

## GROWme. - at work in Warkworth

One of our members has become certified in something called BrainFit (helping those in 50s+ keep the brain active to prevent dementia). This fits within the WELLBEING, Mental Health capability. BrainFit programmes have now been running in Warkworth under the BPW banner since the beginning of this year and are very popular with both BPW members and non-members, men and women. Thank you to Franklin Club for the introduction to BrainFit and to Bronwyn Lane for completing the training and delivering the classes.

At a recent club meeting, one of our members is gave a talk on Belly Dancing and ran a quick belly dance class- yes you read right. This came about because our club members put 'having fun' at the top of their list of capabilities under the Perspective of Well Being. Belly Dancing has several values around good for the mind and spirit, improving your body image and having fun all at the same time. A good time was had by all.

I put together a small workshop on Know Your Numbers for the Warkworth club (of which I did a shorter version at the BPW National Leadership Forum) that ran over two evenings to help non accountants understand financial numbers. This would fit within BUSINESS SKILLS, Finance capability.