



**Senior Cardiac Nurse
British Heart Foundation**

If anyone had said to me six months ago I was going to be joining an online shadow boxing and mindfulness group I wouldn't have believed them, but hey, here I am, I have and it's great. As we all know, the Covid-19 pandemic has cut us all off from everyone and everything has shut down whether we like it or not, with at the moment, a seemingly never-ending lockdown continuing to loom over us. So, discovering a new hobby and finding I like it to boot was very necessary and has come as a very pleasant surprise! It's once a week for an hour.. you can find the time if you put your mind to it.. if Valerian with 2 babies under 4 can do it, anyone can and she's an inspiration!

It's safe, it's fun and you can take your frustrations out on all sorts of things by throwing a well- aimed (or not) punch into thin air.. The mindfulness and Andy's calming voice that follows brings you back into the moment and you will feel energised and the rest of your day glides smoothly away. I always sleep really well on a Wednesday night too... strange that..

Although an enforced lockdown didn't make me suddenly want to join a gym, get my nails done or go shopping because I couldn't, it did make me realise that just walking on my own around a park I have walked round a thousand times, really didn't hold much appeal, so I didn't bother after the first few days and the novelty of working from home wore off. In the nicest possible way, I have to say, so something had to change.. we all need exercise and something to help lift our mood and many people I spoke to felt the same.

_In a nutshell...My workplace had arranged supervision sessions for us, as due to the pandemic, our work in the charity sector received an unprecedented number of calls to its helpline which was incredibly stressful. I looked up the Spicer Method after a start to a rather teary supervision session being unrelated to the pandemic, with Andy, when he was interrupted by a knock at the door. Having regained some kind of composure on his return, blurted out, 'ooh is that a delivery from Amazon'?

'No', he replied, 'it's a set of wraps.. have you heard of the Spicer Method'? And the rest they say, is history...

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