

Watch Will van der Hart, Director of the Mind and Soul Foundation, talking to HOPE Together about the positive and negative effects of the transition to the new normal.

Will van der Hart is one of the contributors to The Wellbeing Journey, an 8-session series for churches to use with their communities, with an accompanying giveaway booklet ['Your Wellbeing Journey'](#). Find out more at www.hopetogether.org.uk/wellbeing

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