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Well-being Wednesdays

It’s good to talk, whether it’s via phone, zoom, teams, whatsapp, face time



We all remember the BT advert with Maureen Lipman and Bob Hoskins with the motto “it’s good to talk”. After the last 18 months is it imperative now that we talk.

A problem shared is a problem halved, two heads are better than 1,

we are not mind readers- all of these sayings equate to one well known fact it’s good to talk!

When people stop talking it can be a warning sign that they are struggling or overwhelmed. Silence is not always golden.

It’s not always easy to find the time to have a chat, everyday life is moving a such a strange pace at the moment. The simple act of reaching out to a colleague or a friend can make such a huge difference for everyone involved.

So why not have a chat , chinwag, natter, catch up on the craic – just make time to talk!

Take care, Mrs B