

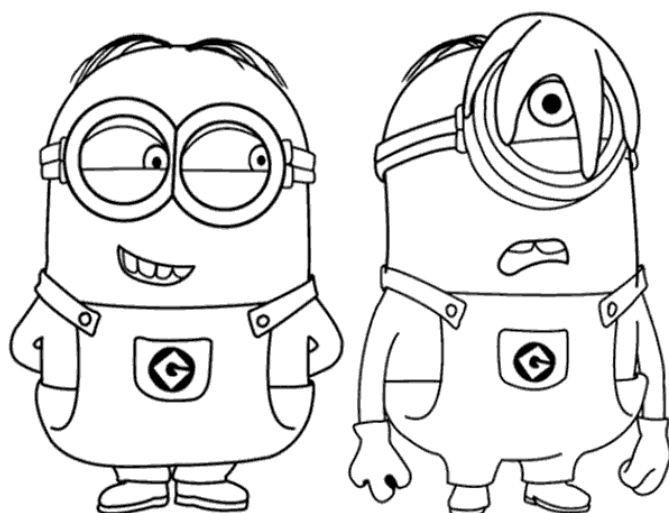


**NHS**

**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services

# Weekly Newsletter



**Monday 22nd  
June 2020**



**Mindfulness Colouring—Page 16 to 19! This  
week its films!**

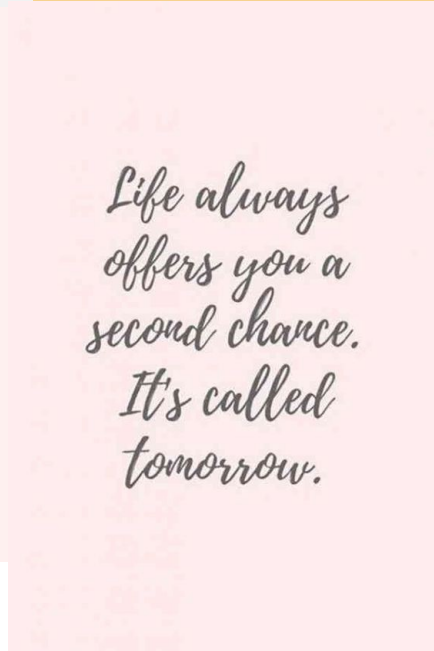
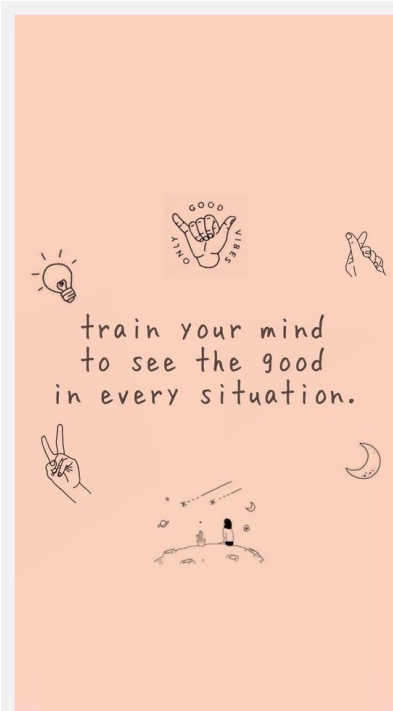
Life During Lockdown Feature —what  
happens next? Read from Page 3 to  
help you to think about next steps for  
you.

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

*Riddle  
me  
this*



# Quotes

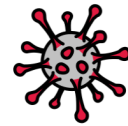


this is tough  
BUT SO AM I





## Life During Lock Down



As the lockdown restrictions are slowly lifted we may be faced with decisions about what activities to return to first. For some people this will be an easy decision. Some will want to start doing as many of their usual activities as soon as possible and will not need or want to prioritise which activities to do first. Other people may feel overwhelmed by the prospect of dealing with the hustle and bustle of everyday life. Some people will feel very anxious about suddenly being expected to do activities that they have not been expected to do for the past few months and some people may still feel afraid of catching corona virus.

Use the table below to have a think about which activities you might want and need to start doing again. You can either write or draw what these are.

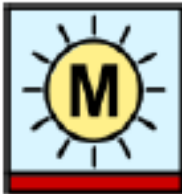


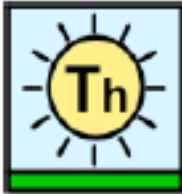
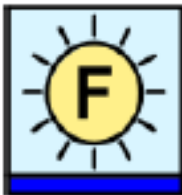
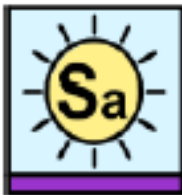

Prioritising and planning can help to avoid feelings of being overwhelmed and also allows you time to process and prepare yourself for what is expected of you. The speed at which you may want to work through your priority list may vary. Some people may find it helpful to put time-scales around the introduction of each new activity.

Use the table below to start thinking about activities you want/need to start re-engaging in. Once you have written your list, you may want to rate them in order of priority.

Activities I want to start doing again after lockdown	Activities I need to start doing again after lockdown



Use this planner as a way of arranging your activities that you want and need to complete over the next few weeks, following on from changes in lock down restrictions. You might want to ask staff to photocopy this sheet for you so that you can plan each week.

### Re-Establishing a new routine after lockdown:

Lockdown will have forced many people to establish new routines. Some people may have found themselves getting up later in the day and going to bed later. Meal time routines may have changed, self-care routines, exercise, getting off the ward and shopping habits may have changed.

It is likely that many people will have to re-adjust back to a new normality. It is possible that new routines will be different to the way they were before. Some people may have discovered new things they enjoy and want to make more time for going forward. Alternatively, lockdown may have given people the time to think about things they no longer want to invest time in.

Either way, it will be important to take time to plan what you days and weeks are going to look like.

Use this space to plan each day –ask staff to make a photo copy for each day of the week to help you to plan your time.



Morning



Afternoon



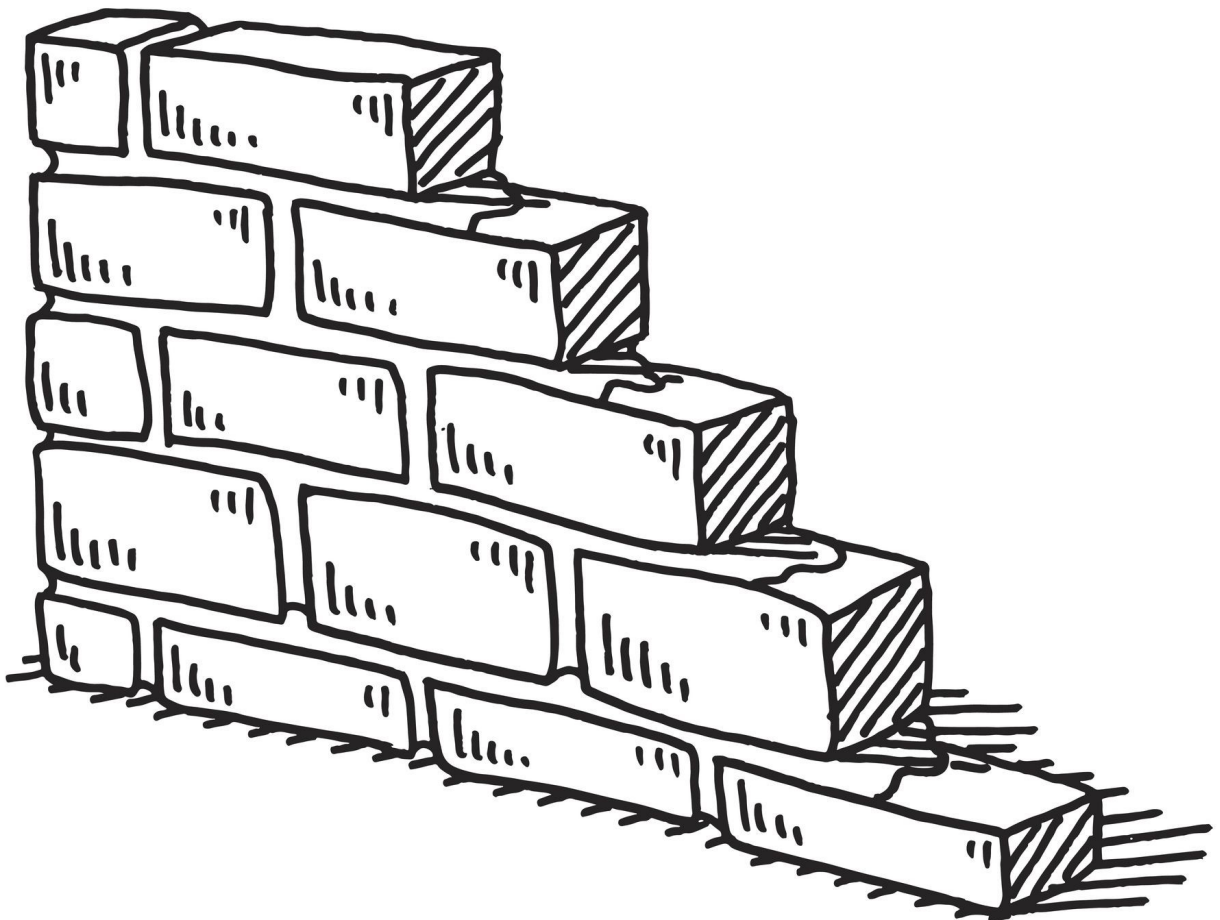
Evening

# How do you feel about the changes around Corona Virus?

Use the worry wall below to write your thoughts and feelings around COVID19 and the changes to your usual routine. Write each individual thought or feeling on one of the bricks ...

You can then discuss these with a member of your care team.

The worry wall symbolises that all your individual concerns and worries collectively make a barrier. You can work towards breaking down this barrier by focusing on each worry and “breaking these down” one worry at a time, by addressing them individually.





# I SPY FLOWERS!



FIND AND COLOR THE FLOWERS!



©FOX + HAZEL 2020

FOR PERSONAL USE ONLY



# Keeping a balance!

## Planning your Week

### WHY IS STRUCTURE AND ROUTINE IMPORTANT?

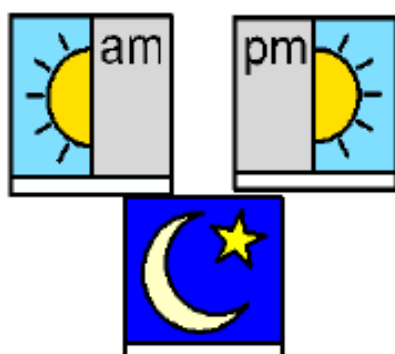
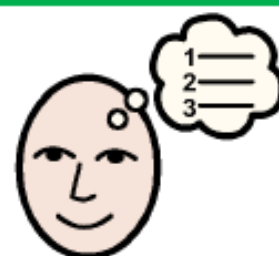
Having structure and routine to your day is good for your mental and physical health.

Your week should include a mix of productive, exercise, leisure, rest and self-care activities

**It can help to set weekly goals**

Think about what you would normally be doing

Can you still do any of these things?



What do you need to do each morning?

What can you do in the afternoon?

How do you like to spend your evenings?

What do you do every day?

What do you do weekly?



### PLAN YOUR WEEK WITH A VARIETY OF ACTIVITIES:

- ⇒ What you need to do
- ⇒ What you like to do
- ⇒ What you can do



**WORK**










**REST**

**PLAY**













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



	<b>Domestic tasks</b> Can you do your laundry, clean and tidy your room, clean and tidy the ward area, organise your room?
	<b>Self Care</b> Can you pamper yourself, have a mini spa; face pack, bubble bath, do your make-up, hair and nails, give yourself a manicure and pedicure, discuss self-care/fashion with someone, watch a fashion programme, read a fashion magazine?
	<b>Relaxation</b> Can you relax to music, listen to a guided meditation/relaxation CD, try a meditation script, do some breathing or grounding exercises, use your self soothe box, or develop one if you don't already have one. Have a bubble bath, talk to others about how they relax, share ideas?
	<b>Exercise</b> Can you try some exercises in your room or in the quiet room, go for a walk, use the exercise bike on the ward, try an exercise DVD, do some stretches, yoga, play some indoor games, Wii sports, try different challenges (e.g. walking, yoga fitness)?
	<b>Dance</b> Can you dance to music on TV/DVD/radio, try a dancing game on games console, make up a dance, dance alone or with others?
	<b>Education</b> Can you do some worksheets, listen to or watch an educational programme on radio or TV, play educational games?
	<b>Planning</b> Can you organise your diary, plan your TV viewing, plan activities, plan a structure to your day or week, put a 'to do' list together, set some goals, keep a journal?
	<b>Faith/religion</b> Can you pray or meditate, read, have a discussion, listen to programmes on the radio or TV about your religion or faith?
	<b>Talk</b> Can you talk to staff, talk to each other, phone your family/friends, have a 1:1, attend community meeting?

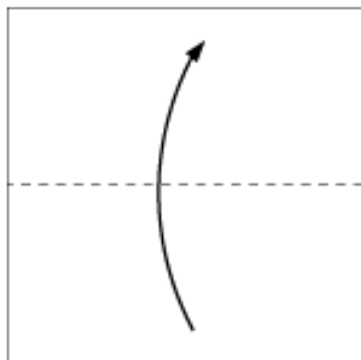


## Can you try these activities on the ward or in your room?

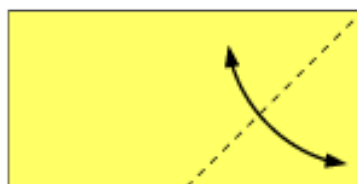
	<b>Puzzles</b>	Can you do crosswords, word search, Sudoku, dot-to-dot, I Spy puzzles, jigsaws etc?
	<b>Writing</b>	Can you write poetry, stories, letters, your life story, a book review, develop a ward newsletter, keep a journal, try a creative writing activity or create your own comic strip?
	<b>Arts and crafts</b>	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?
	<b>Cards</b>	Can you play patience, snap, Blackjack, Rummy, Poker etc?
	<b>Games</b>	Can you play Monopoly, Scrabble, noughts and crosses, Uno, chess, draughts, Connect 4, Bingo or try a quiz?
	<b>TV/DVDs</b>	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?
	<b>Music</b>	Can you listen to music, sing, have a discussion with someone else about music, write your own song or rap, relax to some music?
	<b>Radio</b>	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?
	<b>Gaming</b>	Can you game on your own, against each other, have a competition or tournament, or try a Minecraft challenge?
	<b>Reading</b>	Can you read a book, newspaper, magazine or comic or look at photos/pictures, discuss what you have read with someone?

# Arts and Crafts

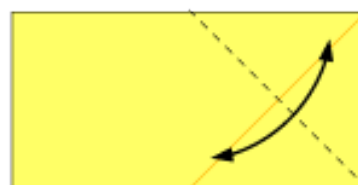
Ask staff for a piece of paper –have a go at these origami



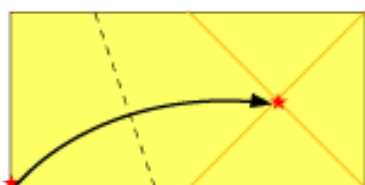
**1** Fold in half



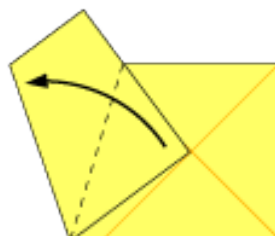
**2** Fold in the dotted line to make a crease



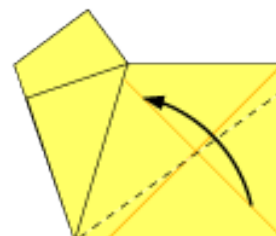
**3** Fold in the dotted line to make a crease



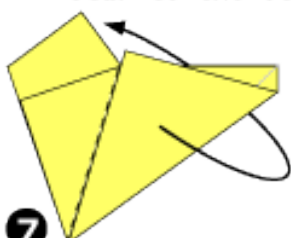
**4** Fold to reach the ★ star to the other one



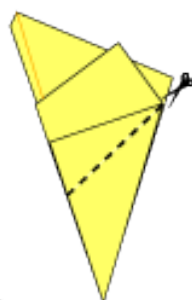
**5** Fold in the dotted line



**6** Fold in the dotted line



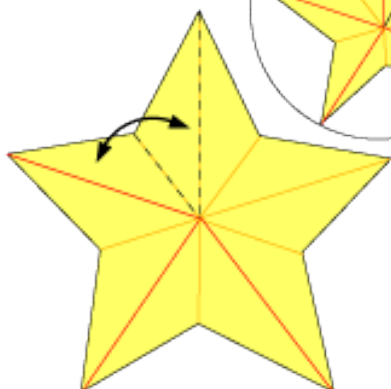
**7** Fold backward in the dotted line



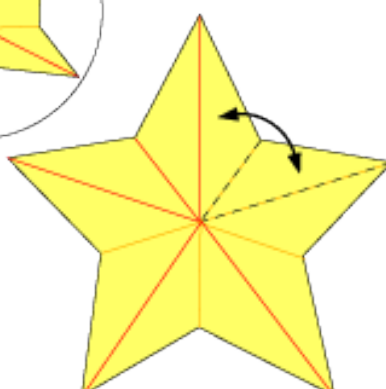
**8** Cut with a pair of scissors



**9** Open



**10** Fold to make a crease and fold back



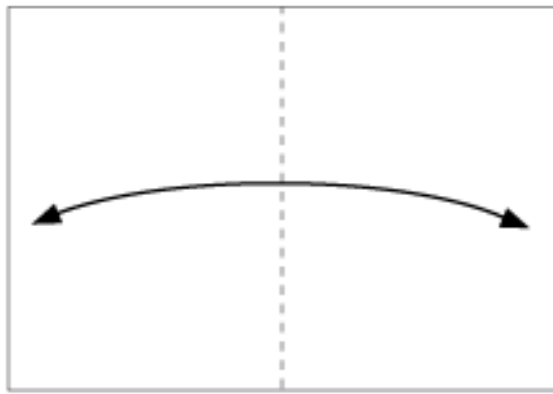
**11** Fold to make a crease and fold back

**12** Finished

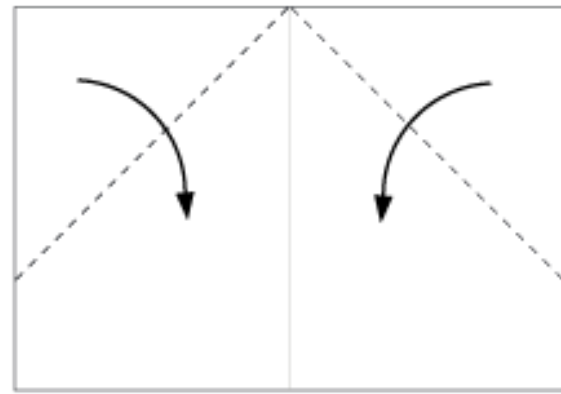


## A Star

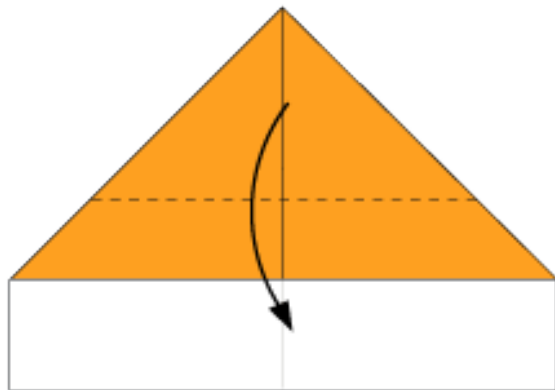
\*Traditional Diagram: Fumiaki Shingu



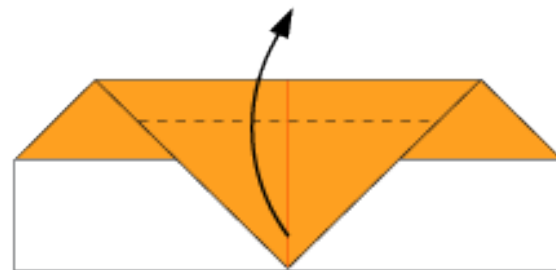
**1** Fold in half to make creases and fold back



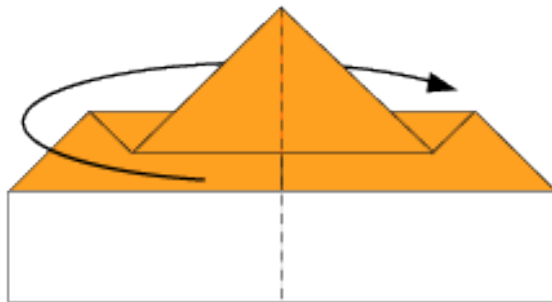
**2** Fold to meet the center line



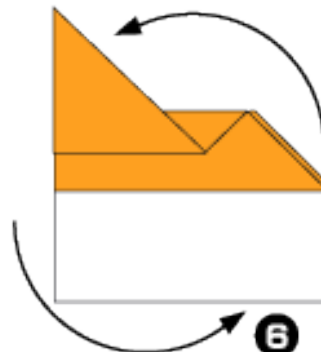
**3** Fold in the dotted line



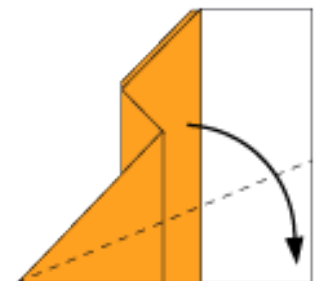
**4** Fold in the dotted line



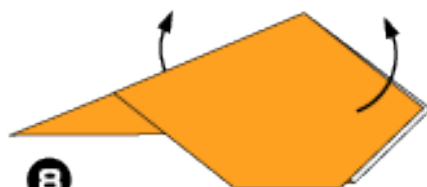
**5** Fold in half



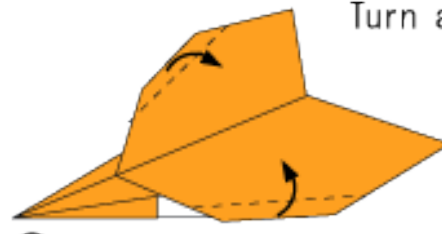
**6** Turn around



**7** Fold in the dotted line



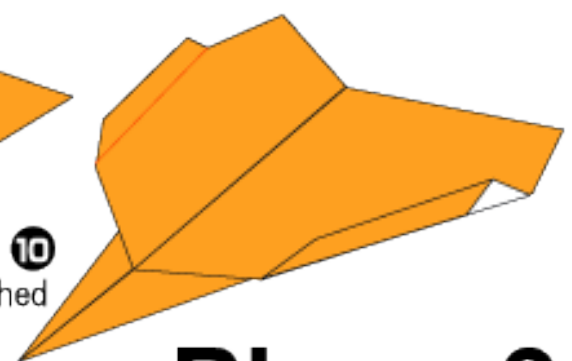
**8** Fold horizontally



**9** fold vertically

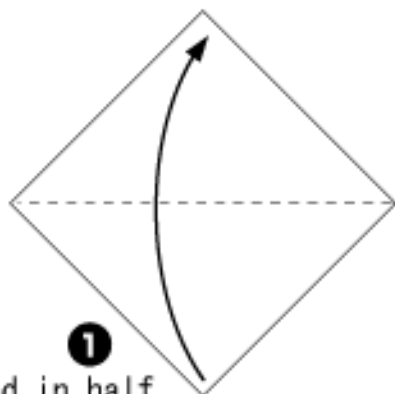
**10**

Finished

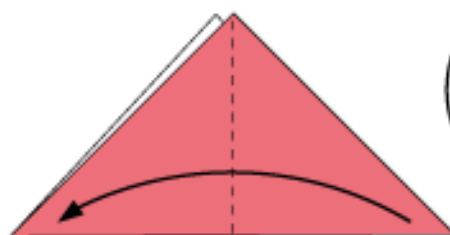


# Paper Plane 9

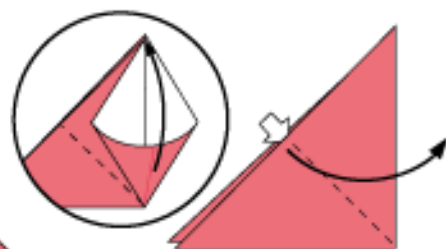
\*Arrangement of Traditional  
Diagram:Fumiaki Shingu



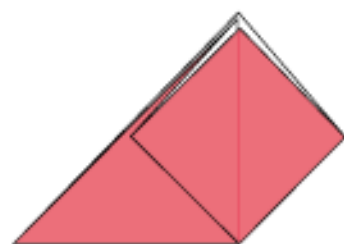
**1**  
Fold in half



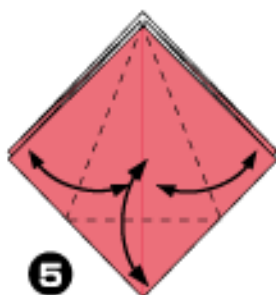
**2** Fold in half



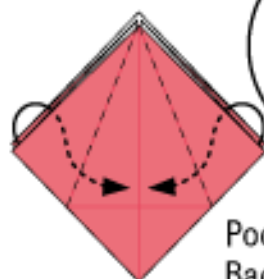
**3** Open the part and flatten



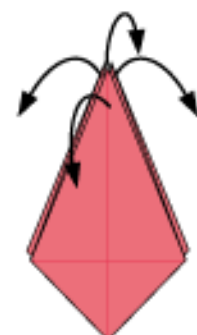
**4** Fold in back side as well as **3**



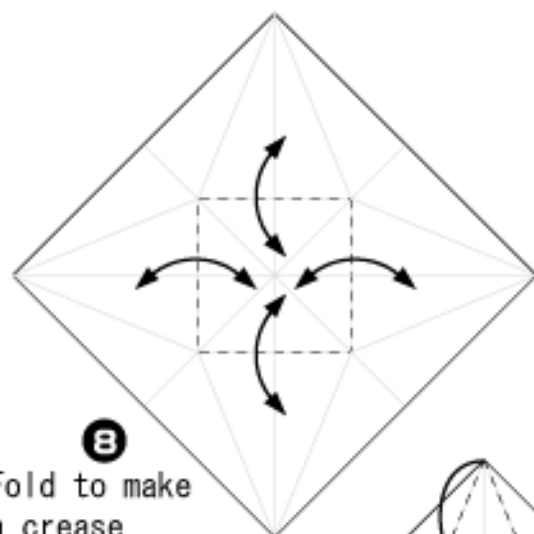
**5** Fold to make a crease and fold back



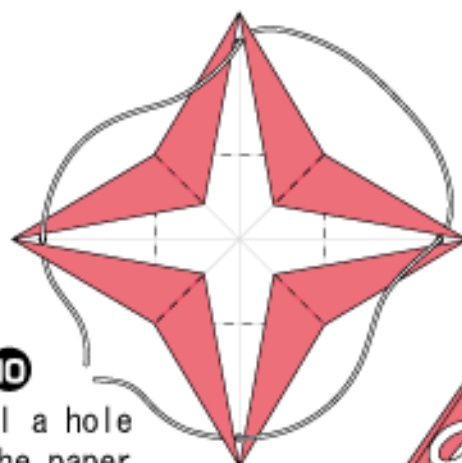
**6** Pocket fold. Back is the same, too



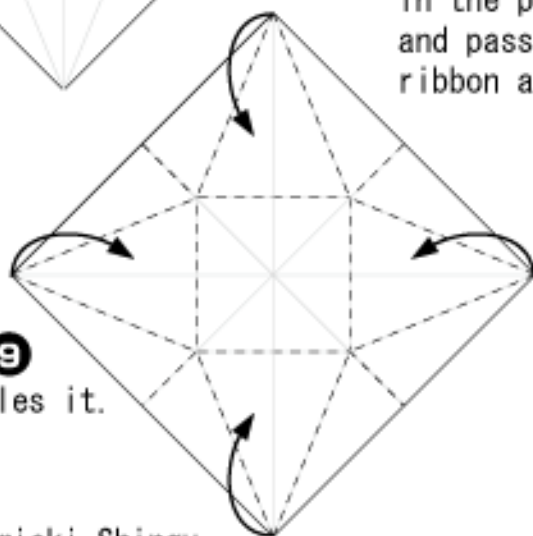
**7** Open



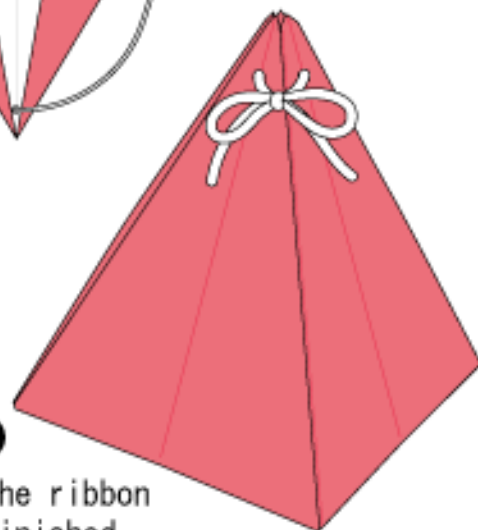
**8**  
Fold to make a crease and fold back



**10**  
Drill a hole in the paper and pass the ribbon as shown



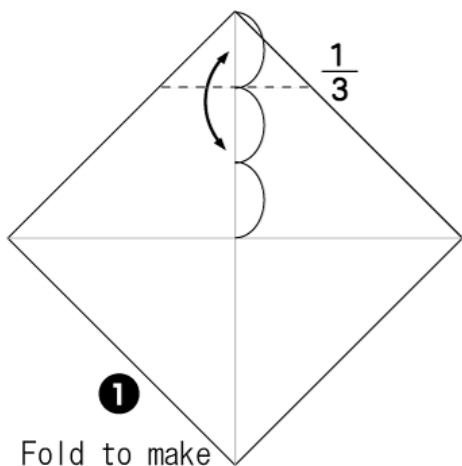
**9**  
Assembles it.



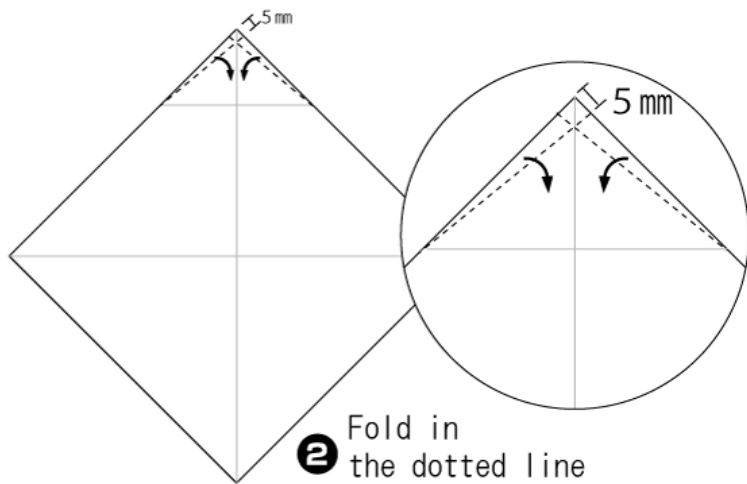
**11**  
Tie the ribbon and finished

# Small gift

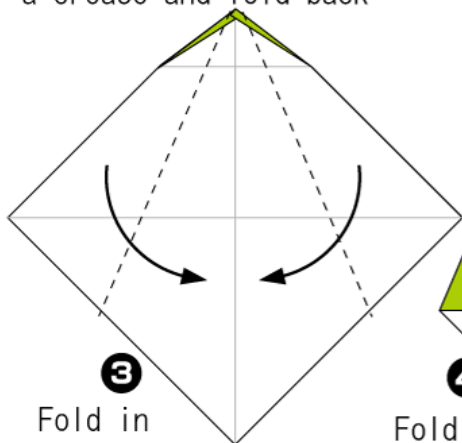




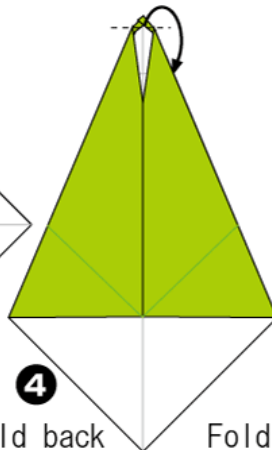
**1**  
Fold to make  
a crease and fold back



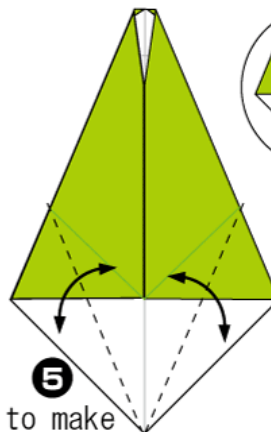
**2** Fold in  
the dotted line



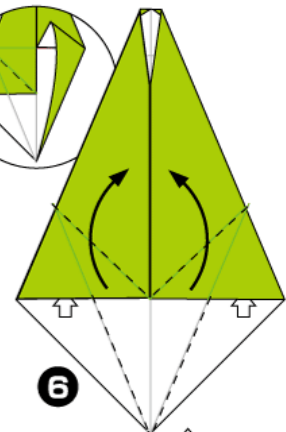
**3**  
Fold in  
the dotted line



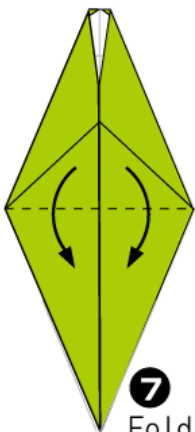
**4**  
Fold back



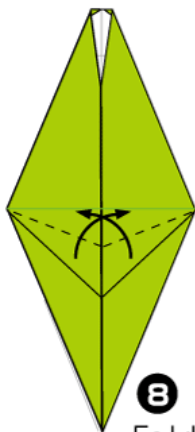
**5**  
Fold to make  
creases  
and fold back



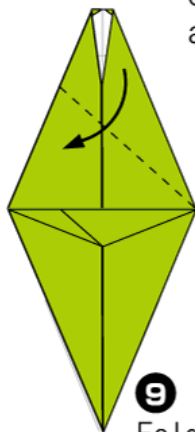
**6**  
Open the ↗ part  
and flatten



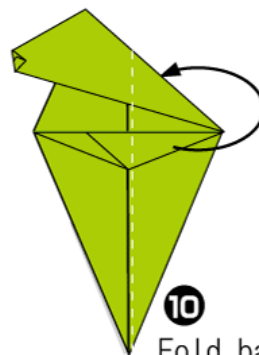
**7**  
Fold



**8**  
Fold



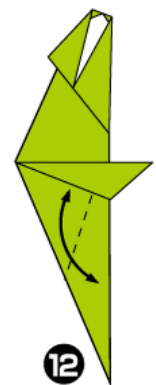
**9**  
Fold



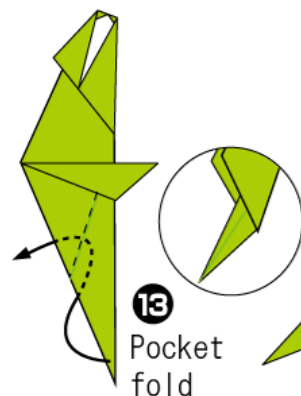
**10**  
Fold back  
in half



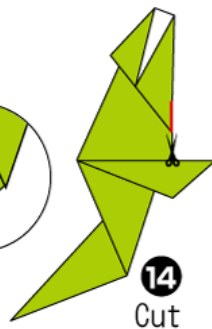
**11**  
Fold



**12**  
Fold to make  
a crease and  
fold back



**13**  
Pocket  
fold



**14**  
Cut



**15** Fold



Draw a face  
and finished

**16**



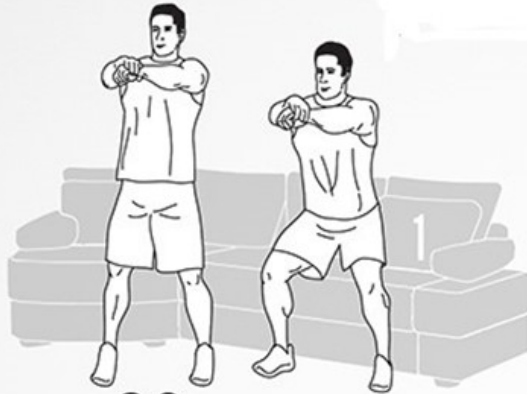
**ORIGAMI CLUB**

↓ For more origami diagrams  
[en.origami-club.com](http://en.origami-club.com)

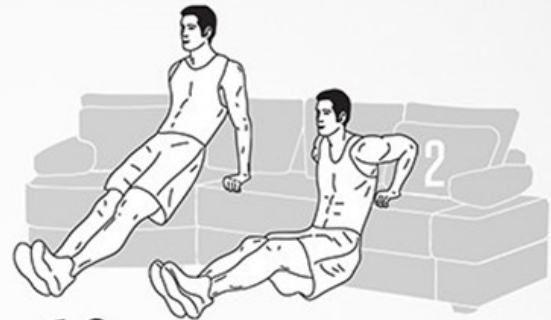
©Copyright: Fumiaki Shingu

# Giganotosaurus

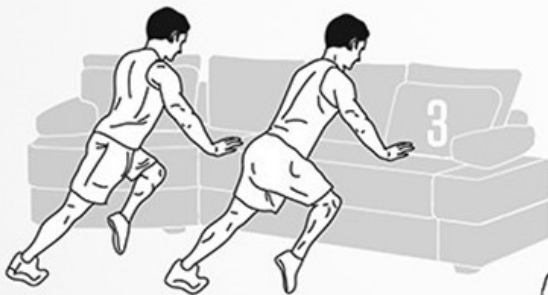
# The 'Advert' Workout



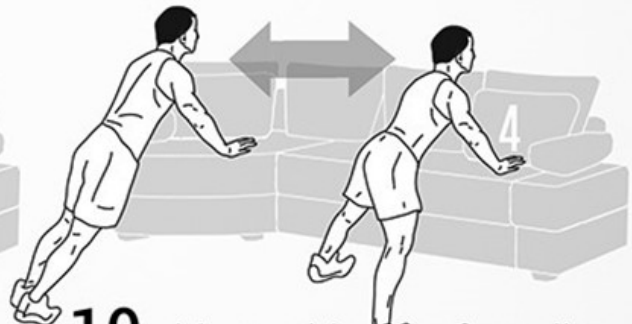
**20** half squats



**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 ?

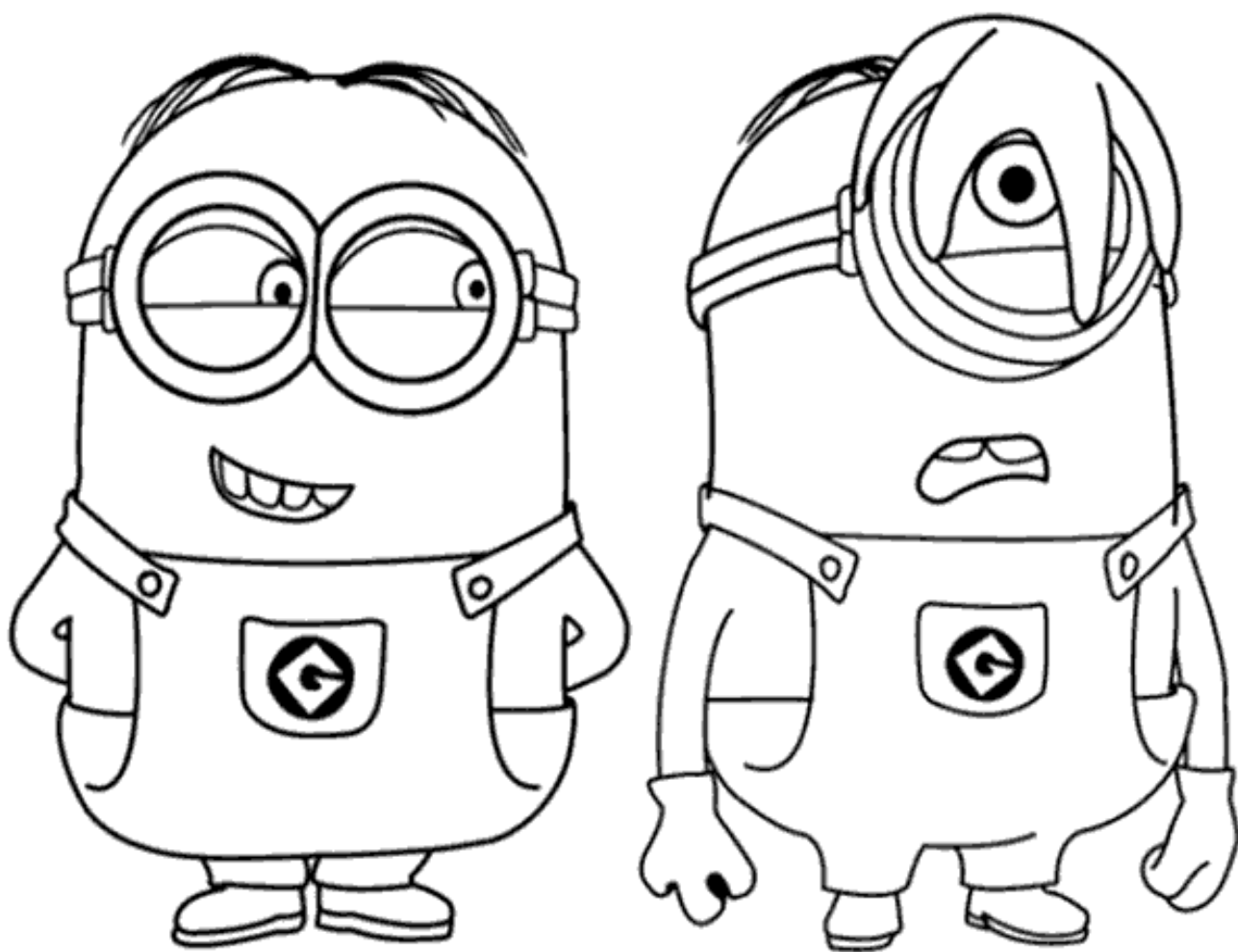
Don't forget to only work within your own abilities & if unsure, speak to Health & Fitness Staff.

# Mindfulness Colouring:



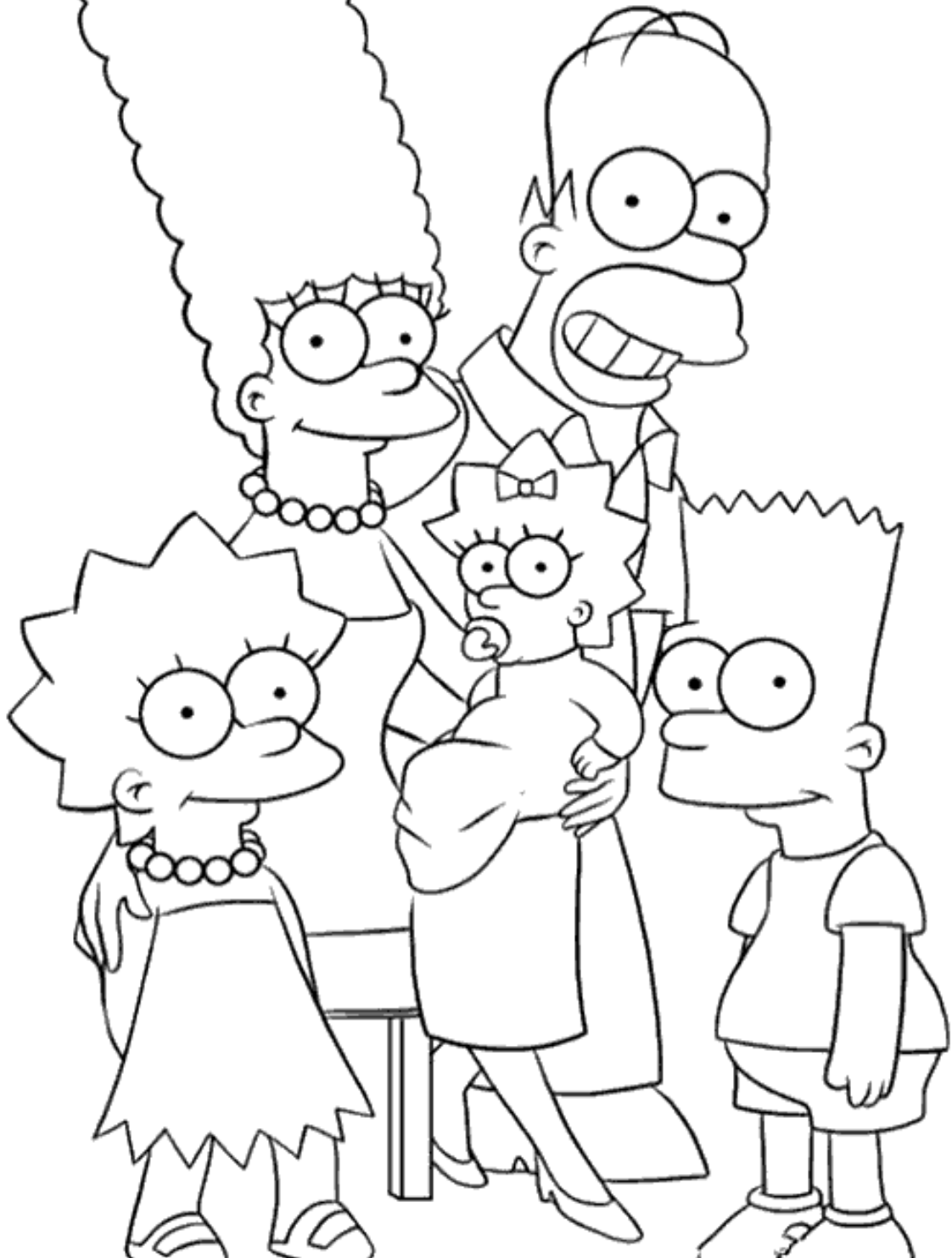
This week is “*Movies*” ...  
why not color these in &  
display on the wards!



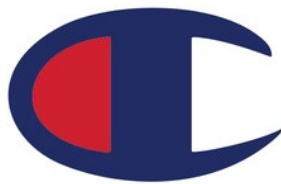




Or you can draw your  
own design and submit  
that instead! Don't forget  
to put your initials!



**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 company am I the face of?

Answer: Jurassic Park; The God Father; Toy Story; Kangol; Champion; Levi; Rees-  
es; BBC; Arsenal ; Fed Perry; Saab; Hilton; Diadora; Mars; Snickers; Nintendo;  
Rover; BT; Liverpool FC; Virgin; Malibu; Quaker Oats.



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

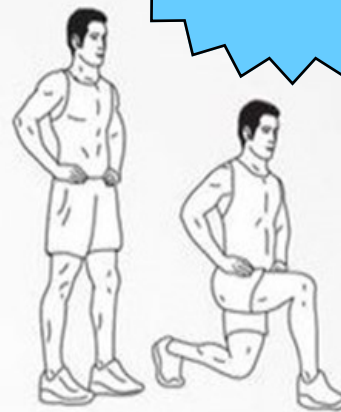
Speak to a member of gym staff for more info —please remember to complete within you own limitations.



**10** jumping jacks



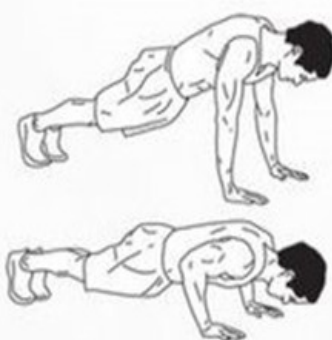
**10** squats



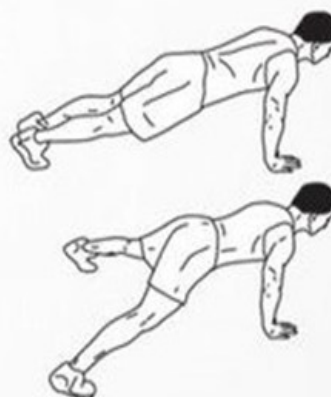
**10** lunges



**20** climbers



**10** push-ups



**10** plank jacks



**10** sit-ups



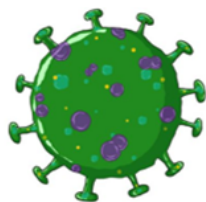
**10** knee-to-elbow crunches



**30sec** elbow plank

# What is Covid-19?

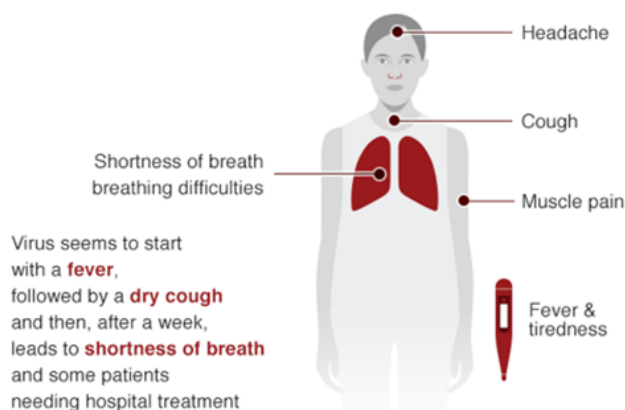
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



## How do I know if I have got it?

Covid-19 seems to start with a fever, followed by a dry cough and then, after a week, leads to shortness of breath. But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other viruses that are much more common, such as colds and flu.

## Symptoms of coronavirus (Covid-19)



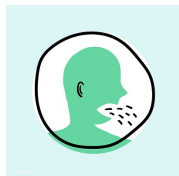
Source: WHO

BBC

# What should I do if I think I have Covid-19?



If you think you might have a fever or a new cough, please stay in your room and call a member of staff.



Ward Staff may need to complete your physical observations—i.e. take your temperature.

Once you have been assessed, ward staff will give you advice on what to do next.



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

# MYTH BUSTED

## Are antibiotics effective in preventing/treating Covid-19?

No, antibiotics do not work against viruses

## Does cold weather and snow kill the virus?

There is no reason to believe that cold weather can kill the coronavirus

## Are there any specific medicines to prevent or treat Covid-19?

To date, there is no specific medicine recommended to prevent or treat the virus

## Can drinking water every 15 minutes prevent Covid-19?

There is no evidence to say that drinking water will protect you from Covid-19

## Can eating garlic help prevent infection?

There is no evidence from the current outbreak that eating garlic has protected people from Covid-19

## Does Covid-19 only affect old people?

People of all ages can be infected. Older people and people with pre-existing medical conditions appear to be more vulnerable

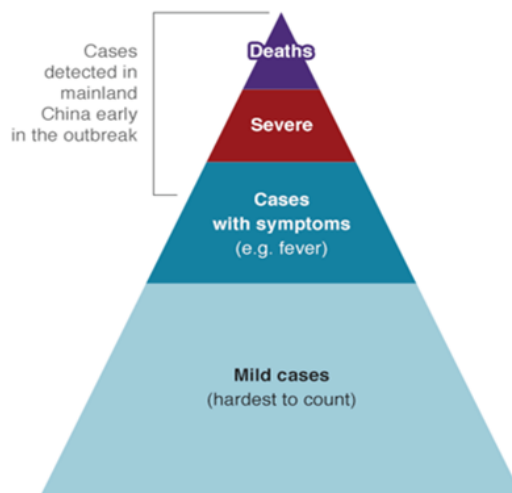
## Can drinking hot drinks and avoiding ice cream kill Covid-19?

Once the virus is in your body, there is no way of killing it – your body has to fight it off.

# Will I get it?

In the UK, the country's chief medical officers have raised the public risk level from low to moderate. But, the NHS says, the risk to individuals remains low.

## Most cases are never counted



Source: Imperial College London

BBC

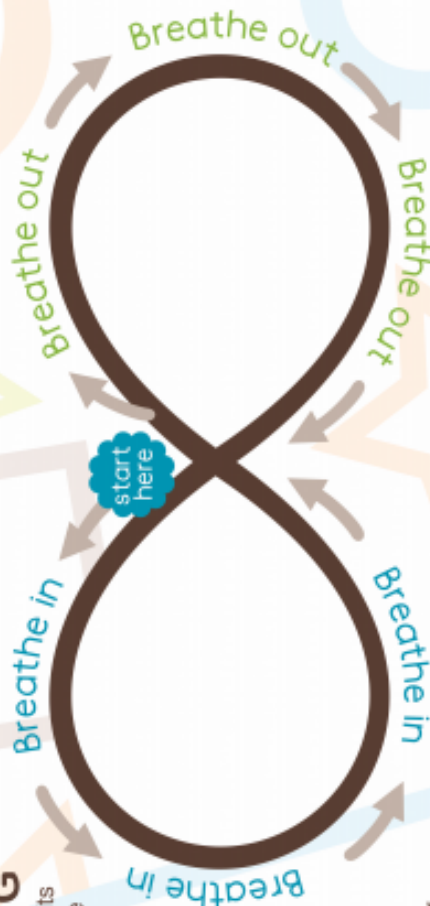
But even if you do get it, you are likely to experience mild symptoms and recover.

Scientists currently think the proportion of people dying from Covid-19 is low (between 1% and 2%) and evidence suggests those who have died were **elderly (over 70) or had pre-existing medical conditions**, such as asthma, COPD, heart disease, kidney disease, liver disease, neurological conditions, cancer or diabetes.



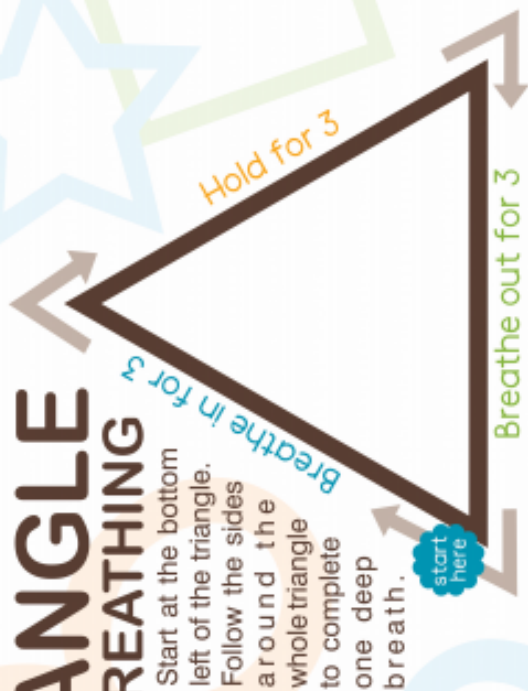
## LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



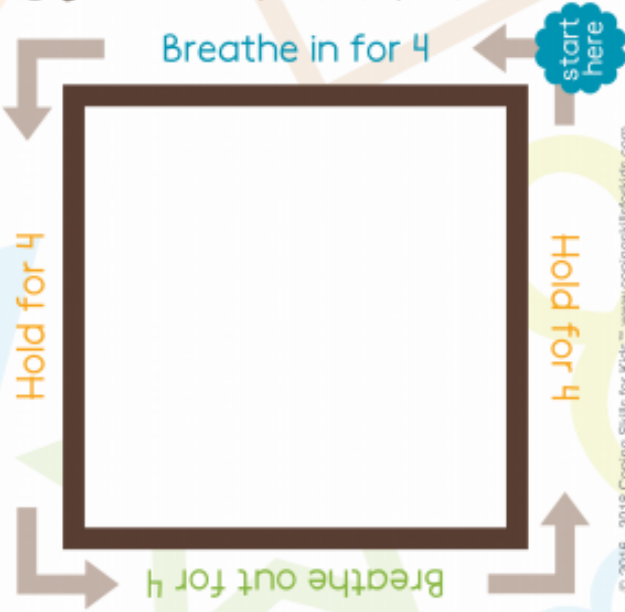
## TRIANGLE BREATHING

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



## SQUARE BREATHING

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



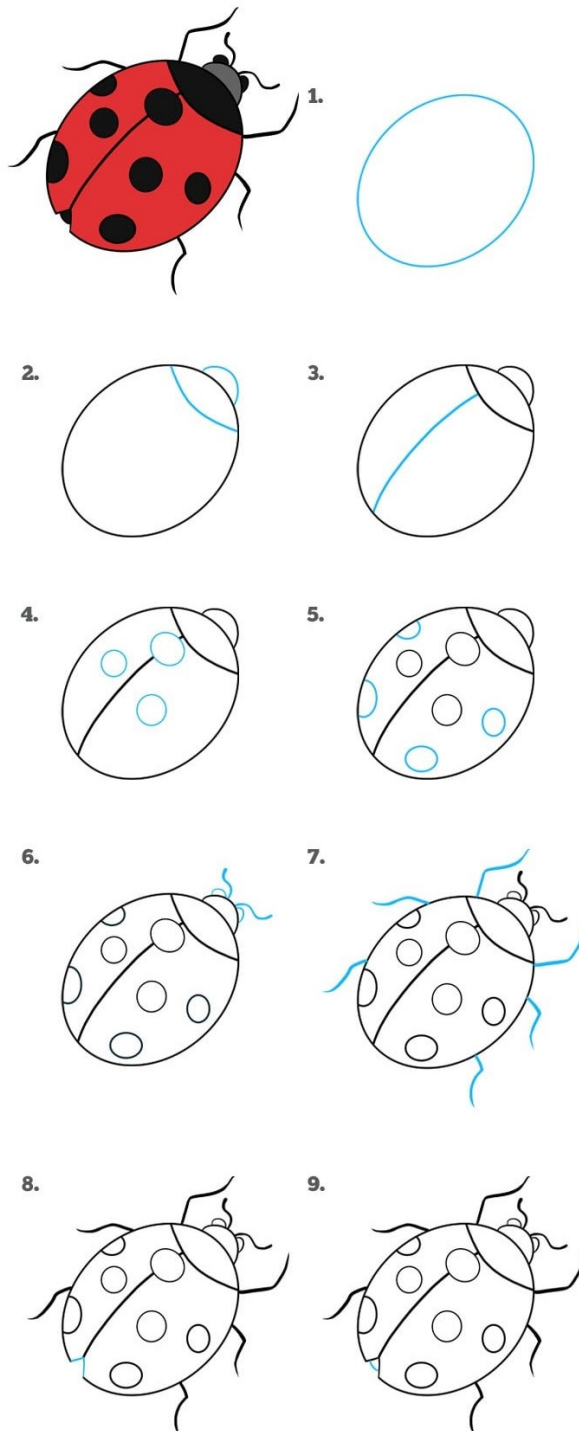
## STAR BREATHING

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.



# 'Ave a Go!

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



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...



# 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

Colour or shade

2 litres

1500ml

1 litre

500ml

other drinks

how much water or

you've had today.

## FOOD TRACKER

Have you had something to eat today for...

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner



# Riddle me this



1. **Riddle:** What has lots of eyes, but can't see?
2. **Riddle:** What has one eye, but can't see?
3. **Riddle:** What has many needles, but doesn't sew?
4. **Riddle:** What has hands, but can't clap?
5. **Riddle:** What has legs, but doesn't walk?
6. **Riddle:** What has one head, one foot and four legs?
7. **Riddle:** What can you catch, but not throw?
8. **Riddle:** What kind of band never plays music?
9. **Riddle:** What has many teeth, but can't bite?
10. **Riddle:** What is cut on a table, but is never eaten?
11. **Riddle:** What has words, but never speaks?
12. **Riddle:** What runs all around a backyard, yet never moves?
13. **Riddle:** What can travel all around the world without leaving its corner?
14. **Riddle:** What has a thumb and four fingers, but is not a hand?
15. **Riddle:** What has a head and a tail but no body?
16. **Riddle:** Where does one wall meet the other wall?
17. **Riddle:** What building has the most stories?
18. **Riddle:** What has many keys but can't open a single lock?
19. **Riddle:** What can you hold in your left hand but not in your right?
20. **Riddle:** What gets wet while drying?

**Find the answers on the next page!**

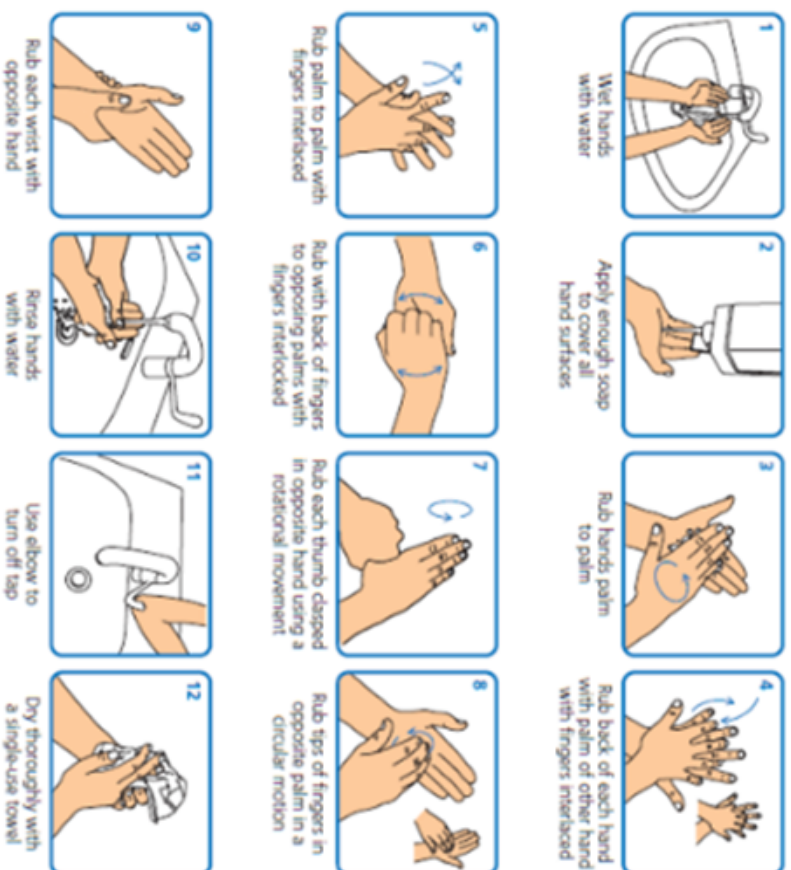




## Answers

1. Answer: A potato
2. Answer: A needle
3. Answer: A Christmas tree
4. Answer: A clock
5. Answer: A table
6. Answer: A bed
7. Answer: A cold
8. Answer: A rubber band
9. Answer: A comb
10. Answer: A deck of cards
11. Answer: A book
12. Answer: A fence
13. Answer: A stamp
14. Answer: A glove
15. Answer: A coin
16. Answer: On the corner
17. Answer: The library
18. Answer: A piano
19. Answer: Your right elbow
20. Answer: A towel

## 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

# Brain Teasers



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

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

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

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

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

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

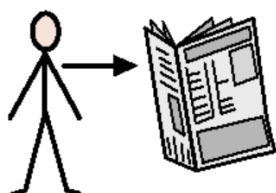
## How to get involved in the weekly newsletter...



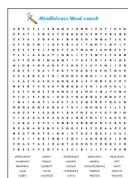
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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...

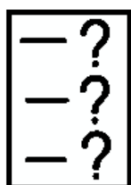
- Making a word search



- 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!