

WELLBEING PACK 4

A warm welcome to Pack number 4. Inside this issue we wanted to focus on friendship, many studies have shown that having solid friendships in our life can help to promote brain health. Friends also help us to handle stress and make better lifestyle choices that keep us strong, allowing us to rebound from health issues and illness more quickly. Positive friendships are vitally important to all aspects of our mental health.

As we now start to look towards a new normal it is so important to maintain the connections that have helped us through these challenging and uncertain times. It is also never too late to take the steps to reach out and start to make new connections and friendships with others. If you know someone else who might benefit from receiving a pack, to give ideas for future activities, request a “penpal” or to opt out of the packs, please contact: Sarah Lane at Virgin Care: 07975 233 550.

SELF CARE CHALLENGE

THIS WAS INSPIRED BY THE IDEAS SHARED BY DAISIES AND PIE

WHAT IS SELF CARE? -

Simply looking after yourself – putting time and effort into choosing to do activities that make you feel good and promote happiness and wellbeing. It feels good to feel good!

WHAT ARE SELF CARE ACTIVITIES? -

They can literally be anything that makes you feel good – as simple as spending 5 minutes meditating or 10 minutes sitting with your feet up and a cup of tea, taking a 10 minute walk each day or even just making a to-do list or structuring your day so it runs more smoothly – anything that promotes good feelings and wellbeing.

JULY - SELF CARE CHALLENGE

This takes a little focus and effort each day to make sure you always squeeze in something that's nice, that makes you happy or is just good for your wellbeing. Remember – you don't have to do them all, just do what feels good for you. This is a nice thing to do – it shouldn't cause you

1 - FEEL GOOD IDEAS - ADD A TOUCH OF SUMMER



Bring the summer indoors. An old jar filled with flowers on the table, or a display of foliage (only picking flowers/ foliage responsibly), or a potted plant on the windowsill.

2 - SELF CARE IDEAS - READ A BOOK

Treat yourself to an early night or an afternoon sat in a puddle of sunshine by your window or in your garden and enjoy reading a book – maybe a new novel, something lighter than your usual read, or different, perhaps a biography.

3 - SELF CARE IDEAS - GIVE SOMETHING BACK

Paying back kindness is something that makes people feel good – if someone helps us out then imagine what it feels like to repay that – to them or to the universe in general. Just pass on the kindness.

4 - SELF CARE IDEAS - SPLASH IN THE PUDDLES



Never forget how fun it is splashing in puddles and splodging through the mud. Kick up the water, jump in and out of the puddles, no matter how challenging life is, doesn't always have to be quite so serious....

55 - FEEL GOOD ACTIVITIES - GARDENING

Get out in the garden and spend a morning tidying the place up, dig over a few flower beds, prepare the garden for more summer planting. It burns a whole stash of calories and feels good to be outdoors.



6 - SELF CARE IDEAS - AIR THE HOUSE

Nothing freshens up the atmosphere and vibe at home than changing the air – throw open the windows wide and really get the air blowing through the house.

It's the easiest and most natural way to get your home smelling fresh and clean.

7 - FEEL GOOD ACTIVITIES - PLANT SOME VEGETABLES

Looking after yourself and eating well is important and there's lots of herbs and vegetables you can easily grow at home with very little space or effort. Even the smallest windowsill has room for a little pot of herbs.

Look at your space and plant up whatever you fancy – some windowsill herbs, a pot of fresh salad leaves or even pots of peas and beans or a tub of new potatoes!



8 - SELF CARE IDEAS - COOK A SPRING DINNER

Take inspiration from the season and cook up something fresh, light and full of flavour.

Try a simple vegetarian spaghetti dish with purple sprouting broccoli or perhaps a spring quiche made with fresh eggs and herbs.



9 - SELF CARE IDEAS - DUVET DAY

Indulge yourself with a duvet day (or at the very least a long lie in) – totally enjoy waking up late, sipping coffee and flicking through magazine in bed. Take your day easily – live slowly.

20 - SELF CARE ACTIVITIES - VIDEO CHAT NIGHT IN

Surround yourself with positive, happy supportive people and celebrate that with a video link night in – some food, some drinks, some chat.

How to make a wrapped friendship bracelet

Step 1 - Things You Will Need

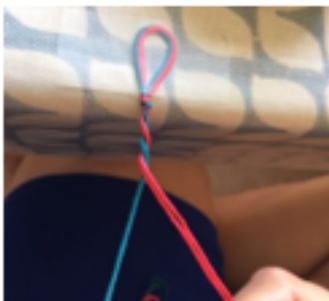
- Scissors
- Tape
- 8 Pieces Embroidery Thread

Step 2 Cut the Floss

Cut the thread however long you would like. I usually cut mine about 56 inches/142 cm long. The strings also need to be doubled over so when you tie the knot it will have a loop at the top.

Step 3 Tie a Knot

You will need to tie a knot at the top of the strings. Make sure you have a loop at the top. You should also make the loop a somewhat long so it gives enough room to tie it on at the end.

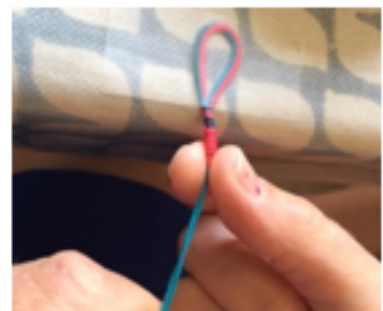


Step 4 Tape It Down and Start

Take a piece of tape and tape the strings to a hard surface. You start by taking two of the same coloured threads and wrapping them around all of the other threads. Make sure you gently bunch up the threads as you go.

Step 5 Changing Colour

To change colour you just take a new pair of strings and wrap them around the other strings including the ones you just used. This may be difficult, but it gets easier.



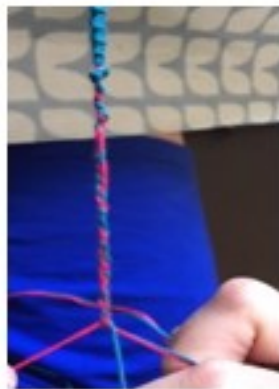


Step 6 Keep Going!

Keep going! You may use any pattern you like and change colours as often as you please. Also, make sure the bracelet fits.

Step 7 Tie Another Knot

When you are finished with the bracelet and it is the right length tie another knot at the bottom of the bracelet. Then plait a small section (make sure it's long enough to go around your wrist, through the loop and tie), knot again and cut off any excess thread.



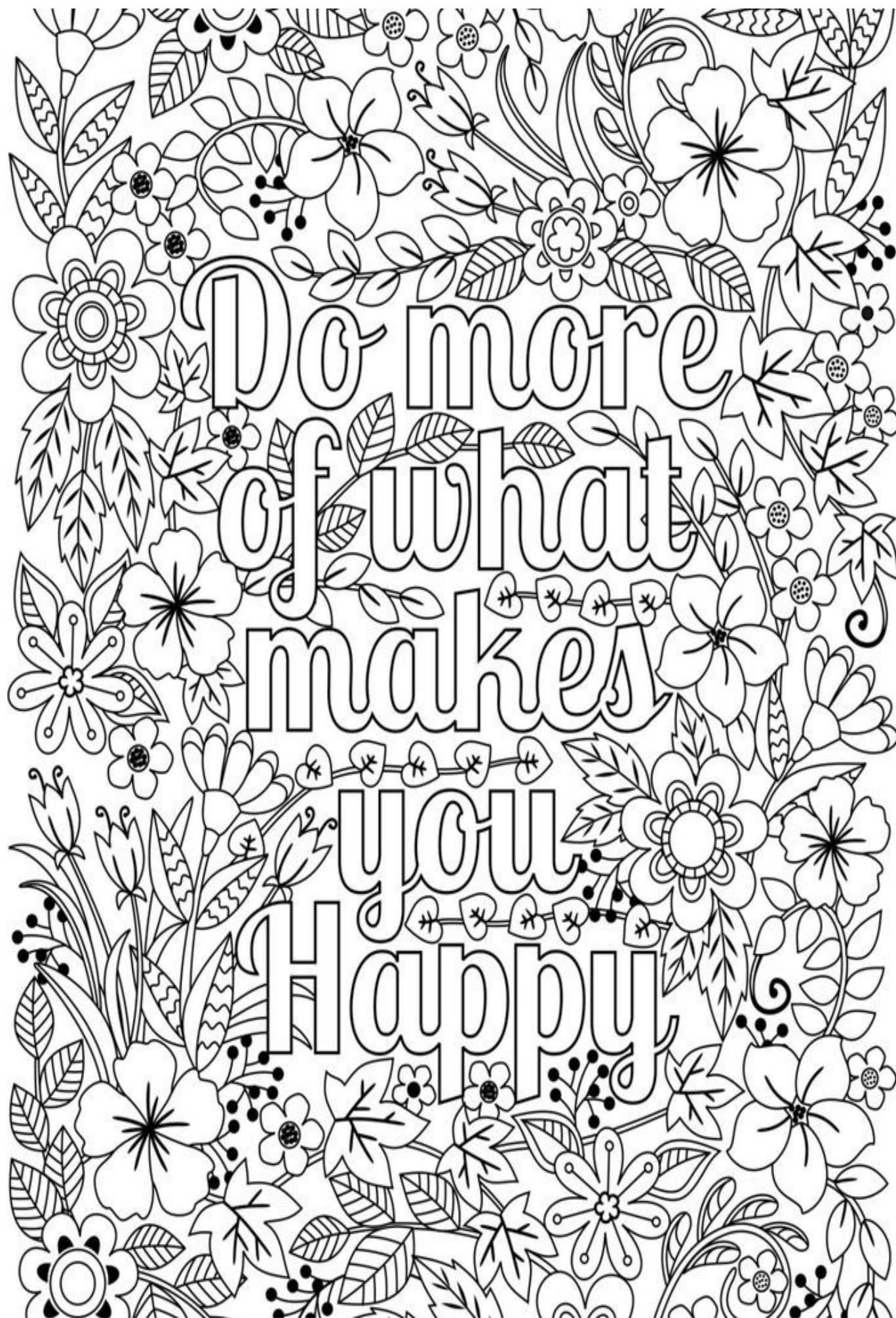
Step 8 Remove the Tape and Tie It On

Then you remove the tape and tie it on or have someone tie it on for you.



Step 9: Make More!

Now you know how to do this you could make some more and pass them on as part of your random act of kindness!







SAUSAGE AND APPLE PIE

This recipe serves 6-8 so you can reduce the quantities accordingly to make a smaller pie. Ready-bought puff pastry is fine to use, and a tablespoon of dried sage is perfect if you don't have fresh. This pie can be eaten hot or cold – so if cooking for two you could make the said amounts for dinner and then enjoy it cold the following day for your lunch.

Ingredients

450g or 1lb pork sausage meat

2 tbsp fresh sage chopped or 1 tbsp dried sage

1 large Cox or similar sharp-flavoured eating apples, peeled and thinly sliced

Sea salt, black pepper

Nutmeg (optional)

450g/1lb puff pastry

Beaten egg for glaze

Method

Preheat the oven to 220 C or Gas 7. Roll out half the pastry and use it to line a 23cm/9in pie plate. Place a layer of half the sausage meat mixed with the chopped sage over the pastry base. Cover with the thinly sliced apples. Season well, then top with the rest of the sausage meat mixture. Roll out the rest of the pastry and cover the pie, brushing the edges of the base with the beaten egg before sticking and crimping the crust to them. Cut a cross through the centre of the pastry so the steam can escape while cooking.

Put the pie in the fridge for half an hour.

Brush the pie with beaten egg and put in the oven on a heated baking tray for 15 minutes. Turn the heat down to 180 C or Gas 4 and cook for a further 30-40 minutes until puffed up and golden. Use a skewer to check the apple is cooked through. Leave for 10 minutes before serving.





RHUBARB AND CUSTARD MUFFINS

This makes around 12 but can be kept in an airtight container and eaten over a few days. You will need muffin or cupcake cases. Rhubarb is currently in season and if you cannot get hold of fresh rhubarb then frozen is also available in the supermarkets and completely fine to use. Tinned rhubarb is also great – it won't need cooking, but will need to be drained before using.

Ingredients

150g chopped rhubarb
150g plain flour
50g custard powder
2 tsp baking powder
150g sugar
½ teaspoon salt
150ml milk
100ml sunflower oil
2 small eggs or 1 large egg

Method

Preheat the oven to 200 C.

Gently cook chopped rhubarb in 1 tablespoon water and sugar to taste.

Sift together flour, custard powder and baking powder. Add sugar and salt.

Beat together milk, oil and eggs. Blend together egg mix and flour mix until smooth. Fold in rhubarb. Spoon into prepared muffin tray.

Bake for 20-25 minutes.





Make your own simple paper plant pots

Create these recycled pots which you can plant straight into the ground.

What you will need:

- Newspaper
- Toilet roll tube, jam or spice jar. Any container that you can use as a mould to create the pot shape you want!
- A container to store your pots in until they are ready to use
- For the 'deluxe version' – you will need masking tape (check for chemical content first)

Step One:

Unfold and open up the paper so that you can see both pages.



Step Two:

Taking one 'double page' fold the paper in half on the horizontal.

Step Three:

Next, take your toilet roll tube or pot mould and wrap your folded newspaper around it. Make sure that you leave an overlap and one end so that you have enough paper to create a base.



Step Four:



Now, fold or scrunch the paper at one end to create your base. If you want to be neat – once you have removed the mould - you can tuck the paper at the top in too.

For the deluxe version – here is where you can make use of some masking tape to secure the side and base of your pot. This is helpful if you are using a mould that will create a square pot.



Step Five:

Remove your mould. You can now fill your pot with compost and plant up or place into a container ready to use later. Your pots should last while until you're ready to plant them out into the ground or into a larger container.

Step Six:

You can plant your pots straight into the ground and the newspaper will decompose. Deluxe: masking tape paper is biodegradable – just check to make sure you're happy with any chemical content in the tape if you are going to plant your pot direct into your soil.





Pricking out seedlings

When they have outgrown their sowing space and developed true leaves - move your seedlings on to lovely new/recycled pots.

What you will need:

- A number of plant pots – size depending on your plants (see seed packet for help)
- Your seed tray filled with ready to 'pot on' seedlings
- Compost
- A pencil/thin stick
- Plant labels/lolly sticks & pencil

Step One:

Fill your bigger individual plant pots with compost. Using your pencil or thin stick – make a hole in the compost ready to pop in each seedling.

Step Two:

Next, get your pencil or stick ready and take hold of the seed leaves with your fingers. Seed leaves are the first that appear. Do not hold the true leaves.



Step Three:

Using your pencil or stick, ease your seedling out of the seed tray and place into the hole you have made in the compost of its new pot.



Step Four:

It is important that the majority of the seedling stem is covered with compost. For seedlings like tomatoes, 'leggy' – you will need to carefully ensure the stem is covered when you prick out and move to a new pot. This might need you to use your pencil/stick to help! This will make the plant more stable and help the plant to grow stronger.

seedling stem is covered which sometimes get a bit the majority of the stem is

The seedling - just before being placed in to the pre made hole. You can see the roots are developing nicely.

Step Five:

Add a label to your newly potted seedling and water it.

Step Six:

Enjoy watching your plant grow indoors or in a greenhouse until it is ready to be hardened off and then planted out into your garden or allotment.



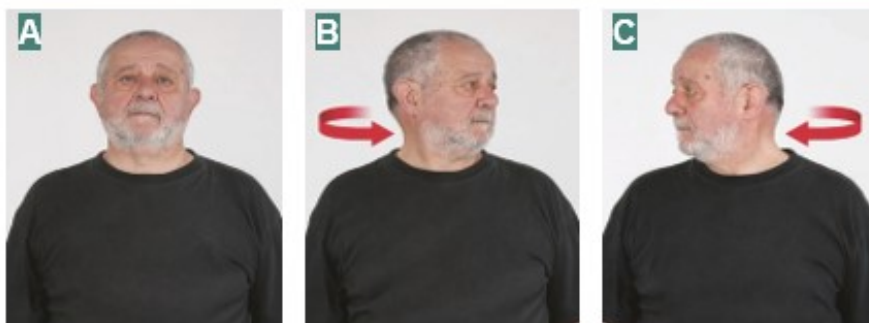
BALANCE

- These exercises have been developed by NHS Choices with older people in mind, but everyone can benefit from them.
- If you have not done much physical activity for a while you may want to get the all clear from a GP before starting. For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement. Wear loose, comfortable clothing and keep some water handy.
- Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and coordination. Build up slowly and aim to increase the repetitions of each exercise over time. Make them a regular part of your week. Do them to music.
- If you would like to do these exercises together with someone else over the phone contact Age UK Bath & NE Somerset and ask to be set up with one of our telephone befrienders. Call 01225 466135.

Flexibility



Neck rotation



This stretch is good for improving neck mobility and flexibility. **A.** Sit upright with shoulders down. Look straight ahead. **B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position. **C.** Repeat going right.
Do three rotations on each side.



Sideways bend



A. Stand upright with your feet hip-width apart and arms by your sides.

B. Slide your left arm down your side as far as is comfortable.

As you lower your arm, you should feel a stretch on the opposite hip.

Repeat with your right arm down your right side.

Hold each stretch for two seconds and perform three on each side.

Calf stretch

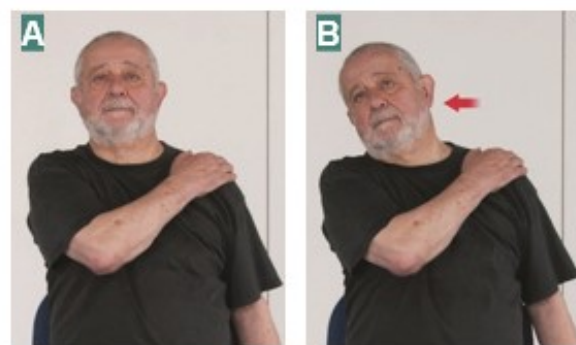


A. Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.

B. The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.

Repeat with the opposite leg and perform three on each side.

Neck stretch



This stretch is good for loosening tight neck muscles.

A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

B. Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

Hold each stretch for five seconds and repeat three times on each side.

The Power of Kindness

During these unsettled times the mental health and wellbeing of everyone, is very important. Using resources from different organisations, working hard to support the mental health and wellbeing of us all there are some challenges that you can do over the coming weeks. (with thanks to Oldfield school for inspiring content)



*Small acts of kindness can make a difference.
There has certainly been an outpouring of kindness across the country and everyone can play their role.*



Power of Kindness Challenges

Challenge One - What does kindness mean?

Think about the role kindness can play in a crisis.

- What does kindness mean to you when someone is kind and how does it make you feel?
- How do you feel when you have been kind to someone else?
- What personal qualities do you have that might enable you to be kind to others?
- What might stop someone from being kind in a crisis? How might they overcome this?

Challenge Two – 4 Acts of kindness

Think of 2 kind acts you can do over the next weeks, whilst remembering that by staying at home as much as possible you are all helping save lives - this could be one of your kind acts.

Washing hands for 20 seconds with soap and water and maintaining a safe distance from others when you go outside are all acts of kindness too.

Challenge Three – Gratitude

It can be beneficial to express gratitude during times of uncertainty. Each day make a note of at least one thing you are grateful for; it could be that you are able to do your daily walk or exercise, the ability to use technology to keep in touch with friends, that you are able to cook a meal each day, you have a home.

You could also consider how others might feel in different circumstances or locations around the world, how are they dealing with the current situation? What might be easier or more challenging for them?

Challenge Four – Looking to the future

This situation is temporary, but kindness and kind acts are always needed and perhaps people coming together to help others is something positive that has come out of this challenging situation.

When this crisis is over how might the community and world look if we were kind to each other?

What kind acts you could you do alone or together with others do in the future?

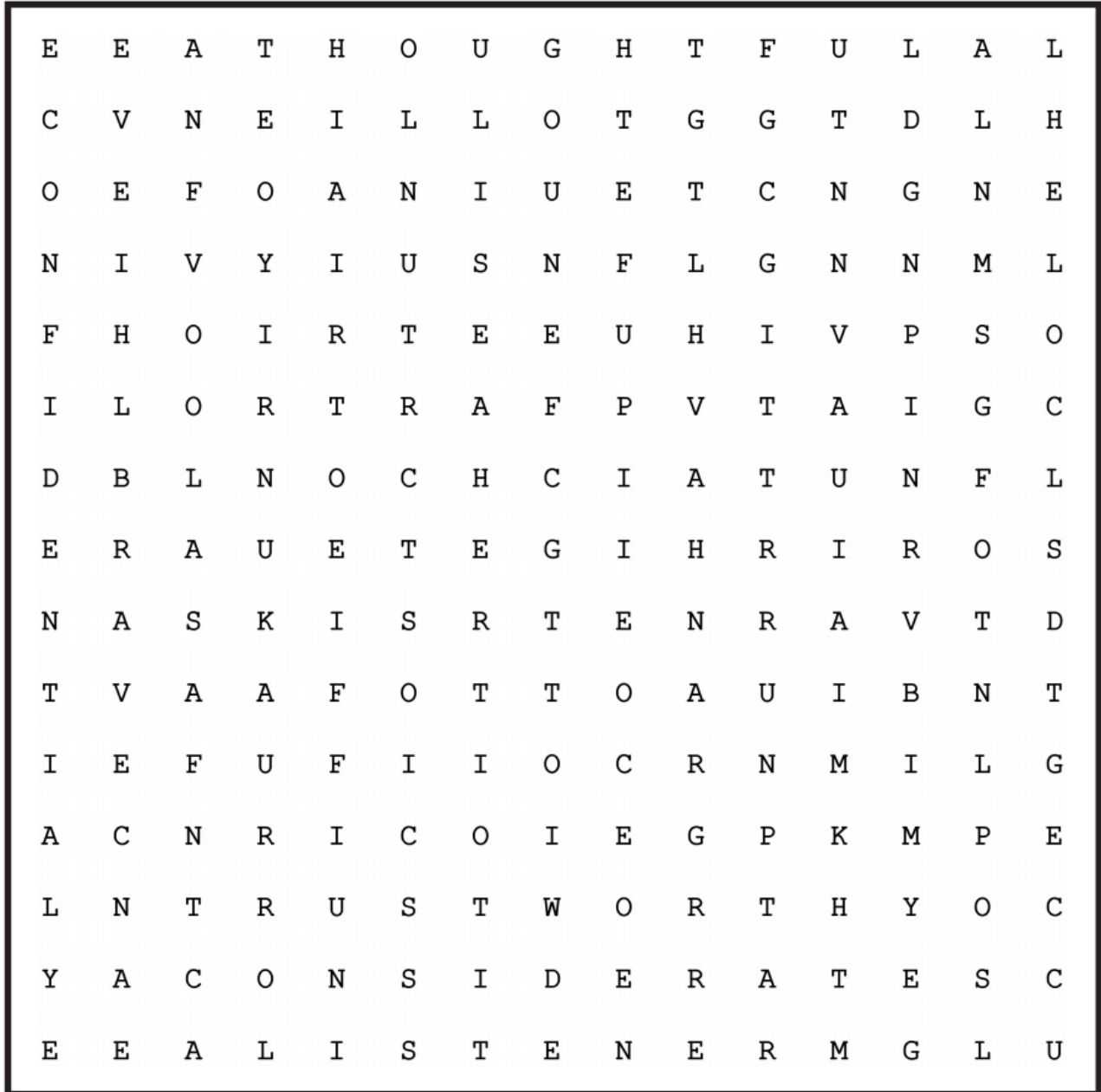
Challenge Five – Discovering Kindness

Take some time to focus on positive news stories, all the stories about acts of kindness you have heard recently, such as musicians holding concerts on social media or balconies, people offering to do each other's shopping, or the way communities are coming together to support each other and appreciate health workers during this period, this could be your 'kindness news' which you could scrapbook or share with others as we all benefit from seeing or hearing positive news.



HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.



WORDS TO FIND

brave
caring
communication
confidential
considerate

empathetic
faithful
forgiving
funny
generous

honest
inseparable
kind
listener
loving

loyal
protective
thoughtful
truthful
trustworthy



Creativity Works - At Home

Taking a line for a walk with Multi-Media Artist Jill Carter

Taking a line for a walk

Take time-out of your day to document and draw where you are and what you are feeling by using one continuous line to capture what you see.

"I love doing this activity and hope you will too. It helps free up my drawing and mind and develop the art of truly noticing small details. It helps me feel connected too!" Jill Carter

What you'll need:

- A journal, notebook or sketchbook, or something to hand, for instance, a piece of found card.
- A marker, biro or pencil.
- This activity can be done inside or outside - or both!
- You could also use a camera to document interesting patterns and shapes. Mindful photography involves taking your time and noticing what's around you.

Inside

Step 1

Choose a viewpoint, perhaps a window, looking out or in, a room, a shelf, a table top...

Step 2

To begin, note on the page, time and place, perhaps how you are feeling.

The idea is not about doing a brilliant representational drawing, more about how to enjoy free mark-making, drawing with no beginning or ending, keeping relaxed and focused.



Note from Jill

I decided to chose a small table in front of a window, with a happy golden waving Chinese cat, some tulips, a cup and found stones. My focus weaved between those objects and the courtyard beyond, my gaze on these areas not directly on the page.

The aim is to enjoy just being in the moment, focused, relaxed, playfully taking a line for a continuous journey. Have fun noticing what draws your attention, the curious details.

When your attention comes to a natural close, note some key observations or feelings, and again, note the time.



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Creativity Works - At Home

Taking a line for a walk with Multi-Media Artist Jill Carter

Outside

Step 1

Enjoy a mindful walk, (alone or with a companion) taking your journal and drawing tools with you.

Step 2

Along the way, discover a place with an inspiring view point in which to pace/sit or stand.

Step 3

Notice what's around you. Connect with the ground, your body and mind.

Step 4

Note the time. Make some notes about the place on your page to begin. Then explore the process of looking at the view, not directly at the page. Explore ways of seeing, noticing shapes and forms, light and shade as you make marks on your page. Work at different speeds, fast or slow. It is not about getting anything 'right'.

Respond freely, drawing intuitively to what draws your attention.



Jill Carter with her outside journal page

Note from Jill

I chose a park, then discovered different areas, a woodland path, resting under a tree, but the main focus of inspiration became a discovered hidden lake, the small flowers, the trees, and the sound of the birds and wind, really caught my attention.

The idea is to respond intuitively in your own unique way, to the elements, the sights and sounds of nature. Choose naturally, reflecting key observations and noting the time to close.



Created by Monique Woodcock



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ENGLAND**

www.creativityworks.org.uk



Chew Valley and Keynsham Befrienders

“ I don’t know where I’d be without my befriender”

One in four of us experiences emotional distress at some times in our lives, and sometimes the only treatment required is having a sympathetic ear and someone to talk to.

We are a small voluntary organisation operating in parts of North Somerset and Bath & North East Somerset (Chew Valley & Keynsham in particular)

We support individuals and their families, who have mental health problems or are experiencing distress, those referred are allocated to a befriender who visits or phones on a regular basis at times to suit both the befriender and the person visited.

(due to coronavirus our current offer is phone contact)

Contact Us

If you would like more information about Befrienders, or know of someone who might benefit from using our service, please contact our co-ordinator, Bridget Smith or our administrator Mary Douglas-Jones.

EMAIL ADDRESS

Founder: bridgets@uwclub.net

Administrator: marydouglasjones@gmail.com

TELEPHONE NUMBER

01275 472798

01275 475154

Lonely?

**A bit
isolated?**

**Not sure what
resources are available**



Our team of volunteer Peer Mentors all have experience of living with mental health challenges themselves, so they bring empathy and understanding along with a friendly approach & a great selection of resources and techniques to explore with their mentees.

What does Peer Mentoring currently offer?

- ◆ Weekly call to share how your week is going
- ◆ An opportunity to explore the resources that are available during coronavirus
- ◆ Support, encouragement and motivation to explore your interests & consider what you can engage with during coronavirus
- ◆ Share resources and coping techniques
- ◆ Additional support during times of change

Who can access this service?

- ◆ People aged 18+ living in B&NES
- ◆ People who have been or are being supported by (AWP) Avon & Wiltshire Mental Health Partnership for their mental health.
- ◆ People who have been assessed by AWP primary care liaison service (PCLS) a GP can refer for this

For more information please contact ; Claire Lawrence, Peer Mentoring Coordinator
07736457670 c.lawrence1@nhs.net

St Mungo's
Ending homelessness
Rebuilding lives

NHS
**Avon and Wiltshire Mental
Health Partnership**
NHS Trust



Telephone Befriending Age UK B&NES

Being unable to talk to people increases feelings of loneliness & isolation. If you're feeling that you would like some company, we can arrange for one of our friendly volunteers to call you for a regular chat.

- Weekly calls by a volunteer at a time to suit you.
- Wherever possible, we match you up with someone who shares similar interests.
- This is a free service that creates genuine friendships

01225 466135
reception@ageukbanes.co.uk



HOW
ARE YOU
FEELING?

LONELY?
ANXIOUS?
ISOLATED?

IF YOU WOULD BENEFIT FROM RECEIVING REGULAR CALLS FROM OUR TEAM

CALL 0300 247 0050



9am - 5pm Monday to Saturday.

Calls charged at local rate.



Bath Mind's mental health support promotes reducing isolation, improving health and wellbeing, accessing wider services and building confidence for adults throughout B&NES.

Bath Mind is a local, independent charity, supporting the wellbeing and mental health needs of people throughout B&NES.

www.bathmind.org.uk

Registered Charity No: 1059403



Local & National Helplines

Whether you're concerned about yourself or a loved one, these helplines can offer expert information and advice.

Local support

B&NES community hub- covid-19;

Avon & Wiltshire Mental Health Partnership- 24hour mental health helpline; 0300 3031320

Bath foodbank - 01225 463549

COVID-19 COMMUNITY SUPPORT

Hello

If you are concerned or need support we have people who can help.

Helpline: 0300 247 0050

We have a team of experts who can assist, and volunteers in your area.

#compassionatecommunity

- 1 Delivery of urgent supplies
- 2 A friendly phone call
- 3 Collection of medication
- 4 Money matters and work
- 5 Mental wellbeing (including loneliness, low mood, anxiety)
- 6 Advice on keeping fit
- 7 Housing issues
- 8 Supporting your family
- 9 Food and cooking
- 10 Understanding public health advice

If you can safely get support from family or friends, or can order items online, then please continue to do so.

3SG Virgin Care Bath & North East Somerset Council NHS

telephone support 24 hours a day, 365 days a year

Life threatening medical emergency	999
NHS 111- Non-emergency medical help	111
Social Services Emergency Duty Team	01454 615165
Concerns for someone's Mental Health Statutory mental health services provided by AWP	01225 325680 (main switchboard)
Alcoholics Anonymous	0800 917 7650
Combat Stress (veterans)	0800 138 1619
FRANK (national drugs helpline)	03001 236600
National Domestic Abuse Helpline	08082 000247
Samaritans	116 125
Shout Text Service (crisis support)	Text Shout to 85258
Victim Support	0808 168 9111

other support, times vary

Adult Social Care Services - Virgin ASIST Team	01225 396000
Beat (eating disorders)	08088 010677
CALM (men aged 15-35)	0800 58 58 58
Family Lives (formerly Parentline)	08088 002222
Mind Infoline	0300 123 3393
Mindline Trans+ (trans, non-binary support)	0300 330 5468
Narcotics Anonymous	0300 999 1212
National Gambling Helpline	0808 8020 133
No Panic (panic attacks, OCD and phobias)	08449 674848
OCD UK	0333 212 7890
Rape Crisis	08088 029999
SANELine	0300 304 7000
Self Injury Helpline	08088 008088
Womankind (in distress, suffering domestic abuse)	01179 166461 / 03454 582914