

NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services

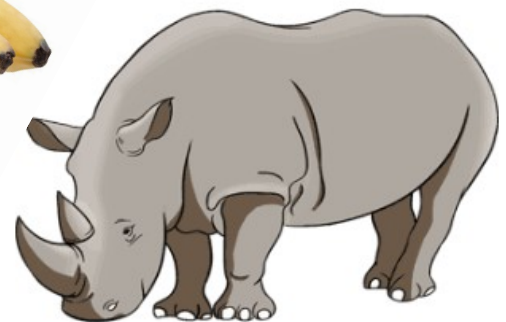


Weekly Newsletter



Mindfulness
Special!

**Monday 1st June
2020**



More Mindfulness Colouring Inside!
This week it's movies!

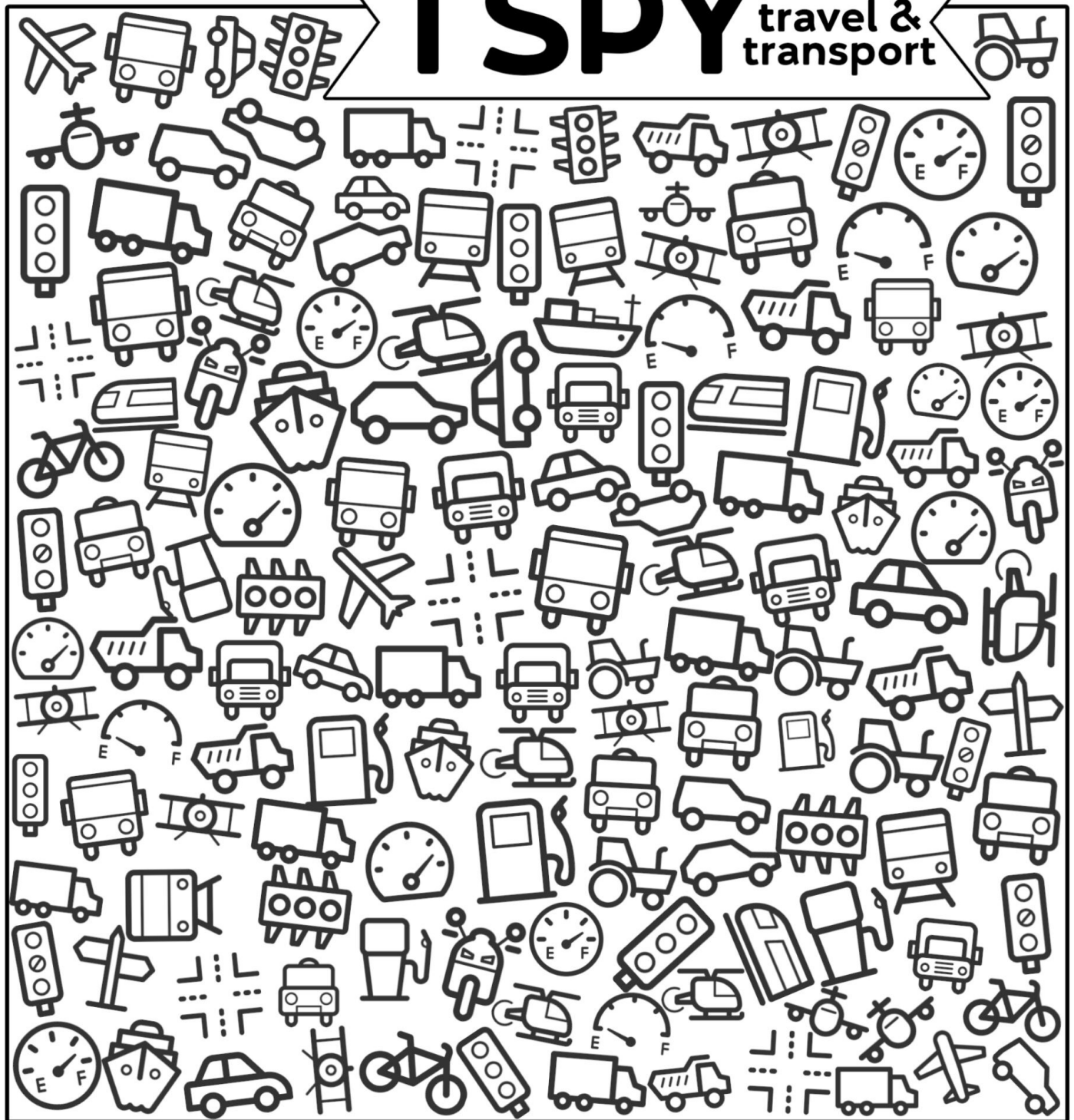
Page 13

**Filled with activities,
quizzes, crafts and
competitions, for
you to complete!**



**Covid19 Myth
Buster—p25**

I SPY travel & transport



- | | | | | | | | | | | | | | | | | | | | |
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| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
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I SPY

construction



2		4		4		5		4		5		7		4		6		5	
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Quotes



IF YOU ARE STRUGGLING TODAY, REMEMBER THIS:

You have survived everything you've gone through up to this point.

The best day of your life is still yet to come.

There are still people you haven't met, and things you haven't experienced.

YOU CAN DO THIS.



Please remember that endings are also beginnings;

there's hope in that.

DON'T BELIEVE
EVERYTHING
YOU THINK



IT'S OKAY

- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF.

Stay patient
and trust
your journey

Do it
for
you!!

@sweetwaterdecor



ONE KIND WORD

CAN CHANGE
SOMEONE'S
ENTIRE DAY

@itw_visions

choose to be kind



Sometimes when
you're in a dark
place, you think
you've been buried,
but actually you've
been planted.

What if...
everything
you are going
through is
preparing you
for what you
asked for?

JUST FOR TODAY,

I AM HEALTHY.

I AM SAFE.

DO NOT WORRY.

BE KIND TO YOURSELF.

BE GRATEFUL.

KIMWELLANDS.COM

—
A MIND IS LIKE A
PARACHUTE. IT
DOESN'T WORK IF
IT ISN'T OPEN.
—

MINNABAY.COM

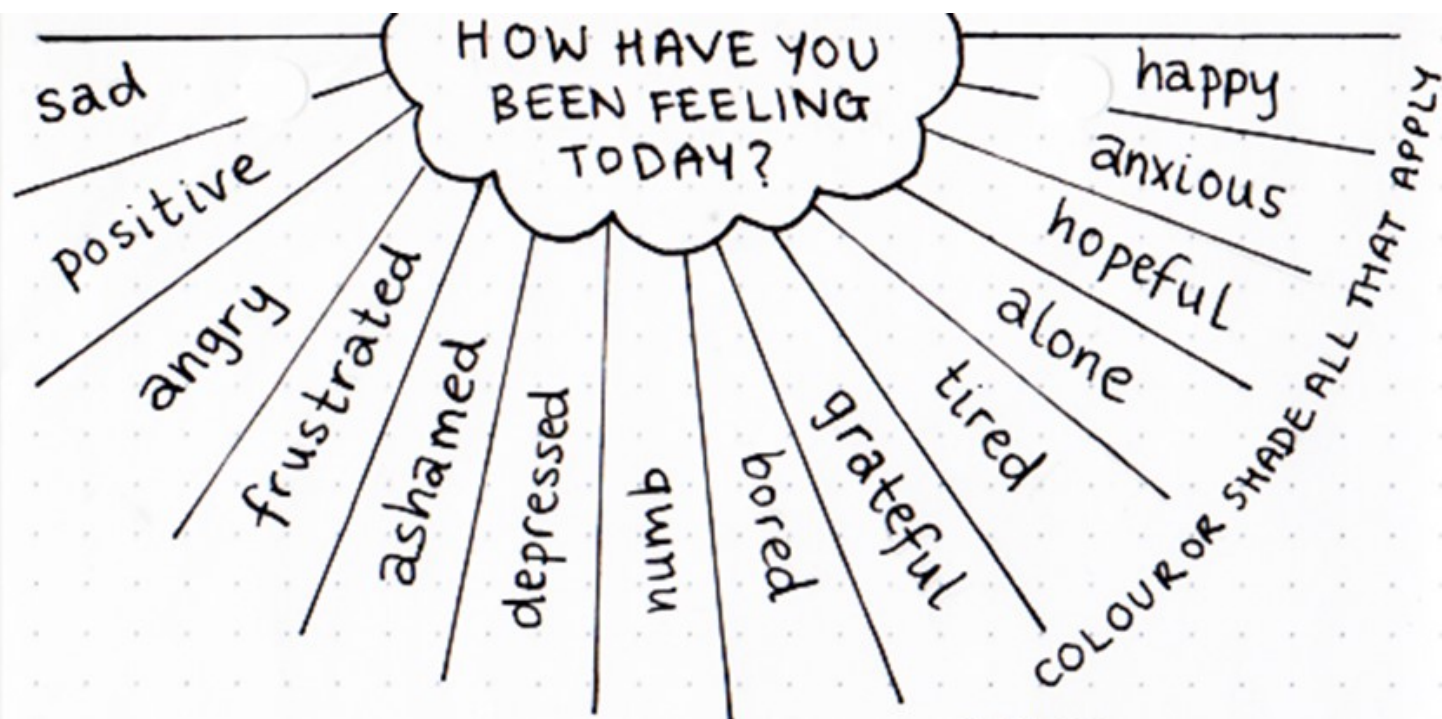
SOMETIMES YOU HAVE
TO GET KNOCKED
DOWN LOWER THAN
YOU HAVE EVER BEEN,
TO STAND UP TALLER
THAN YOU EVER WERE

IT'S OK
IF THE
ONLY
THING
YOU
DID
TODAY
WAS
BREATHE

I AM SLOWLY LEARNING THE
THINGS THAT MATTER TODAY
MIGHT NOT MATTER A FEW
YEARS FROM NOW OR EVEN A
FEW HOURS FROM NOW. I AM
SLOWLY LEARNING HOW MUCH
THINGS CHANGE OVER TIME. I
AM SLOWLY LEARNING IT'S
POSSIBLE TO FEEL OKAY
AGAIN IN THE FUTURE, EVEN
THOUGH NOTHING IS OKAY
RIGHT NOW.

Never
give up
on
the things
that
make you
smile

flower

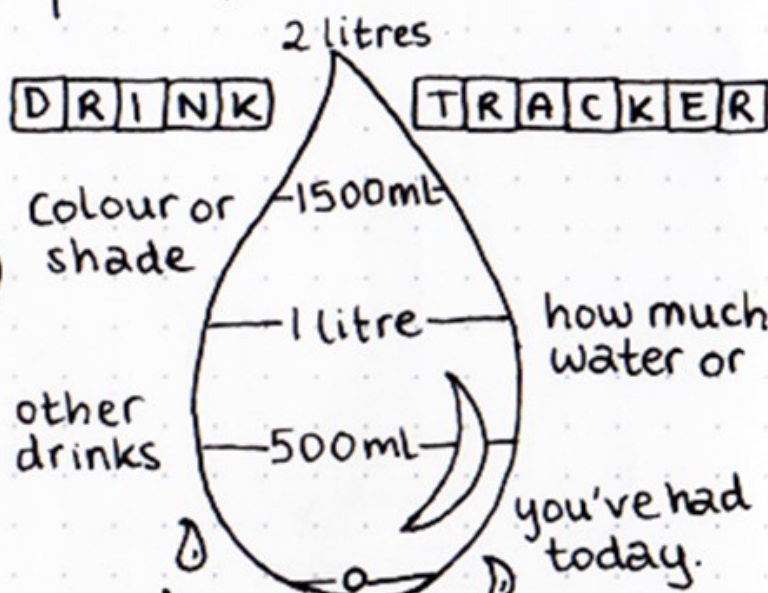


SELF CARE

What have you done to take care of yourself today?

- ☐ Got up
- ☐ Made bed
- ☐ Brushed hair
- ☐ Got dressed
- ☐ Shower
- ☐ Brushed teeth
- ☐ Deodorant
- ☐ Got some fresh air

DRINK TRACKER



FOOD TRACKER

Have you had something to eat today for...

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner

Well I didn't know that

Bananas are curved because they grow towards the sun.

Bananas go through a process called “negative geotropism.” Instead of growing towards the ground, they start growing towards the sun.

The fruit grows against gravity, which gives the banana its familiar curved shape.

Movie trailers were originally shown after the movie, which is why they were called “trailers”.

The problem with the trailers showing after the film was that audience wouldn't stay around to watch them, making the trailers rather ineffective.

Tennis players are not allowed to swear when they are playing in Wimbledon.

Because of this, line judges have to learn curse words in every language so they know when a player has violated the rules.

Recycling one glass jar saves enough energy to watch television for 3 hours.

The average person has the chance to recycle 25,000 cans in their lifetime – that's 75,000 hours of television!

A crocodile can't poke its tongue out.

Because their tongues are attached to the roof of their mouths, crocodiles cannot stick their tongues out – although their very similar counterparts, alligators, can.

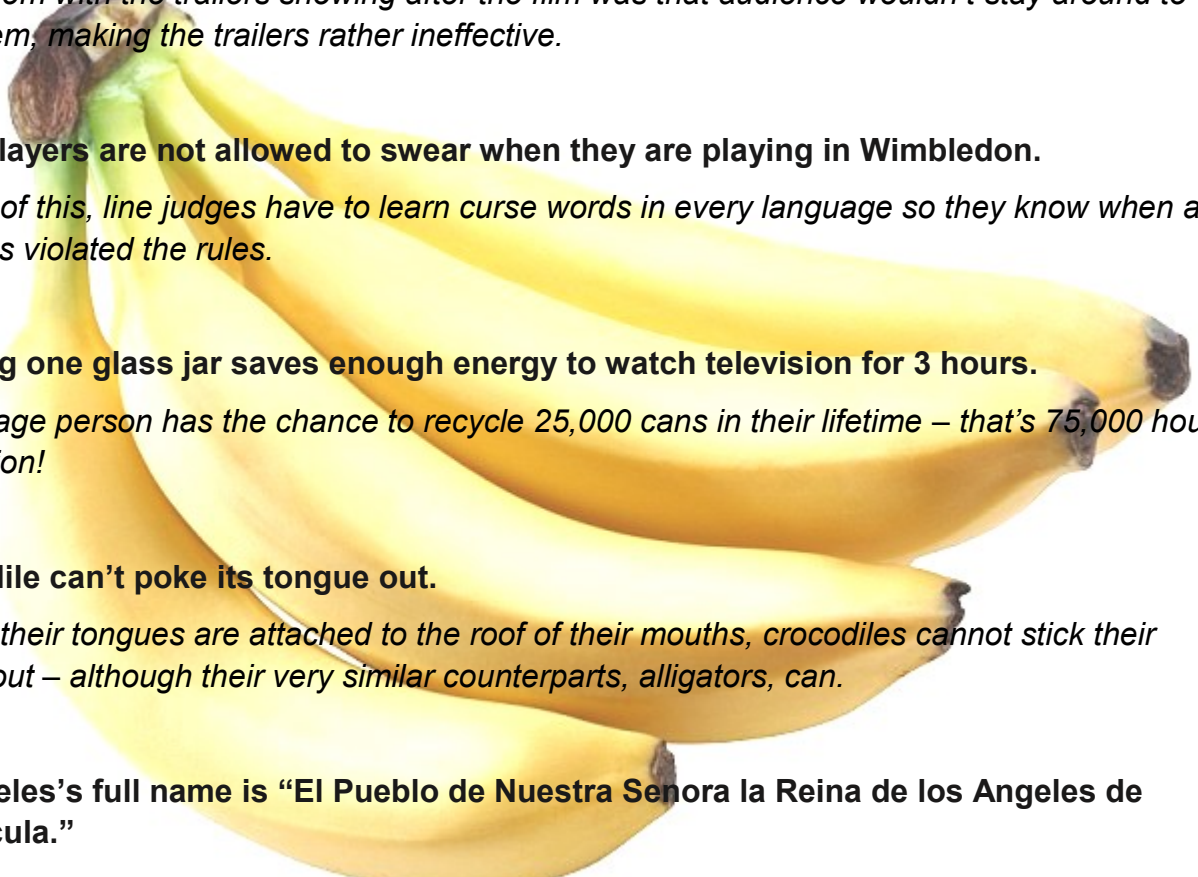
Los Angeles's full name is “El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula.”

The original name was quite a mouthful. It translates to “town of our lady the Queen of Angels of the River Porciuncula.”

Now, Los Angeles is just “The Angels.”

Octopuses have four pairs of arms.

The six of an octopus' tentacles serve as arms, while the other two are their “legs.”



Keeping a balance!

Planning your Week

WHY IS STRUCTURE AND ROUTINE IMPORTANT?

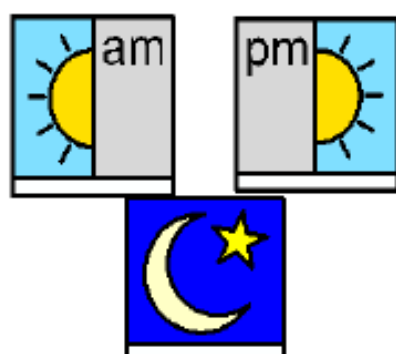
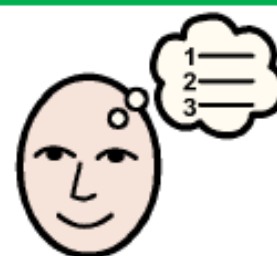
Having structure and routine to your day is good for your mental and physical health.

Your week should include a mix of productive, exercise, leisure, rest and self-care activities

It can help to set weekly goals

Think about what you would normally be doing

Can you still do any of these things?



What do you need to do each morning?

What can you do in the afternoon?

How do you like to spend your evenings?

What do you do every day?

What do you do weekly?



PLAN YOUR WEEK WITH A VARIETY OF ACTIVITIES:

- ⇒ What you need to do
- ⇒ What you like to do
- ⇒ What you can do












WORK











REST

PLAY

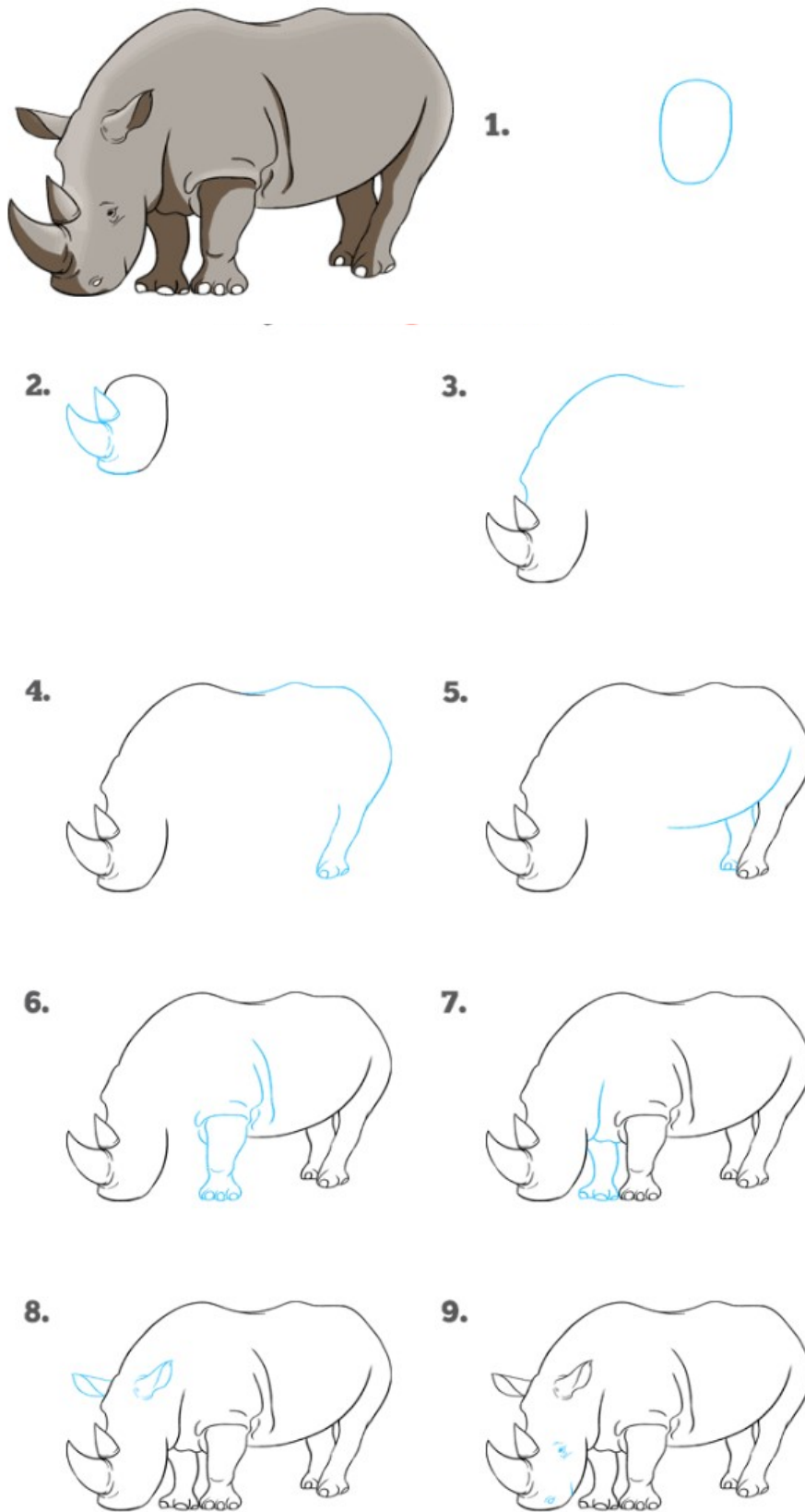
Can you try these activities on the ward or in your room?

	Domestic tasks Can you do your laundry, clean and tidy your room, clean and tidy the ward area, organise your room?
	Self Care Can you pamper yourself, have a mini spa; face pack, bubble bath, do your make-up, hair and nails, give yourself a manicure and pedicure, discuss self-care/fashion with someone, watch a fashion programme, read a fashion magazine?
	Relaxation Can you relax to music, listen to a guided meditation/relaxation CD, try a meditation script, do some breathing or grounding exercises, use your self soothe box, or develop one if you don't already have one. Have a bubble bath, talk to others about how they relax, share ideas?
	Exercise Can you try some exercises in your room or in the quiet room, go for a walk, use the exercise bike on the ward, try an exercise DVD, do some stretches, yoga, play some indoor games, Wii sports, try different challenges (e.g. walking, yoga fitness)?
	Dance Can you dance to music on TV/DVD/radio, try a dancing game on games console, make up a dance, dance alone or with others?
	Education Can you do some worksheets, listen to or watch an educational programme on radio or TV, play educational games?
	Planning Can you organise your diary, plan your TV viewing, plan activities, plan a structure to your day or week, put a 'to do' list together, set some goals, keep a journal?
	Faith/religion Can you pray or meditate, read, have a discussion, listen to programmes on the radio or TV about your religion or faith?
	Talk Can you talk to staff, talk to each other, phone your family/friends, have a 1:1, attend community meeting?

Can you try these activities on the ward or in your room?

 <p>Puzzles</p>	<p>Can you do crosswords, word search, Sudoku, dot-to-dot, I Spy puzzles, jigsaws etc?</p>
 <p>Writing</p>	<p>Can you write poetry, stories, letters, your life story, a book review, develop a ward newsletter, keep a journal, try a creative writing activity or create your own comic strip?</p>
 <p>Arts and crafts</p>	<p>Can you do some colouring in, painting, drawing, crafts, card making, make a scrap book, draw cartoons, make a poster or wall display, make origami, colour by numbers, create your own comic strip, try a doodle challenge, draw zentangles and patterns, make a book mark, learn how to draw?</p>
 <p>Cards</p>	<p>Can you play patience, snap, Blackjack, Rummy, Poker etc?</p>
 <p>Games</p>	<p>Can you play Monopoly, Scrabble, noughts and crosses, Uno, chess, draughts, Connect 4, Bingo or try a quiz?</p>
 <p>TV/DVDs</p>	<p>Can you watch a film, TV series, soaps, comedy, cooking programme, documentaries, news, reality TV, chat show, game shows, nature, science or watch a DVD, try a relaxation DVD?</p>
 <p>Music</p>	<p>Can you listen to music, sing, have a discussion with someone else about music, write your own song or rap, relax to some music?</p>
 <p>Radio</p>	<p>Can you listen to music, talk shows, sport, news, drama show, quiz show, show about science and technology, have a discussion about what you listened to with someone?</p>
 <p>Gaming</p>	<p>Can you game on your own, against each other, have a competition or tournament, or try a Minecraft challenge?</p>
 <p>Reading</p>	<p>Can you read a book, newspaper, magazine or comic or look at photos/pictures, discuss what you have read with someone?</p>

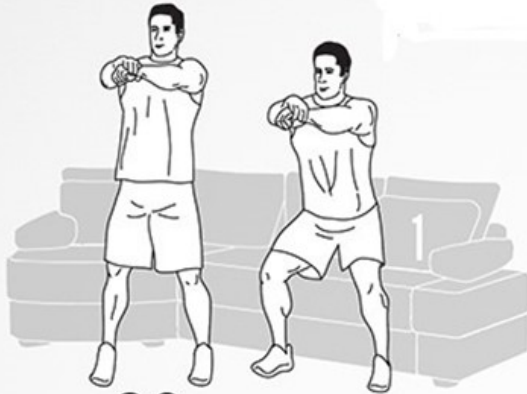
Arts and Crafts



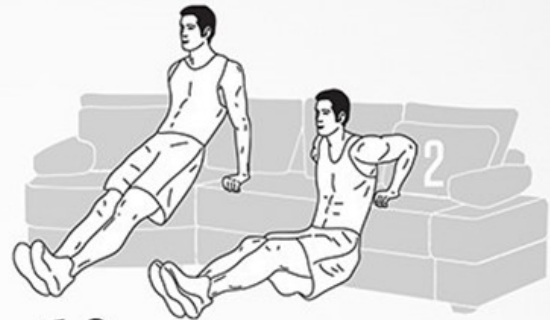
Use these 9 steps to learn how to draw a rhino—why not colour it in and submit it to next weeks edition of the newsletter!

Don't forget to put your initials on your drawing!

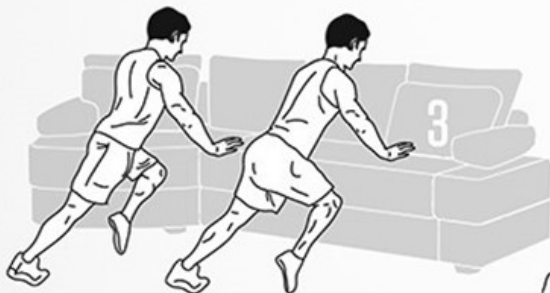
The 'Advert' Workout



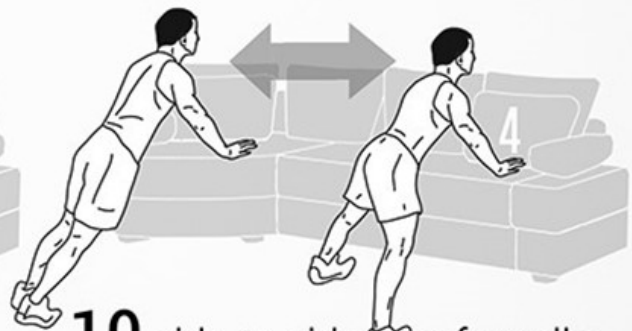
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises

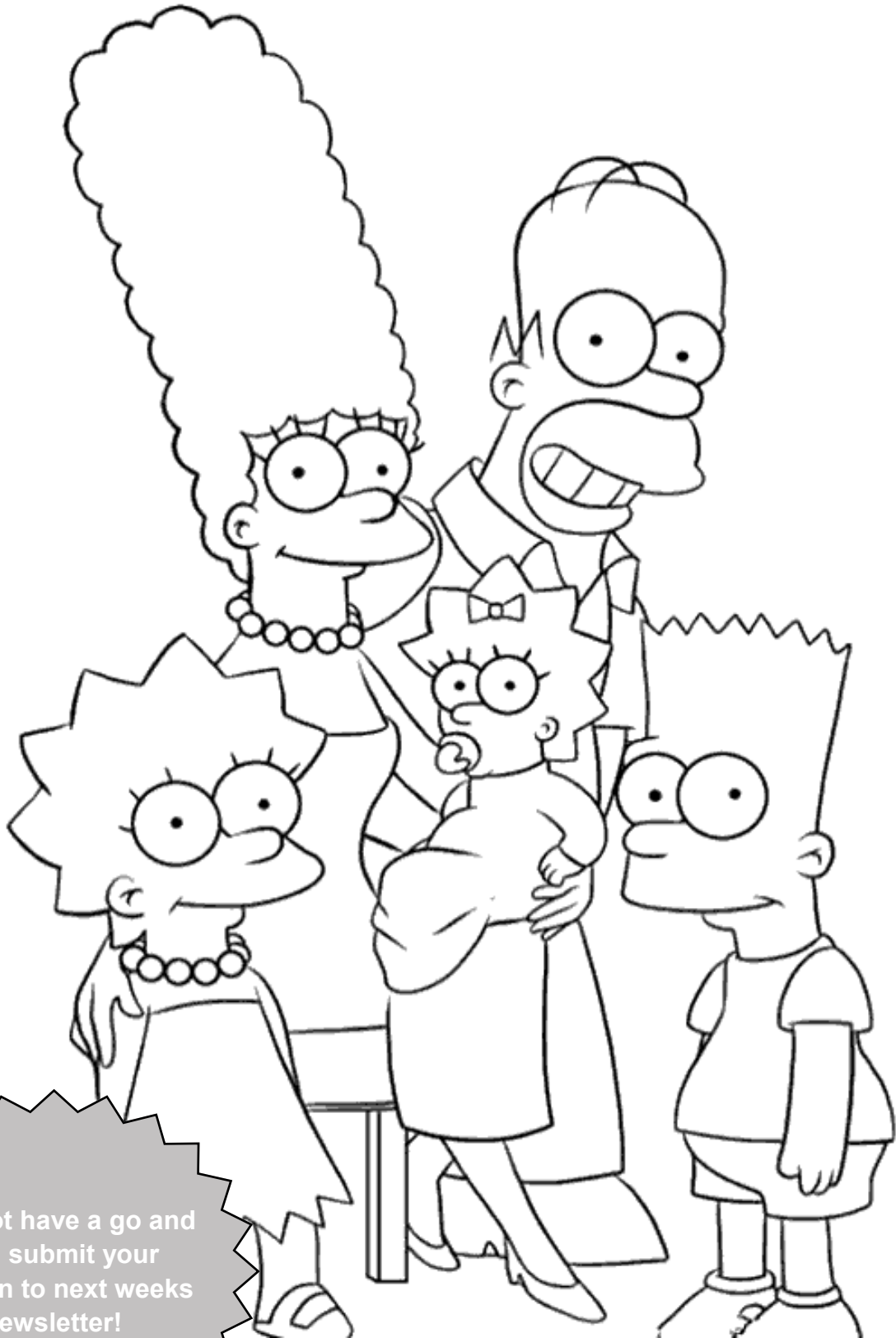


10 raised leg circles

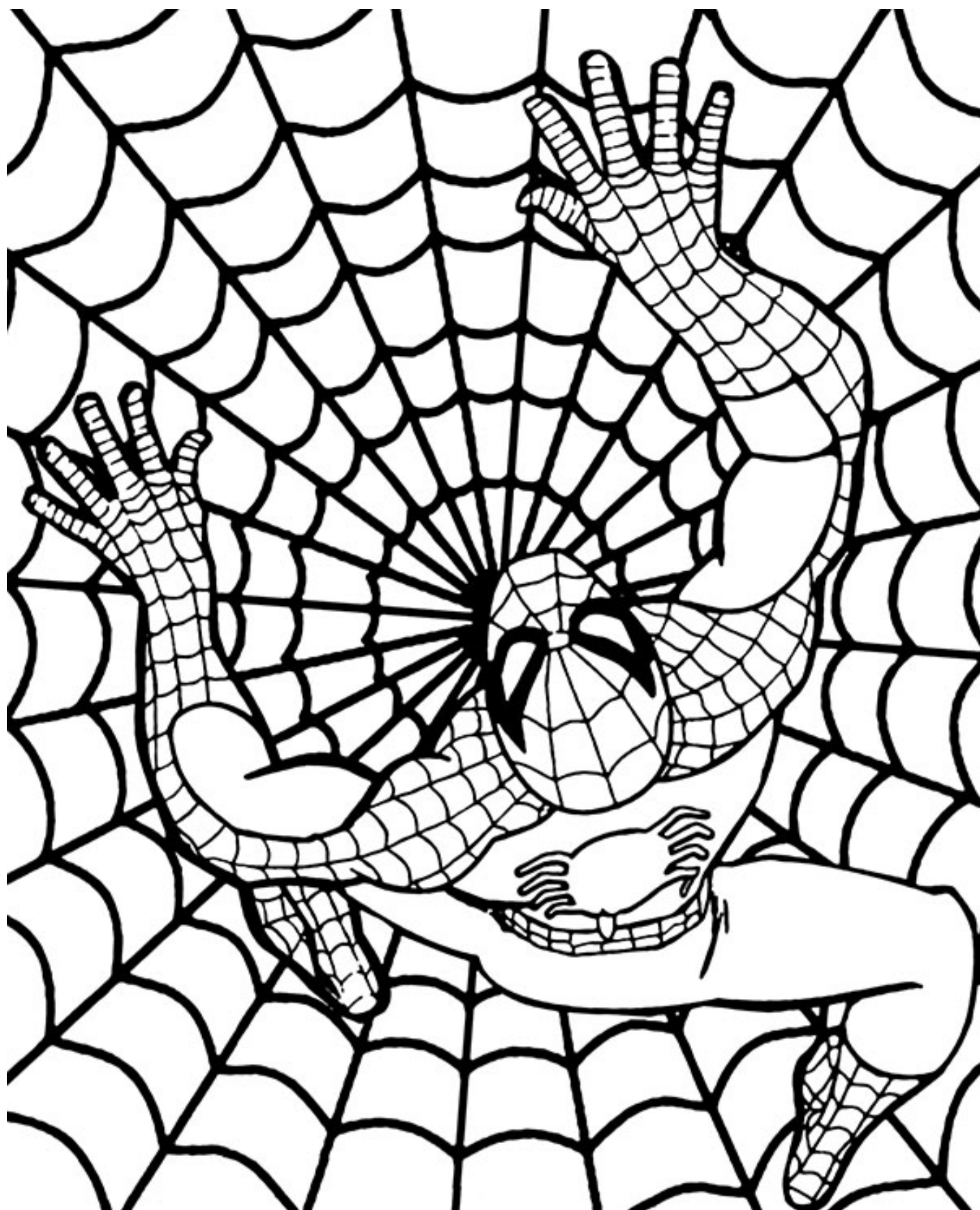
Why not try these exercises every time there is an 'Ad break' on the television ?

Don't forget to only work within your own abilities & if unsure, speak to Health & Fitness Staff.

Mindfulness Colouring:



Why not have a go and
then submit your
creation to next weeks
newsletter!



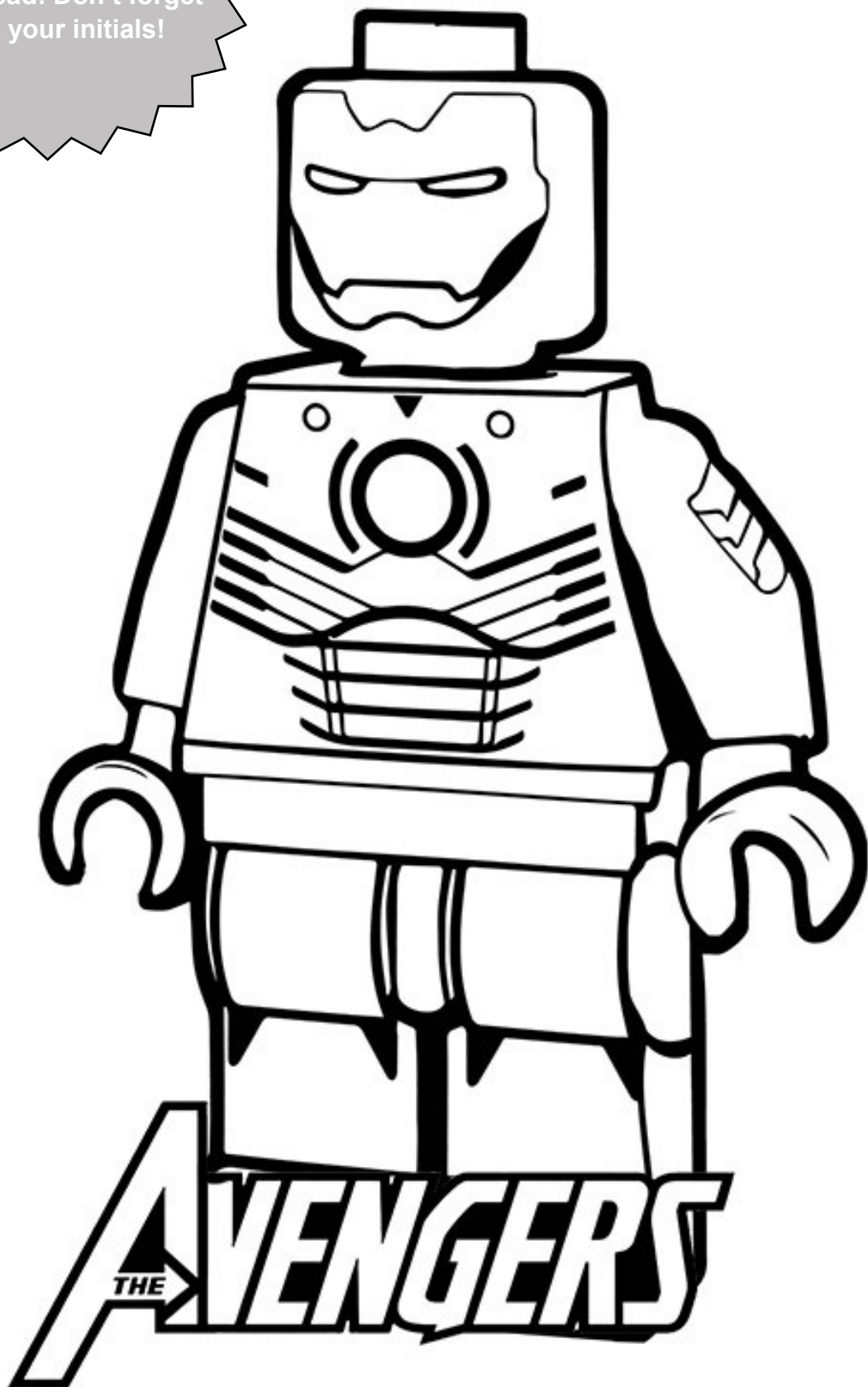








Or you can draw your
own design and submit
that instead! Don't forget
to put your initials!



Logo Quiz—Part of these popular brands are missing something from their logo. Can you still guess the brand! Have a go and see how many you get right!









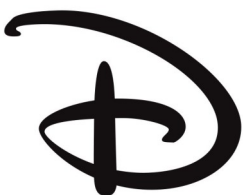




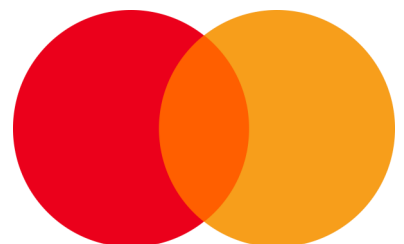






























How many did you manage to get?
And for an extra bonus point ...
which popular game am I the face
of?



Answers : Fisherman's Friends; Bentley Motors; WWE; Lexus; Reebok; Honda;
UPS; Nando's; Royal Mail; Disney; British Heart Foundation; MasterCard; Wella;
UEFA; Berghaus; National Rail; Sega; Fila; HMV; Toblerone; Beats. Bonus
Round—Monopoly.

Exercise Routine you can complete in your side room:

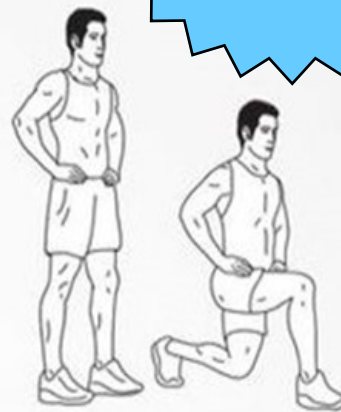
Speak to a member of gym staff for more info —please remember to complete within you own limitations.



10 jumping jacks



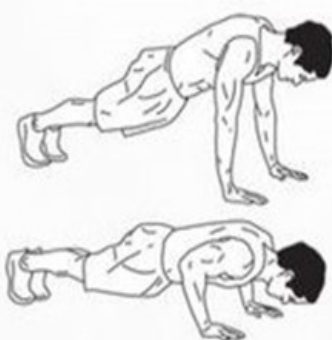
10 squats



10 lunges



20 climbers



10 push-ups



10 plank jacks



10 sit-ups



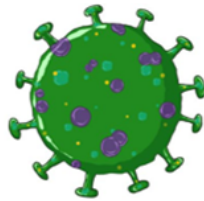
10 knee-to-elbow crunches



30sec elbow plank

What is Covid-19?

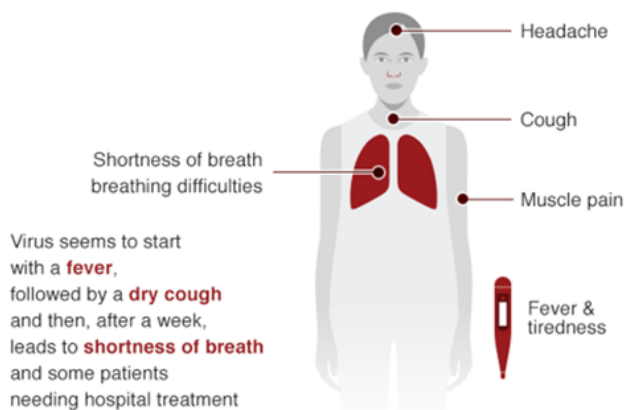
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



How do I know if I have got it?

Covid-19 seems to start with a fever, followed by a dry cough and then, after a week, leads to shortness of breath. But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other viruses that are much more common, such as colds and flu.

Symptoms of coronavirus (Covid-19)



Source: WHO

BBC

What should I do if I think I have Covid-19?



If you think you might have a fever or a new cough, please stay in your room and call a member of staff.



Ward Staff may need to complete your physical observations—i.e. take your temperature.



Once you have been assessed, ward staff will give you advice on what to do next.

If you need to self isolate—staff will provide you with resources to keep busy and focus on your health & wellbeing whilst in your side room.

MYTH BUSTED

Are antibiotics effective in preventing/treating Covid-19?

No, antibiotics do not work against viruses

Does cold weather and snow kill the virus?

There is no reason to believe that cold weather can kill the coronavirus

Are there any specific medicines to prevent or treat Covid-19?

To date, there is no specific medicine recommended to prevent or treat the virus

Can drinking water every 15 minutes prevent Covid-19?

There is no evidence to say that drinking water will protect you from Covid-19

Can eating garlic help prevent infection?

There is no evidence from the current outbreak that eating garlic has protected people from Covid-19

Does Covid-19 only affect old people?

People of all ages can be infected. Older people and people with pre-existing medical conditions appear to be more vulnerable

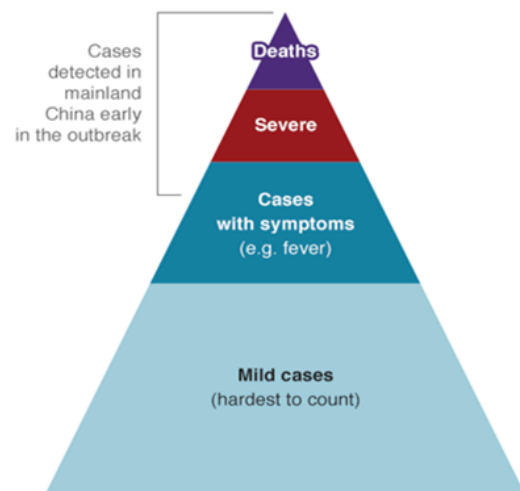
Can drinking hot drinks and avoiding ice cream kill Covid-19?

Once the virus is in your body, there is no way of killing it – your body has to fight it off.

Will I get it?

In the UK, the country's chief medical officers have raised the public risk level from low to moderate. But, the NHS says, the risk to individuals remains low.

Most cases are never counted



Source: Imperial College London

BBC

But even if you do get it, you are likely to experience mild symptoms and recover.

Scientists currently think the proportion of people dying from Covid-19 is low (between 1% and 2%) and evidence suggests those who have died were **elderly (over 70) or had pre-existing medical conditions**, such as asthma, COPD, heart disease, kidney disease, liver disease, neurological conditions, cancer or diabetes.



Dog Breed Word Search

AIREDALE
AKITA
BASSET HOUND
BEAGLE
BOXER
BULLDOG
CHIHUAHUA
CHOW CHOW
COLLIE
DACHSHUND
DALMATIAN
GERMAN SHEPHERD
GREAT DANE
LHASA APSO
MALAMUTE
MALTESE
MASTIFF
PEKINGESE
POMERANIAN
POODLE
PUG

N	D	D	W	E	I	M	A	R	A	N	E	R	D				
C	I	N	A	E	N	A	D	T	A	E	R	G	S				
S	H	U	P	E	K	I	N	G	E	S	E	U	Z				
P	O	O	D	L	E	I	R	R	M	D	V	P	I				
S	P	W	K	C	D	H	W	R	E	X	S	H	A	R	P	E	I
D	D	E	U	G	Z	T	E	C	G	I	Q	J	L	V	A	D	L
A	R	S	O	Z	Q	E	N	S	H	I	H	T	Z	U	E	M	B
C	O	E	Y	S	V	S	K	X	G	O	K	O	H	Y	A	U	E
H	T	T	H	N	P	S	E	D	U	C	W	A	O	S	L	T	T
S	T	L	H	P	S	A	N	S	D	V	U	M	T	L	U	D	P
H	W	A	C	K	E	B	A	D	B	H	A	I	D	M	O	O	A
U	E	M	T	D	S	H	P	S	I	S	F	O	A	H	M	E	R
N	I	J	O	I	R	D	S	H	A	F	G	L	D	E	R	E	E
D	L	V	Q	R	K	Y	C	N	K	H	A	T	R	Z	X	B	I
C	E	O	N	O	N	A	I	T	A	M	L	A	D	O	I	E	L
D	R	V	E	L	X	G	Q	Q	B	M	N	G	B	N	X	A	L
S	C	H	I	P	P	E	R	K	E	I	R	N	U	E	O	G	O
X	E	L	A	D	E	R	I	A	A	N	K	E	B	A	Y	L	C
D	R	A	N	R	E	B	T	N	I	A	S	P	G	N	N	E	U

ROTTWEILER
SAINT BERNARD
SAMOYED
SCHIPPERKE
SHAR-PEI
SHIH-TZU
WEIMARANER

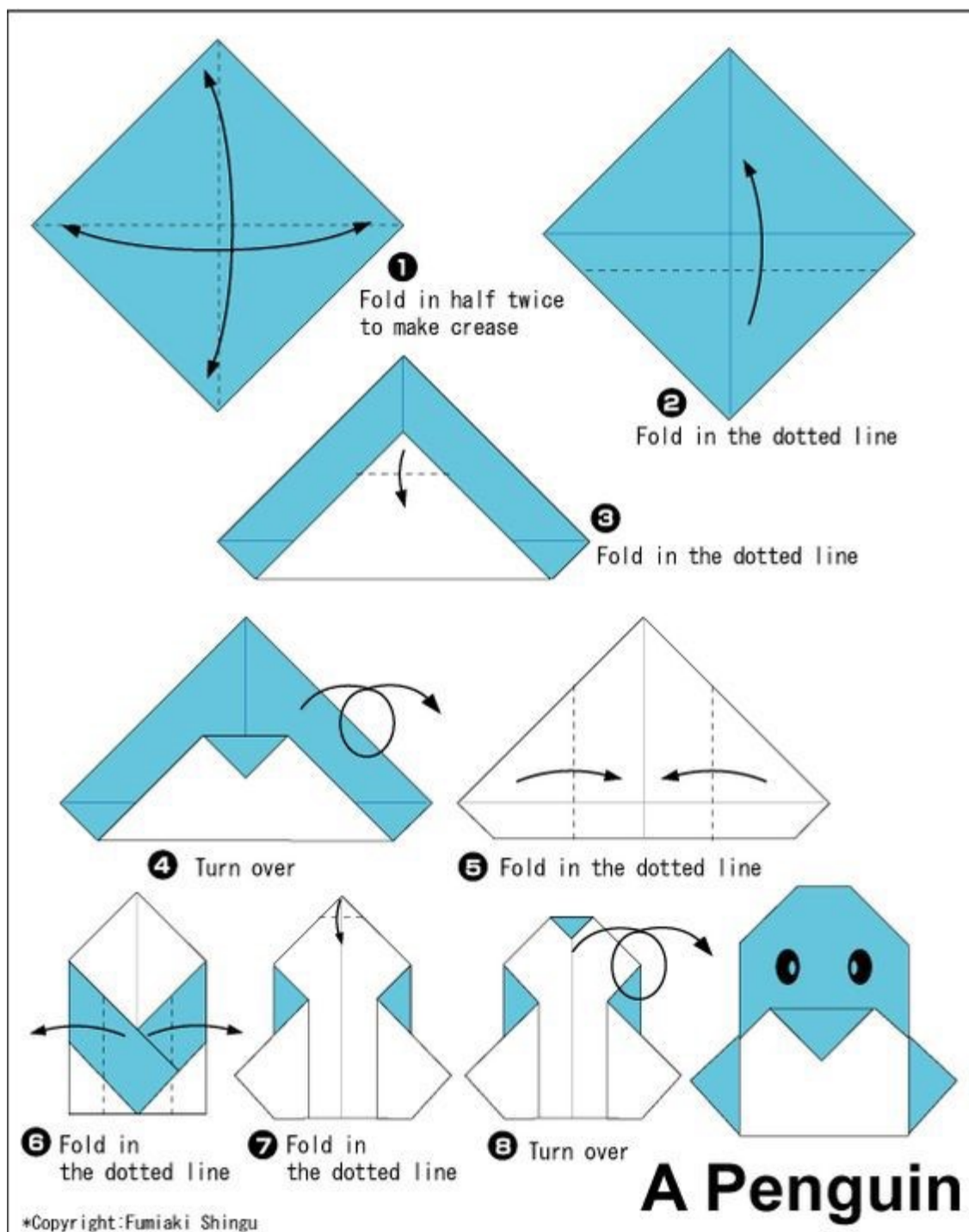


© puzzles-to-print.com

'Ave a Go!

Use these simple instructions to make an origami penguin!

Ask a member of staff for some paper and a pen to draw the penguin features once complete!



THOUGHTS are **NOT** FACTS PRACTICE

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as facts.

If you're stuck on a negative thought, ask yourself:

1**Is it true?**

Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.

2**Is it
absolutely true?**

Is this thought 100% accurate? Can you see the thought in a different way?

3**How does
this thought
make me feel?**

Notice any storylines you're holding onto, and name your feelings: *sad, angry, jealous, hurt*.

4**What would
things be like if
I didn't hold this belief?**

Imagine possible benefits to your relationships, energy levels, and motivation.

Feeling Overwhelmed? Remember “RAIN”

Four steps to stop being so hard on ourselves.

R

Recognize
what's
going on

A

Allow the
experience
to be there,
just as it is

I

Investigate
with
kindness

N

Natural
awareness,
which comes
from not
identifying
with the
experience



Hand-washing technique with soap and water



Hand washing should take 15-30 seconds



Advice for stopping virus spread



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Brain Teasers

Sudoku #001 (Easy)

1	3		2			7	4	
	2	5		1				
4	8			6			5	
			7	8		2	1	
5				9		3	7	
9				3				5
	4				6	8	9	
	5	3			1	4		
6								

Sudoku #002 (Easy)

1						2	7	6
		9	1	4				
	2				6		9	1
	8				9	6	1	
7	3			8	4			
		2			5		8	
5		6			3			
		7					5	
3	4		5	9				

Sudoku #003 (Easy)

4		6				2		9
5	7		2		6			
		1			5			8
6		3	4	8	1	7		
7			5			3		
		5						
	8	9				4	3	
	6							1
3		4					6	7

Sudoku #004 (Easy)

4	8	7		5			6	
9			4					3
2		6		8	9	5		
		4		1	5	6		
1					4		5	
	7	8	2					
					8		7	
7	5						3	
	2			3	7	4	1	

Spiritual and Pastoral Care



The first of May marked Beltane, a pagan festival celebrating the life force of nature and the first day of summer. It is a good time of year to really start to notice and give thanks for the world around you.

From all of the wards you can see trees outside the window. Take some time to focus on one particular one. Try to see which birds are living or resting in it and which other creatures use it as their home.

Give thanks for trees:

- There are more than 60, 000 species in the world.
- They take absorb CO2 which is dangerous for us and give out oxygen which is crucial for us to live.
- They filter other dangerous pollutants and clean the air.
- They improve soil quality when they shed their leaves and bark and it rots down around them.
- They are the source of some of our most important drugs including Aspirin which originally came from the willow tree.
- They communicate with each other through fungi in and around their roots.
- Trees soothe us, lots of research shows how exposure to nature, especially trees is good for our mental health.

You might not be able to hug a tree, but you can quietly be thankful for them!

Koestler Trust for the arts ■ ■ ■

Due to the current circumstances the Koestler Awards deadline has been extended.

The themed category for the 2020 Awards is: Window.

Take some time to write a poem or a short story, complete a drawing or write a song.

Every entrant gets a certificate and many winners receive a cash prize. The total prize money is over £30,000. Platinum £100, Gold £60, Silver £40, Bronze £20 and Special Awards £25, with certificates for Highly Commended, Commended and Participation.

4 things to remember

1. You can enter up to five original works
2. Your entries should not contain your name
3. Include a completed entry form with every entry
4. Your entry form must be signed by an authorised member of staff



"As always, we at Koestler encourage you to make the work you want to make, telling the stories you want to tell"

Please ask staff to contact the Life Rooms if you need any further information

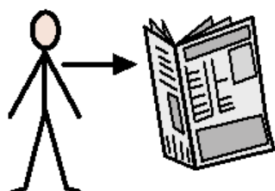
How to get involved in the weekly newsletter...



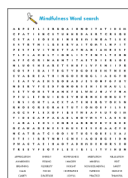
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



The newsletter will have information about **Coronavirus**. It will also have **fun things** to do like word searches and mindfulness colouring.



We would like service users to get involved in the weekly newsletter.



Ways you could get involved...

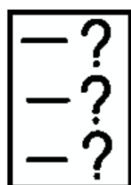
- Making a word search



- Writing an article to help staff and service users to stay positive during this difficult time.



- Art work



- Make a quiz



If you would like to get involved, ask your staff to email:
Carol Sams or Tracey McAdam in Life Rooms.

Thank you to the all
staff and patients who
have contributed to
this edition of the
Newsletter!