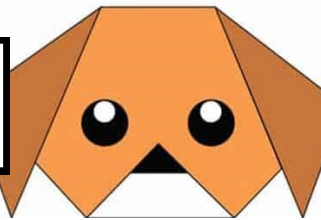


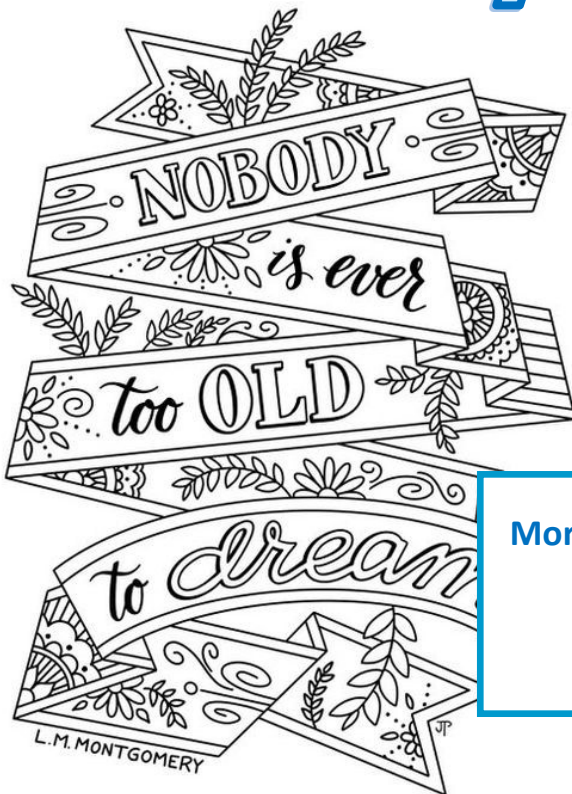


Logo Quiz!

Arts &  
Crafts

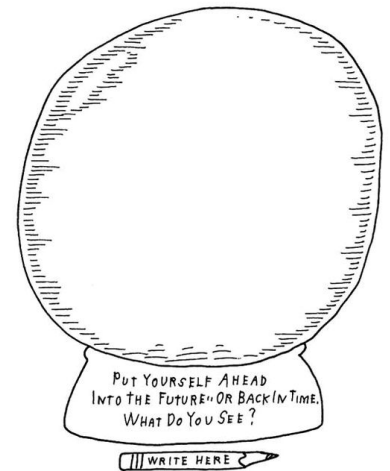


# Weekly Newsletter



**Monday 11th  
May 2020**

**More mindfulness Colouring  
Inside!  
Page 13**



**Corona Virus Myth Buster!**

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



## Ideas for the Creative Writing competition

Getting started can be the most difficult part of creative writing, here are some ideas to get you going



### Road Trip

Write about a road trip. Is your character escaping something? Is your character looking for something? Hint at the thing without telling us while describing what the character sees.



### Morning

Write about the morning. What are your character's morning routines? What is special about *this* morning?



### The Beach

Write about the beach. Is your character reflecting on something important that has happened to them? Describe the memory while overlaying the sights, sounds, and smells of the beach onto them.



### Spring

Write about spring. What is your character experiencing, how does Spring make them feel, why is it a special time



QNFMS

# Artwork Competition

The Quality Network are running an artwork competition and we are looking for **visual art** and **creative writing** pieces from patients and carers!

Winners of the competition will have their artwork featured in our publications and our newsletter!

Please submit to Life Rooms—Via  
Life Rooms or Occupational Therapy  
Staff

The deadline for  
submissions is:

**18 May 2020**

FORENSIC  
QUALITY NETWORK FOR FORENSIC  
MENTAL HEALTH SERVICES



# Quotes

DON'T LET  
*yourself*  
GET IN  
THE WAY  
*of yourself*

“

Don't talk,  
just act. Don't  
say, just show.  
Don't promise,  
just prove

*pause*

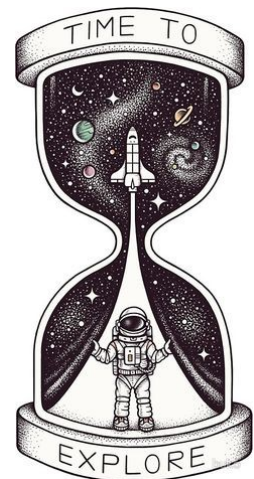
S...L...O...W it all down. Pause from your full calendar and long task list. Take a moment— or ten— to simply be. To remind yourself that this is life, right here and right now. To reacquaint yourself with your pulsing heart and your incredible body that allows you to do all that you do. To remember that life is precious and fragile and should be lived in love. To remind yourself that whatever is happening or wherever you find yourself in your journey, it is all as it is supposed to be.

- Walk the Earth

“THE KEY TO  
**SUCCESS**  
IS TO START  
BEFORE YOU  
ARE READY.”

-MARIE FORLEO

You are enough  
You are good enough  
You are smart enough  
You are strong enough  
You are beautiful enough  
You are kind enough  
You are brave enough  
You are enough and you  
always will be



A little  
progress each  
day adds up  
to big results

Positive Mind  
Positive Vibes  
Positive Life

alive.  
blessed.  
grateful.

We cannot  
become what  
we want, by  
remaining  
what we are.

be a  
KIND  
human.

  
Every day I am getting  
healthier

“  
THE COMEBACK IS  
ALWAYS STRONGER  
THAN THE SETBACK  
”

THRIVING

A wise person  
knows that  
there's  
something to be  
learned from  
everyone  
unknown

“  
*Choose to be positive.  
It feels better.*  
”

#MOTIVATION

TWO THINGS DEFINE YOU:  
YOUR ATTITUDE WHEN YOU  
HAVE NOTHING AND YOUR  
PATIENCE WHEN YOU HAVE  
EVERYTHING.

YOU STILL HAVE  
A LOT OF TIME  
TO MAKE  
YOURSELF BE  
WHAT YOU  
WANT.

ON THE OTHER  
SIDE OF THE CLOUDS  
IS A BRIGHT BLUE SKY.

# Prayers around the Ward

You can either walk to each place on your ward (if possible) or use your imaginations to pray.

Entrance



**Give thanks** for all the people who come on to your ward today.

**Pray** that they might feel welcome, at peace and safe.

Office



**Give thanks** for the gifts and skills of the staff.

**Pray** for their health in mind, body and spirit. And pray that they have the patience and energy for their work today.

Social Area



**Give thanks** for the other patients on the wards, for the ways in which they bless you.

**Pray** especially for those you don't like. Ask that they might be healthy, calm and kind. Ask that you might be more patient and understanding of them.

Dining Room



**Give thanks** that you have food, and for the people who prepare it.

**Pray** for those who don't have food because they don't have enough money to buy it or fuel to prepare it.

Med room



**Give thanks** that you have the medication you need to keep you healthy.

**Pray** for those working on developing new medications, especially those working on treatments for COVID-19.

## Night station



**Give thanks** for the security staff working to keep you safe.

**Pray** for all of those who are watching and waiting today. Especially those who are supporting family members at the end of life.

## Bathroom



**Give thanks** for clean, running water and the opportunity to bathe and stay clean.

**Pray** for all those who don't have easy access to clean water, who have to walk miles to fetch water and those who get sick or dehydrated because their water is bad.

## Bed space



**Give thanks** for your own space when many live in prisons or homes that are overcrowded or live on the streets.

**Pray** God Bless this room defend it with your grace and create within its walls a place of warmth, love and safety.

## Bed



**Give thanks** for the gift of sleep, the chance to rest and let your body be refreshed.

**Pray** 'The Lord bless us and watch over us; the Lord make his face to shine upon us and be gracious to us; the Lord make our dreams sweet and protect us from night terrors; the Lord look kindly on us and give us peace' Amen

# Keeping a balance!

## Planning your Week

### WHY IS STRUCTURE AND ROUTINE IMPORTANT?

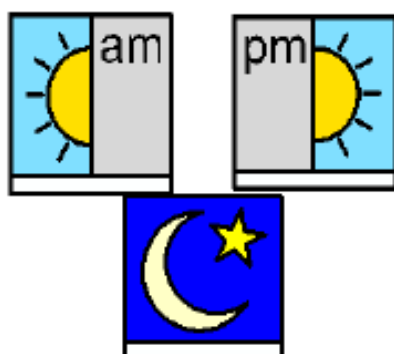
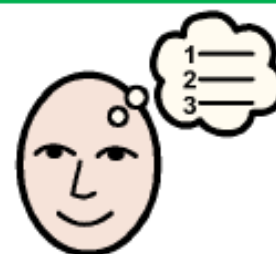
Having structure and routine to your day is good for your mental and physical health.

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

## How to Draw a **Great horned owl** in 7 Easy Steps



---

Step 1: First, draw the head

Step 2: Draw the face of  
Great horned owl

Step 3: Draw the wings.



---

Step 4: Draw the body.

Step 5: Draw the leg.

Step 6: Then, draw the tail.



---

Step 7: Draw the other leg.

Your Great horned owl is now done!

# GOOD MORNING YOGA

BY DAREBEE  
© [darebee.com](http://darebee.com)

Hold each pose  
for 30 seconds  
then move on  
to the next one.



1. mountain pose



2. fierce pose



3. forward bend



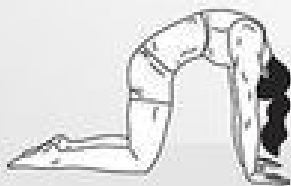
4. wide squat pose



5. hero pose



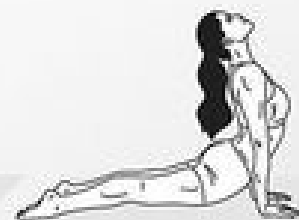
6. child pose



7. cat pose



8. cow pose



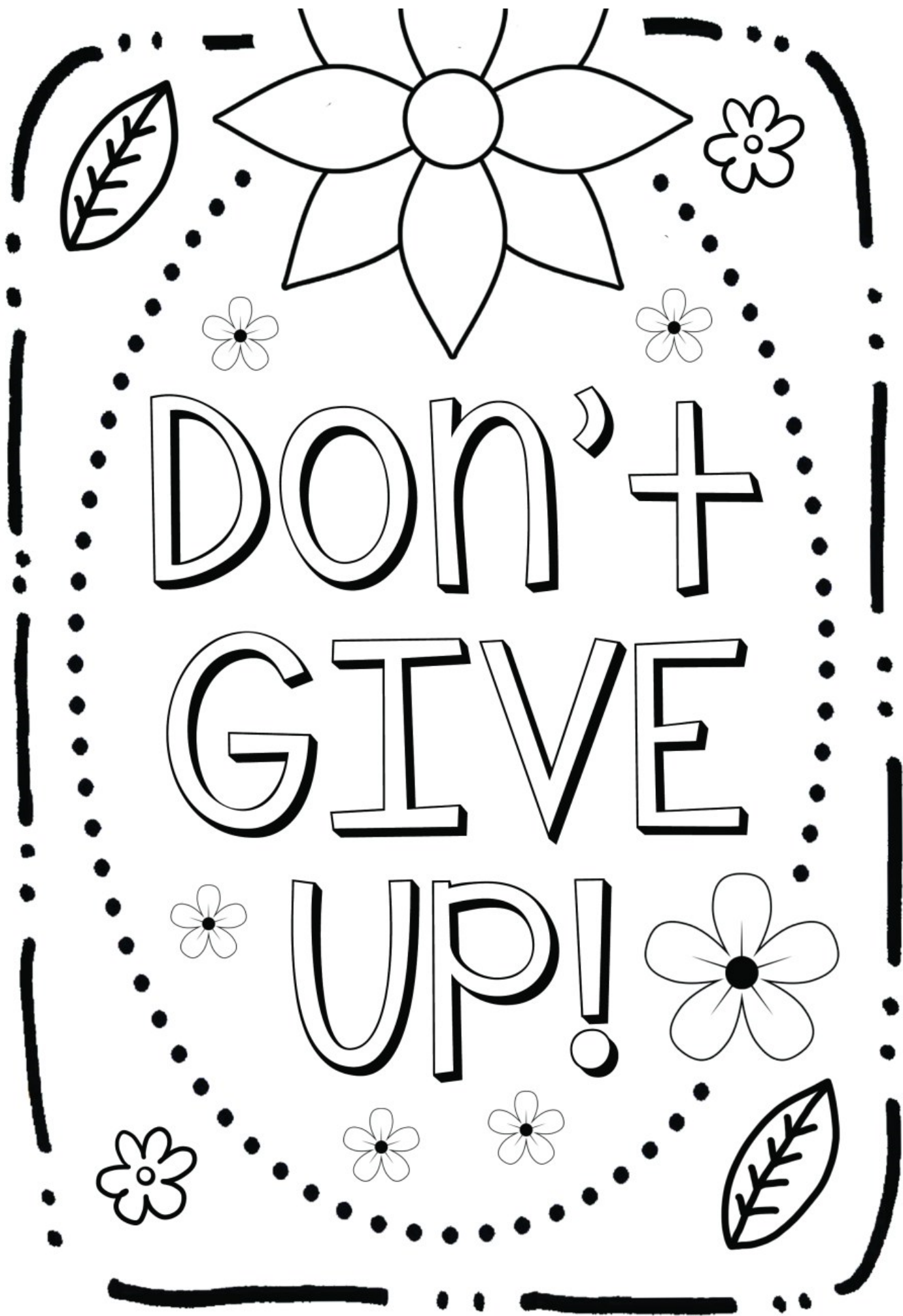
9. upward dog pose

# Mindfulness Colouring:

COLOUR ME IN!



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







ADVENTURE

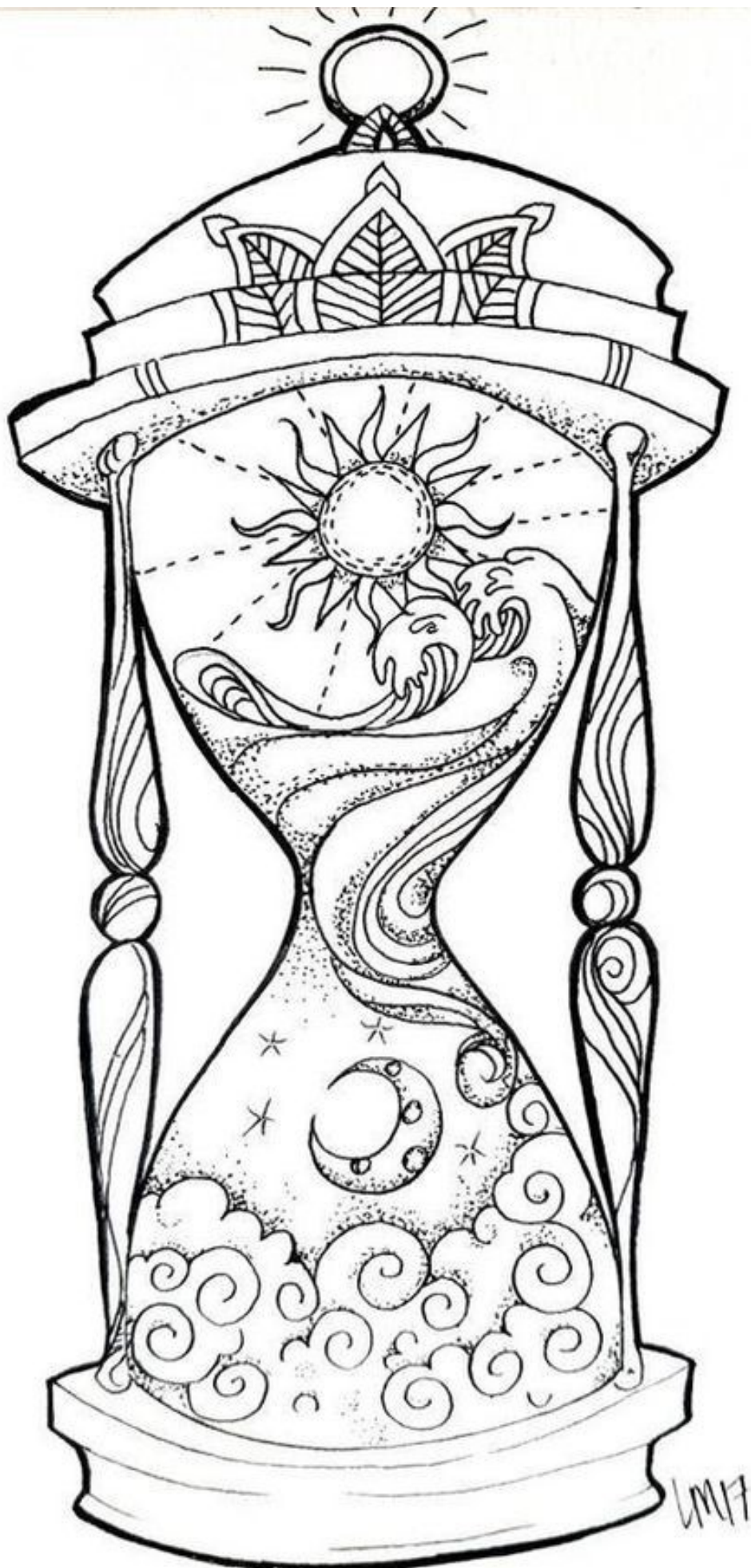






L.M. MONTGOMERY

JP



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!

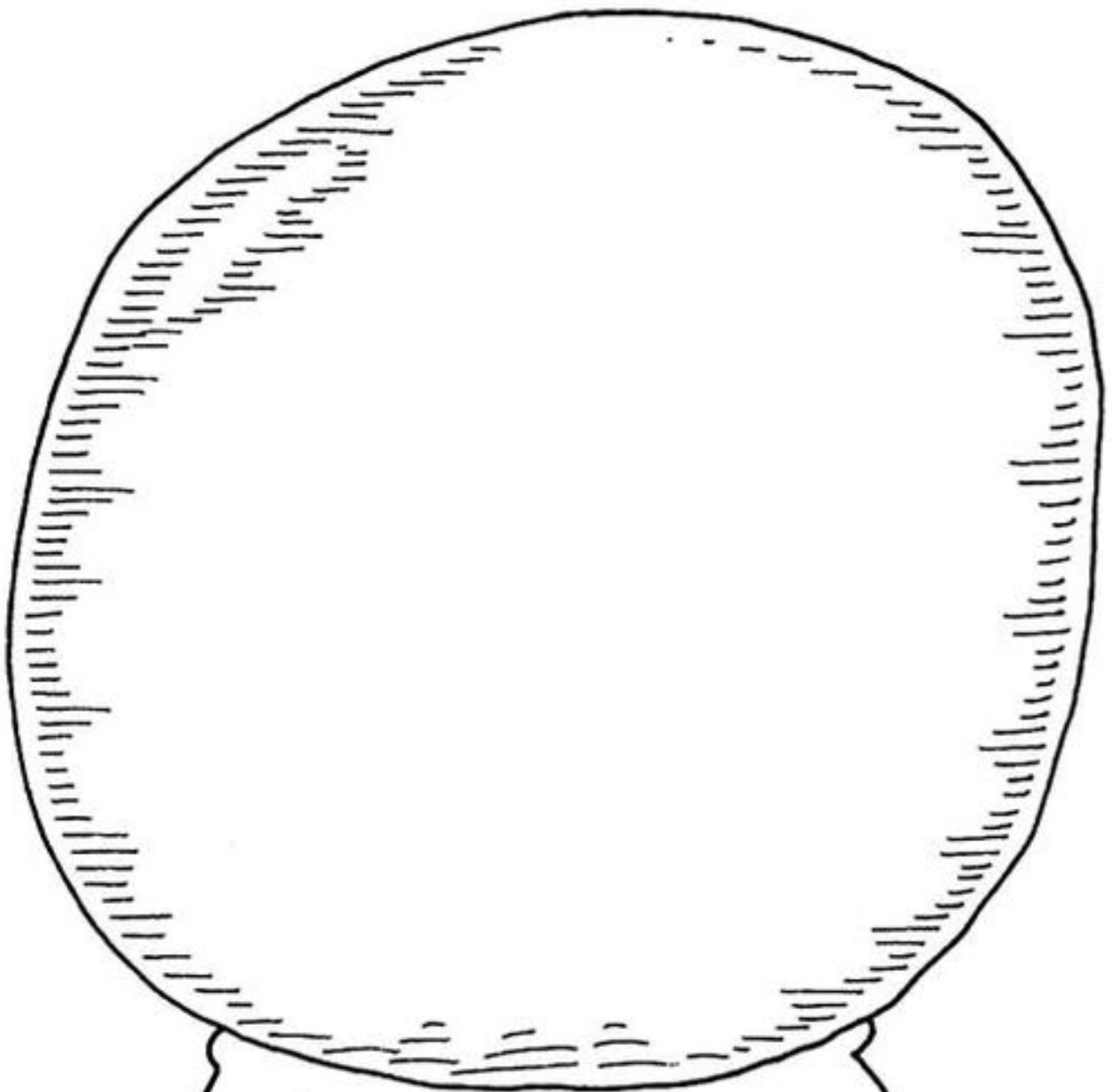




How many did you manage to get?  
 And for an extra bonus point ...  
 which popular organisation am I the  
 face of?



Answers: Rolex; Adidas; Pepsi; KFC; Reebok ;Volks Wagon; Amazon; Levi's;  
 Quiksilver; Starbucks; Michelin; BMW; Alfa Romeo; You Tube; Shell; Barclays;  
 Skoda; Vauxhall; Walls; Under Armour; Texaco; WWF (World Wide Fund).

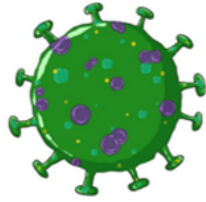


PUT YOURSELF AHEAD  
INTO THE FUTURE OR BACK IN TIME.  
WHAT DO YOU SEE?

WRITE HERE

# What is Covid-19?

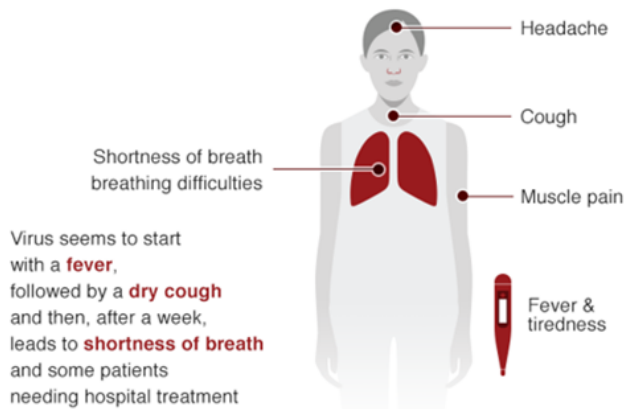
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



## 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 have a new cough (within the last 3 days), stay behind your door and call an officer.



The officers will then call healthcare. **You will not be sent to healthcare.**

Healthcare will then come and visit you. **You will not be tested for Covid-19.**



Once healthcare have seen and assessed you, they will give you advice on what to do next.

# 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

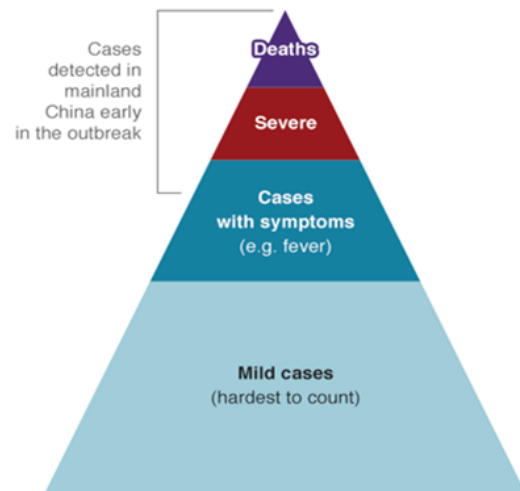
## Can drinking hot drinks and avoiding ice cream kill Covid-19?

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



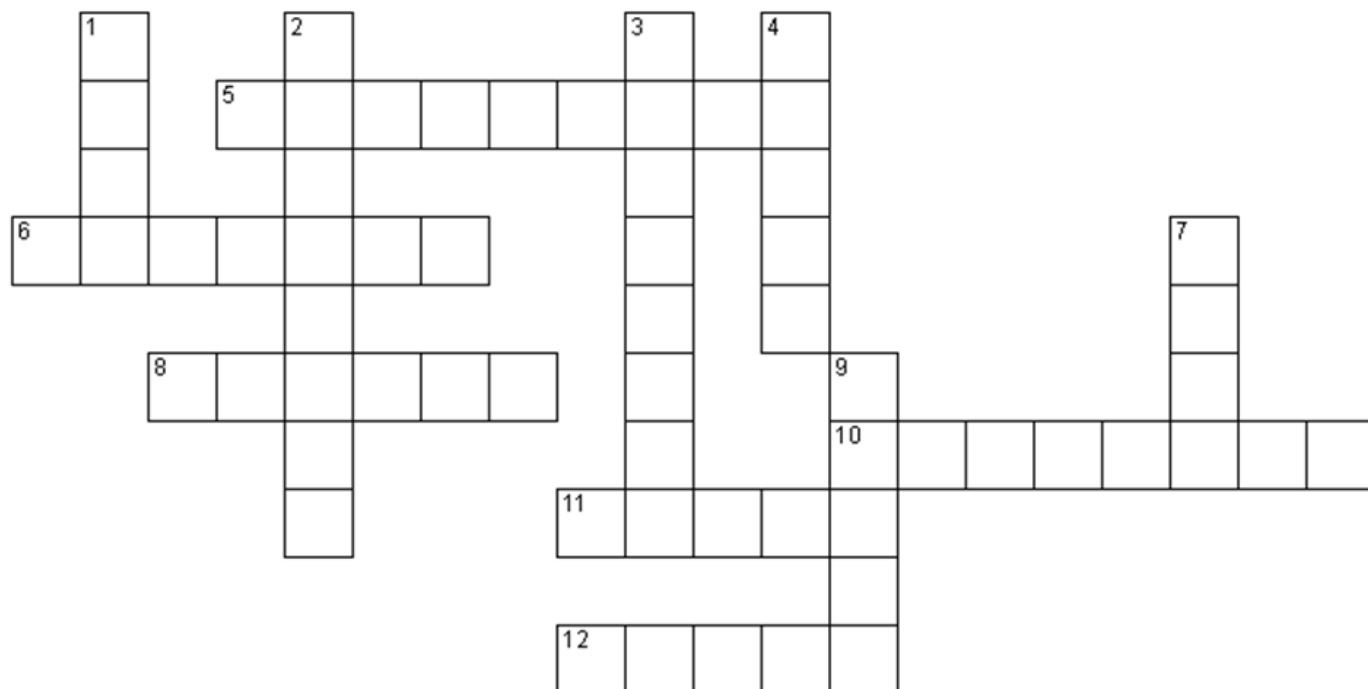
Source: Imperial College London

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.

# Film, TV & Music Crossword!



## ACROSS

## DOWN

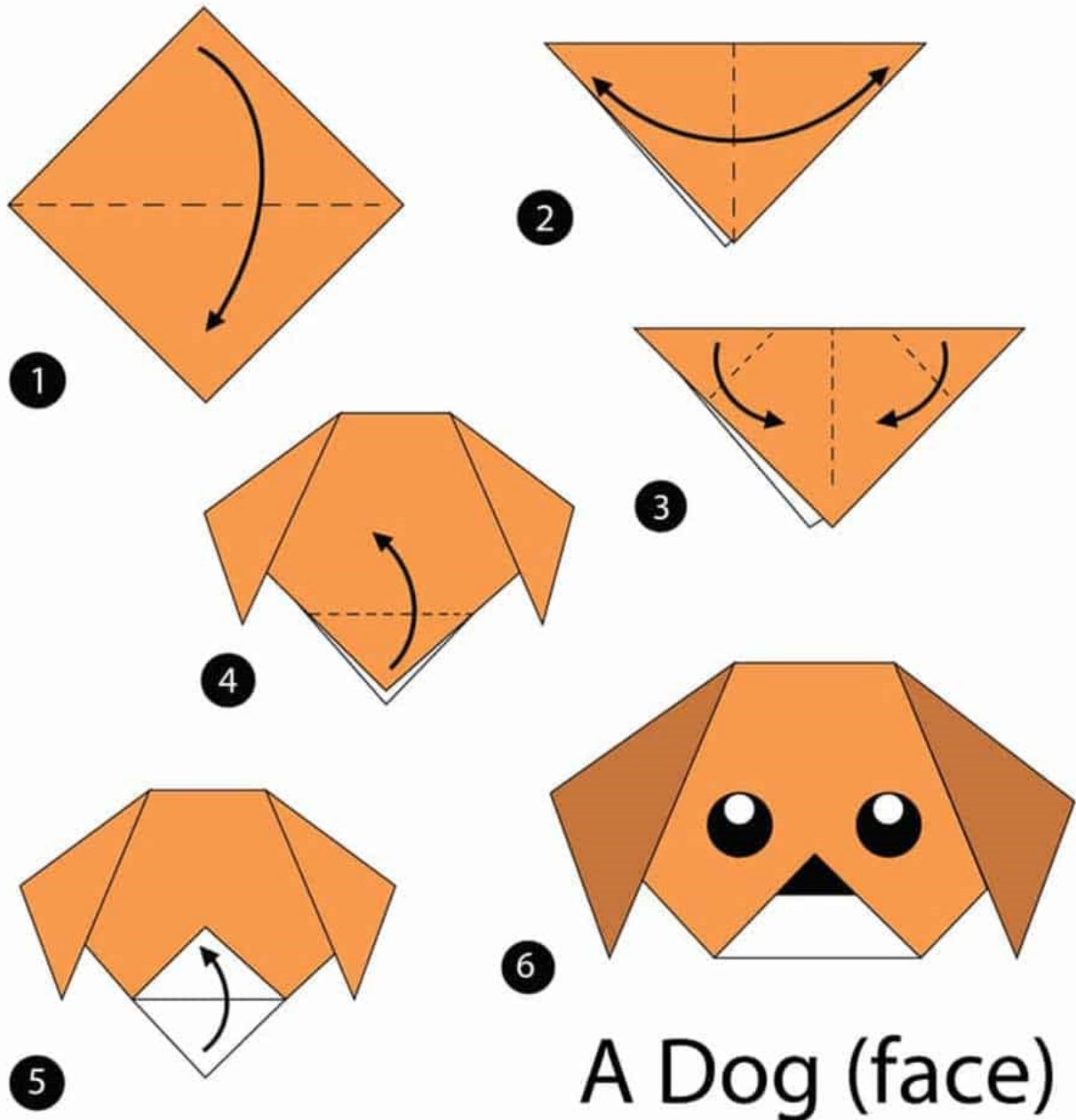
- 5 What's the surname of the actor who plays Thor?
- 6 Which Robert plays the lead role in the film Horse Whisperer?
- 8 What is the first name of the actor who played Bond in Die Another Day?
- 10 What is the name of the prison featured in 1996 film The Rock?
- 11 What was the first name of AC/DC lead guitarist?
- 12 What is the surname of the artist who wrote these lyrics 'I got my first real six string, bought it in the five and dime, played it till my fingers bled'?

- 1 How many series of Three pints of lager and a packet of crisps are there?
- 2 Which Eminem 2010 album means to get better?
- 3 What was the surname of the singer known as the queen of soul?
- 4 How many films featuring the character Lara Croft are there?
- 7 How many strings does a standard violin have?
- 9 In 1997 which band released the album called Be Here Now?



# 'Ave a Go!

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



# Name the Artist or Band!

1 🏖️ 🧡 🧡 🧡 🧡 🧡 🧡

2 🇬🇧 🦵

3 🐝 Gs

4 🧑 🧑 🧑 🧑 🧑 🧑 🧑 🧑

5 🌴 + 💧

6 A 🎹

7 ❄️ 🎵 🎵

8 🚗 d 🐝

9 🦵 🦵 n 🌹 🌹

10 🏠 🦵 a

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Eggs are one of the best sources of natural protein in foods



Their carotene antioxidants have been linked to a reduced risk of cancer

# Find the Hidden Words!

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

Produced by the Dietetics Dept. – Ask the Health-centres if you wish to discuss your diet with one of the team

- Broccoli
- Carrot
- Egg
- Milk
- Tomato
- Apple
- Yoghurt
- Kiwi
- Orange



Broccoli has more vitamin C than an Orange



The vitamin C in oranges may also boost a person's immunity to everyday viruses and infections



Tomatoes contain an antioxidant called lycopene, which is responsible for their red colour



Kiwi fruits boost your immune system



Milk is good for the bones

- Cross word answers:**
- Across:
- 5) Hemsworth 6) Redford 8) Pierce 10) Alcatraz 11) Angus 12) Adams
- Down:
- 1) Nine 2) Recovery 3) Franklin 4) Three 7) Four 9) Oasis



## 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



# Sudoku Corner

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

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

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

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

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

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

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

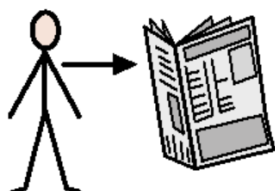
## How to get involved in the weekly newsletter...



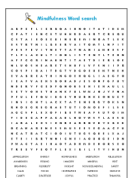
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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...

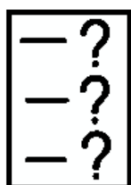
- Making a word search



- 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!