

## Tans Reopens!

Hi team Hextol—after six months being closed and a week's intensive preparation by the staff team we reopened the Tans on Monday. Yipee!!

The café looks great and all the customers I spoke to were really pleased to be back. We are still operating in a COVID safe way, as we were before the latest lockdown, but with the addition of some protective screens and new equipment such as our iPad ordering system. We also have our outside seating again this year—let's hope the weather improves enough to use it!

It's great that so many of you are coming back to your positions, not only in the Tans but throughout the Foundation. We are enjoying catching up with you.

More good news—we found out this week that Cherie has been awarded a Golden Gnome in recognition of the work she's done during this lockdown, keeping in touch with you all and helping you through the disruption the pandemic has caused. We are very proud of the work Cherie has done and she certainly deserves this recognition.

This is the last of our weekly *happenings* for the moment - we will now be aiming to publish every 2 weeks unless we have something extra special to tell you about.

So stay safe everyone—Bruce



The Hextol Foundation, 14C Gilesgate, Hexham, Northumberland, NE46 3NJ

01434 605253 - [contact@hextol.org.uk](mailto:contact@hextol.org.uk) - [www.hextol.org.uk](http://www.hextol.org.uk)

Company number: 5896869 VAT number: 131 9118 36 Registered charity number: 1120857



The Hextol Foundation  
The Hextol Tans



@HextolCharity

## May is Mental Health Month



## Mental Health Awareness Month 2021

May is Mental Health Awareness month and this year the theme is 'Nature'.

Through lockdown, many have found comfort spending time outdoors and immersed in nature. Be it walking in the parks and countryside, or doing some gardening.

We here at Hextol fully understand the benefits of spending time outdoors on our mental health. Especially our gardening team.

As well as volunteering with our gardening service making customers gardens look beautiful, some of our gardening volunteers have taken to doing gardening at home because it makes them feel good.

This week we are chatting to Newcastle gardening volunteer Arthur Vane, about the different ways spending time in nature makes him happy.

## Why Nature?



Arthur Vane enjoying a walk on the town moor in Newcastle. Arthur likes to walk most days and when he can, he gets out to the hills of the Lake district to do a big walk. Even the snow can't stop him!

Arthur has also been busy this spring sowing his own seeds at home. He described how growing seeds gives him a sense of achievement and how nice it is to look after them.

