

Activities to do with friends and family

When living with hypopara, symptoms can sometimes have a significant impact on a person's ability to do the things that matter to them, such as socialising with their friends and family, greatly affecting relationships.¹

In an [early episode](#) of the HypoparaExchange podcast series, Fiona opened up about the effects hypopara had on her children saying that, “they don't know any different... and that's awful that your small children can't go to the park some day because Mummy isn't well.”

To keep things interesting, here are five activities you can do with friends and family from home or outdoors (close to home) that aren't too strenuous.



1. Grow a small garden together:

It's easy to grow a container garden, no matter where you live, either indoors on a windowsill or outside in the garden. The easiest and most rewarding plants for a patio or indoor garden are culinary herbs or leafy salads: great for cooking and garnishing!



2. Plan a picnic:

Organise to spend time outdoors in the park with friends or family for a picnic. This is the perfect activity to modify, if on the day you are not feeling well, you can bring the picnic into your garden instead. Your family will get fresh air and a dose of vitamin D!



3. Check out the stars:

To get started on this fun family activity, download a star chart from the internet. Then choose one spot in your garden or street that affords a clear view of the sky, and venture outside to watch how the night sky changes each day.



4. Go for a family bike ride:

Cycling is a great way to enjoy gentle exercise and explore your local area. Before you set off, research family friendly cycling routes near you, to be able to help plan your ride. Remember to take it easy at first and only cycle if you feel up to it.



5. Get baking with the family:

There are so many easy baking recipes available for you and your family to enjoy, [here](#) are a few for you to try. Remember to also check the nutrition section on Hypopara Life for more recipes from the Delicious & Calcium-Packed series.²

1. Sigglekow H et al. Burden of illness in not adequately controlled chronic hypoparathyroidism: Findings from a 13-country patient and caregiver survey. *Clinical Endocrinology (Oxf)*. April 2020. Issue 2 92:159–168

2. National Institutes of Health. Government. Factsheet for Healthcare Professionals (2020) Accessed here: <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>