

**NHS**

**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services



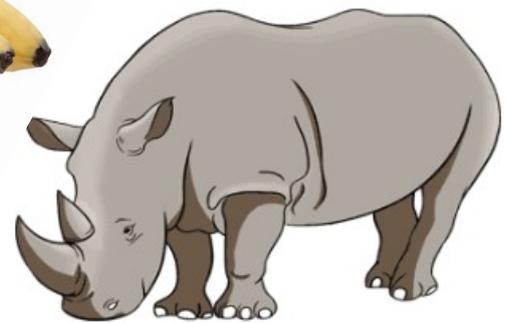
# Weekly Newsletter



Mindfulness  
Special!



**Monday 1st June  
2020**



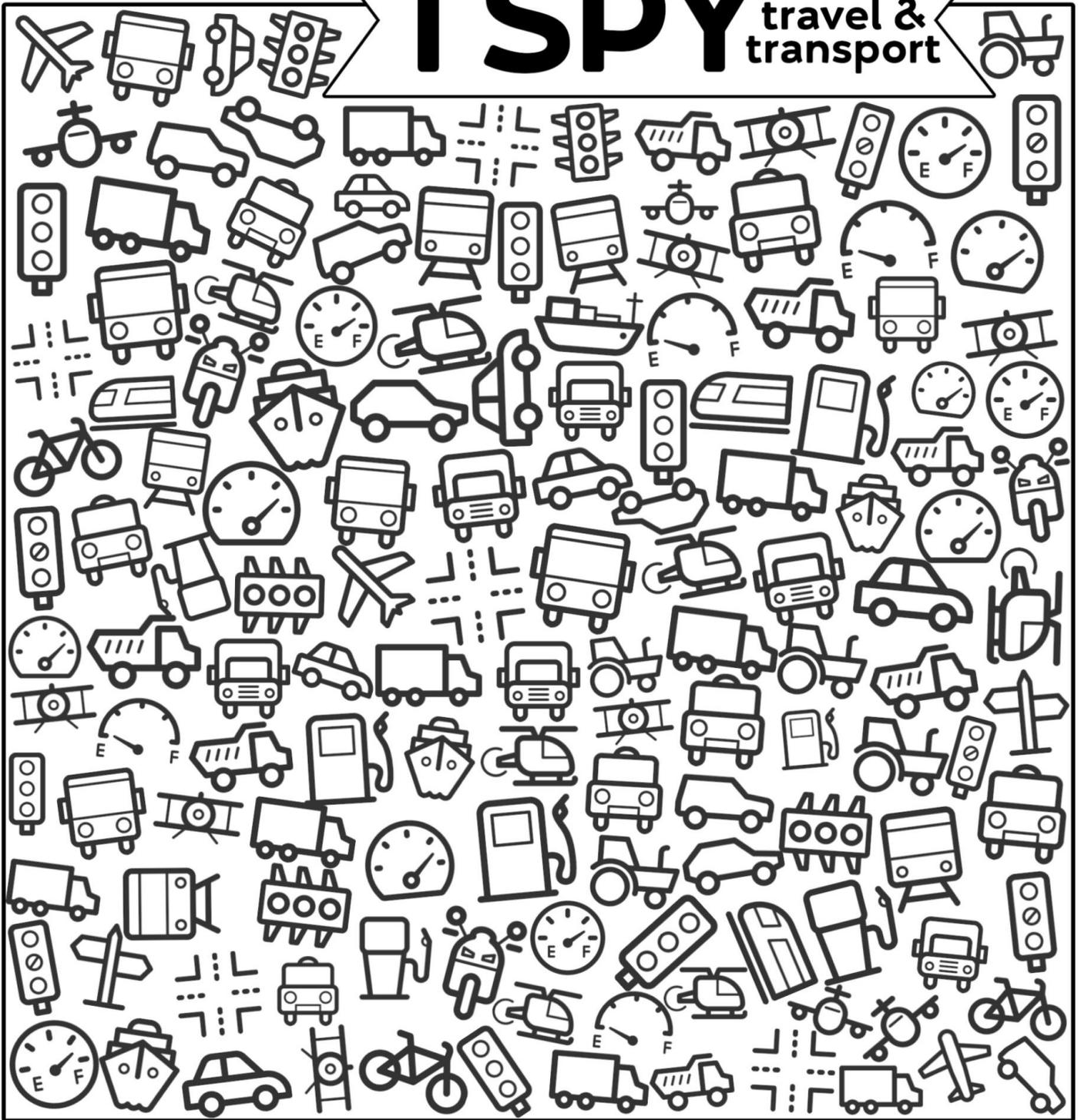
**More Mindfulness Colouring Inside!**  
This week it's movies!  
Page 13

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



**Covid19 Myth  
Buster—p25**

# I SPY travel & transport



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
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# ISPY

construction



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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.



GIVE YOURSELF THE SAME CARE & ATTENTION THAT YOU GIVE TO OTHERS AND WATCH YOURSELF BLOOM

The Sprouting Sunflower

Stay patient and trust your journey

Please remember that endings are also beginnings;

there's hope in that.

Do it for you!!

@sweetwaterdecor

# 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.

© 2018, 2017

DON'T BELIEVE EVERYTHING YOU THINK



YOU CAN'T POUR FROM AN Empty Cup. TAKE CARE OF YOURSELF FIRST.

## 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.

KIM WELLS ANDERSON

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

MINNAPART.COM

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

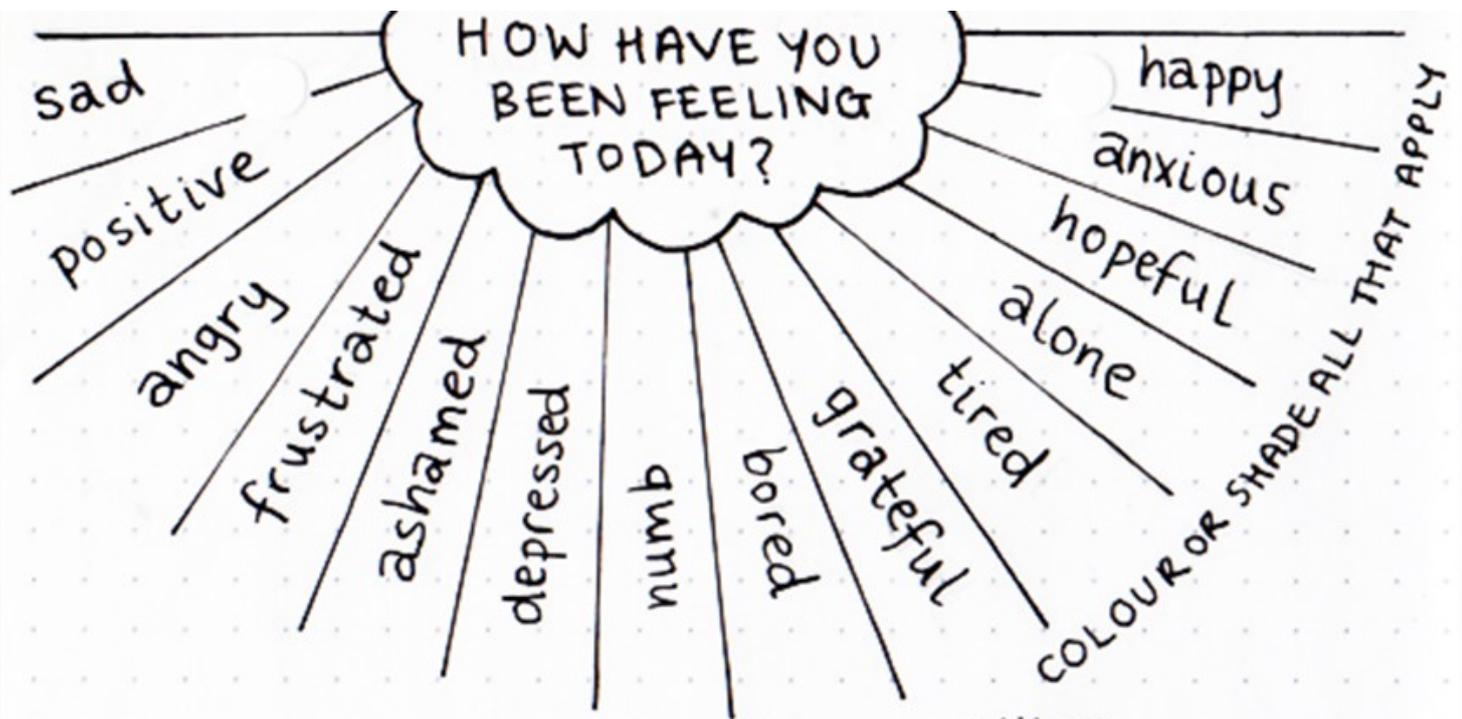
IT'S OK IF THE ONLY THING YOU DID TODAY WAS BREATHE

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



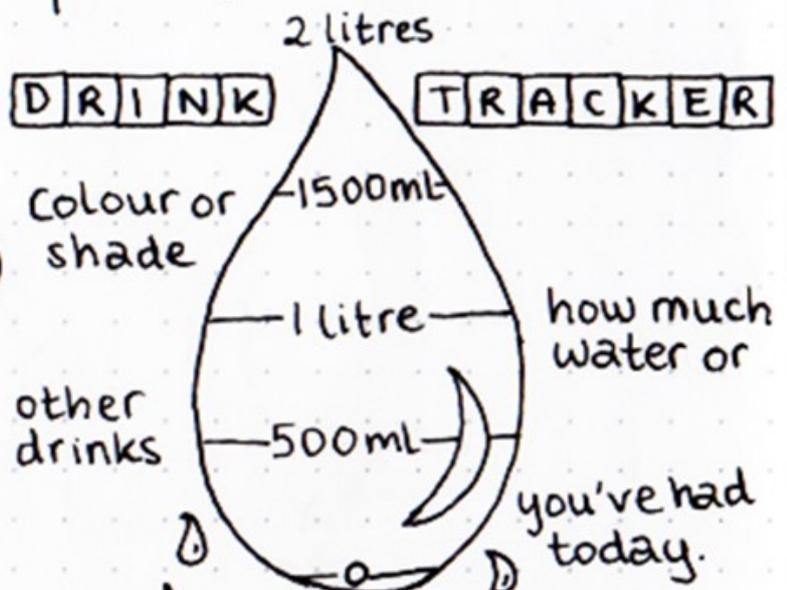
flour



**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



**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.*

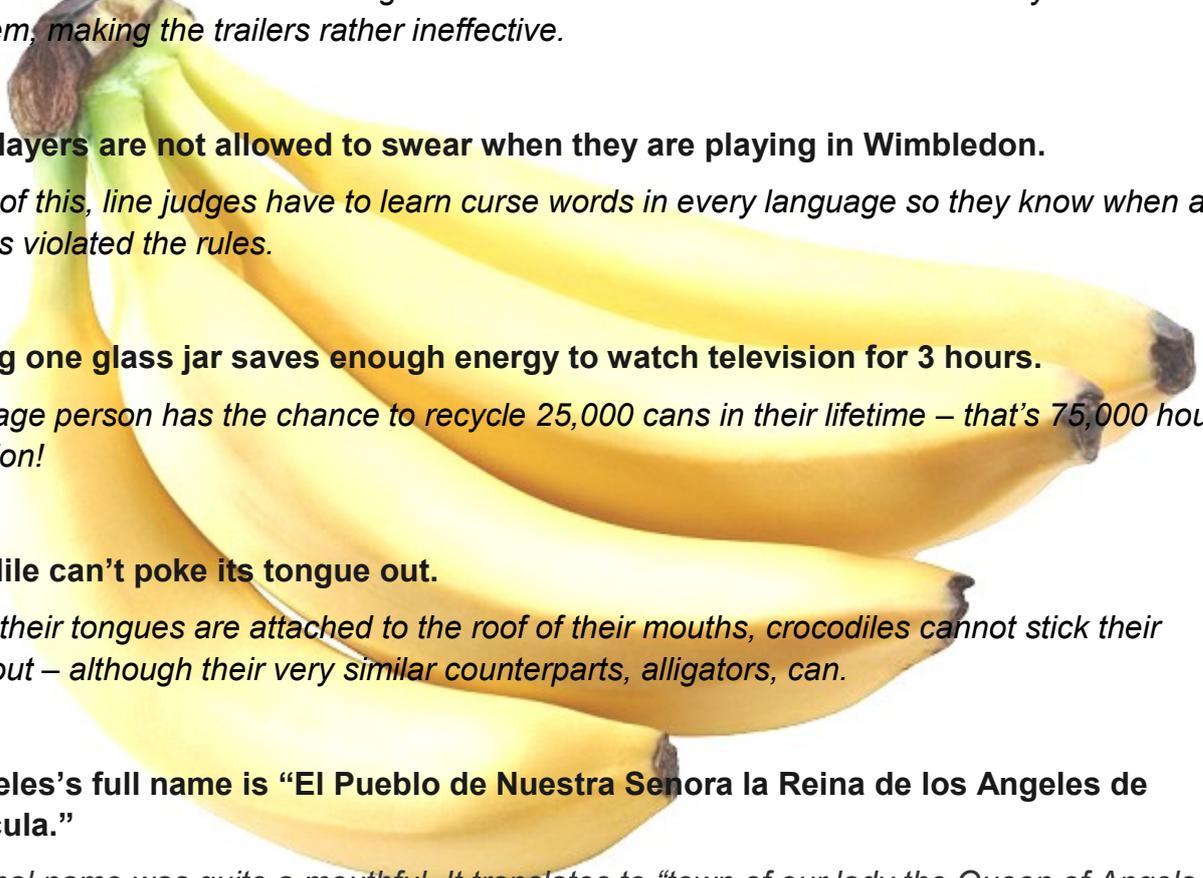
**Los Angeles's full name is “El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula.”**

*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?

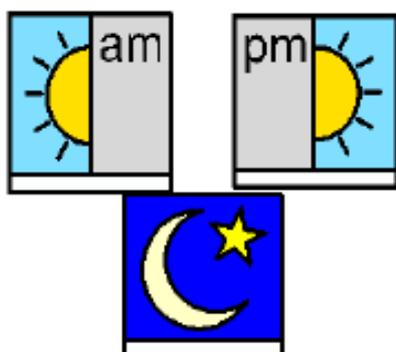
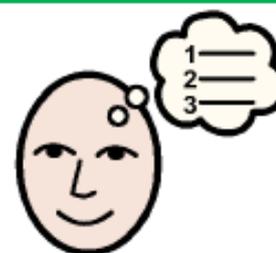
Having structure and routine to your day is good for your mental and physical health.

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**

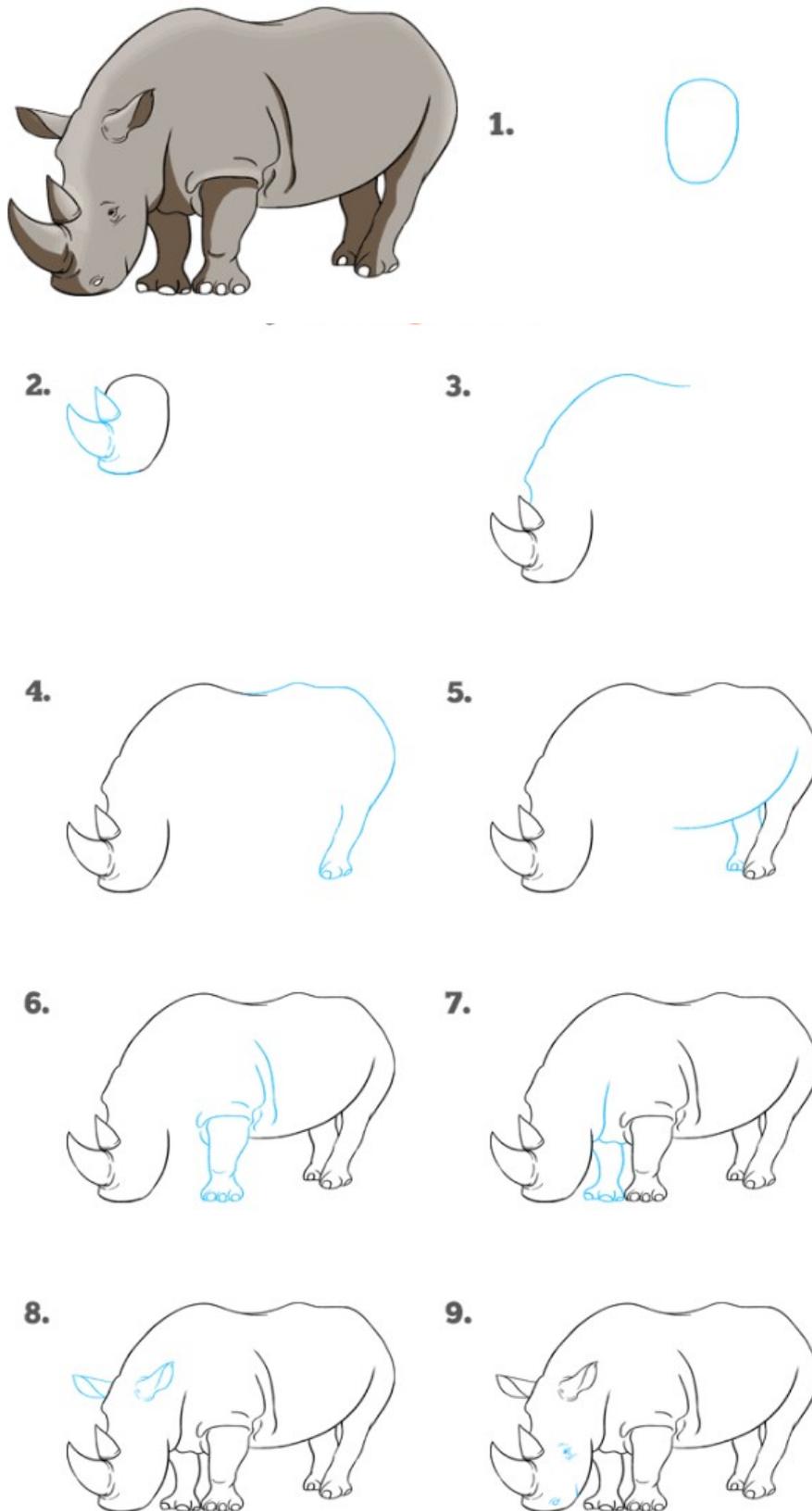
## Can you try these activities on the ward or in your room?

	<b>Domestic tasks</b>	<p>Can you do your laundry, clean and tidy your room, clean and tidy the ward area, organise your room?</p>
	<b>Self Care</b>	<p>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?</p>
	<b>Relaxation</b>	<p>Can you relax to music, listen to a guided mediation/relaxation CD, try a mediation 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?</p>
	<b>Exercise</b>	<p>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)?</p>
	<b>Dance</b>	<p>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?</p>
	<b>Education</b>	<p>Can you do some worksheets, listen to or watch an educational programme on radio or TV, play educational games?</p>
	<b>Planning</b>	<p>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?</p>
	<b>Faith/religion</b>	<p>Can you pray or meditate, read, have a discussion, listen to programmes on the radio or TV about your religion or faith?</p>
	<b>Talk</b>	<p>Can you talk to staff, talk to each other, phone your family/friends, have a 1:1, attend community meeting?</p>

## 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>

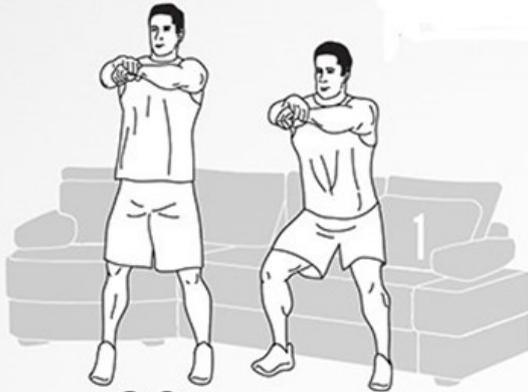
# Arts and Crafts



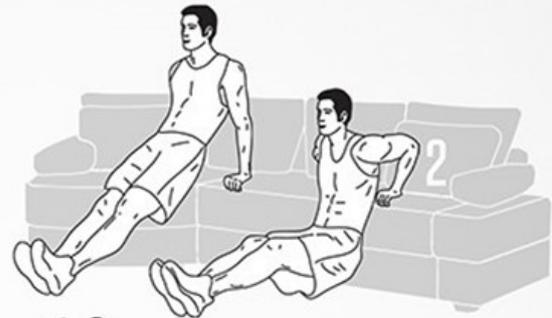
Use these 9 steps to learn how to draw a rhino—why not colour it in and submit it to next weeks edition of the newsletter!

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

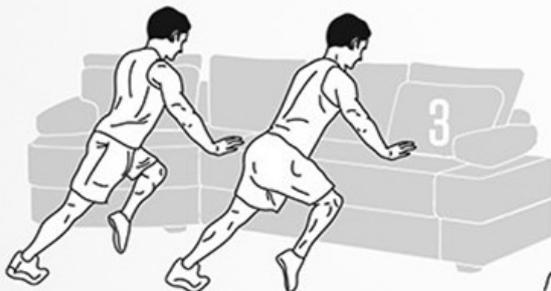
# The 'Advert' Workout



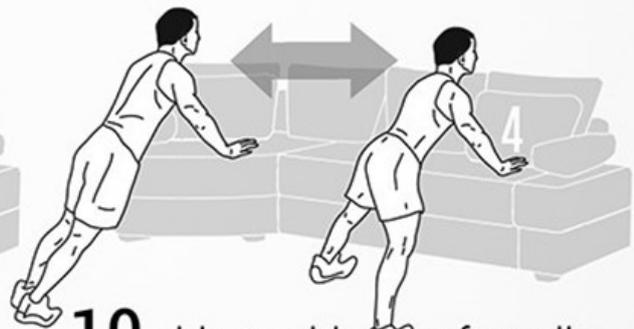
**20** half squats



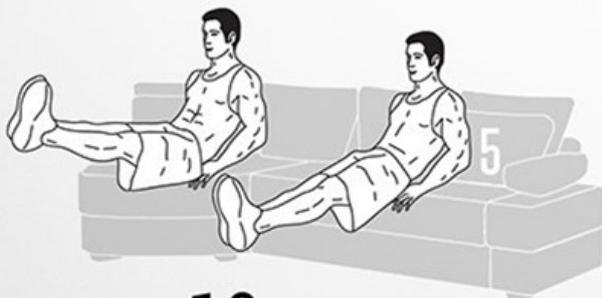
**10** sofa dips



**20** climbers



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



**10** leg raises

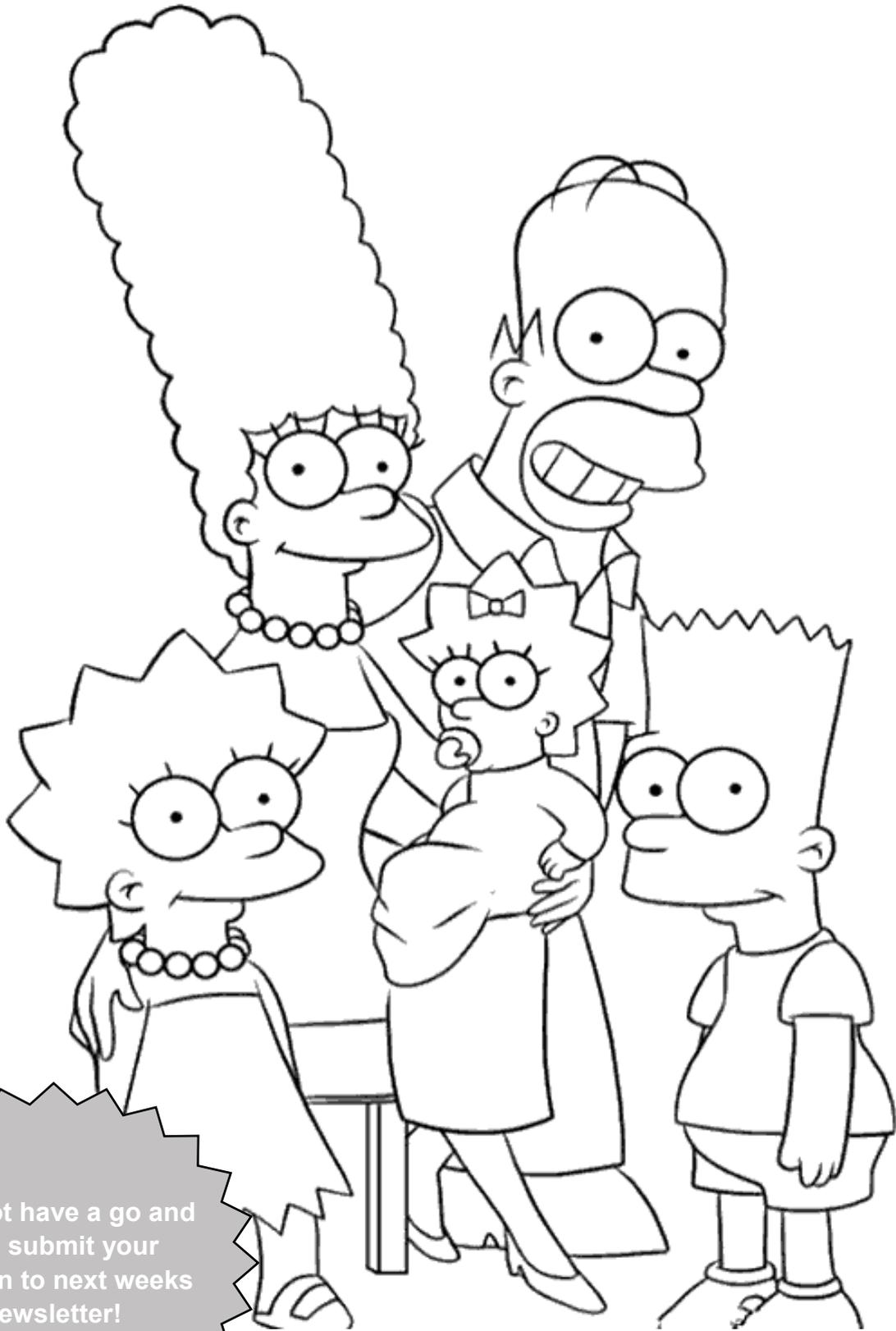


**10** raised leg circles

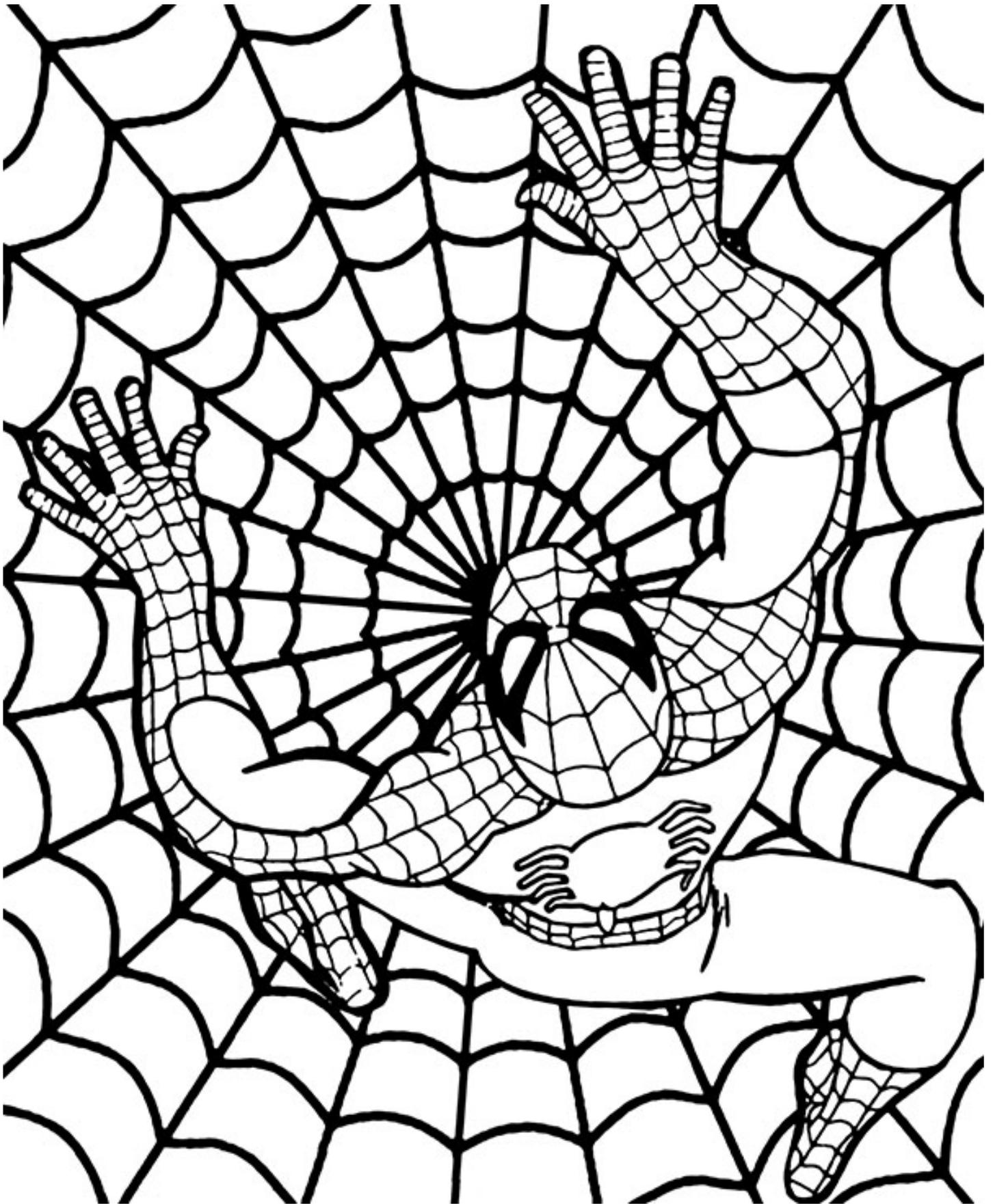
Why not try these exercises every time there is an 'Ad break' on the television ?

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!



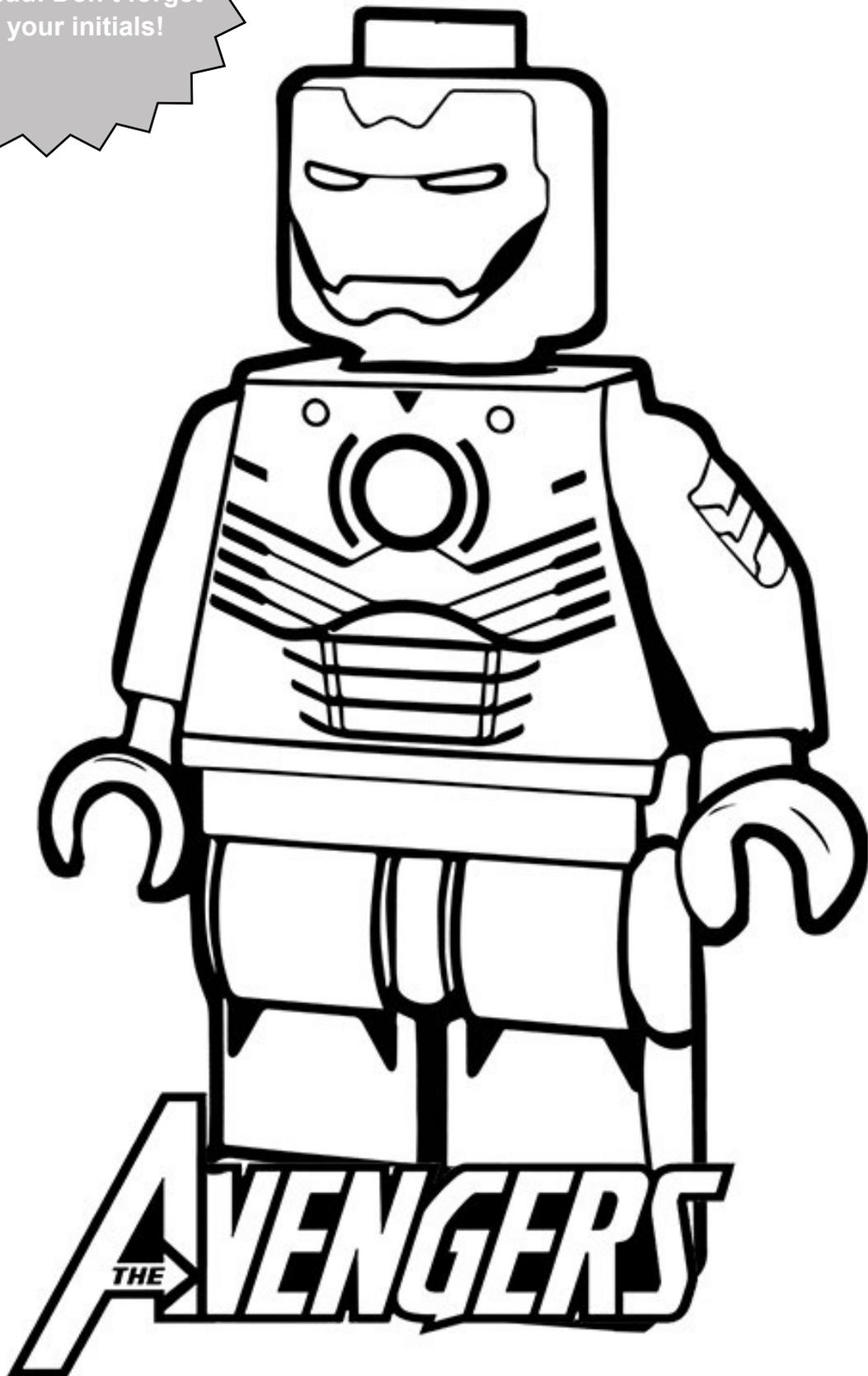




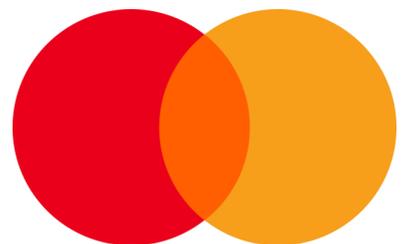
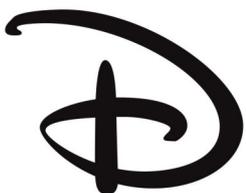




Or you can draw your own design and submit that instead! Don't forget to put your initials!



**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



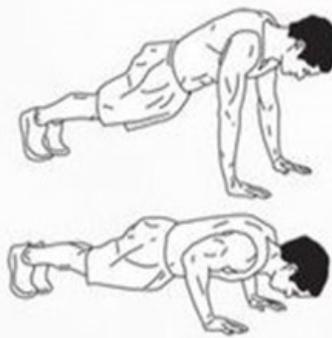
**10** squats



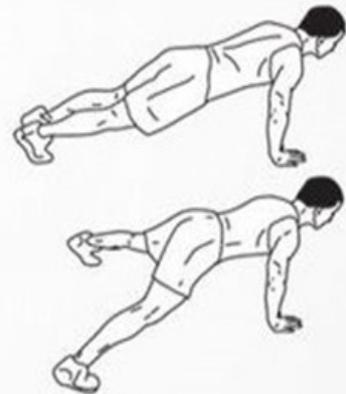
**10** lunges



**20** climbers



**10** push-ups



**10** plank jacks



**10** sit-ups



**10** knee-to-elbow crunches



**10** sit-ups



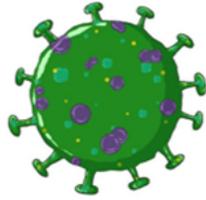
**10** knee-to-elbow crunches



**30sec** elbow plank

# What is Covid-19?

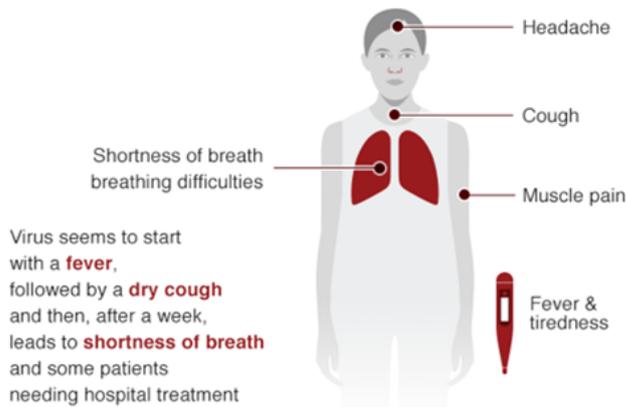
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



## 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)



Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

Source: WHO

BBC

# 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.

# 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.

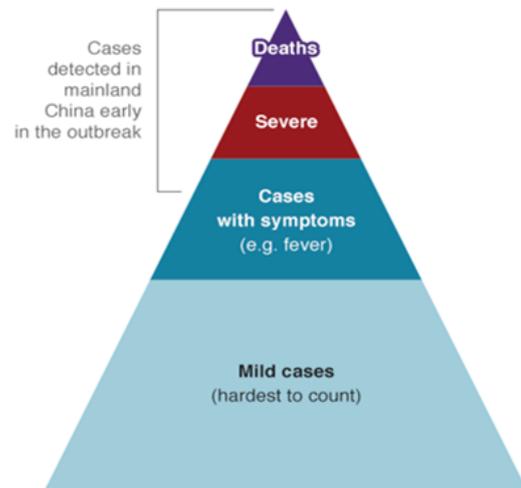


If you need to self isolate—staff will provide you with resources to keep busy and focus on your health & wellbeing whilst in your side room.

# 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

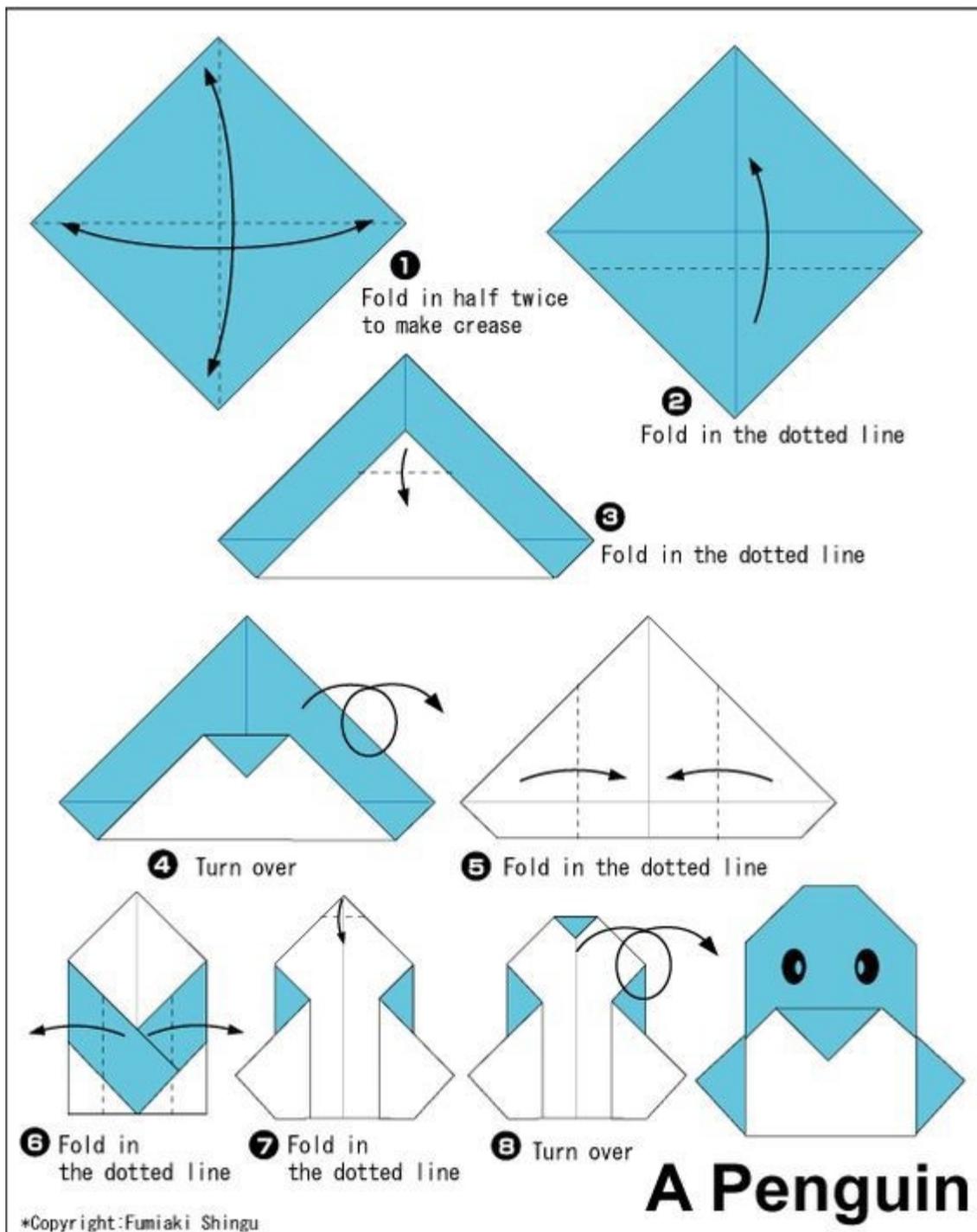
ROTTWEILER  
 SAINT BERNARD  
 SAMOYED  
 SCHIPPERKE  
 SHAR-PEI  
 SHIH-TZU  
 WEIMARANER



© 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



## 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

**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

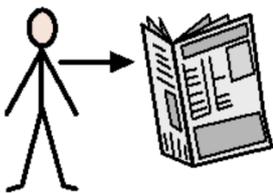
# How to get involved in the weekly newsletter...



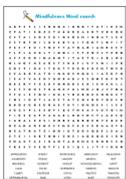
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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

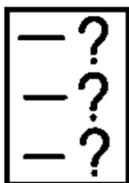


We would like service users to get involved in the weekly newsletter.



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!