



Kate & Toby Oliver

Rise and Shine

TOBY OLIVER

Growing up in Hampstead Garden Suburb (in the house where our parents still live) and sharing a bedroom, my sister Kate and I learnt the hard way just how big an impact the way you start your day can have.

Mornings would invariably begin with me kicking the bunk-bed mattress above and saying, "Are you awake, Kate?", increasingly loudly, until she shouted back, "No, shut up, I'm trying to sleep!" This rude awakening set us up perfectly for a day of squabbling and fighting.

Even after we had separate rooms, the pattern remained the same. It has taken several decades of experience for both of us to discover how creating a new morning routine can help bring positive changes into every area of your life. In essence, the way you start your day is the way your day is going to be.

Rise and Shine – How to Transform Your Life, Morning by Morning is our first book and came about after Kate and I accidentally ended up on a personal development workshop together. Shortly afterwards, we got talking about ideas we had for writing books; sharing experiences with others. It was at this point we discovered the importance of our morning routines. We discussed how our routines have helped us improve our mental health and navigate the many changes in our lives – both personally and professionally.

And so, the idea for *Rise and Shine* was born.

Kate and I come at this from slightly different angles. After attending Henrietta Barnett School, Kate studied Psychology at Oxford University before embarking on a career working as a Chartered Psychologist and coach with leaders in a wide range of organisations.

I, on the other hand, went to Christ's College and initially worked in the arts, before retraining as a therapist and a teacher of trauma-sensitive yoga and meditation.

Rise and Shine shows you how to invite more happiness, wellbeing and success into your life, one morning at a time. The benefits can be remarkable – enhanced wellbeing, more satisfaction, increased productivity and less anxiety, to name just a few.

We designed the S.H.I.N.E. method as a flexible way to help create a new and positive morning routine. It consists of five categories of practices we recommend for an uplifting and energising start to your day: Silence, Happiness, Intention, Nourishment and Exercise.

Rise and Shine is our first book and our first time working together. As you may imagine, this wasn't without its challenges but it was also a great experience. We learnt from each other and, through the process of collaboration, created something much better than either of us could have done on our own. We helped keep one another on track and were able to re-motivate each other at points where one of our spirits dipped, as we navigated the lengthy process of writing and publishing.

We hope that *Rise and Shine* will help others navigate the ups and downs of life and create brighter and better days.

Rise and Shine - How to transform your life, morning by morning, by Kate Oliver & Toby Oliver is published by Piatkus and costs £9.99.



Sylvain would like to say thank you

SHELLEY-ANNE SALISBURY

Some of you will recall the story of Sylvain Dwek, who has been cleaning bins in the Suburb for over 20 years and who had his van and all his cleaning equipment stolen on Northway a few months ago. Sylvain, who was born profoundly deaf, was immediately stripped of his livelihood and his only line of communication (his mobile phone was also stolen). Within hours of this awful event, a group of Suburb residents had set up a Just Giving site to raise funds to go towards the costs of replacing the stolen van and equipment – £7,300 has been raised to date!

Sylvain and his family have been so touched by the kindness and generosity of Suburb residents and they acknowledge something good came out of a very bad situation. Sylvain is now back cleaning bins (in his great new van!) and has also started offering a patio cleaning service. As a thank you to the Suburb community, Sylvain is offering a 10% discount on patio cleaning to Suburb residents who quote the code PATIO22. The code expires after the end of July 2022.



SIMON HENDERSON

Richard Wiseman

1951 - 2022



Photo: The HGS Trust

Hampstead Garden Suburb Trust were very saddened to learn that Richard Wiseman passed away suddenly on Saturday 16th April. Richard served two terms as Trust chairman, from 2013-16 and 2016-19, steering the Trust skilfully through some major challenges whilst steadily building up its financial resilience. He is remembered by all who knew him as a kind and encouraging man, highly supportive of his colleagues, and a force for good for the Trust and the Suburb. He will be much missed by everyone in the Trust.

A full obituary will appear in the September issue of Suburb News



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G COHEN

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