

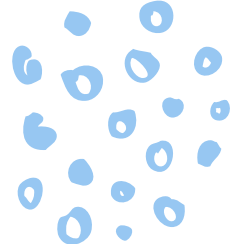


The Mustard Tree

AUGUST 2021 NEWSLETTER

WELCOME

We are pleased to say the Mustard Tree is now open to Pre-booked appointments. Our team of Support Specialist, Counsellors, Benefit advisor and Complementary therapist are here to support you. We hope you have all been keeping well during these uncertain times.



Macmillan Move More at Marjons

Move More at Marjons offers 4 weeks program which includes Free 24/7 Gym access, personalised Nutrition & exercise advice, they provide knowledge on structured workouts, teach safe use and the correct technique whilst using gym equipment. They use a combination of exercise designed to help improve your general fitness, energy levels, strength and flexibility.

Participation is by referral from the Macmillan Mustard Tree, to enrol please contact 01752 430060.

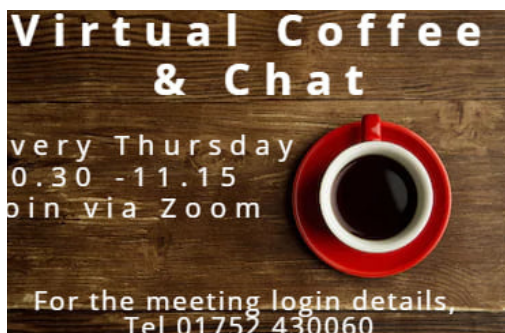
Link- <https://www.marjon.ac.uk/mhw/info-for-patients/move-more-clinic/>

Look Good Feel Better

Look Good feel better will be returning to The Mustard Tree for Face to Face Workshops these will be full of practical and effective tips and techniques to help you look after your skin, hair and nails to help you look and feel stronger and more confident, LGFB workshops will be Starting on August 3rd 2021 10:00 till 12:00 and will be running fortnightly, Please contact the Mustard tree on 01752 430060 to get booked in.



Virtual Coffee and Chat



To help ease the feeling of isolation the Mustard Tree offers Virtual Coffee Morning every Thursday morning. We would love you to join us.

Please contact the Mustard tree for the Meeting ID code.

1. Download 'Zoom' to your device via the App Store (iOS) or Play Store (Android). Alternatively, visit www.zoom.us
2. Click 'JOIN THE MEETING'
3. Enter Meeting ID and password
4. Click 'Join Audio'
5. Click 'Start Video' to turn on device camera (option)
6. Meeting will only start commenced once the Mustard Tree host has joined

**The Mustard Tree,
Derriford
Contact Telephone Number
- 01752 430060**



The Mustard Tree

AUGUST 2021 NEWSLETTER

ELAN Bamboo Lingerie Coming soon...

ELAN Lingerie Exclusive Bra fit clinic is coming soon to the Mustard Tree, ELAN Lingerie specialises in bras for patients post breast surgery, all ELAN products are expertly made in the UK using sustainable Bamboo.

Link— <https://www.elanlingerie.co.uk>

Register your Interest either through either—
hello@elanlingerie.co.uk or contact
The Mustard Tree 01752 430060.

ELAN believes that every woman should have a choice in her underwear. Our luxury products are expertly made in the UK using sustainable bamboo. What's even better is they don't look like your standard post-surgery lingerie. They're beautiful, fashionable and unbelievably comfy!

Our story...

Jemma, the founder of ELAN Lingerie, understands the struggles women face after surgery for breast cancer. "Women are thrown into an unknown world of post-surgery bras and it can be depressing at a time when you feel your femininity has been taken away. My experience comes from supporting my own mother through a very difficult breast cancer diagnosis back in 2005. After discovering the lack of choice on the market I decided to create my brand ELAN to empower and help women to rebuild their confidence again. I want to bring you a one-stop-shop for beautiful post-surgery bras that make you feel special. ELAN truly comes from my heart and my wonderful mother is at the centre of everything I create for ELAN."

Exclusive bra fit clinic coming soon to The Mustard Tree

Register your interest in our Mustard Tree exclusive bra fit clinic at: hello@elanlingerie.co.uk

Active for All Sessions

Football Sessions -

In partnership with Plymouth Argyle FC, we run a weekly session with qualified coaches to give you the chance to learn ball techniques, practice and improve your skills and play matches.

Day: Thursday (starting 1st July)

Time: 11am - 12pm

Venue: Manadon Sports Hub,
St Peters Road, Plymouth

Cost: £3 per person (first 4 sessions are free)

Free Parking is available on site.

For further information, contact Active for All on
01752 201891 or via email at
active@improvinglivesplymouth.org.uk

Mindfulness Course

Introduction on 3rd September and following on with the 6 week course on the 17th September. Please Contact The Mustard tree if you would like to attend this course.

What are 5 benefits of Mindfulness?

- 1.Reduce Rumination
- 2.Stress Reduction
- 3.Decrease in anxiety, negative affect, and emotional reactivity
- 4.improves mental health.
- 5.improve sleep

THE MUSTARD TREE,
DERRIFORD
CONTACT TELEPHONE
NUMBER - 01752 430060



facebook

TWITTER - @MUSTARDTREEPLYM
FACEBOOK - MUSTARD TREE SUPPORT CENTRE