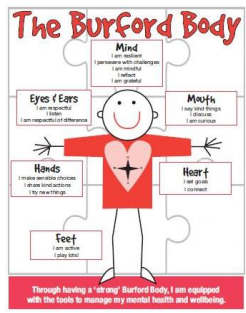




The Burford Body Bulletin

June 2024



Action for Happiness Calendar

Joyful June



[Click here to view the full calendar](#)

Physical Health

Cricket is the perfect summer sport when it comes to teamwork and individual play. Across batting, bowling and fielding, it develops a range of skills, including coordination, agility and strength.

There are also many different ways to play, from full matches to Qwik Cricket, or even just in the back garden or in the park – all you need is a bat, a ball and something to use as stumps.

The [England and Wales Cricket Board](#) has more information on getting started and playing locally.



Wellbeing Tip - Volunteering

Research has shown that volunteering offers many health benefits.

- It improves physical and mental health
- It provides a sense of purpose
- It teaches valuable skills
- It nurtures new and existing relationships



The Buckinghamshire Volunteer Matching Service matches registered volunteers to roles where they are most needed in the county. Thousands of volunteers have been matched to a range of roles with charities, voluntary groups, local authorities and NHS Services. To find out more please visit:

<https://communityimpactbucks.org.uk/volunteering/i-want-to-volunteer/>

Healthy Eating

Salmon and Broccoli Pasta Recipe

<https://www.nhs.uk/healthier-families/recipes/salmon-and-broccoli-pasta/>



Monthly Mantra

I take responsibility for my thoughts and actions.
By doing so, I empower myself to act with kindness and love.

Key Dates:

Men's Health Month	June 2024	Learning Disability Week	17 th June
Volunteers' Week	1 st June 2024	World Refugee Day	20 th June
Father's Mental Health Day	21 st June 2024	PTSD Awareness Day	27 th June

Mental Health Awareness

Autism is a type of neurodivergence, which means a difference in the way your brain develops before birth and during childhood. Autistic people are all individual and most learn, live and work independently. However, others may have learning differences or health conditions that need specialist support. Some autistic people may struggle with their mental health and wellbeing due to stigma and the pressures of daily life when trying to navigate a complex world. To find out more, please follow the link below:

<https://d1uw1dikibnh8j.cloudfront.net/media/19127/autism.pdf>