them. Too old? Too fat? Too slow? Actually what does it matter what people think? It's how you feel about it that matters.

For some people, the idea of going out on their own is daunting, and certainly you will find it much easier if you are starting off with others.

There is a wonderful NHS Couch to 5k Programme, which I can't recommend highly enough. There is an app that you can download to your phone and it talks you through the entire 9-week programme. And, yes, following the programme, you really can go from complete couch potato, who has never run before, to doing 5k (3.1 miles) in 9 weeks – if you follow the plan. If that seems hard to believe, it is true. I've run several Couch to 5k programmes for my Running Club, and it really does work.

With an app on your phone, there is nothing stopping you heading out on our own and following the programme. But you may find it quite difficult to motivate yourself, particularly as the weeks progress, and the runs get a bit longer. It is far better to join a group if you can find one locally. Quite a number of running clubs do run the Couch programme. That gives you the advantage of an experienced Run Leader who can give advice on all things running, not just the Couch to 5k programme.

Things to Bear in Mind

In the last 3 years I've probably coached about 60 people through the Couch to 5k programme. I hear many of the same comments. Here are just a few:

- Most people come along in week one feeling really nervous, but once the group has met, and everyone has got chatting, you realise that everyone has something in common – they are keen to give running a go.
- Its easier with a group.
- Its all about pace.
- Much of the progress in running is actually in your head not your legs.
- Find a running buddy.
- Be prepared for that mystical feeling, the 'runner's high'

ARTS & CRAFTS



PRINTMAKING WITH HOME FOUND ITEMS

Amy Hutchings

1. **Stencil-making for Print (4th July)**
2. **Monoprint mark-making and chine collé (11th July)**
3. **Stamp-making with blu tack and erasers (18th July)**



DRAWING WORKSHOP

Caitlin Heslop

1. **Still Life: Mark Making workshop (5th July at 2pm)**
2. **Drawing Workshop (2nd August at 2pm)**



KNIT & NATTER WITH ANNA

Events Executive, Anna

28th July at 5:30pm
22nd August at 1pm

KNITTING AS A HOBBY

The Main Benefits of Knitting



1. Knitting is a stress buster and mental health booster - the art of knitting in itself is very repetitive and therapeutic, creating a rhythm that promotes mindfulness. Studies have shown that people who knit regularly are less stressed, promoting relaxation and overall well-being. Knitting can also help alleviate symptoms of depression and anxiety.
2. Knitting uses a variety of skills simultaneously. You need to be able to read and follow a pattern, count stitches and use your hands in unison. All of these skills help keep your mind active and research suggests that it helps to slow the onset of dementia.
3. Participation in a fun and active community - the internet has made a positive impact on the knitting community. It is now easier than ever to be part of this wonderful group of people. There are many groups online where you can showcase your work, ask questions, and buy patterns. The most popular of these is Ravelry, which has a significant number of members.

HOW TO START KNITTING

How to Cast On

First, make a slipknot:

1. To make a slip knot, wrap the yarn around your index finger twice.
2. Pull the first loop under the loop at the top and off your finger.
3. Insert the loop on your knitting needle and pull, but not too tight.
4. To create your cast-on stitches:
5. Holding your needle with the slip knot on, wrap the yarn around your left thumb, clockwise, hold the rest of the yarn in your left hand, making a fist. Stretch out your thumb to keep the yarn tensioned.
6. To make your stitch, bring your needle down and under the yarn that is wrapped around your thumb before bringing the needle up and pulling the loop off your thumb and onto your needle.
7. Pull slightly to tighten the stitch.
8. Repeat these steps until you have cast on enough stitches.

How to Create a Basic Knit Stitch

1. Cast on the desired number of stitches.
2. Hold the needle with your cast-on stitches in your left hand.
3. Tension the yarn with your right hand whilst holding your second needle.
4. Insert the right needle into the first loop of the left needle, from left to right.
5. Wrap the yarn around your right needle, bringing the yarn from the back over the top of the needle.
6. Pull the right needle back through the loop on the left needle, bringing the new loop of yarn on the right needle through as well.
7. Pull the stitch off the left needle.
8. You should now have one stitch on your right needle.
9. Repeat steps 4-8 for all stitches.
10. When you have finished your row, turn your work and then continue.

Most people think that when you start knitting you need to start with creating a scarf. This might not be the best advice, as they take a long time to knit and as a beginner, it is hard to create the clean, neat edges needed for a beautiful finished product.

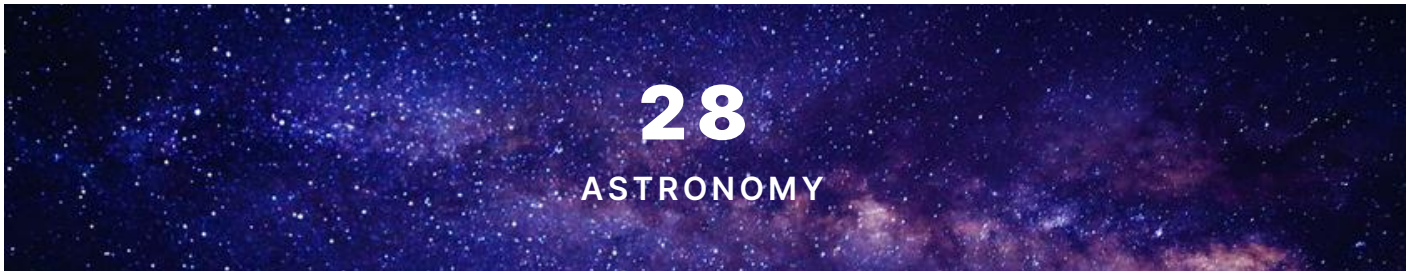
It is much more beneficial to knit a smaller project to give you a feeling of accomplishment and excitement to carry on and experiment with new stitches and projects.

Baby blankets make excellent beginner projects. They are made up of small knitted squares that are sewn together at the end.

Other products such as baby jumpers and hats are also good beginner projects and you will learn more techniques while completing these simple patterns.

LOVE TO LEARN

Series/Box Sets & Talks/Lectures



ASTRONOMY

Martin Lunn

1.A Ramble through the Solar System (6th July)

Take a journey to explore our local star, the Sun, together with eight planets, some which were known to astronomers living thousands of years ago and some that have been discovered in more recent times. We will learn about their moons together with the smaller bodies; the dwarf planets, asteroids, comets and meteors that complete our solar system.

2. Guide to the Summer Sky (13th July)

Here is a chance to take a tour of the night sky during the summer months, learning how to find the Plough and the North Star. Discover what stars can be seen in the summer sky and their myths and legends. Then discover if there are any planets or meteor showers visible this summer.

3.The Great Northern Eclipse - A Grand Day Out (20th July)

In 1927 a total eclipse of the sun, a rare and amazing sight, was observable from North Wales to the North East coast of England. It was the first total eclipse seen in Britain for over two hundred years, and over a million people travelled north by train, charabanc and car to see a spectacular celestial event that lasted just thirty seconds. Perhaps your grandparents were among them. Join me for the story of the 1927 eclipse.

4.Anglo-Saxon Astronomy (27th July)

The Anglo-Saxon period is often known as the Dark Ages because of the lack of information we have about this period of time, but astronomically it could not be more interesting. During this time there were several major events with global effects. It was a time of diverse views about the heavens in Britain, with Celtic, Greek, Saxon and Viking ideas all competing with each other.

5.Astronomy Before The Telescope (24th August)

We are used to hearing of fantastic discoveries made today by astronomers using powerful telescopes. Astronomers from around the world have studied the night sky for thousands of years. Using very simple equipment they made many fantastic discoveries, and some things they got very wrong. This is their story.

6.Thomas Cooke: Telescope Maker to the Empire (31st August)

Fans of BBC's Antiques Road Trip might have spotted me talking to David Harper about Thomas Cooke. Born into a poor family, this is a rags to riches story about a self-taught man who would go on to become one of the greatest telescope makers. He built what was at the time the biggest telescope in the world, made a telescope for Prince Albert and even built steam cars.

7. Guide to the Autumn Sky (7th September)

Here is a chance to take a tour of the night sky during the autumn months, learning how to find the Plough and the North Star. Discover what stars can be seen in the autumn sky and their myths and legends. Then discover if there are any planets or meteor showers visible this autumn.

8.Celestial Hide and Seek (Eclipses, Transits and Occultations) (14th September)

An eclipse of the Sun is one of the grandest sights in nature. The Moon passes in front of the Sun and daylight becomes darkness for a short period of time. We cannot be surprised that people living in the past were terrified by this spectacle. We will see how eclipses of the Sun and Moon occur, how they have affected history and how transits and occultations can help astronomers better to understand the solar system.

HISTORY

SIEGES AND CASTLES

Jem Duducu

1. The Ancient World (June 21)
2. The Middle Ages (June 28)
3. Early Modern to Modern (July 5)

LADIES OF BLENHEIM

Antonia Keaney

5th July 2022

An entertaining look at the lives and loves of the ladies of the Marlborough family - usually overlooked in favour of the men. Beginning with Sarah Churchill, the indomitable First Duchess and continuing through the centuries with the adventures of some of successors, this talk redresses the balance as it looks at the achievement of some of the women and discusses the thwarted talents and potential of others

FAMILY HISTORY

Ben Nicholls

1. 7th July - Civil Registration.
2. 14th July - Census Returns.
3. 21st July - Parish Records.
4. 28th July - Wills.



LONDON

BUCKINGHAM PALACE, THE MALL AND ST JAMES' PARK

with Loona Hazarika

18th July at 5:15pm

Great London houses in the past were once more than the homes of powerful aristocrats and rich merchants. These houses provided the accommodation for a community of friends, retainers and servants who would all gather for meals and entertainments in a great central hall. In this talk we discover some ancient halls that unexpectedly survived in London. Find out about halls that were damaged by the mob, by a laundry fire and by bombing in the Blitz.

A STROLL DOWN THE STRAND

with Loona Hazarika

25th July at 5:15pm

The road called the Strand beside the River Thames is barely a mile long yet has so much to tell about the city. Let's all go down the Strand. And let's do it virtually with old photos, paintings, Google Earth street views, lots of stories and a few laughs on the way.

HISTORIC HALLS IN LONDON

with Andrew Warde

26th July at 11:30am

Great London houses in the past were once more than the homes of powerful aristocrats and rich merchants. These houses provided the accommodation for a community of friends, retainers and servants who would all gather for meals and entertainments in a great central hall. In this talk we discover some ancient halls that unexpectedly survived in London. Find out about halls that were damaged by the mob, by a laundry fire and by bombing in the Blitz.

ST PAUL'S TO LONDON BRIDGE

with Loona Hazarika

3rd August at 5:15pm

The story of the iconic St Paul's Cathedral, the politics of its plans, and how it survived World War 2. The sadness of Queen Anne and her legacy, the heads on the gate of Temple Bar, the College of Arms (and just how did Kate Middleton design hers?). Then there's the 'wobbly bridge', the Chewing Gum man, the power station that became a famous gallery, the site of Shakespeare's original Globe theatre, cruel bear-baiting, tales of the foul-mouthed ferrymen, the iced-up Thames, the Great Fire of London, and the naughty things that happened at Bankside.

THE GOLDEN HEART OF THE CITY OF LONDON

with Andrew Warde

16th August at 4pm

The City's ancient trading roots are still strong despite changes in technology, fires, the Blitz, Brexit and property development. Traders who once met at the Exchange or in coffee houses sit at desks in the new high-rise blocks around the Old Lady of Threadneedle Street; the City is a global marketplace for the financial services industry and this is where the business is done. Discover a hoard of gold, what God thinks about money and a man who funded slavery abolition.

HIGHLIGHTS OF THE BRITISH MUSEUM

with Loona Hazarika

24th August at 5:15pm

See the highlights of one of the greatest museums in the world and hear its amazing stories from a former official British Museum tour guide. We choose our favourite objects from across the globe and bring them alive, looking up original locations where they were found and tell their stories about how they got to the museum.

AMERICANS IN LONDON: THE OLD WORLD MEETS WITH THE NEW

with Andrew Warde

30th August at 4pm

This talk is about the connections between Americans and London, mostly about Americans living in London for a significant period, but we shall also touch on other related connections in such areas as philanthropy, architecture, sculpture and entertainment. Find out the American connections for a well-travelled desk, a Chelsea street 'full of wonderful possibilities' and discover the American who is one of the Queens of British pop.

GARDENING

Russel Attwood

1) Passion for Pumpkins (5th August)

An exploration of the easy way to grow pumpkins and squashes; how to carve a pumpkin; ideas on how to cook pumpkin and some recipe suggestions; a bit of Biology of the pumpkin family and a few songs to sing along to celebrating the glory of pumpkins.



2) Soil (12th August)

Soil- more than just dirt. We walk on it, build on it and try to grow things in it. Soil is a complex ecosystem and this presentation is a brief introduction into some of its beauty and the science of soil.



3) Weeds (19th August)

Weeds and how to love them. An exploration of the Biology of weeds, the science of weed management and some practical ideas on how to manage weeds without resorting to the herbicide spray.



4) No-dig Gardening (26th August)

A more detailed presentation on how to garden without digging. No-dig is not no effort, but when practised the way I do there is no need to water and much less weeding so is very worthwhile. No-dig also conserves the soil and increases its store of carbon, helping reduce climate change.



TECHNOLOGY

6th July

iPads: Back to Basics (Beginners Guide)

Chris Dowdell

A look at the iPad Operating system and making the most of its basic features and functions including, housekeeping, optimising, updates and upgrades, Apps and the App store, performance boosts and tips and tricks.

13th July

Advice & Tips for Avoiding Scams

Jude & Nicola from 'How Do I?'

In this workshop, we'll share our "5 top tips for beating scammers", as well as showing you how to spot some telltale signs of digital scams.

20th July

Saving Money Online

Jude & Nicola from 'How Do I?'

In this workshop, we'll show you some of the excellent free or very cheap alternatives to some of the most popular paid services, all 100% legal. We'll also show you how to look for free or cheap alternatives on your own, saving you hundreds in the process.

27th July

How to get more out of your phone

Jude & Nicola from 'How Do I?'

In this workshop we'll show you some easy-to-learn skills that will help you get around your phone quicker, deal with unsolicited callers, plus learn about some really useful apps that will impress your friends!

3rd August

Get Started with your Smartphone

Warren, Alan, and Emma from Three Discovery

There's no need to be overwhelmed by the world of smartphones. Our beginners workshop is a great foundation for you.

24th August

Do More with Your Smartphone

Warren, Alan, and Emma from Three Discovery

We will spend some time taking you through some of the built in apps, discover some key settings and also show you how to personalise your device.

31st August

Tech Cafe

Chris Dowdell

An interactive session going through questions previously submitted to Chris on techcafe@mirthy.co.uk. To submit a question for discussion, please send Chris an email in advance.



LITERATURE

Women Writers who changed the course of English Literature

Kathleen Jones

4th August:

'Sister of my Soul' - Dorothy Wordsworth 1771 - 1855

11th August:


'The Blood Jet is Poetry' - Sylvia Plath 1932 - 63

18th August

'The Queen of Crime' - Agatha Christie 1890 - 1976

25th August

'And Still I Rise' - Maya Angelou 1928 - 2014



Kathleen Jones is a poet, novelist and author of eight literary biographies. Her account of the lives of the women associated with the Lake Poets, 'A Passionate Sisterhood' was a Virago Classic and won the Barclays Bank prize for biography. After graduating from Bristol University, Kathleen worked in broadcast journalism and has taught creative writing in a number of universities. She is currently a Royal Literary Fund Fellow, and in 2012 was elected a Fellow of the English Association for services to literature. She has also published four collections of poetry and a travel journal

COMMUNITY

Short description of the brasserie lunch menu, daily grills and fresh catch of the day. Self-service salad bar. Delicious fruit smoothies and takeaway teas...



Desert Island Discs

8th August at 2:30pm

**Community and Events Manager,
Abbie**

Each session will focus on a different theme or music genre and members will be asked to come with a song in mind. One at a time we will play individuals' song choices and hear why you chose that song. It's a wonderful way to get to know fellow Mirthy members a little more.



Community Coffee Chats

12th July at 2pm
9th August at 2pm

**Community and Events Manager,
Abbie**

Come and meet some fellow Mirthy members in Community Coffee Chats. Led by our Community Ambassadors, this morning is a chance to have a chat and connect with people all around the globe with similar interests to yourself! New to the community? Come along with any questions you have about Mirthy to hear from fellow attendees!



Coffee and Crosswords

Every Friday at 12pm

Angela Bell

Led by Angela, 'Coffee and Crosswords' is a community event where we work in a group to solve clues. Each week, we take a different cryptic crossword and solve it together. You will learn how to recognise different types of clues, and there will also be an opportunity to play some online word games such as Countdown and Wordle during these weekly sessions!



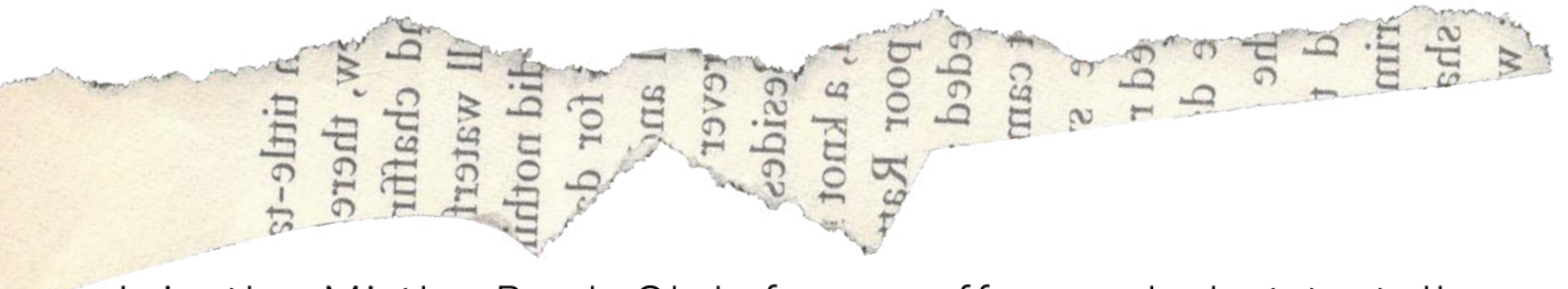
Storytelling Cafe

12th July at 4pm

Sandy Leong

Join Sandy and the rest of the storytelling bunch to share stories and listen to them. As July 7th is World Chocolate Day, we will tell stories about chocolate, either real or fictitious. Join us at Storytelling Café to meet new people, make new friends and share stories.

BOOK CLUB



Join the Mirthy Book Club for a coffee and chat to talk about our favourite reads. We will be discussing the Book of the Month and chatting about books generally. This is a chance to meet other bookworms in the community.

The Book of the Month for July is The Mayor of Casterbridge by Thomas Hardy and the Book of the Month for August is Anne of Green Gables by L. M. Montgomery.

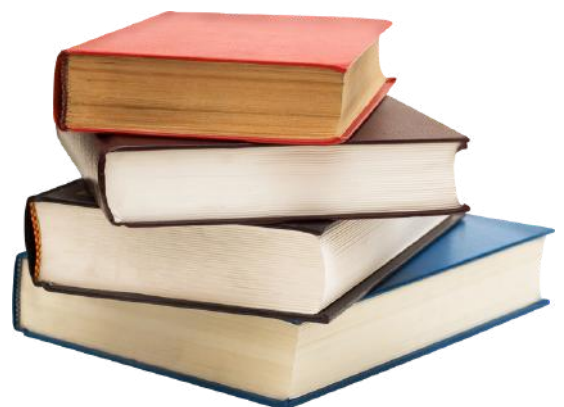
Do consider joining our Facebook group to participate in discussions and if you'd like to join our monthly mailing list, send an email to community@mirthy.co.uk requesting to be added.

Dates for the Diary

**18th July at 2pm:
Book Club Coffee Afternoon**

**22nd July at 2pm:
Q&A with Dr Tracy Hayes**

**16th August at 2:30pm:
Book Club Coffee Afternoon**



EVENING ENTERTAINMENT

Elysium Orchestra and Consort Gala Concert: Yigdal and Mahler

23rd July at 7pm

Join the Elysium Orchestra and Consort for its biggest concert of the year featuring Mahler's Symphony No.1 and a programme of Jewish choral music by the Elysium Consort! Yigdal, meaning 'Magnify', is a celebration of Jewish music, literature, and composers, from across a wide range of musical eras, genres, and styles. Elysium Orchestra will finish the concert with Mahler's mighty Symphony No.1.

From the Renaissance influences of Salamone Rossi to the crunchy harmonies of Roxanna Panufnik, this programme, featuring a world premiere, will feature something for everyone, whilst showcasing some of London's top young musicians.

Mirthy Crossword #1

Click here!

For your chance to win 1 year of Mirthy Premium (worth £60!) complete the crossword and send your answers in to hello@mirthy.co.uk



Example of submitted answers:

Down:

- 1 - Dog
- 3 - Rainbow
- 6 - Bottle

Across:

- 2 - Thread
- 4 - Potato
- 6 - Belt

You can also visit our **NEW** **games page** for unlimited fun Sudoku puzzles (with adjustable difficulty!)



mirthy

WANT TO HOST AN EVENT?

CONTACT: events@mirthy.co.uk

FOR ALL OTHER ENQUIRIES

CONTACT: hello@mirthy.co.uk

