



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

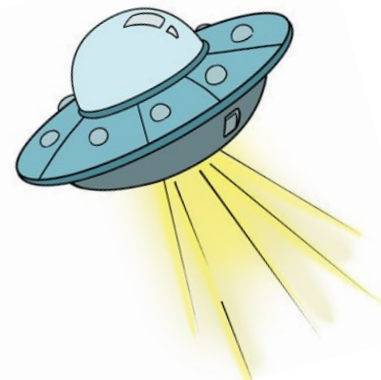


Weekly Newsletter

**Monday 25th
May 2020**



This week have
a go at making
an origami bee!



More Mindfulness Colouring Inside!
This week it is inspirational quotes!

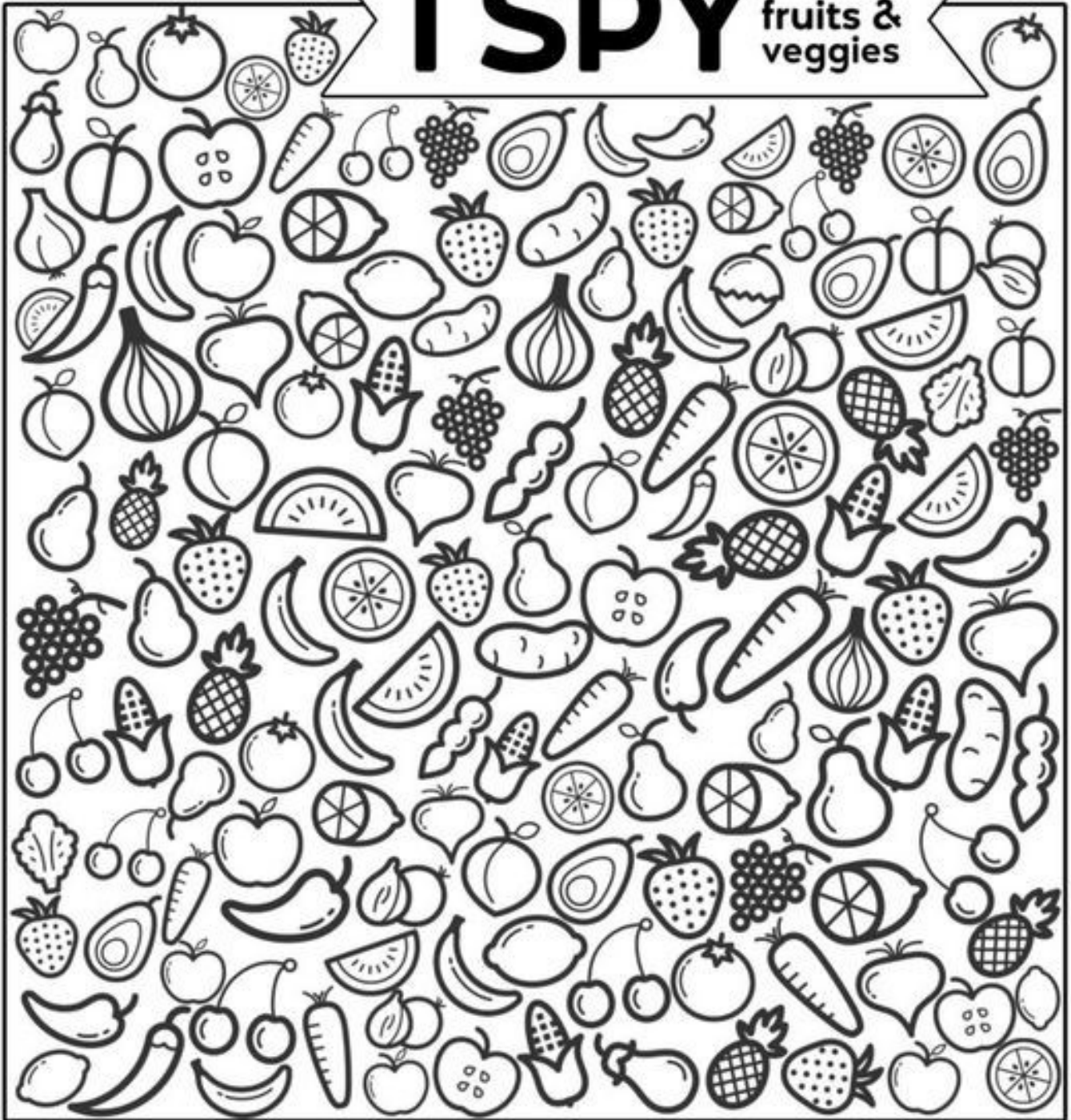
Page 13



Covid19 Myth
Buster—p25



I SPY fruits & veggies



- | | | | | | | | | | | | | | | | | | | | |
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| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |



Facts about lions and tigers.



Match the numbers below to the facts

The roar of a lion can be heard from ___ miles away.

Lions in the wild live for around ___ years.

Lions can reach speeds of up to ___ mph but only in short bursts because of a lack of stamina.

In the wild, lions rest for around ___ hours a day.

Lions are the _____ largest big cat species in the world and Tigers are the _____

Tigers can reach a length of up to ___ feet

Tiger cubs leave their mother when they are around ___ years of age.

Tigers are good swimmers and can swim up to ___ kilometres.

Tigers can easily jump over ___ metres in length.

Tigers have been known to reach speeds up to ___ mph

20 11 2 5 50 1st 12 40 6 2nd

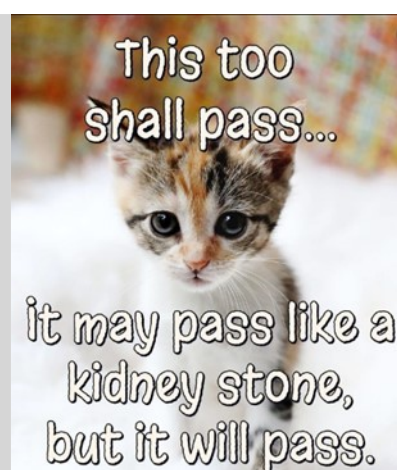


1. 5 miles
2. 12 years
3. 50 mph
4. 20 hours
5. 2nd, 1st
6. 11 feet
7. 2 years
8. 6 kilometres
9. 5 metres
10. 40 mph

Quotes



one small
positive
thought
in the morning
can change
your whole
day



I AM
RESILIENT
AND CAN
GET
THROUGH
ANYTHING.



"WORRYING WON'T
STOP BAD STUFF FROM
HAPPENING. IT JUST
KEEPS YOU FROM
ENJOYING THE GOOD."

TULIPANDSAGE.COM

what's coming
is better than
what is gone.

F.E.A.R
has two meanings.
Forget Everything And Run
or
Face Everything And Rise
The choice is yours.

CREATRICARDS

THE WAY YOU
SPEAK TO YOURSELF
MATTERS.



give yourself time

EVERYTHING
WILL BE SO
GOOD SO SOON
JUST HANG IN
THERE & DON'T
WORRY ABOUT
IT TOO MUCH

If you
get tired,
learn
to rest
not to quit.

www.LaurenGiesberg.com

←←
When it rains
look for
RAINBOWS.
When it's dark
look for STARS.



keep going,
because you did
not come this far
just to come this
far.

@MOLLYHOSTUDIO

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

A LITTLE
PROGRESS
EACH DAY
ADDS UP TO
BIG RESULTS

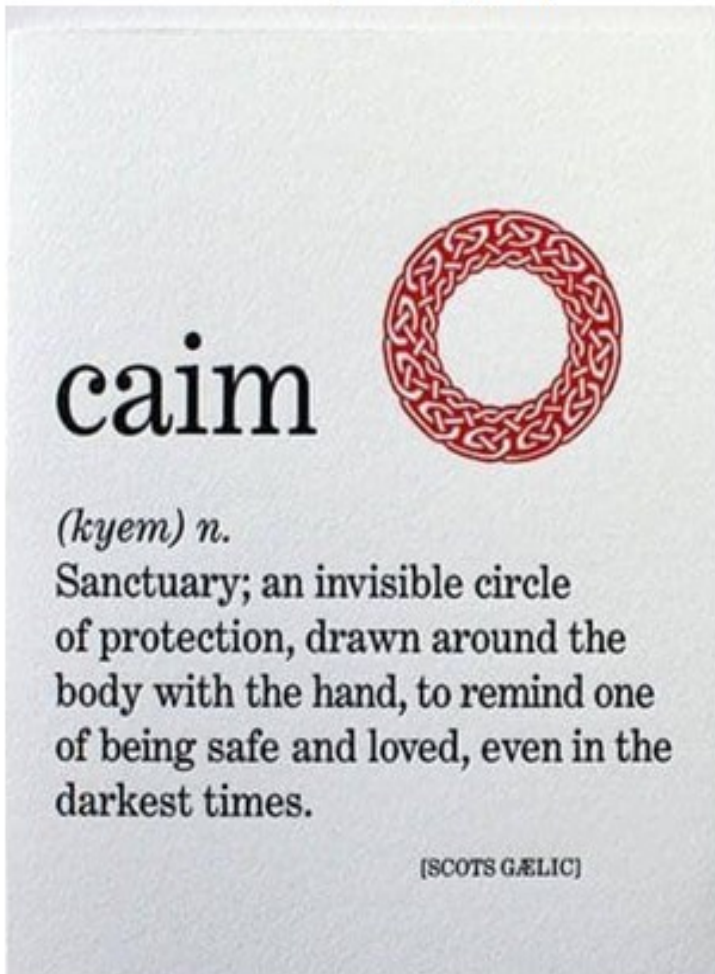
JENNMCMAHON.COM

Spiritual and Pastoral Care

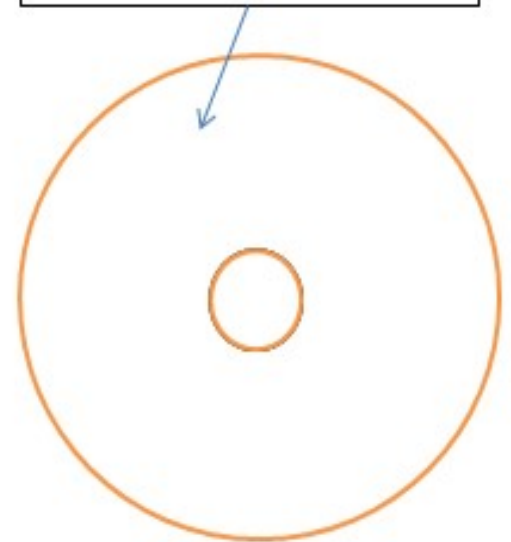


Over the centuries people have found many different ways to help them to feel safe. Celtic Christians probably borrowed the idea of creating a caim from their pagan brothers and sisters.

It isn't a spell but it is an important reminder that you are safe and cared about by many people.



Write down the names of the people who help you feel safe and cared for.



You could try this by imagining drawing a circle around yourself when you are in your room or on piece of paper draw two circles. In the outer circle write down all the names of the people who help you to feel safe and cared for.

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

HOW HAVE YOU BEEN FEELING TODAY?

sad

positive

angry

frustrated

ashamed

depressed

numb

bored

grateful

tired

alone

hopeful

anxious

happy

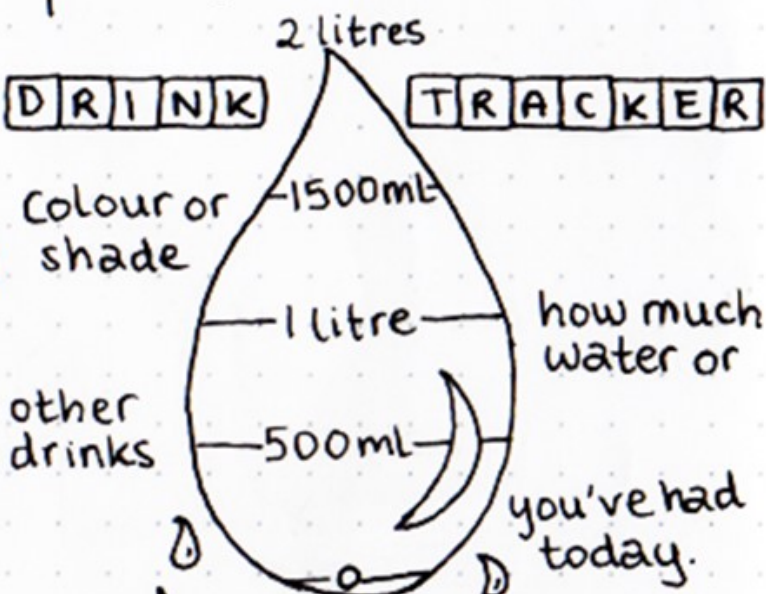
COLOUR OR SHADE ALL THAT APPLY

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

Keeping a balance!

Planning your Week

WHY IS STRUCTURE AND ROUTINE IMPORTANT?

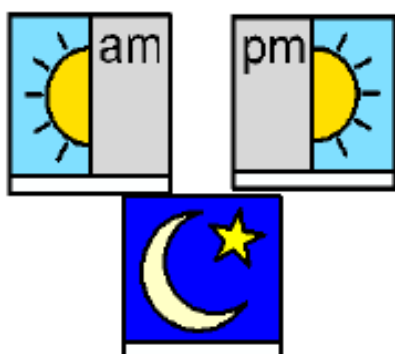
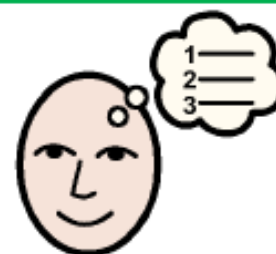
Having structure and routine to your day is good for your mental and physical health.

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

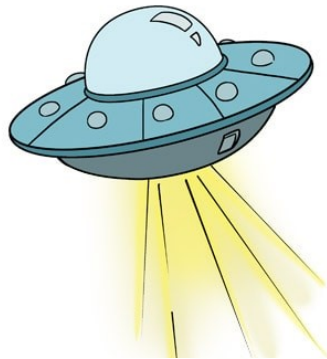
Can you try these activities on the ward or in your room?

	Domestic tasks	<p>Can you do your laundry, clean and tidy your room, clean and tidy the ward area, organise your room?</p>
	Self Care	<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>
	Relaxation	<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>
	Exercise	<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>
	Dance	<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>
	Education	<p>Can you do some worksheets, listen to or watch an educational programme on radio or TV, play educational games?</p>
	Planning	<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>
	Faith/religion	<p>Can you pray or meditate, read, have a discussion, listen to programmes on the radio or TV about your religion or faith?</p>
	Talk	<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>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



1.



2.



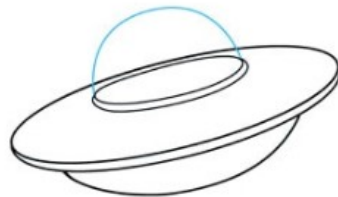
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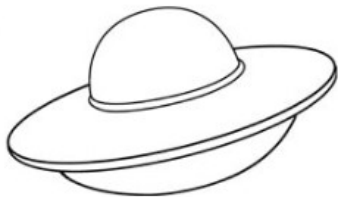
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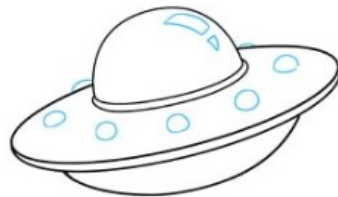
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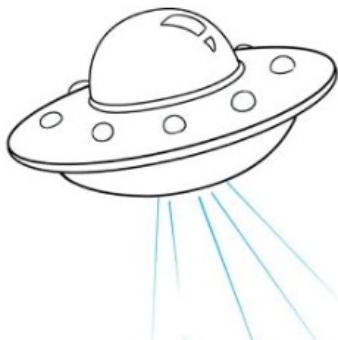
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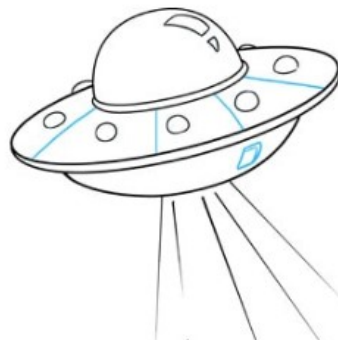
7.



8.



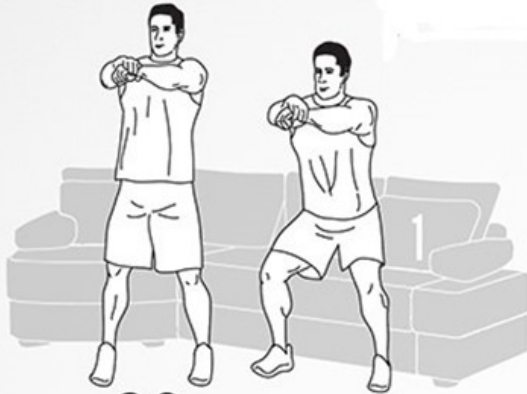
9.



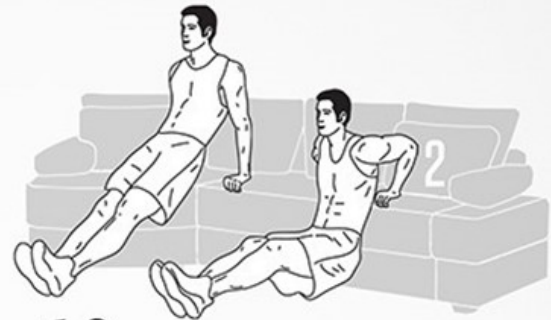
Use these 9 steps to learn how to draw a UFO—why not colour it in and submit it to next weeks edition of the newsletter!

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

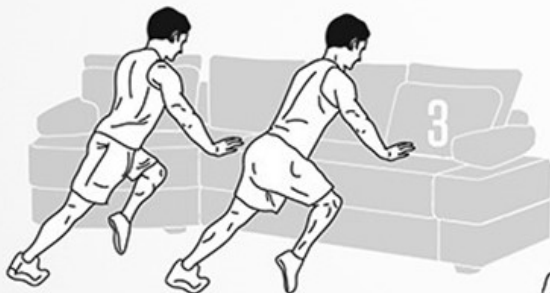
The 'Advert' Workout



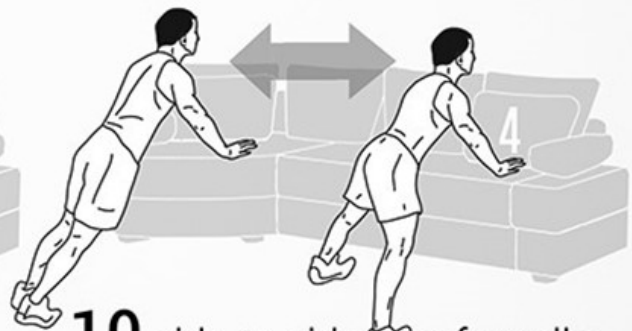
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles

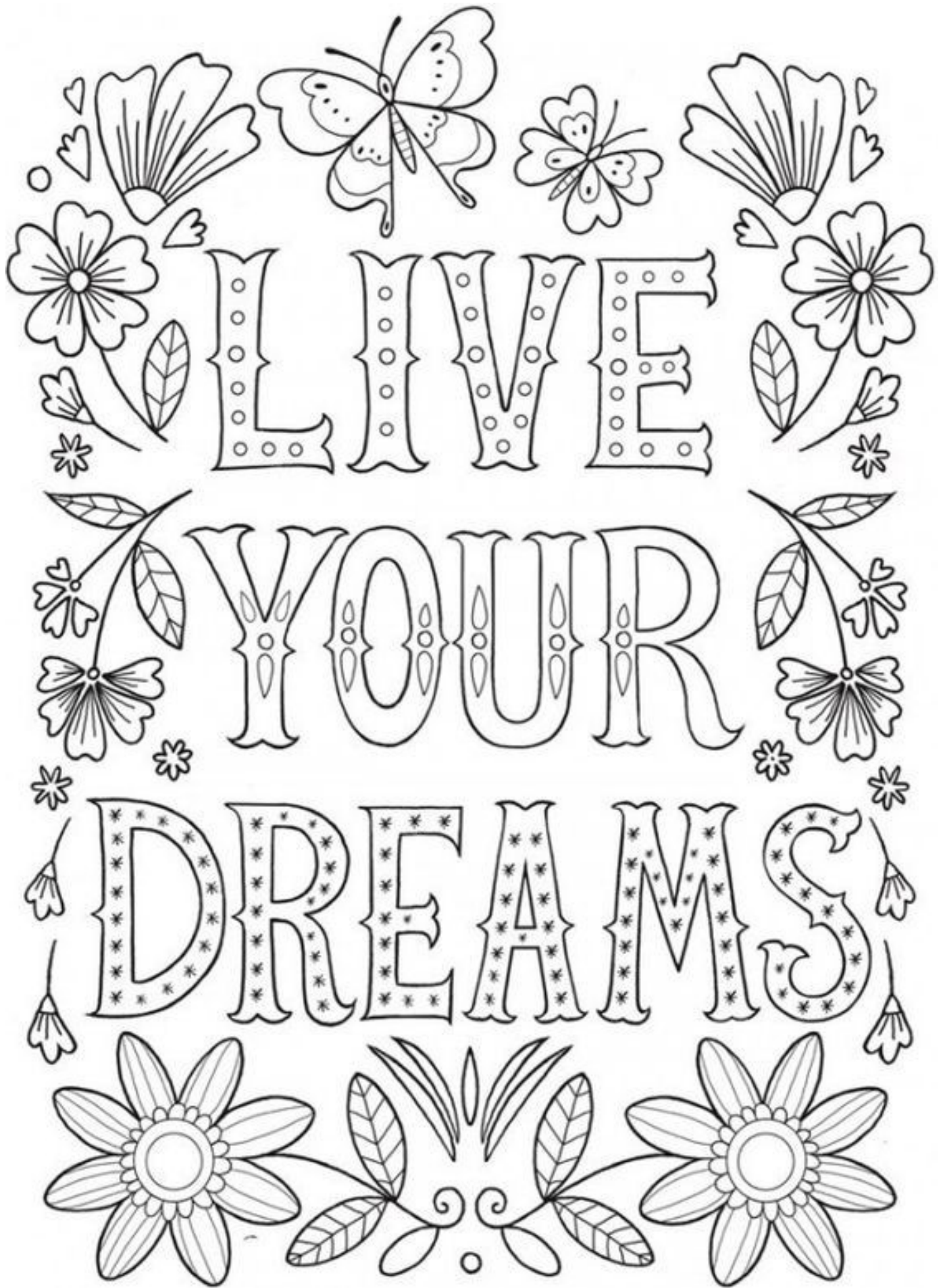
Why not try these exercises every time there is an 'Ad break' on the television ?

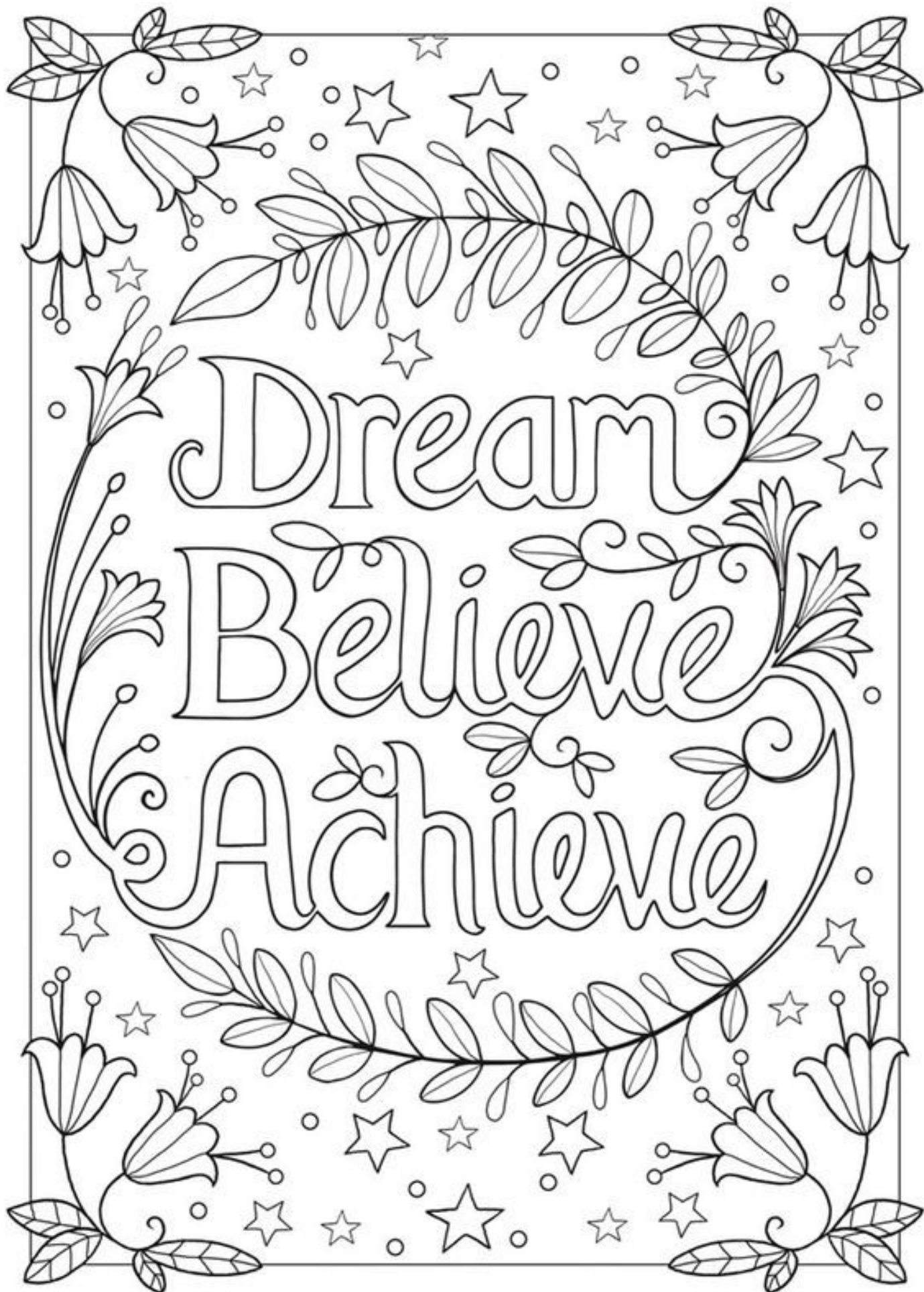
Don't forget to only work within your own abilities & if unsure, speak to Health & Fitness Staff.

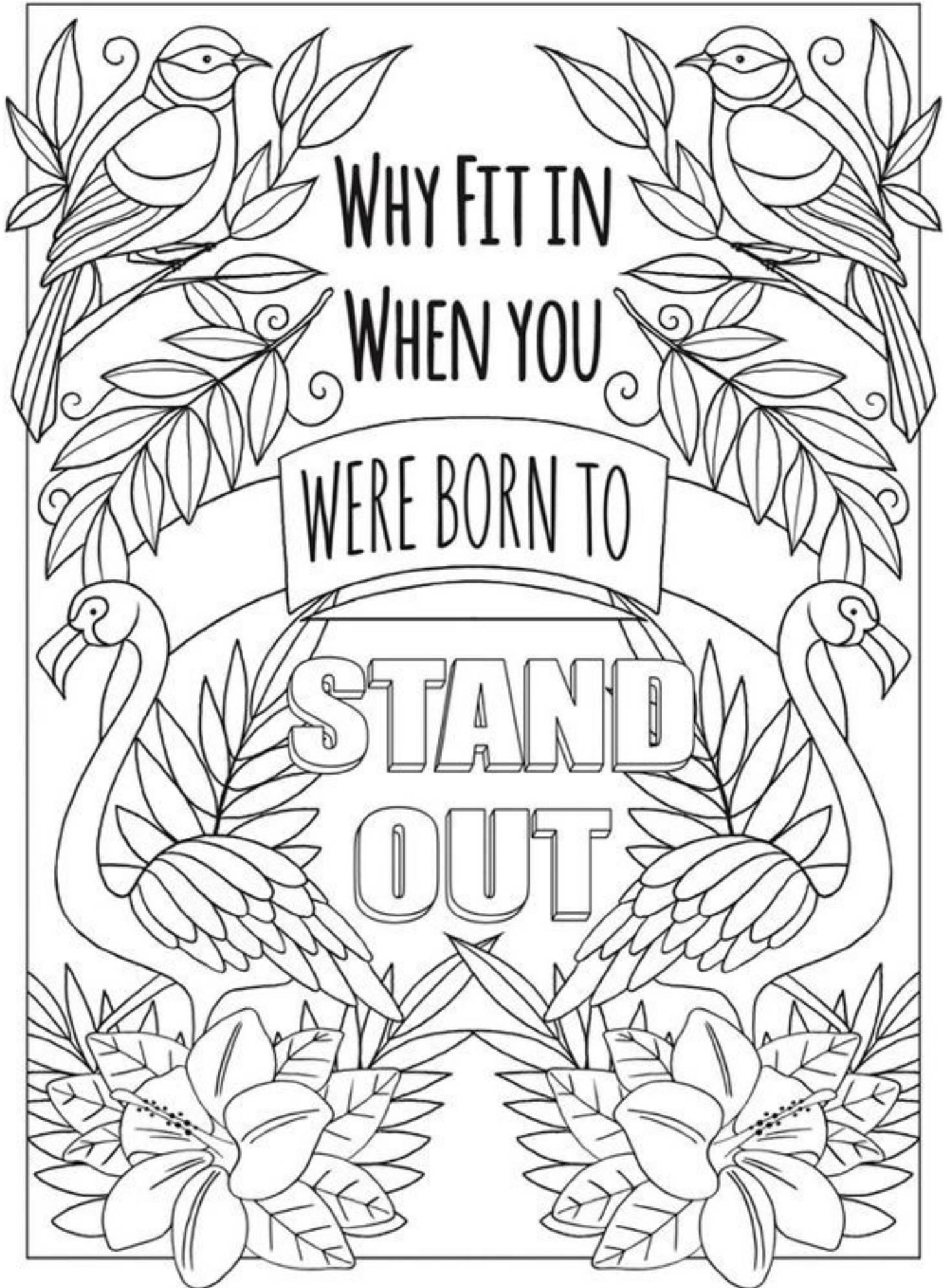
Mindfulness Colouring:



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



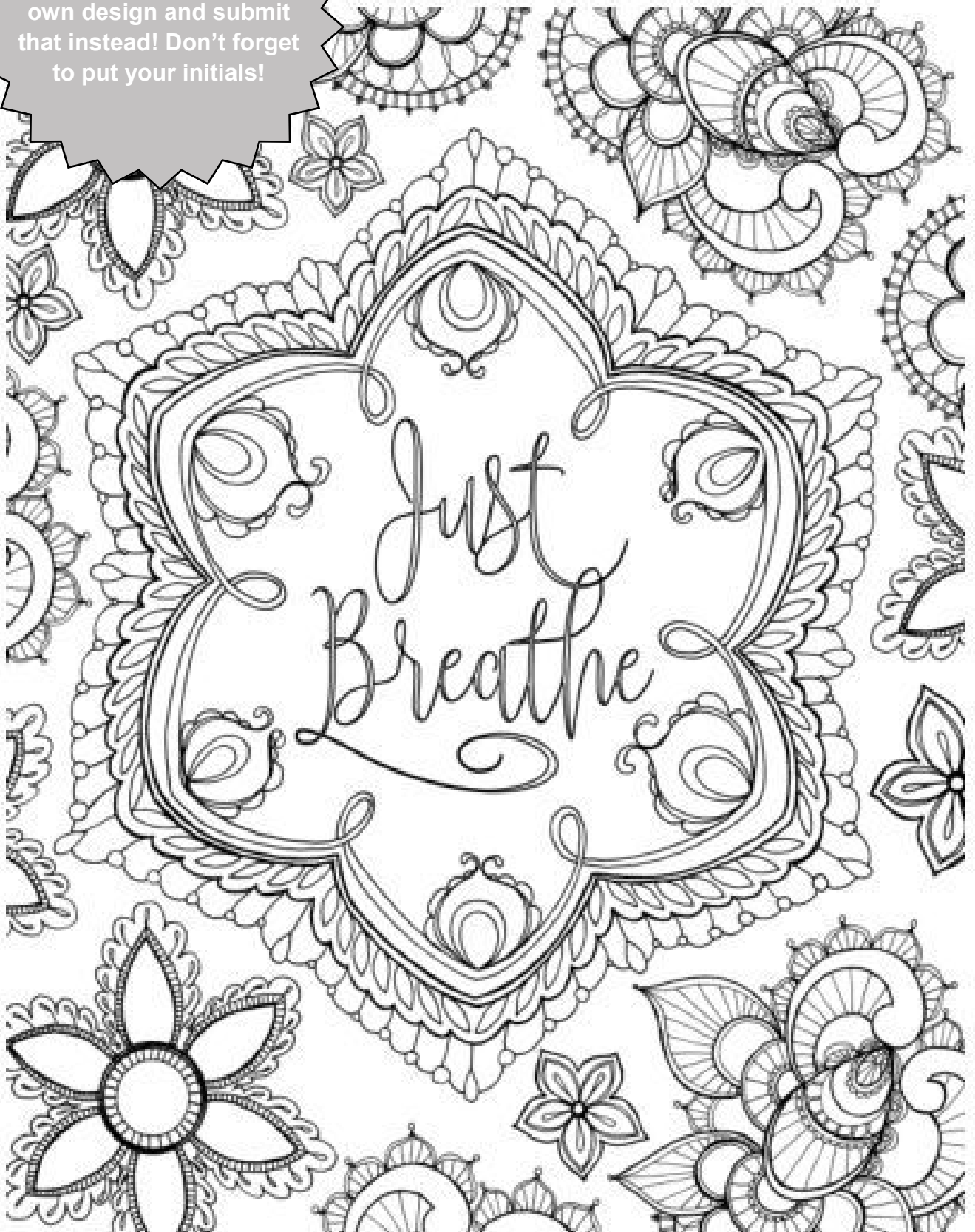








Or you can draw your own design and submit that instead! Don't forget to put your initials!



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!





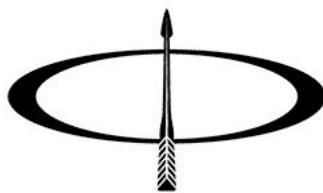






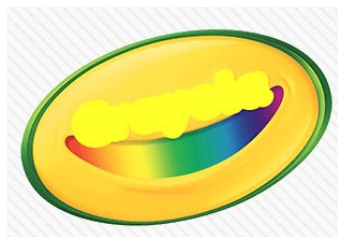




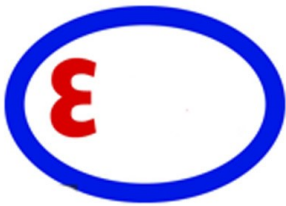
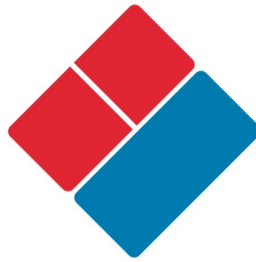












How many did you manage to get?
 And for an extra bonus point ...
 which popular food item am I the
 face of?



! Answers: Ray Ban; Garnier; Cadbury; Krispy Kreme; Colgate; McCain; Samsung;
 Parker; Nutella; Milka; Crayola; Evian Water; Lego; Dominos Pizza; BP; Esso; Kit-
 Kat; Interflora; Play Doh; paper Mate; Uncle Bens Rice. Bonus Round—Haribo.

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



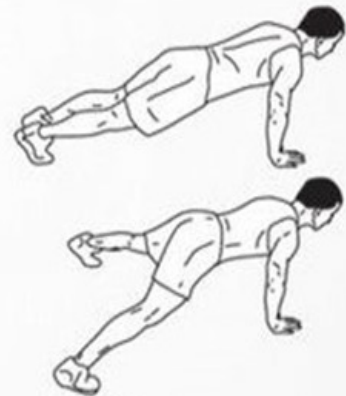
10 lunges



20 climbers



10 push-ups



10 plank jacks



10 sit-ups



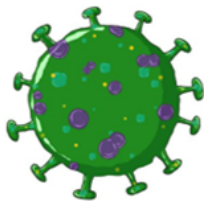
10 knee-to-elbow crunches



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.

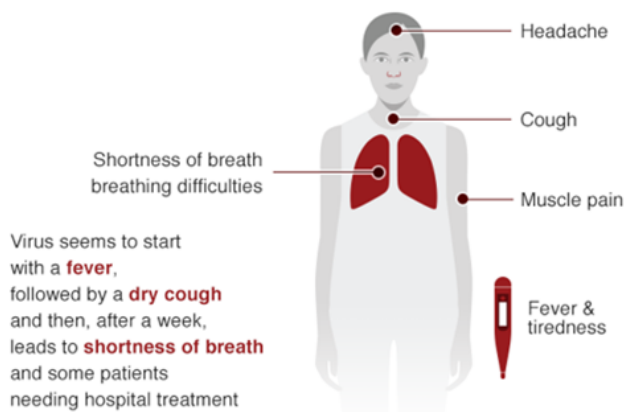


How do I know if I have got it?

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)



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

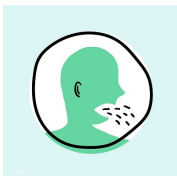
Can drinking hot drinks and avoiding ice cream kill Covid-19?

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.

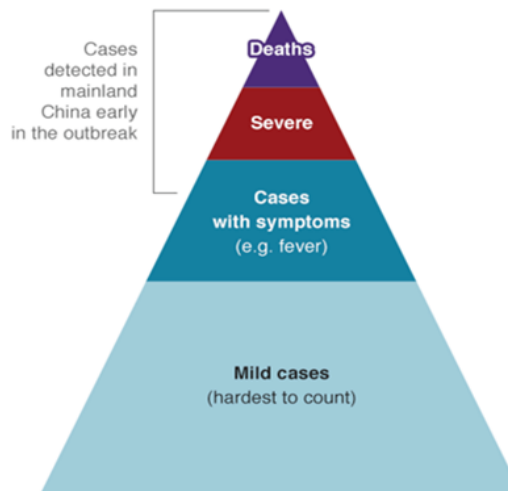


If you need to self isolate—staff will provide you with resources to keep busy and focus on your health & wellbeing whilst in your side room.

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

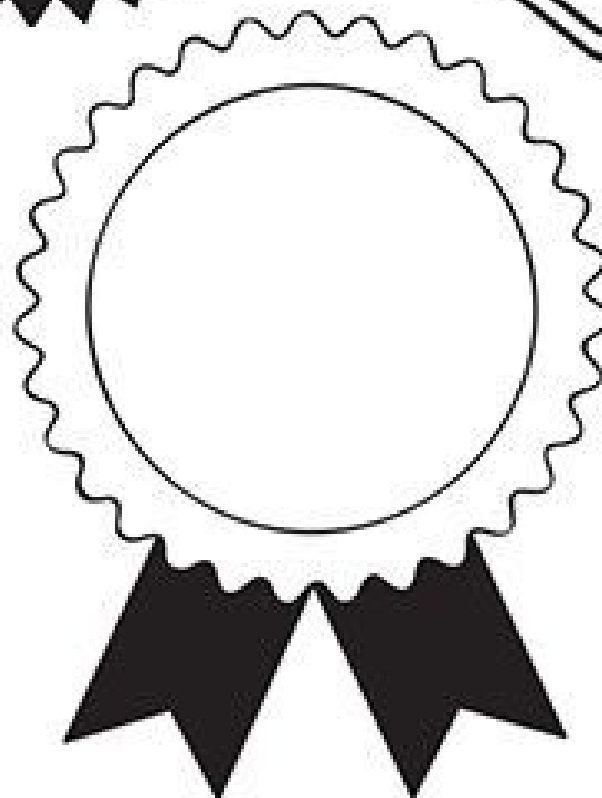
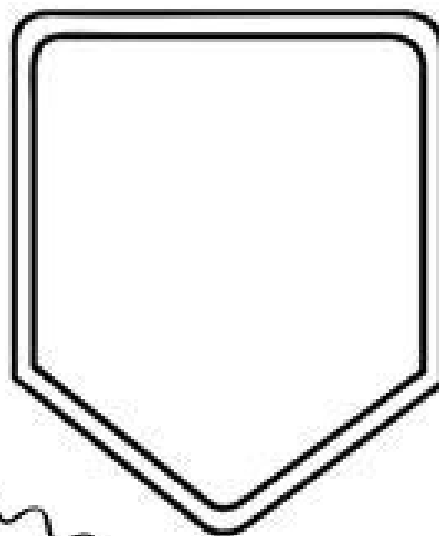
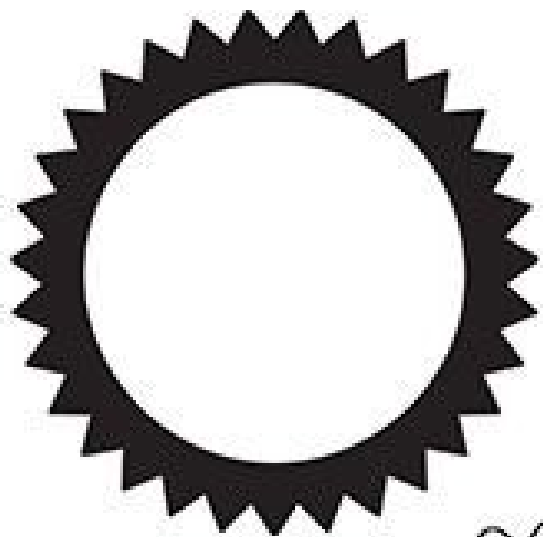
BBC

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.

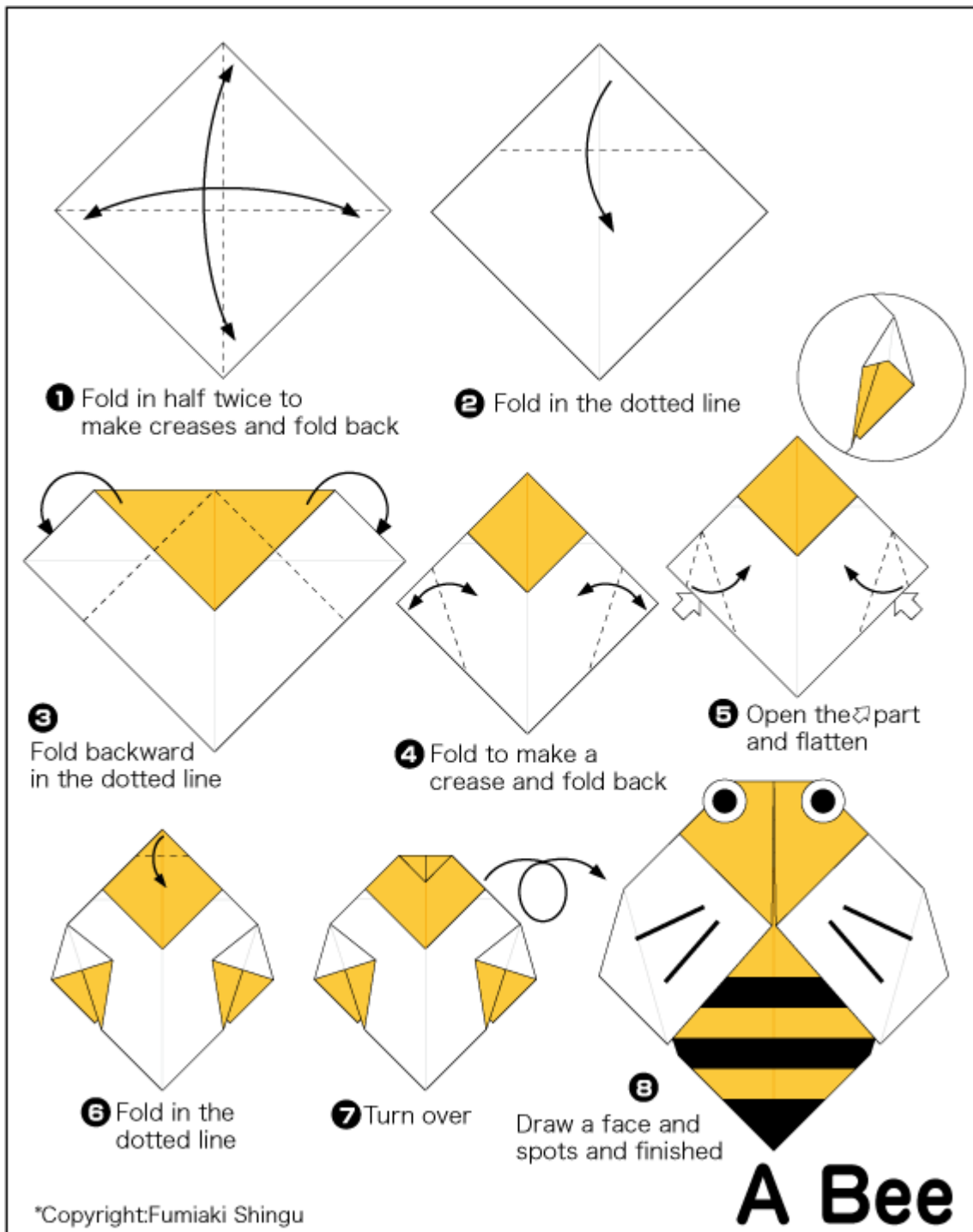
LITTLE VICTORIES

It's important to celebrate the little things that go right in your life, whether it be something as simple as getting out of bed or remembering to take your meds. Just because they are little doesn't mean they are unimportant. Fill in some of your little victories below to remind you how far you've come.



'Ave a Go!

Use these simple instructions to make an origami bee! Ask a member of staff for some paper and a pen to draw the bee features once complete!



SHORT-TERM GOALS

My Goals

Things I can do to reach my goals

<i>My Goals</i>	<i>Things I can do to reach my goals</i>

Use this visual guide as a way of working towards reaching your personal goals—whether it be to eat a bit more healthily, have a better sleeping pattern, improve your art skills ... use this as a way of breaking down your overall goal into more manageable chunks.

Chocolate Bar Challenge—these popular chocolate bars have been chopped in half. Can you still name them all!

1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



Hand-washing technique with soap and water



- 1 Wet hands with water
- 2 Apply enough soap to cover all hand surfaces
- 3 Rub hands palm to palm
- 4 Rub back of each hand with palm of other hand with fingers interlaced
- 5 Rub palm to palm with fingers interlaced
- 6 Rub with back of fingers to opposing palms with fingers interlocked
- 7 Rub each thumb clasped in opposite hand using a rotational movement
- 8 Rub tips of fingers in opposite palm in a circular motion
- 9 Rub each wrist with opposite hand
- 10 Rinse hands with water
- 11 Use elbow to turn off tap
- 12 Dry thoroughly with a single-use towel
- 13 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

Countries Word search

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

ALGERIA

GERMANY

FRANCE

AUSTRALIA

RUSSIA

SPAIN

GREECE

TURKEY

ENGLAND

BRAZIL

CHINA

JAPAN

KOREA

CANADA

ICELAND

space to write about anything
that's on your mind
...

You can share this journal with the staff
and/or your carer if you think that
would be helpful to you...

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



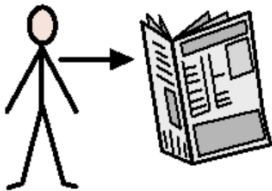
How to get involved in the weekly newsletter...



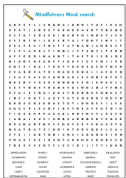
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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...

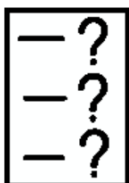
- Making a word search



- 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!