

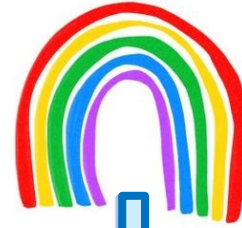


*Thank you ♥*

**NHS**

**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services



# Weekly Newsletter



**Monday 8th  
June 2020**

**More Mindfulness Colouring Inside!**  
This week it's "Thank You Essential  
Workers"

**Page 13**



Nature & Mental  
Health Feature



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



Covid19 Myth  
Buster—p25

# Spiritual and Pastoral Care

A Native American grandfather was talking to his grandson about how he felt:

He said

'I feel as if I have two wolves fighting in my heart.

One wolf is angry, violent and wants revenge.

The other wolf is kind and compassionate.'

The grandson asked him.

'Which wolf will win?'

'The one I feed.' Said the grandfather.

Wherever we put our attention and energy will grow. Let's be careful to choose well.



If you would like to speak to one of the chaplains ask ward staff to set up a call for you.

Stay safe! Chaplain Karen

## Pastoral and Spiritual Care

### VIRAL

Every man's a virus  
Every woman too  
Everyone's infectious  
This is what we do  
We spread the love around  
We spread the hate as well  
We give each other heaven  
We give each other hell.  
We catch it from each other  
We get it from the moon  
Everyone's contagious  
No one is immune.



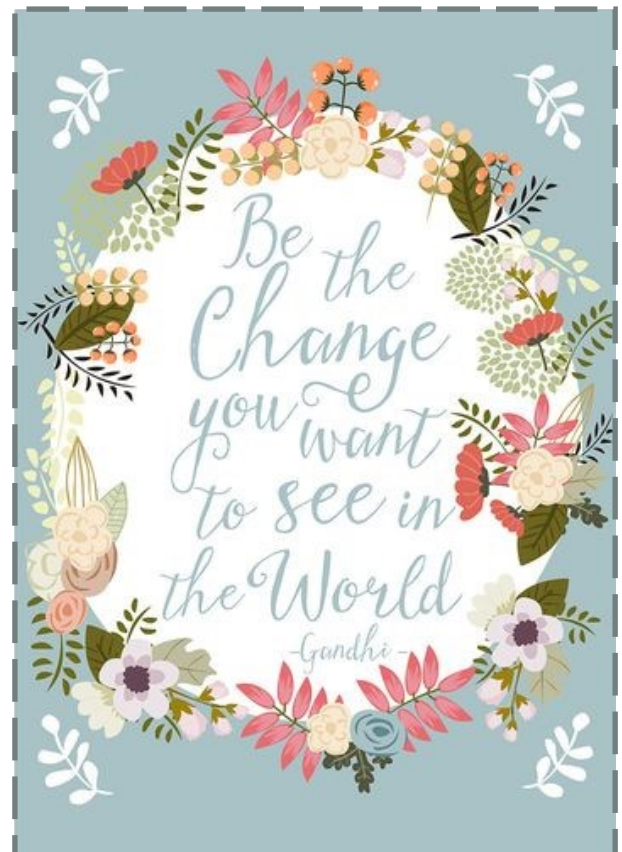
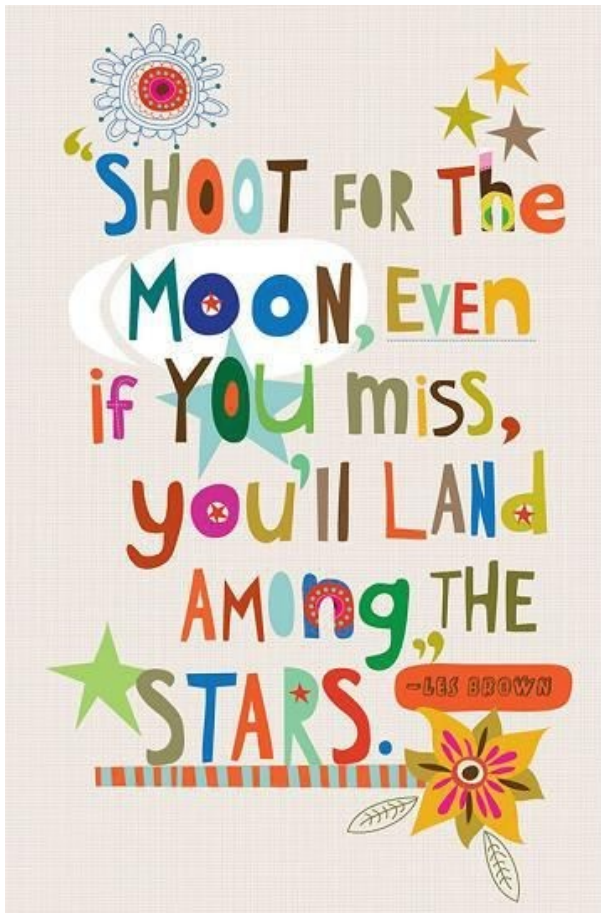
It's not just germs that are infectious; moods, feelings and attitudes are too. Choose to spend time with people who encourage your positivity and wellbeing and chose to be a person who does that for others too.

**If you would like to speak to one of the chaplains ask ward staff to set up a call for you. Stay safe! Chaplain Karen**





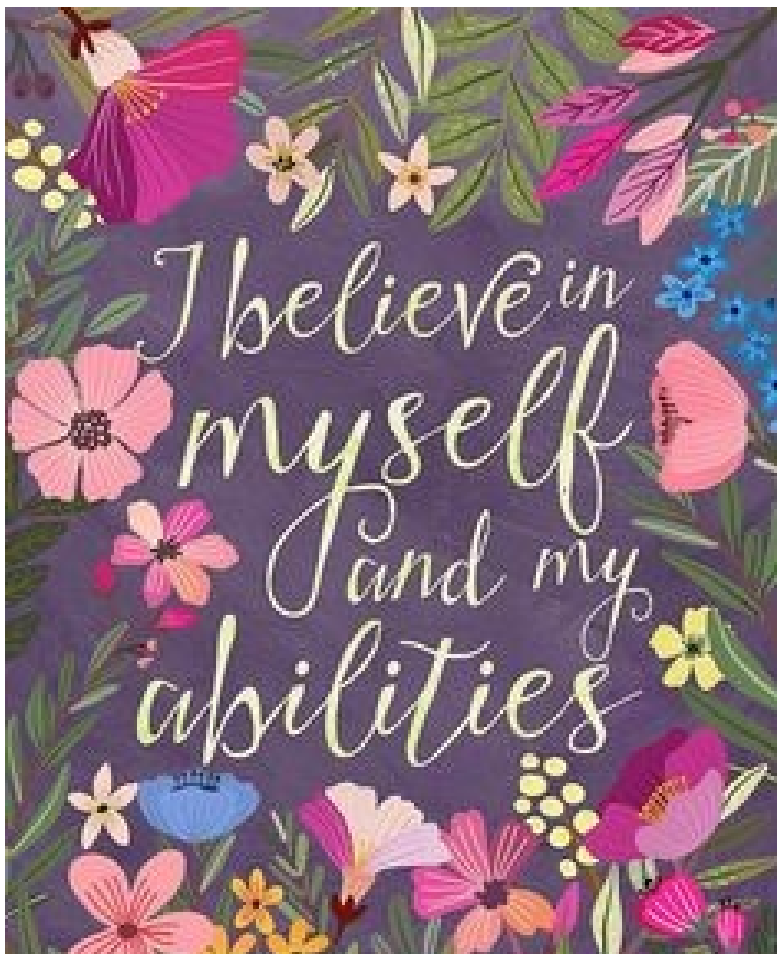
# Quotes



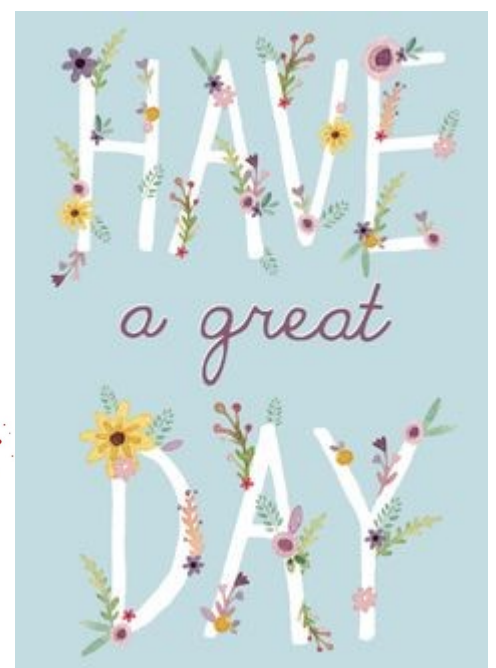




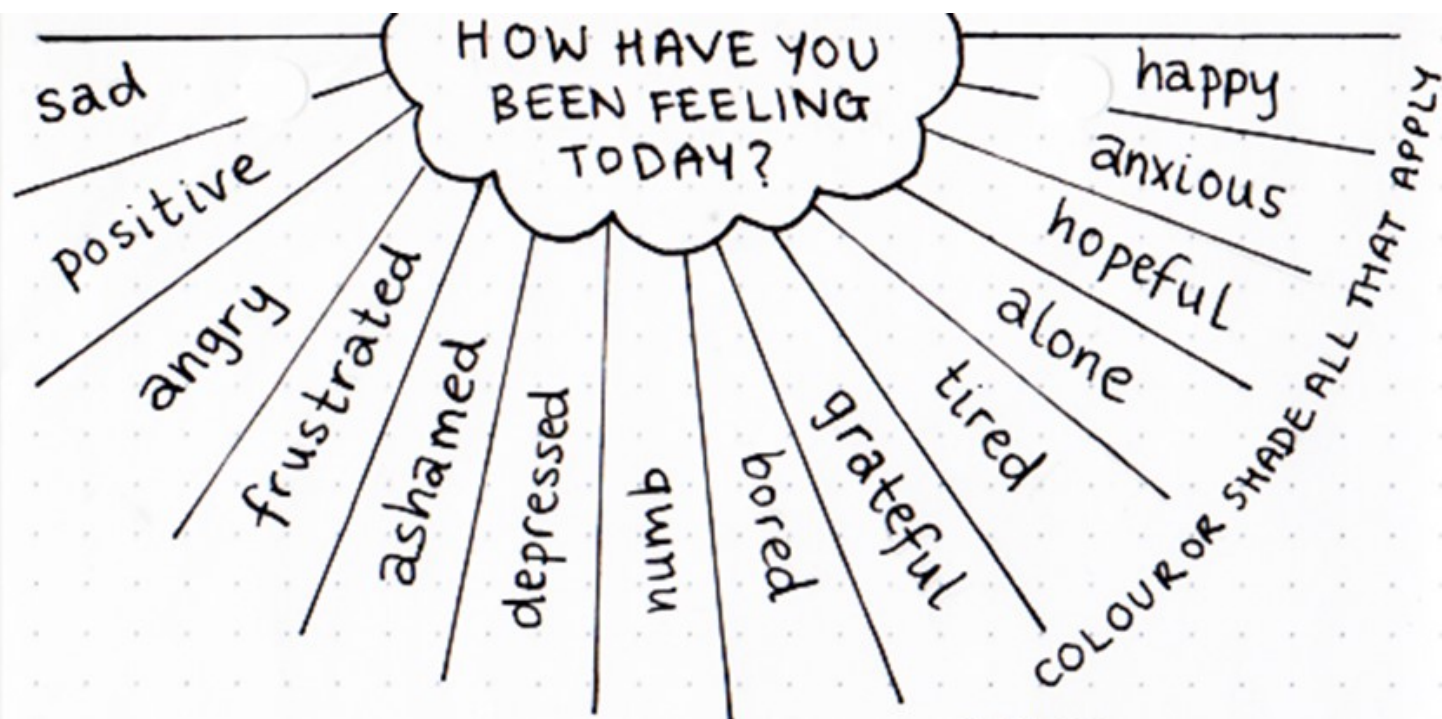
WHEN WORDS  
ARE BOTH  
*true & kind*  
THEY CAN  
CHANGE THE WORLD  
///BUDDHA///



COME, LET US  
HAVE SOME  
TEA and CONTINUE  
TO TALK ABOUT  
HAPPY THINGS.





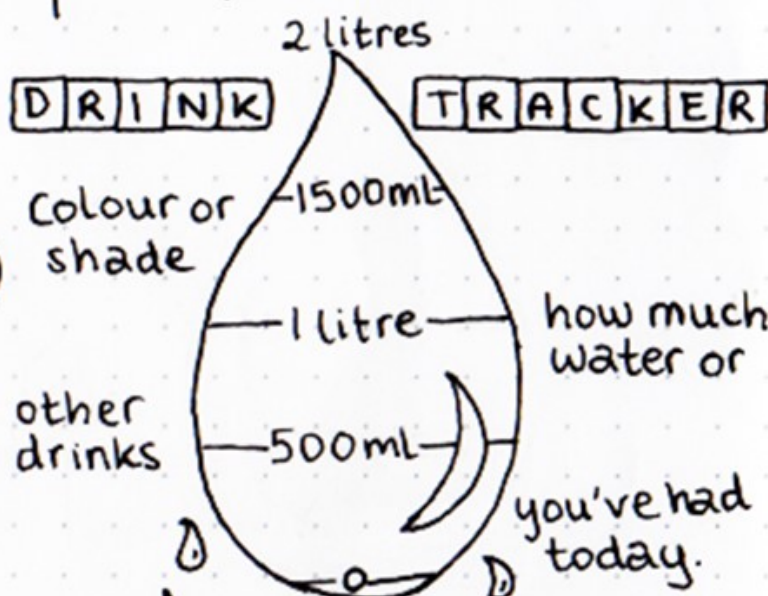


SELF CARE

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

# Nature and Mental health



## Nature improves your health

Daily contact with nature is linked to reduced levels of chronic stress, reductions in obesity and improved concentration, so get your colleagues outside and help them feel healthier.



## Nature makes happier workers

Green your office by creating an outside area and encouraging lunchtime walks. There is a 10% reduction in work absence if employees are able to look at a green space rather than a wall.



## Green offices boost productivity

Adding plants and photos of wildlife (or even playing birdsong!) can help your colleagues at work. Employees are 15% more productive when workplaces have even a few houseplants.



## Nature makes you more active

Map out local walking routes in wild places for people to enjoy at lunchtime. People with easy access to nature are three times as likely to be active as those without access.



## Green exercise can save the NHS money

Ecotherapy could reduce antidepressant prescription costs, so encourage walking meetings and exercise in your workplace. Mind has shown that green exercise benefits health and wellbeing



## Green neighbourhoods cut depression

Natural features near houses reduce mental illness. Work with neighbours to create wildflower borders and bird feeding stations.



# Keeping a balance!

## Planning your Week

### WHY IS STRUCTURE AND ROUTINE IMPORTANT?

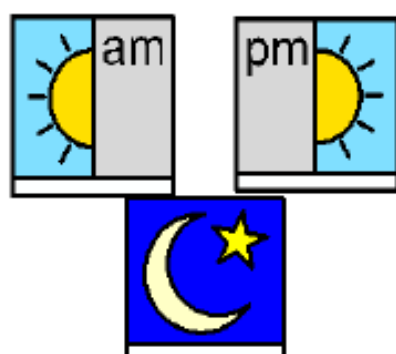
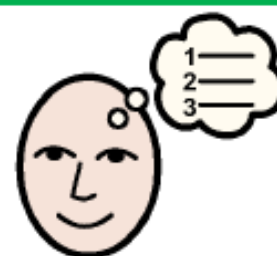
Having structure and routine to your day is good for your mental and physical health.

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?

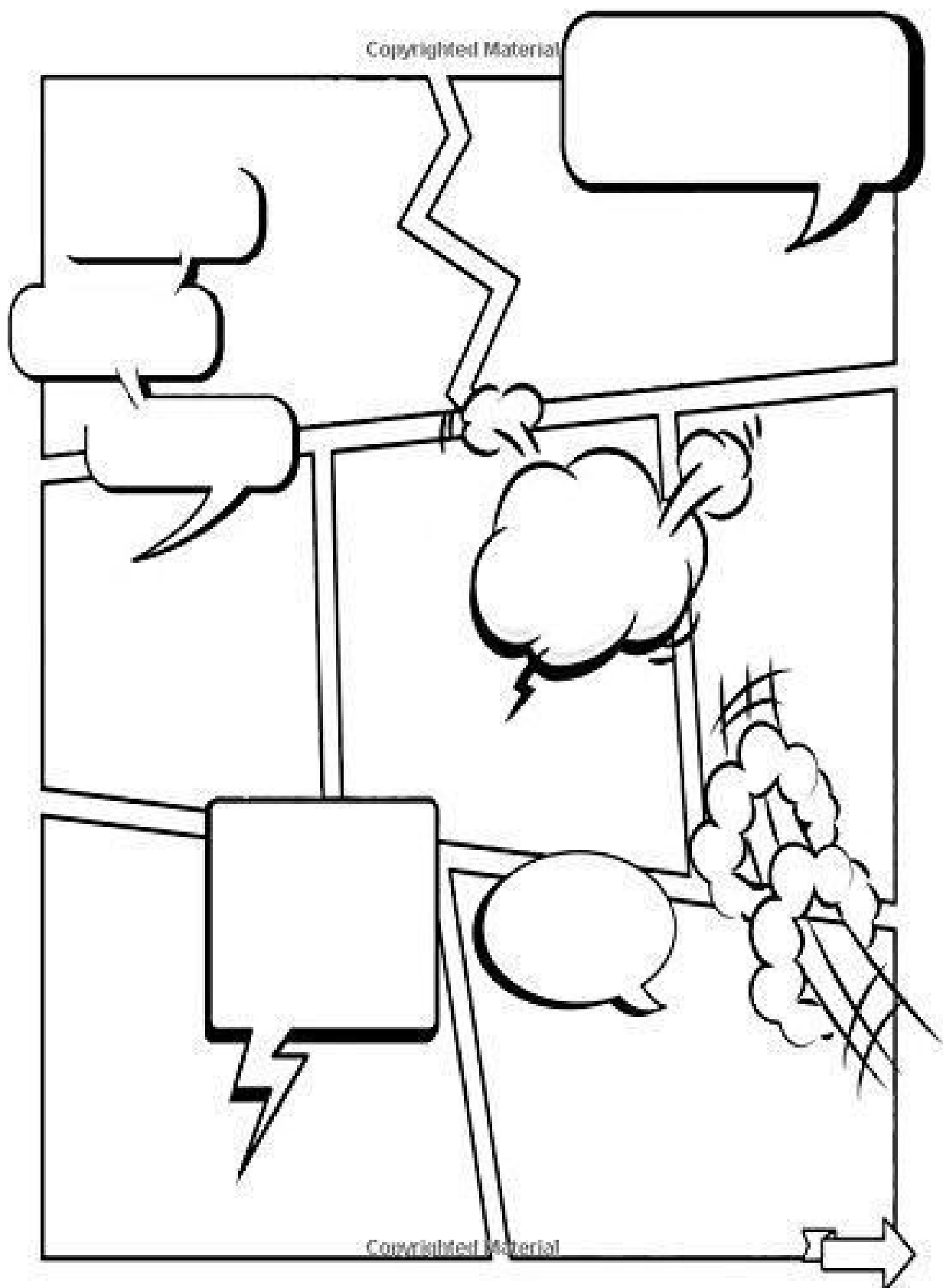
	<b>Domestic tasks</b> Can you do your laundry, clean and tidy your room, clean and tidy the ward area, organise your room?
	<b>Self Care</b> Can you pamper yourself, have a mini spa; face pack, bubble bath, do your make-up, hair and nails, give yourself a manicure and pedicure, discuss self-care/fashion with someone, watch a fashion programme, read a fashion magazine?
	<b>Relaxation</b> 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?
	<b>Exercise</b> 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)?
	<b>Dance</b> 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?
	<b>Education</b> Can you do some worksheets, listen to or watch an educational programme on radio or TV, play educational games?
	<b>Planning</b> 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?
	<b>Faith/religion</b> Can you pray or meditate, read, have a discussion, listen to programmes on the radio or TV about your religion or faith?
	<b>Talk</b> 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><b>Puzzles</b></p>	<p>Can you do crosswords, word search, Sudoku, dot-to-dot, I Spy puzzles, jigsaws etc?</p>
 <p><b>Writing</b></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><b>Arts and crafts</b></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><b>Cards</b></p>	<p>Can you play patience, snap, Blackjack, Rummy, Poker etc?</p>
 <p><b>Games</b></p>	<p>Can you play Monopoly, Scrabble, noughts and crosses, Uno, chess, draughts, Connect 4, Bingo or try a quiz?</p>
 <p><b>TV/DVDs</b></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><b>Music</b></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><b>Radio</b></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><b>Gaming</b></p>	<p>Can you game on your own, against each other, have a competition or tournament, or try a Minecraft challenge?</p>
 <p><b>Reading</b></p>	<p>Can you read a book, newspaper, magazine or comic or look at photos/pictures, discuss what you have read with someone?</p>



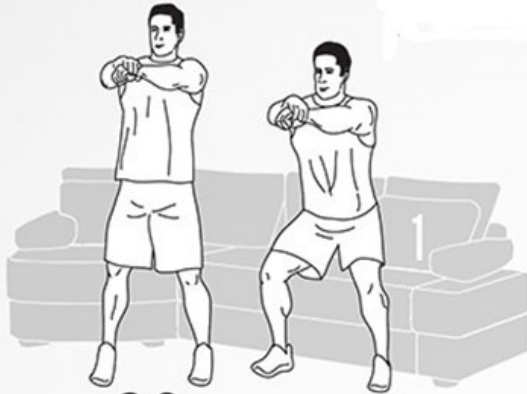
# Arts and Crafts



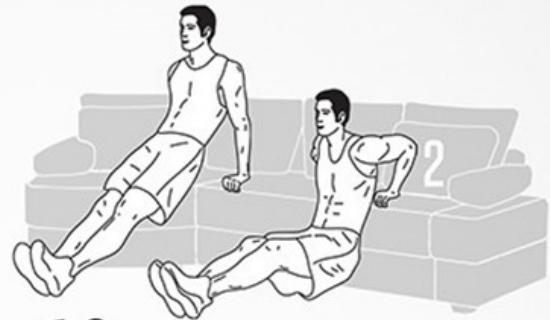
Use this template to design your own comic strip! Why not submit your creation to next weeks activity pack?

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

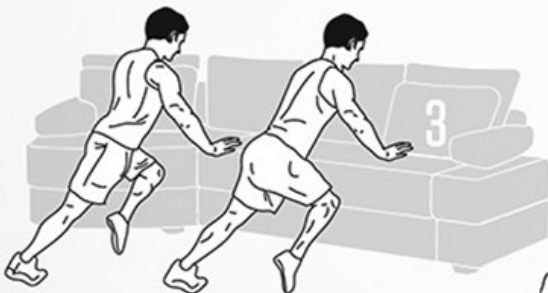
# The 'Advert' Workout



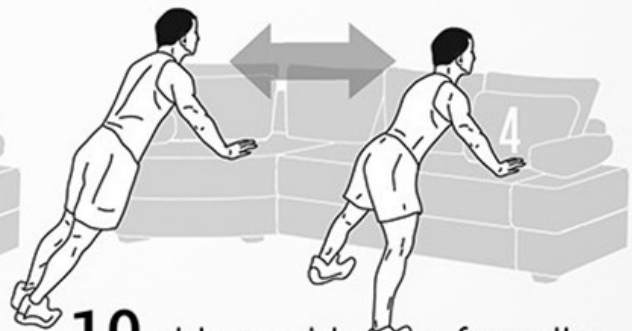
**20** half squats



**10** sofa dips



**20** climbers



**10** side-to-side sofa walks



**10** leg raises



**10** raised leg circles

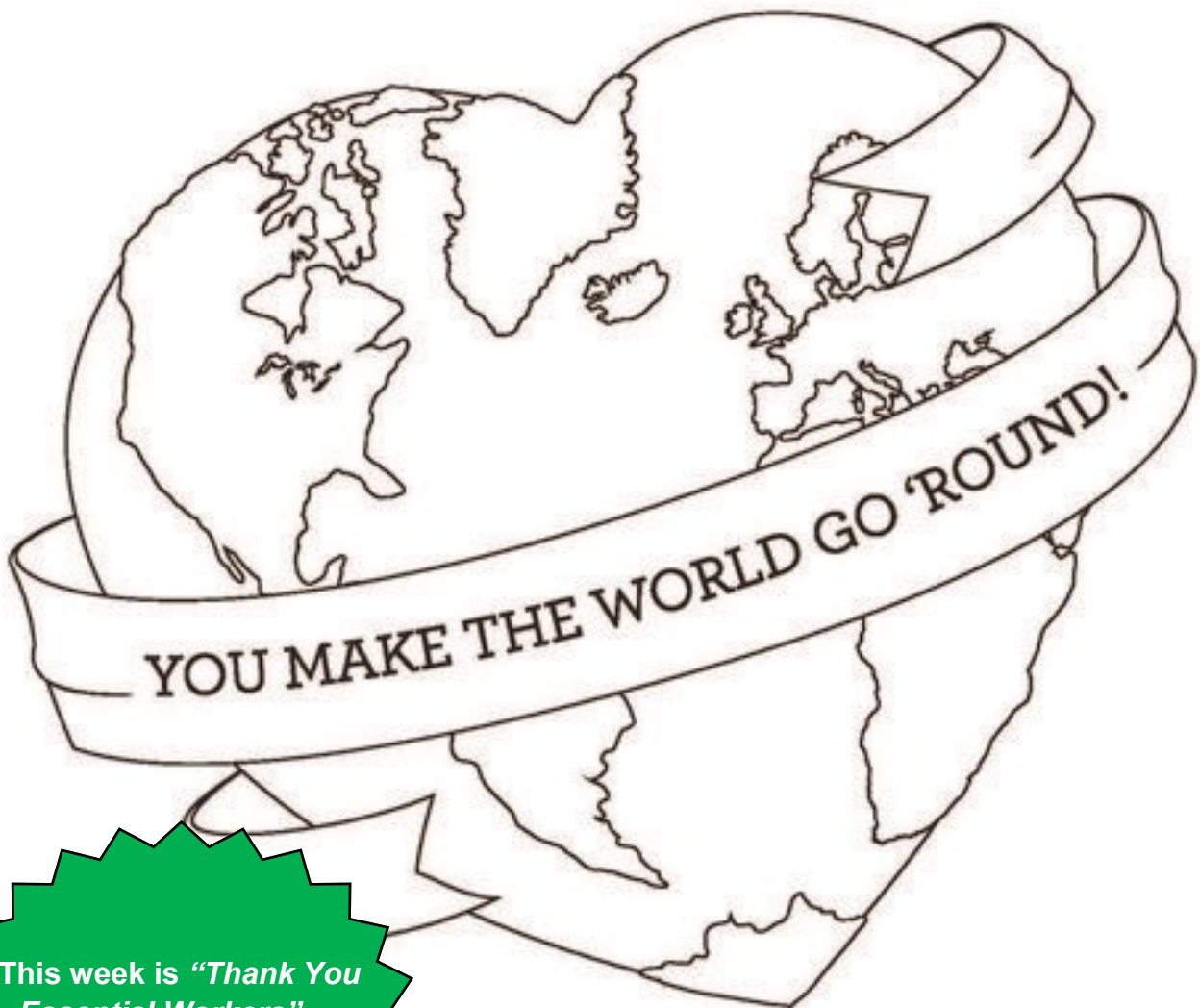
Why not try these exercises every time there is an 'Ad break' on the television ?

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



# Mindfulness Colouring:

THANK YOU  
ESSENTIAL  
WORKERS



This week is "*Thank You Essential Workers*" ...  
why not color these in &  
display on the wards!





To all key  
Workers...

# THANK YOU

NHS
   
 Supermarkets
   
 AND more

We appreciate it

5 ÷ 2  
TEACHERS

15

To all key  
Workers...

# THANK YOU

NHS

Supermarkets

AND more

We appreciate it

5 ÷ 2  
TEACHERS

15

To all key  
Workers...

# THANK YOU

NHS

Supermarkets

AND more

We appreciate it

5 ÷ 2  
TEACHERS

15

To all key  
Workers...

# THANK YOU

NHS

Supermarkets

Careers

We appreciate it

5 ÷ 2  
TEACHERS

To all key  
Workers...

# THANK YOU

NHS

Supermarkets

AND more

We appreciate it

5 ÷ 2  
TEACHERS

15

To all key  
Workers...

# THANK YOU

NHS

Supermarkets

Careers

We appreciate it

5 ÷ 2  
TEACHERS

To all key  
Workers...

# THANK YOU

NHS

Supermarkets

AND more

We appreciate it

5 ÷ 2  
TEACHERS

15





© 2020 The Mom Editables





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

# THANKYOU NHS



# OUR HEROES

**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!































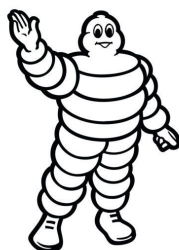















How many did you manage to get?  
And for an extra bonus point ...  
which company am I the face of?



Answers : Dove; Tetley Tea; Costa Coffee; Oreo; Walls; Muller; Burger King;  
Pringles; Curry's; Guinness; Hard Rock Café; Lipton Iced Tea; Blockbuster; To-  
blerone; Fat Face; X Factor; Jaguar; PlayStation; Suzuki; Michelin; McDonalds;  
Churchill.

## Exercise Routine you can complete in your side room:

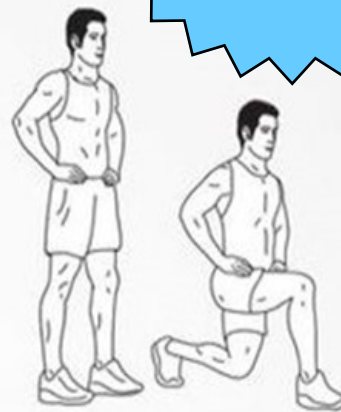
Speak to a member of gym staff for more info —please remember to complete within you own limitations.



**10** jumping jacks



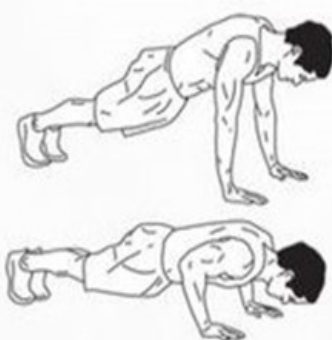
**10** squats



**10** lunges



**20** climbers



**10** push-ups



**10** plank jacks



**10** sit-ups



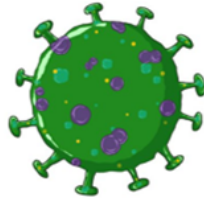
**10** knee-to-elbow crunches



**30sec** elbow plank

# What is Covid-19?

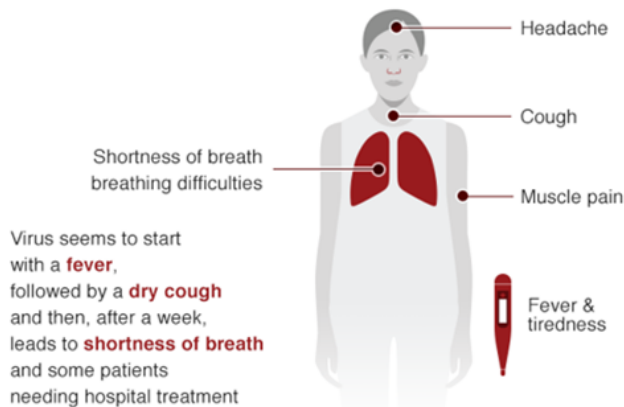
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



## 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

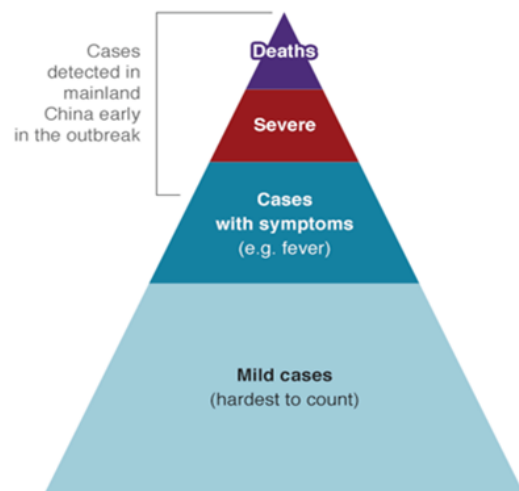
## Can drinking hot drinks and avoiding ice cream kill Covid-19?

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.



# I'M FINE



SOMETIMES HUMANS SAY THEY'RE FINE  
WHEN THEY'RE NOT. BUT WITH MENTAL HEALTH  
PROBLEMS AFFECTING 1 IN 10 YOUNG PEOPLE,  
TO REALLY FIND OUT, **ASK TWICE.**

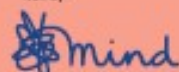
**time to change**

let's end mental health discrimination

Funded by

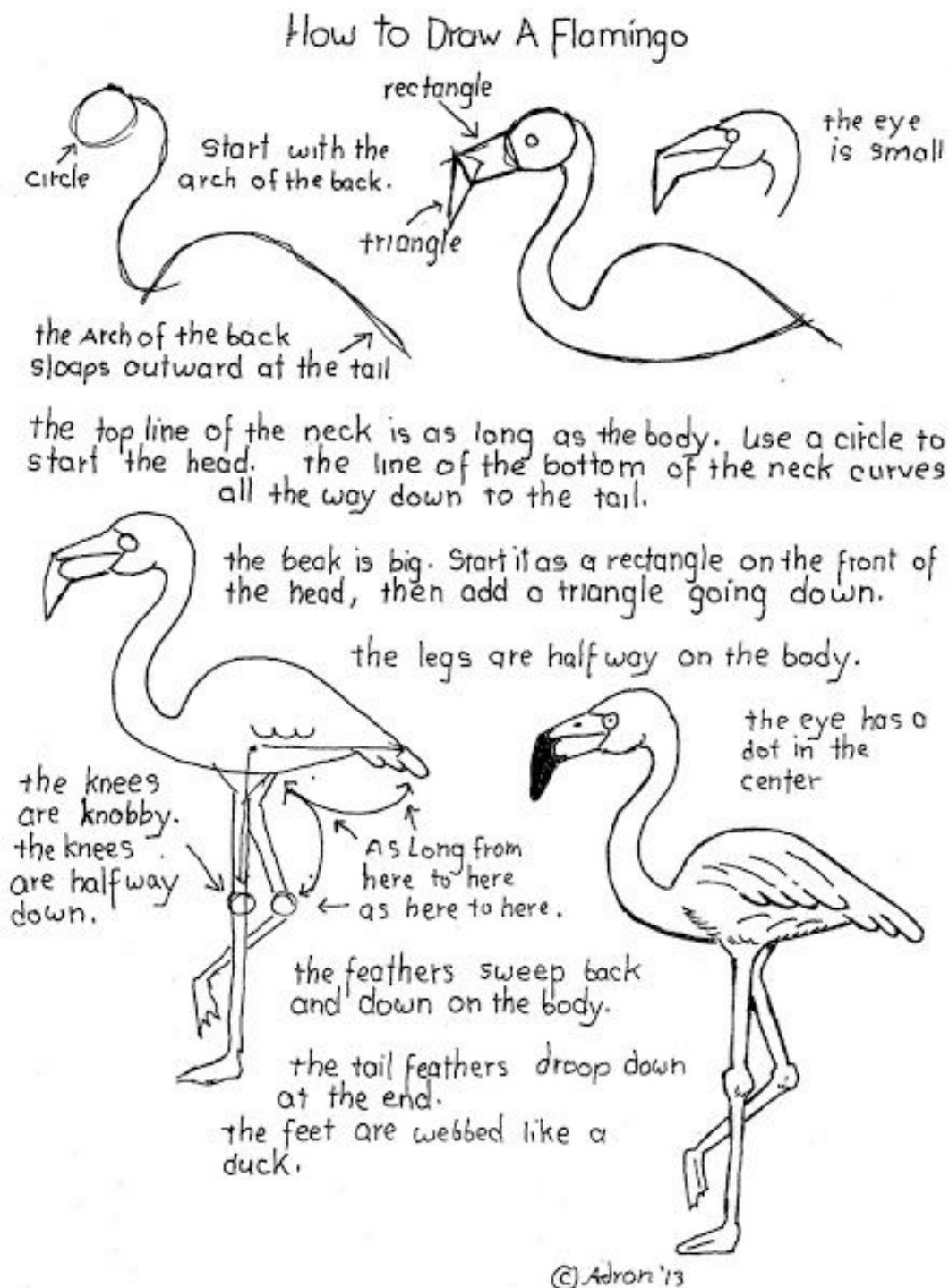


Run by



# 'Ave a Go!

Use these simple instructions to draw a flamingo! Ask a member of staff for some paper and a pen to 'ave a go!



Use the following page to make a “**dorm card**” for **your** bedroom door!

You might want to share something that you do when you're not feeling so great, that makes you feel better!

You might want everyone to know some words from your favourite song!

Why not use your favourite colours or draw a doodle to help make your card?

My name is

.....

& to help myself feel better, I:



#SpeakYourMind  
#SpokeMyMind

# POSITIVE SELF-TALK JOURNAL



I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...





## 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

Source: NHS













# Brain Teasers



## Lockdown Linda's Confectionary Clues:

Why not try and solve these sweet-snack-themed clues this week? Each clue is the name of a chocolate bar, type of sweet or snack!

– stay tuned to the newsletter for the answers!

Wobbly infants 	_____
Where "class" people live 	_____
100% precious 	_____
9, 10, 11 	_____
Fallen fruits 	_____
Carries your dairy 	_____
Mother's local watering hole 	_____
All sorts of girls 	_____
Royal herb 	_____
Speak quietly 	_____

1. Jelly Tots, 2. Quality Street, 3. Gold Bar / Golden Coins, 4. After Eight's, 5. Pear Drops, 6. Milk Bottles, 7. Mars( ) Bar, 8. Dolly Mixture, 9. Mint Imperials, 10. Wispa

# Lockdown Languages

## Français

Learn how to spell and pronounce key words and phrases in... French!



Hello



Bonjour



"Bon-shoor"

My name is...

Je  
m'appelle...

"Ju map-el..."

What is your name?

Comment  
tu t'appelle?

"Co-mon too tap-el?"

How are you?

Comment  
ça va?

"Co-mon sa-va?"

I'm O.K. / good

Je suis  
d'accord /  
Je suis bien

"Ju swee da-cord" / "ju swee bee-en"

Where is the

Où sont les

"Ooh sohn



toilet?	<i>toilettes?</i>	<i>lay twah- leh?"</i>
Please	<i>S'il-vous- plait</i>	<i>"See-voo- play"</i>
Shall we go outside for some fresh air?	<i>Irons-nous dehors pour un peu d'air frais?</i>	<i>"Eer-on-oooh d-oar por uh- n-puh dare fray?"</i>
Yes / No / Come on / Let's go!	<i><u>Oui</u> / <u>Non</u> / <u>Allez!</u></i>	<i>"Whee" / "Noh" / "Ah- lay!"</i>
Thank you / cheers!	<i><u>Merci</u> / à <u>votre santé!</u></i>	<i>"Mer-see" / "a-vot-ra son- tay!"</i>
Take care (of yourself)	<i><u>Prends soin</u> <u>de toi</u></i>	<i>"pron-sohn duh twah"</i>

Stay tuned to the Weekly Newsletter for the next  
installment of **Lockdown Languages**



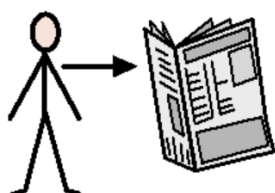
## How to get involved in the weekly newsletter...



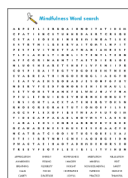
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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...

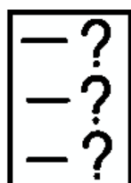
- Making a word search



- 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!