

Wealthsmith's Wellbeing

Thinking positively about health and wealth

Earlier in April, we launched a programme of events to help you stay healthy, provide some light-hearted education and have some fun whilst we find ourselves house-bound.



On 16th April, it was announced that the UK would remain in lockdown for at least another three weeks. In light of this and with extremely positive feedback from the events, we have decided to extend the programme, continuing two of the previous series and offering four new events for you to enjoy.

On the next page you will see the second series we have created with experts in a variety of fields, designed to offer something for everyone. Please sign up to any and all that you feel might be relevant to you. Further information on each event is available by clicking on the hyperlinks below. Clicking on the 'REGISTER HERE' links will take you to the Eventbrite website, from which you can register for any number of these events.



Cooking Class with MasterChef Finalist



Social Media Training Class



Future Leaders Webinar Series



Mobility and Exercise Class



Markets & Investments Update



Sanlam Brains of Britain Pub Quiz

Cooking Class with MasterChef Finalist

Have you been cooking the same three or four meals on repeat since lockdown started?

Do you want to spice up your cooking repertoire?

Have you ever wanted to watch and learn from a MasterChef Finalist?

Join Christian Day, a recent MasterChef Finalist, as he discusses one of his favourite dishes: steaks. Christian will talk you through the various different steaks on offer, how they differ, and how to cook them. He will also discuss potential sides to pair them with and vegetarian alternatives for non-meat eaters.

He hopes to bring a bit of excitement to your dining tables as the lockdown continues. Who needs restaurants!

Target Audience: Anyone who likes food!

Duration: 1 hour

Time and Date: 17:00 on Tuesday 12th May

Hosted by: Christian Day, MasterChef finalist

Registration Link: [REGISTER HERE](#)

Social Media Training Class

Do you struggle to tell the difference between Facebook, Instagram and TikTok?

Would you like to impress your children / grandchildren with some new social media skills?

What even is social media and why do you need it?

This session is designed to give those who aren't overly familiar with social media some training and insight into this world. Justine and Ellie will run through the differences, advantages and disadvantages of the various platforms out there and show attendees how you can set yourselves up with accounts and use the 'Socials' to maximum effect (should you wish to).

Target Audience: Anyone who wants to understand social media better

Duration: 1 hour

Time and Date: 14:00 on Thursday 7th May

Hosted by: Justine Colley and Ellie Ingilby, Sanlam Portfolio Managers

Registration Link: [REGISTER HERE](#)

Future Leaders Webinar Series

Do your children currently have a bit more time on their hands?

Are they fully prepared for the next step in their career?

Would they like something to put on their CV in this time where work experience is so difficult to find?

We are extending this seminar series, which is designed to give sons and daughters guidance, hints and tips in areas relevant to their stage of life. The series will be structured as a programme of weekly sessions for an hour on Tuesday afternoons. After Sandy's sessions have finished, we will host guest speakers from various industries to provide some career advice relevant to their professions.

There will be the opportunity for interactive Q&A by participants during and at the end of each session and a selection of the topics to be covered can be found on the registration link.

Target Audience: 18 – 25 year olds

Duration: 5 x 1 hour sessions

Time and Date: 14:00 on Tuesdays 5^h, 12th, 19th, 26th May & 2nd June

Hosted by: Sandy Loder, Chief Executive AH Loder Advisers

Registration Link: [REGISTER HERE](#)

Mobility and Exercise Class

Do you want to make more of the great indoors?

Do you want to stay fit and healthy?

Are you struggling to find the motivation to exercise on your own?

Russell will run you through a 30 minute exercise session focused on the three pillars of mobility, stability and strength. With many of us confined to our homes, it's more important than ever to ensure we keep moving and stay healthy, both physically and mentally.

Target Audience: 50 – 75 year olds

Duration: ~30 minute sessions

Time and Date: 10:00 on
**Wednesdays 29th April – 3rd June and
Fridays starting 15th May – 5th June**

Hosted by: Russell Percy, Personal
Trainer

Registration Link: [REGISTER HERE](#)

Markets & Investments Update

Are you concerned about your investments?

Would you like to better understand the unprecedented movements markets have made in the last few weeks?

Are you interested to hear what might come next as we gradually try to return to normality?

Sanlam's Chief Investment Officer Phil Smeaton will share his thoughts on recent market movements and what the Sanlam team see as the outlook for markets. Phil will discuss the economic outlook for the UK and the rest of the world and consider how that will impact investments across a variety of asset classes.

Target Audience: Anyone interested
in markets or investing

Duration: 1 hour

Time and Date: 10:15 on Thursday
14th May

Hosted by: Phil Smeaton, Sanlam
Chief Investment Officer

Registration Link: [REGISTER HERE](#)

Sanlam Brains of Britain Pub Quiz

Do you have good general knowledge and/or a mild competitive streak?

Do you want to show this off and win some fantastic prizes?

Are you looking for an excuse to have a glass of something whilst exercising (your brain)?

As a lighter respite from the headlines flooding our screens, Sanlam's Brains of Britain Quiz is here for you to enjoy from the comfort of your own home / computer screen. All you need to play is a computer screen, a mobile phone (connected to Wi-Fi or its network) and your IQ.

Target Audience: Anyone with
general knowledge (and / or a
competitive streak)

Duration: 1 hour

Time and Date: 17:00 on Wednesday
6th May

Hosted by: Jonny Moon, Sanlam
Client Director

Registration Link: [REGISTER HERE](#)