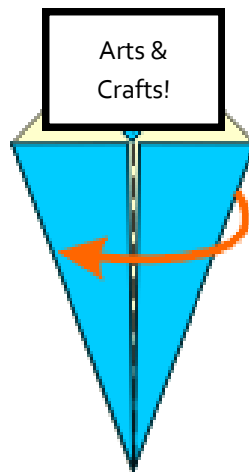




New! Logo Quiz! How many can you name?



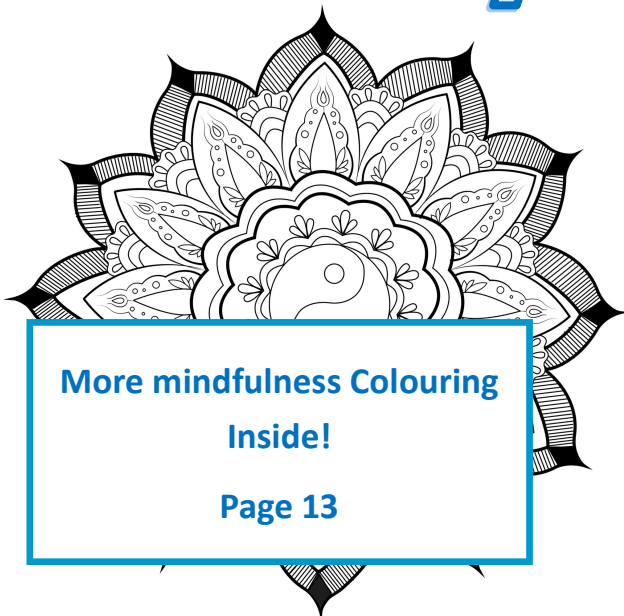
NHS

Mersey Care

NHS Foundation Trust

Community and Mental Health Services

Weekly Newsletter



More mindfulness Colouring
Inside!
Page 13

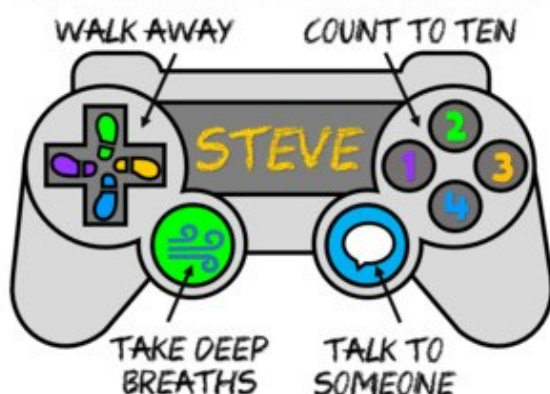


Monday 4th
May 2020

The Origins of Music—Page 26



I AM IN CONTROL



More Origami for
you to try—this
week it's a whale!



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
or Occupational Therapy Staff.

The deadline for
submissions is:

18 May 2020

FORENSIC
QUALITY NETWORK FOR FORENSIC
MENTAL HEALTH SERVICES



Quotes

YOUR
FEELINGS
ARE
VALID

Don't believe
everything you
think.

MY ONLY RELIEF IS SLEEP.
WHEN I AM ASLEEP, I AM NOT SAD,
I AM NOT ANGRY, I AM NOT LONELY,
I AM NOTHING.

Remember

IT'S OK TO ASK FOR HELP.
IT'S OK TO START AGAIN.
IT'S OK TO SAY NO.
IT'S OK TO REST.
IT'S OK TO LET GO.

IT'S OK NOT TO BE OK.

@ STACIESWIFT

LIFE IS TOUGH
BUT SO ARE YOU

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

SOMEWHERE
THERE IS A
PAST YOU
OVERFLOWING
WITH SO MUCH
PRIDE LOOKING
AT HOW FAR
YOU'VE COME.



www.psd-print.ru.com
FORGIVE YOURSELF FOR
ALL THE MISTAKES YOU
THINK YOU'VE MADE



give yourself
some credit for
how far you've
come.

"WHAT WE DON'T
NEED IN THE MIDST
OF STRUGGLE IS
SHAME FOR BEING
HUMAN."
- BRENE BROWN

Everyone you meet is
fighting a battle you
know nothing about.

Be kind. always.

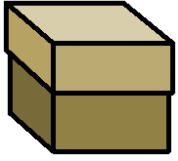


one
thing
at a
time.

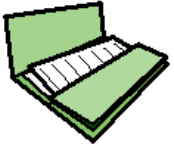


YOU
MATTER.

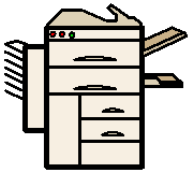
Activity Pack



Occupational Therapy have made **activity packs** for your wards.



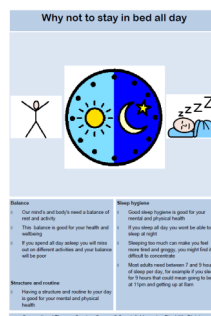
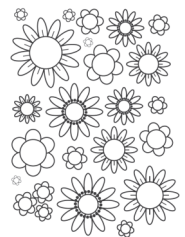
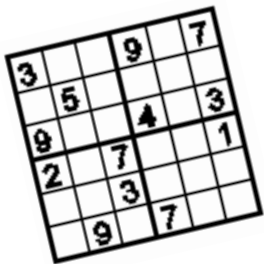
The pack includes lots of different activities that can be done on the ward.



You can ask your staff to photocopy the sheets in the pack.



If you have any ideas of more things to include in the pack, please speak to your **Occupational Therapist or Ward Staff**.



Self Help Section

WORRY JAR

A Worry Jar is a helpful way to decrease your anxious thoughts and worries. Placing your thoughts in the jar will help get them off your mind, at least for a little while. What are some things that you'd like to stop worrying about for now? Write them in the jar below!

**It can
helpful to
pick a time
during the
day – and
only that
time – where
you are
allowed to
go back into
the jar and
worry about
these
thoughts.**



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For more resources, visit www.mylemarks.com

Brain Teasers

Hidden in each question is the name of a chocolate based confection or assortment. Can you guess them all?



- 1) **Must not be eaten before 20.01.**
- 2) **Cow juice container.**
- 3) **Single snowy deposit.**
- 4) **Sounds like bloomers.**
- 5) **Could be Park Lane or May-fair?**
- 6) **Al Fresco Cuisine.**
- 7) **Passenger carrying vehicle or maybe a Club Sandwich.**
- 8) **Mediterranean Islanders.**
- 9) **This pub only sells cow juice.**
- 10) **This chaps fruit has gone brown.**



Pssst ... here are the answers ... no cheating!

1)	After Eight.
2)	Milk Tray.
3)	Flake.
4)	Snickers.
5)	Quality Street.
6)	Picnic.
7)	Double Decker.
8)	Maltesers.
9)	Milkbar.
10)	Terrys Chocolate Orange.

5 Ways To Handle Your Negative Thoughts

1

Be conscious of your thoughts: As soon as you find yourself thinking a negative thought, stop yourself from thinking it.



2

Keep Busy: Keeping your hands and mind occupied by doing tasks like cleaning, sorting, knitting etc. helps keep your mind off negative thoughts.



3

Avoid Triggers: Minimizing contact negative people and avoiding negative triggers can help keep you sane and positive.



4

Get Rest: Lack of sleep greatly affects your mood, causing you to feel anxious, irritable and angry.



5

Listen To Music: Listening to your favorite music for 25 minutes a day can bring about a great mood change and have a positive effect on your health and day.





Mindfulness Word search

English landmarks Word Search



STONEHENGE

BIG BEN

BLACKPOOL TOWER

TOWER BRIDGE

PARLIAMENT

TOWER OF LONDON

BUCKINGHAM PALACE

WINDSOR CASTLE

HADRIANS WALL

KINGS COLLEGE

WHITE CLIFFS

LONDON EYE

STPAULS CATHEDRAL

ROMAN BATHS

WESTMINSTER ABBEY



Arts and Crafts

CREATING FOUNDATION LINES

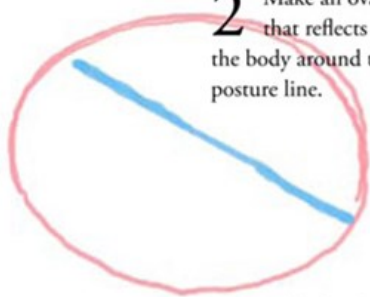
Do not start your drawing by putting in details. Your initial strokes create the structure on which you can add detail later. Start lightly and loosely. Block in the posture, proportions and angles. Then you can add eyes beak and feathers.



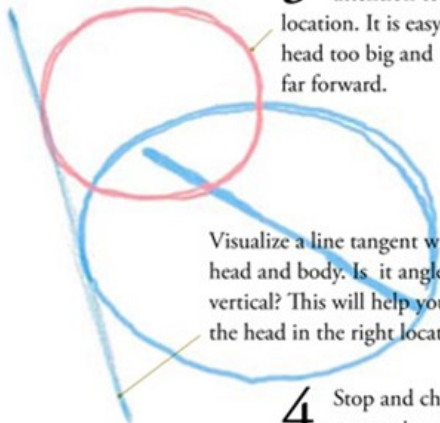
1 Start with one line indicating the bird's posture or long axis of the body.



2 Make an oval or egg shape that reflects the form of the body around the axis of the posture line.

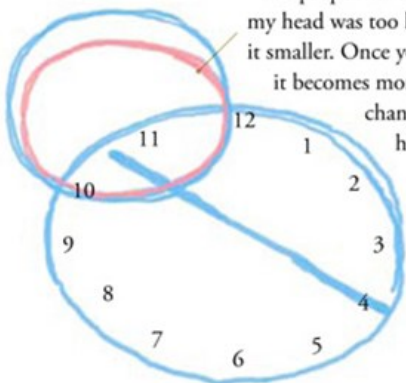


3 Add a head, paying attention to size and location. It is easy to make the head too big and to place it too far forward.

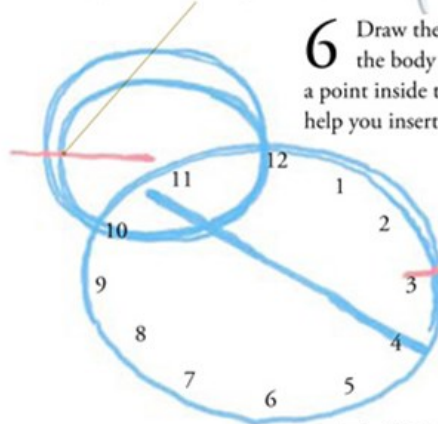


Visualize a line tangent with the head and body. Is it angled or vertical? This will help you place the head in the right location.

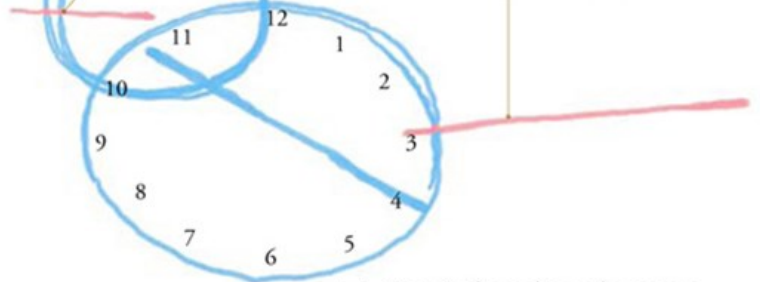
4 Stop and check your proportions. Here I realized my head was too large and made it smaller. Once you add detail, it becomes more difficult to change. It may be helpful to visualize a clock to say to yourself, "this head settles between 10 and 12".



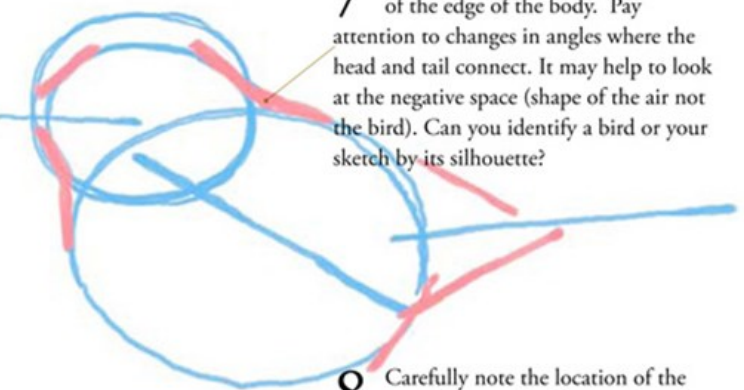
5 Add the eye-bill line indicating which way the bird is looking. The eye will sit on top of this line.



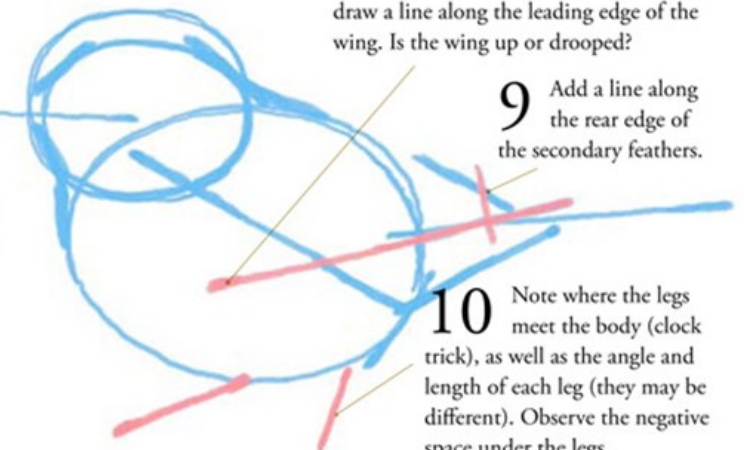
6 Draw the tail from the upper part of the body oval. The tail originates from a point inside the body. The clock trick may help you insert the tail at the right place.



7 Carve in the angles on the contour of the edge of the body. Pay attention to changes in angles where the head and tail connect. It may help to look at the negative space (shape of the air not the bird). Can you identify a bird or your sketch by its silhouette?



8 Carefully note the location of the wrist (front end of the wing) and draw a line along the leading edge of the wing. Is the wing up or drooped?



9 Add a line along the rear edge of the secondary feathers.

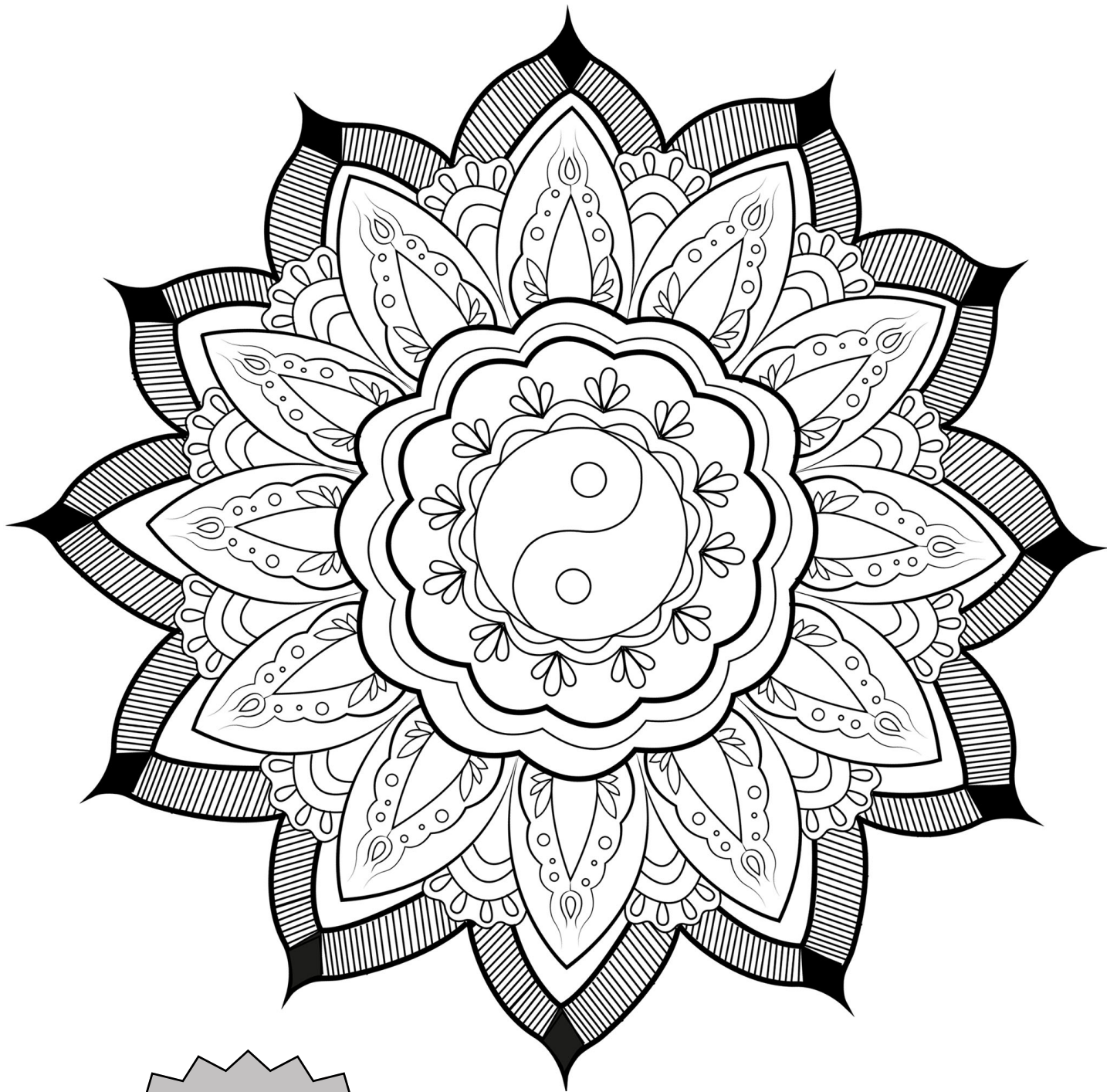
10 Note where the legs meet the body (clock trick), as well as the angle and length of each leg (they may be different). Observe the negative space under the legs.

Star Breathing

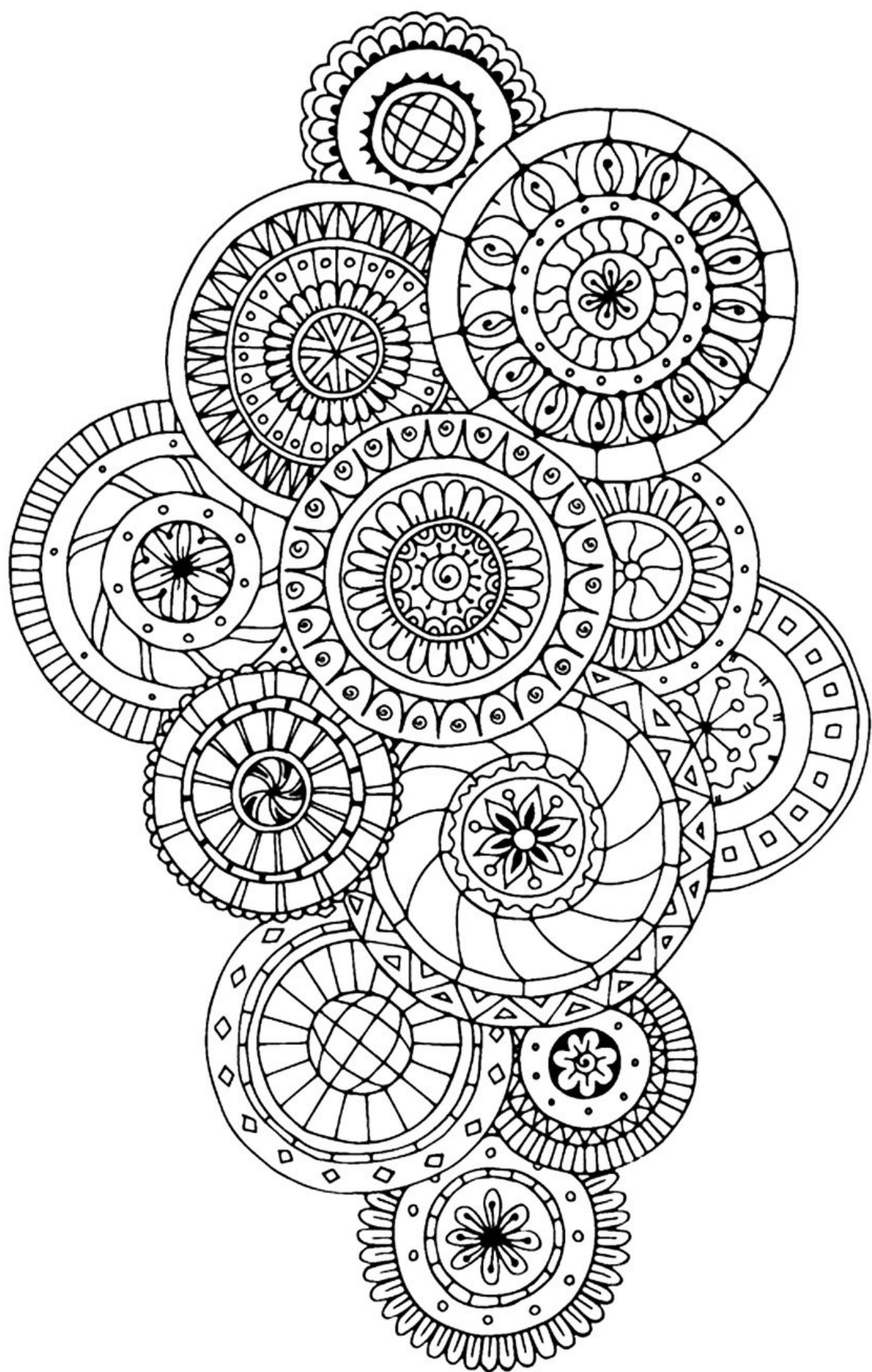
Start at any "Breathe in" side, hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.



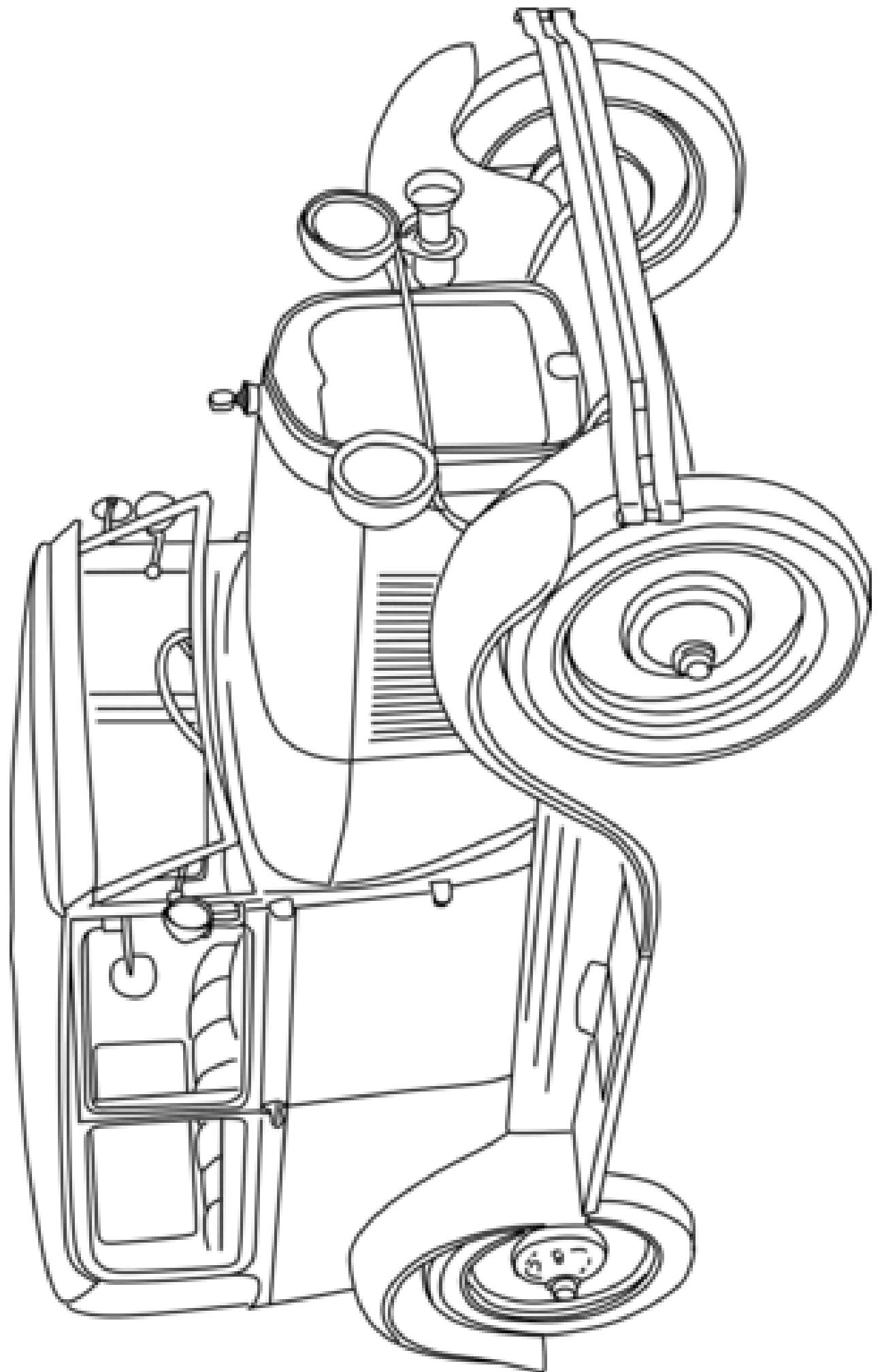
Mindfulness Colouring:

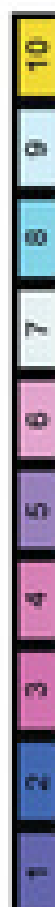
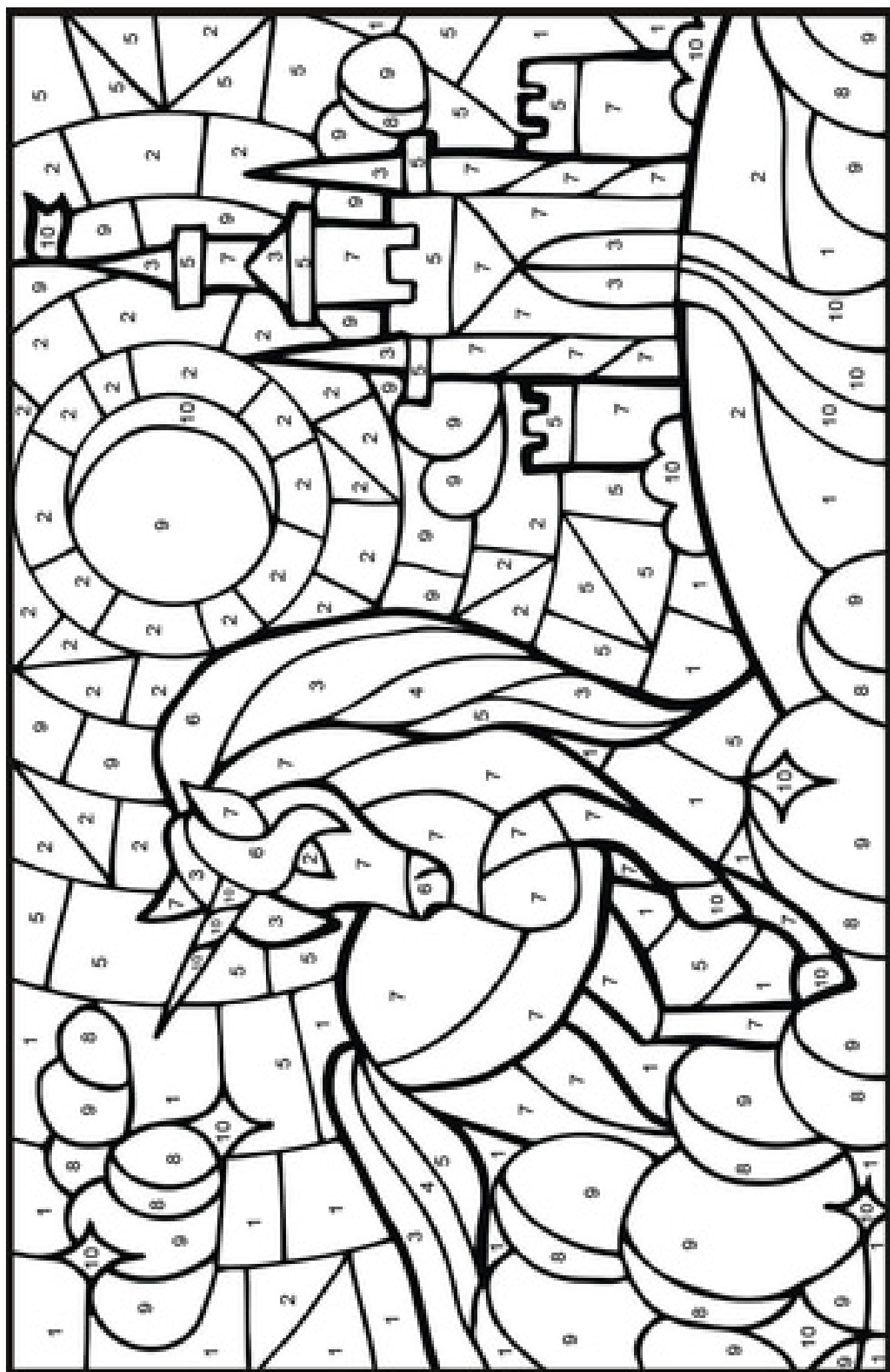


Why not have a go and
then submit your
creation to next weeks
newsletter!



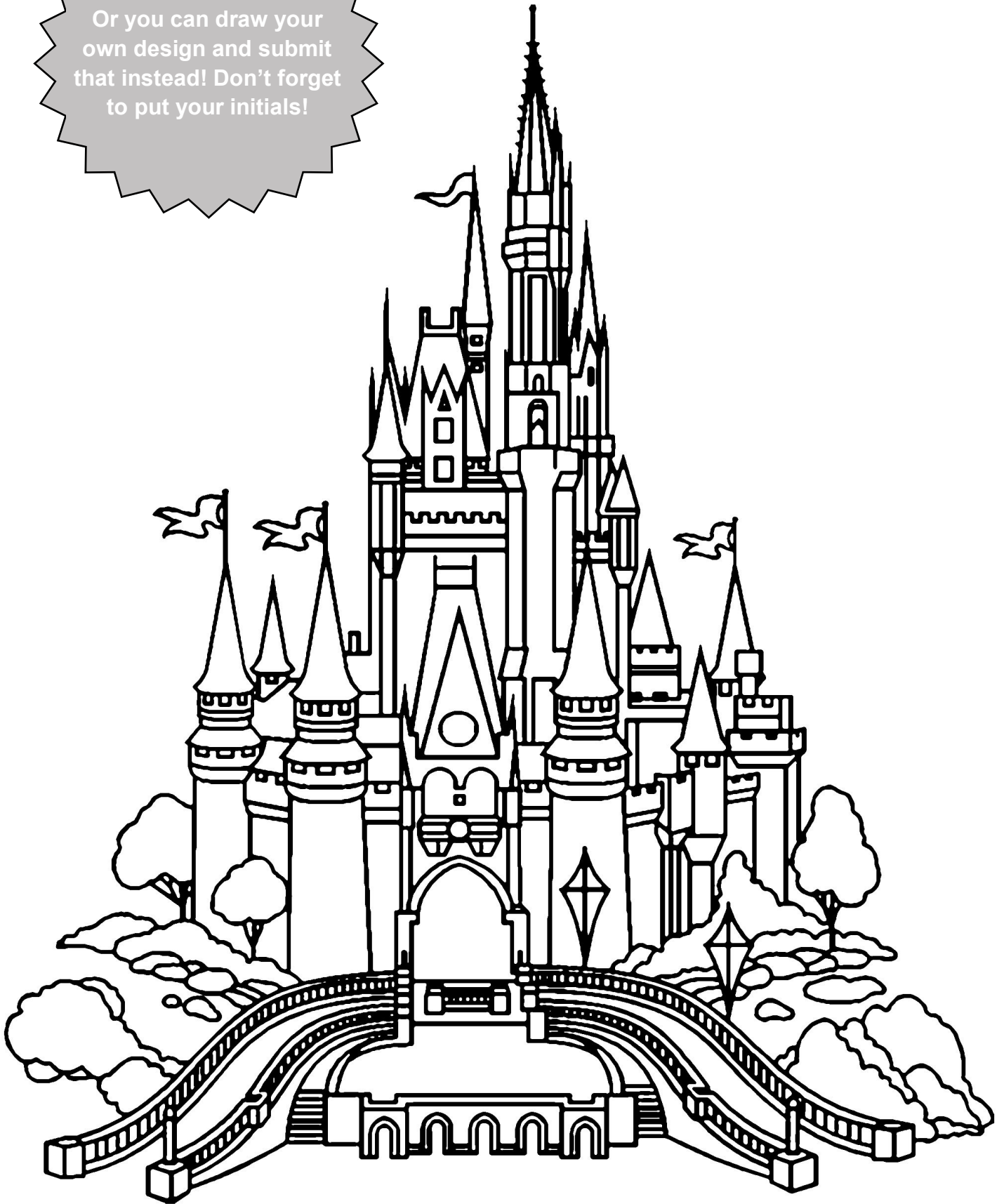








Or you can draw your
own design and submit
that instead! Don't forget
to put your initials!



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 brand am I the face
of?

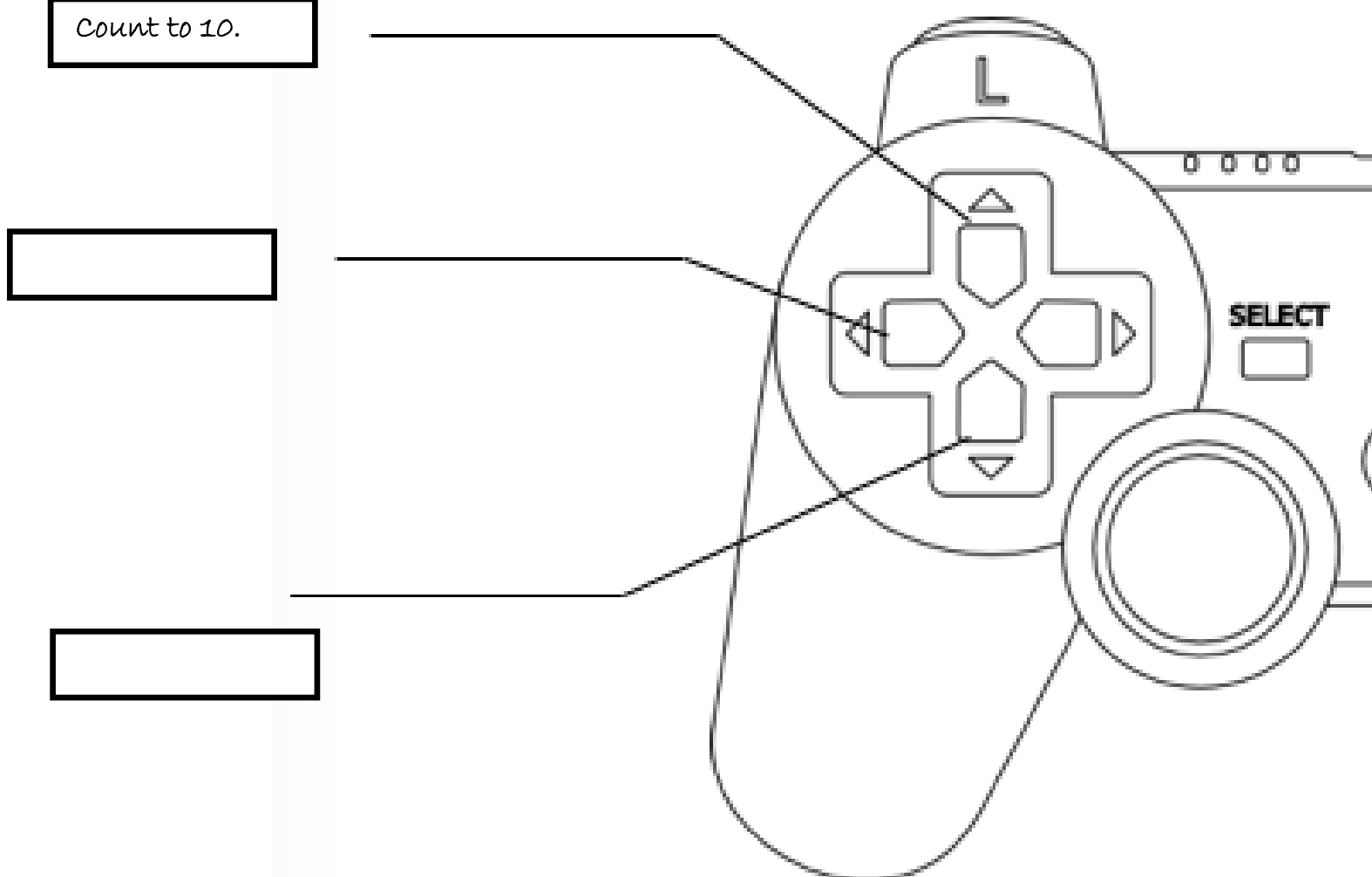


Answers: Harley Davidson; Coca-Cola; Porsche; Doritos; X-Box; Mountain Dew;
Dove; Toy story; Pizza Hut; Fiat; Red Bull; Peugeot; Nickelodeon; Blockbuster;
Mazda; Ford; Sega; Arsenal; Chelsea; Timberland; Fruit of the Loom; Pringles.

My Coping Skills: I A

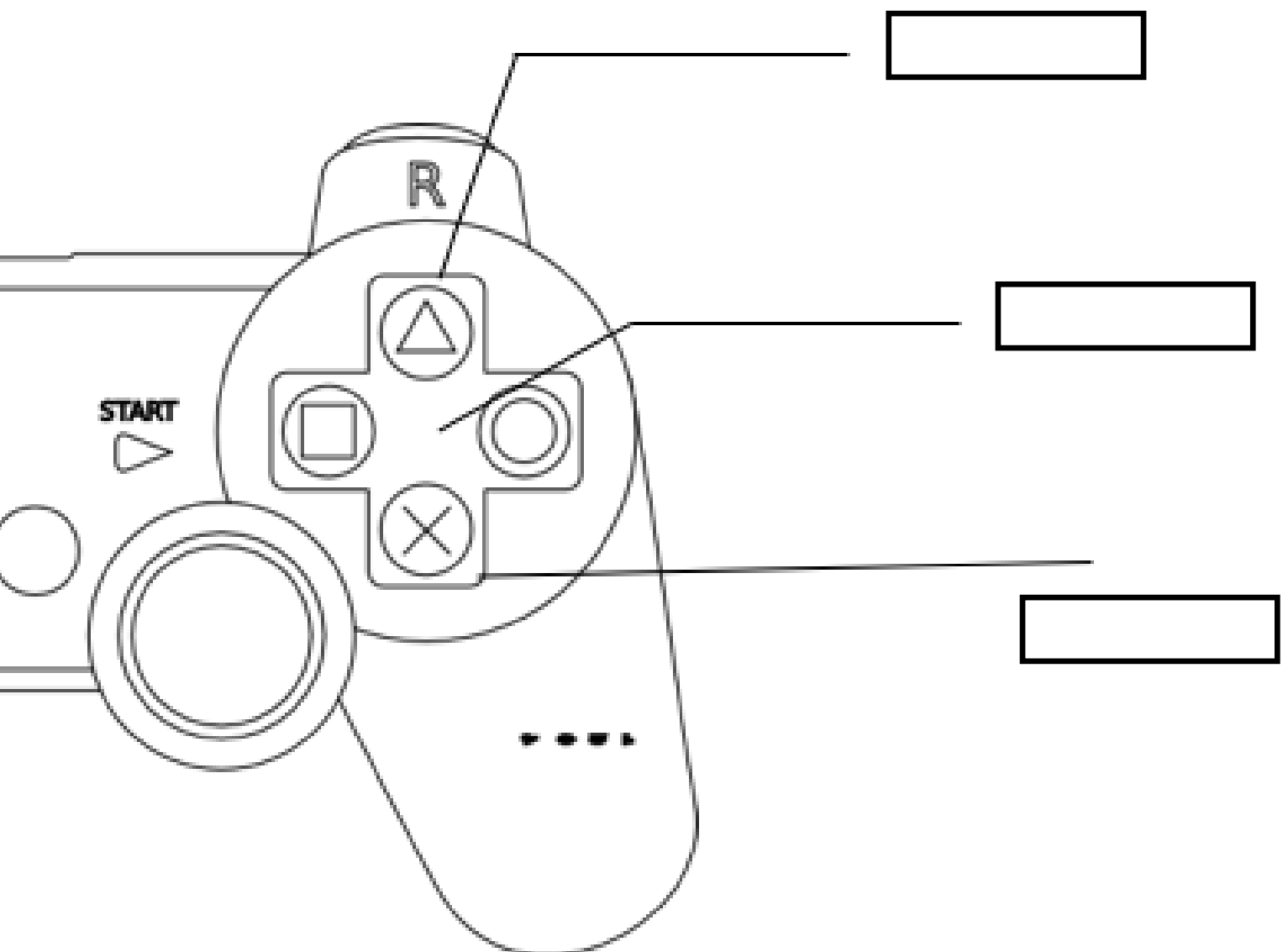
Name: _____

Count to 10.



Use this resource to help think of different strategies you can use to manage anxiety provoking or challenging ... an example has been added to the resource shared with your clinician.

I Am in Control



How can you remain in control in situations that you find overwhelming, stressful, or overwhelming? Can you think of any more? This is personal to you, but can be shared with your support team if you wish.

GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU
CAN SEE



Ideas

SUN

PICTURE ON THE WALL
**PEOPLE
WALKING**

4

THINGS YOU
CAN FEEL



WIND

BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU
CAN HEAR



BIRDS

CHIRPING
CLOCK TICKING
CAR HORNS

2

THINGS YOU
CAN SMELL



**FOOD FROM THE
CAFETERIA**

LAUNDRY DETERGENT ON CLOTHES
**FRESH CUT
GRASS**

1

THING YOU
CAN TASTE



MINT

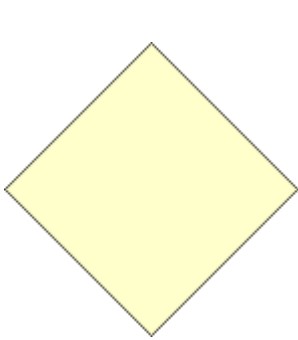
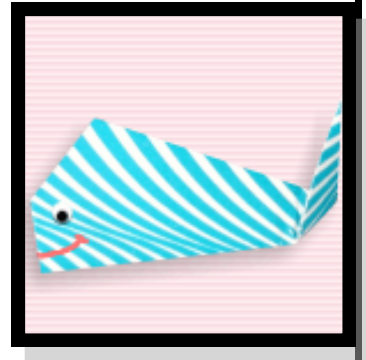
Breakfast
TOOTHPASTE

'Ave a Go!

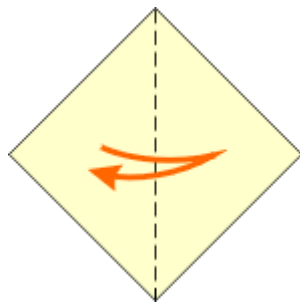


WHALE traditional model

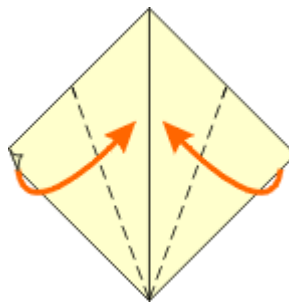
You will need—1 Square of paper. 1 Pen.



1 Put a square of paper on the table so it looks like a diamond.



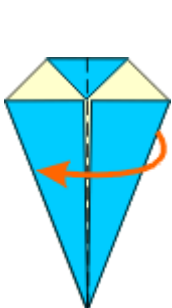
2 Fold the left point over to meet the right point. Unfold, and find the center crease.



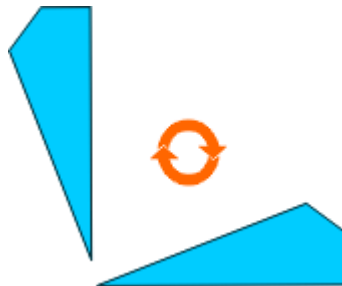
3 Fold the lower left and right sides to meet the center crease.



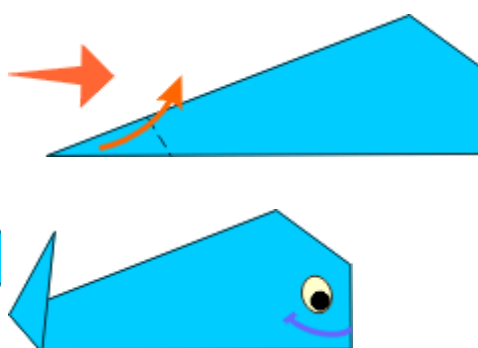
4 It looks like an ice-cream cone. Now fold the top point down, as shown.



5 Fold the right side over to meet the left side.



6 Put your finger on the bottom point as you turn the whale sideways.



7 Fold the end point up to make a tail.

The Origins of Music



The first source of music was the human voice which could be adapted by making use of clicks, whistles and humming.

It is thought that many of the early sounds that humans made were used to copy the calls of the animals they were hunting. The naturalist Charles Darwin believed that these early attempts at singing may have been a way of attracting and impressing a mate.

Along with using their voices, early humans would have quickly learned how to create sounds by clapping and stamping.

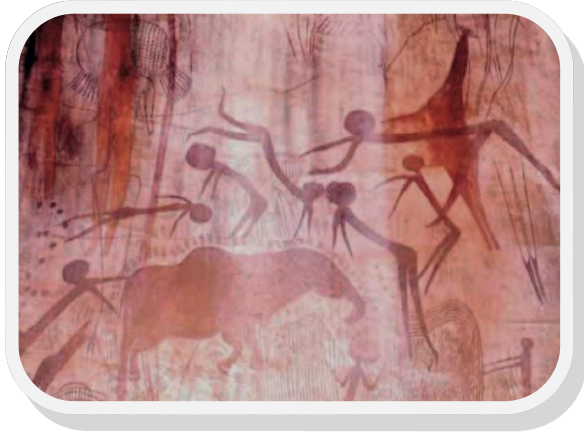
The First Instruments

Humans found their first musical instruments in their natural environment. Objects such as pieces of wood, stone and bone which could be beaten or blown. Around 35,000 years ago, Stone age humans living in the **Hohle Fels** cave, now in Germany, made finger holes in a vulture's wing bone to create a kind of flute.



A Bone Flute

The cave paintings found in the Dordogne, France, depict early humans playing simple musical instruments. As do the cave paintings of Tanzania.



Idiophones

Idiophones are instruments made from solid resonant materials, such as hollowed out tree trunks, that vibrate to produce a sound. This type of instrument played a large role in prehistoric music.



Slit Drums are still used today

Membranophones

Membranophones are types of drums. They were first made by stretching animal skins over bowls or hollow gourds. Such instruments were to remain an important part of tribal music.

Find out more in next weeks edition.



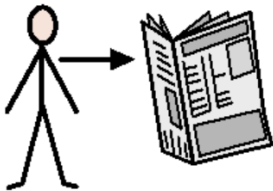
How to get involved in the weekly newsletter...



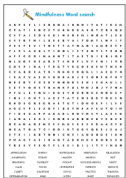
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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...

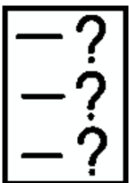
- Making a word search



- 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:
OT or Life Rooms Staff.