



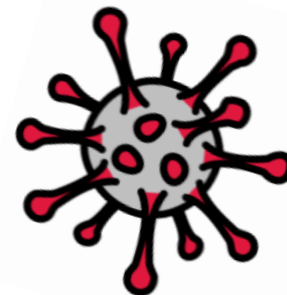
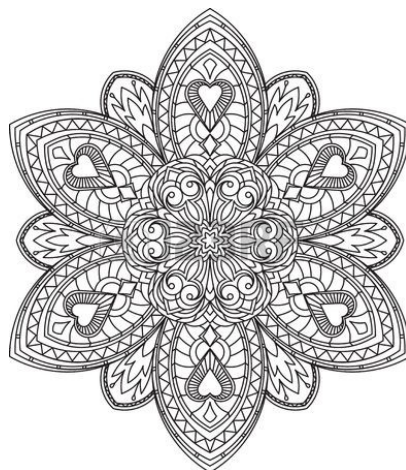
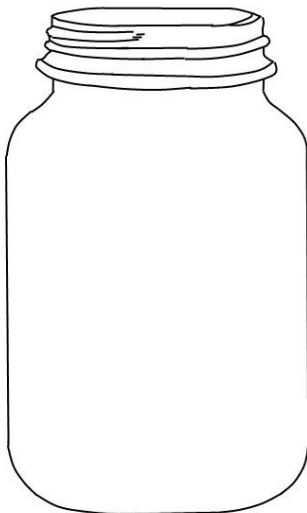
Riddle
? me
! this



Activity Pack

Mindfulness Colouring—Page 15 to 19! This week its “mandala” pictures

**August Edition
2020**

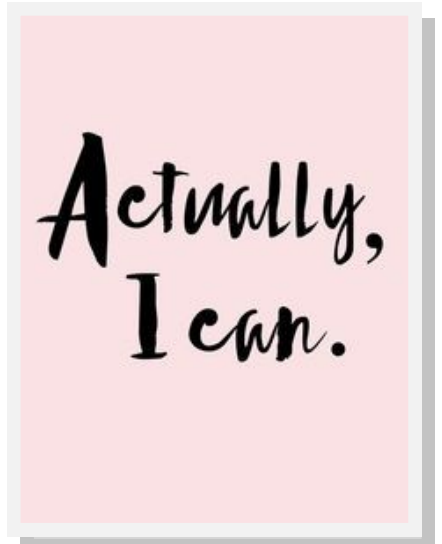
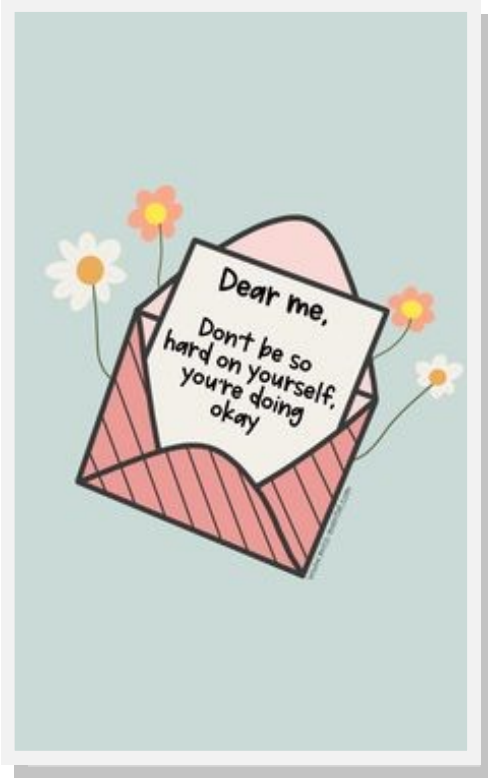


The changes in lock down restrictions— what does this mean? Some helpful pages to help to manage your time and think about next steps in this weeks issue.

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

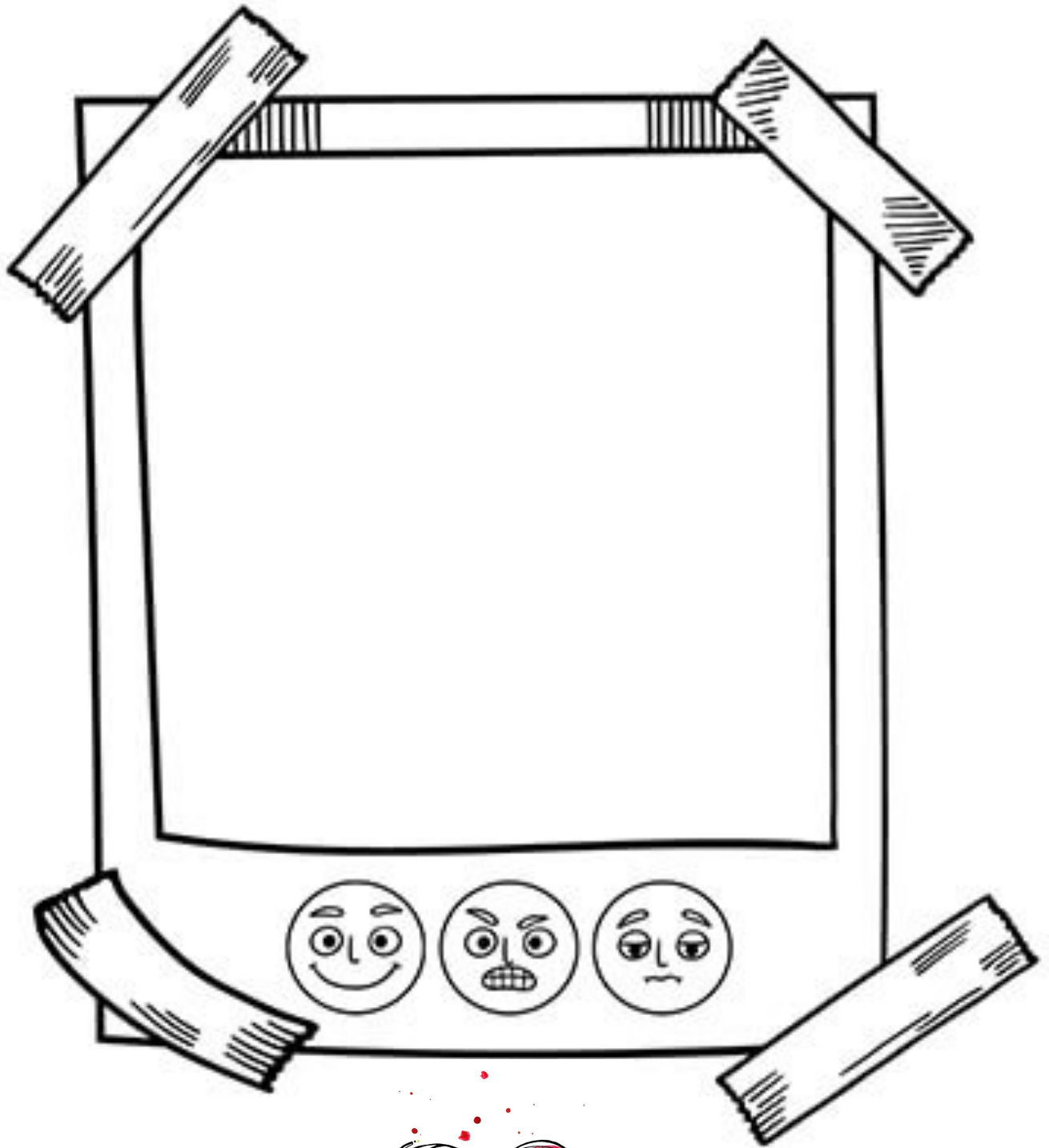


Quotes



HOW I'M FEELING

DRAW A PICTURE OF YOURSELF SHOWING
HOW YOU FEEL TODAY.





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 starting 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 next few pages to help you to explore your thoughts and feelings around the changes in lock down restrictions and to plan your time over the next week.

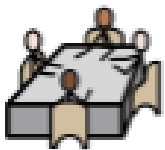
Activities



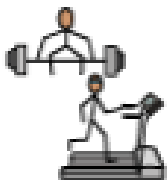
The hospital had to make some changes to **therapy and activity sessions** because of **Coronavirus**. These changes were made because we want to keep you healthy and safe.



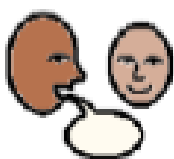
A lot of activities and therapy had to be **cancelled** to keep you safe and to stop the spread of Coronavirus.



The managers are having meetings about this.



They are talking about how we can start to open up places that are **off the ward** like the gym.







We will keep you updated about any plans that we make.

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.

DAILY PLANNER

Today's date:

Morning	To do...
	
Afternoon	To do...
	
Evening	To do...
	
Night	To do...
	

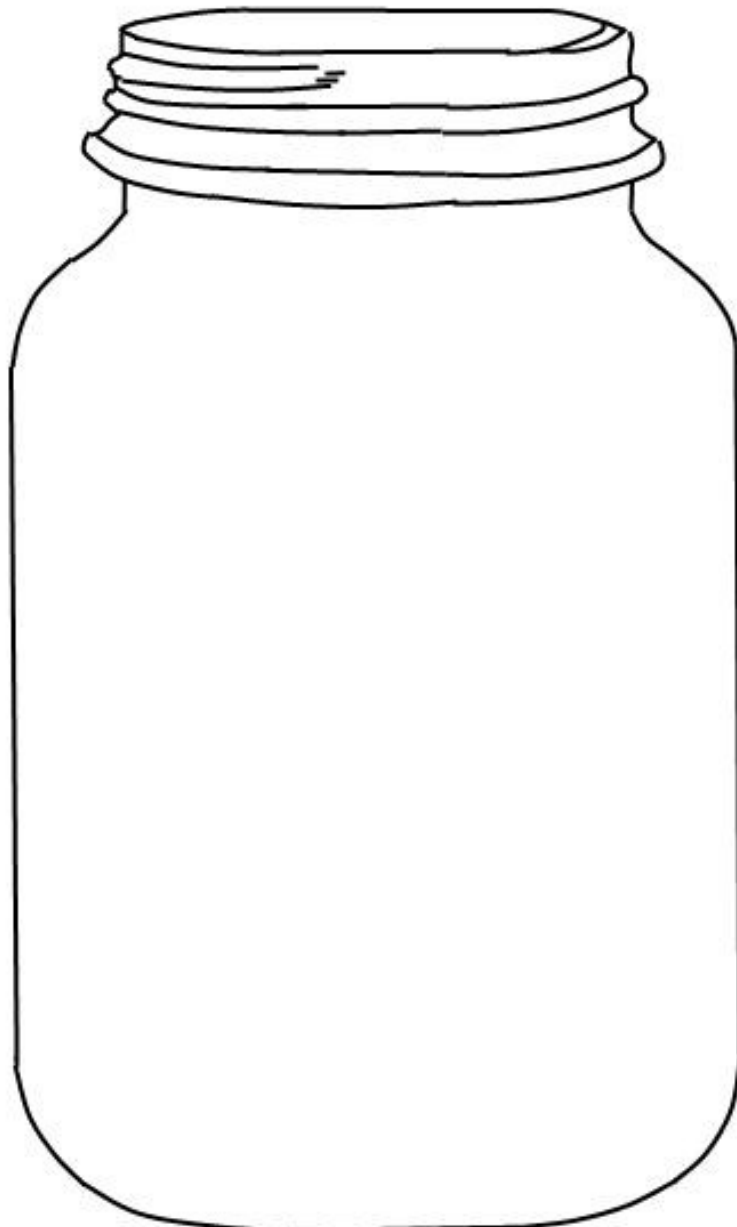


How do you feel about the changes around Corona Virus?

Use the worry jar below to write your thoughts and feelings around COVID19 and the changes to your usual routine.

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

By placing your worries/anxieties/concerns in the worry jar, you can get your thoughts off your mind for a little while and take steps to manage these by taking them out one by one to address. Or, you can keep them in the worry jar until you are ready to face them.



BEING THANKFUL

THERE IS ALWAYS SO MUCH TO BE THANKFUL FOR, EVEN IN DIFFICULT TIMES. LIST OR DRAW 3 THINGS YOU'RE THANKFUL FOR.

Three empty rectangular boxes with thick black outlines, arranged horizontally. They are connected to the cloud above by a vertical line that branches into three horizontal lines, each leading to one of the boxes.

Keeping a balance!

Planning your Week

WHY IS STRUCTURE AND ROUTINE IMPORTANT?

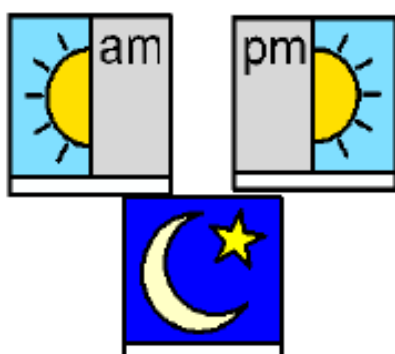
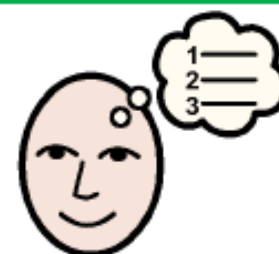
Having structure and routine to your day is good for your mental and physical health.

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

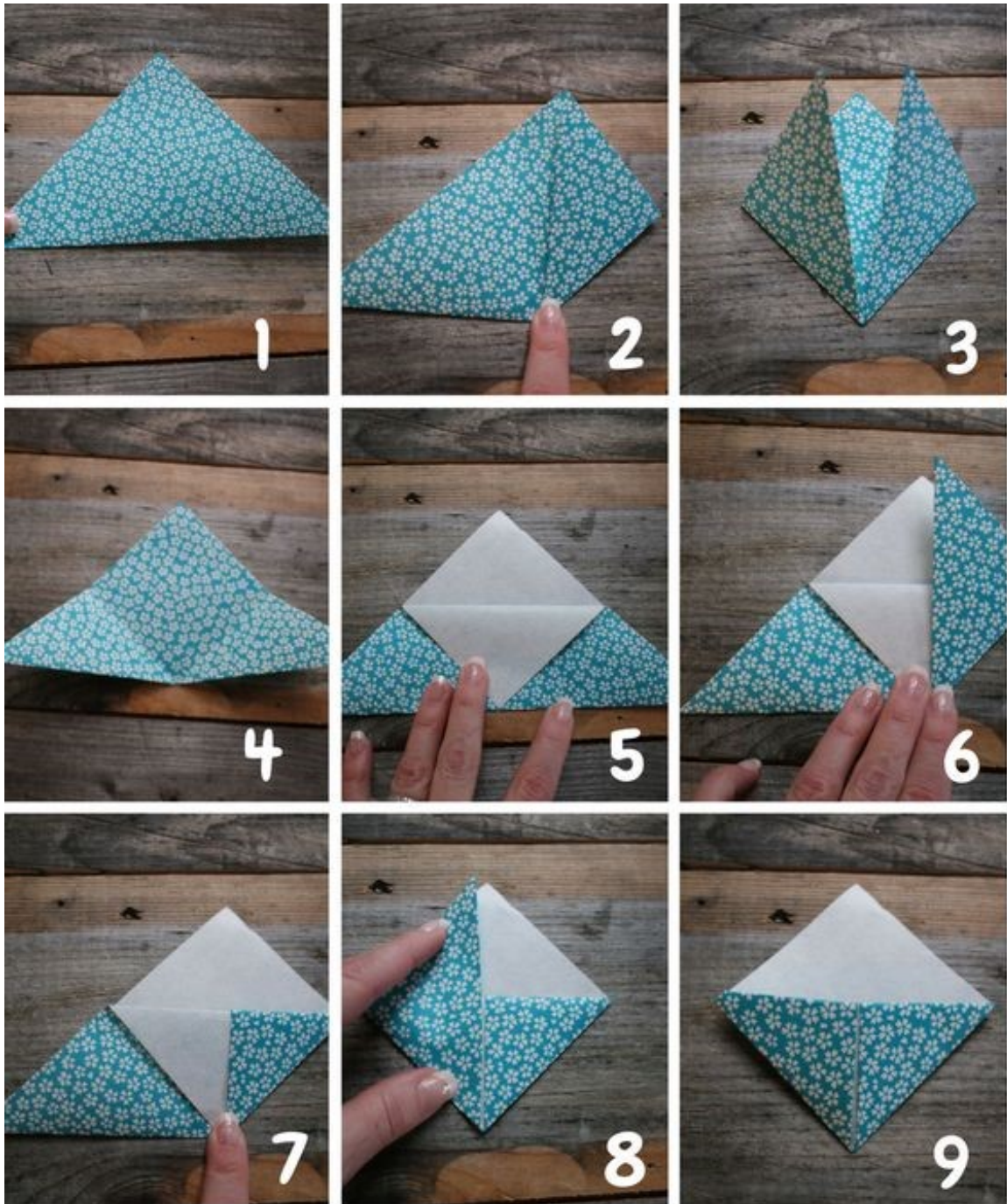


Can you try these activities on the ward or in your room?

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

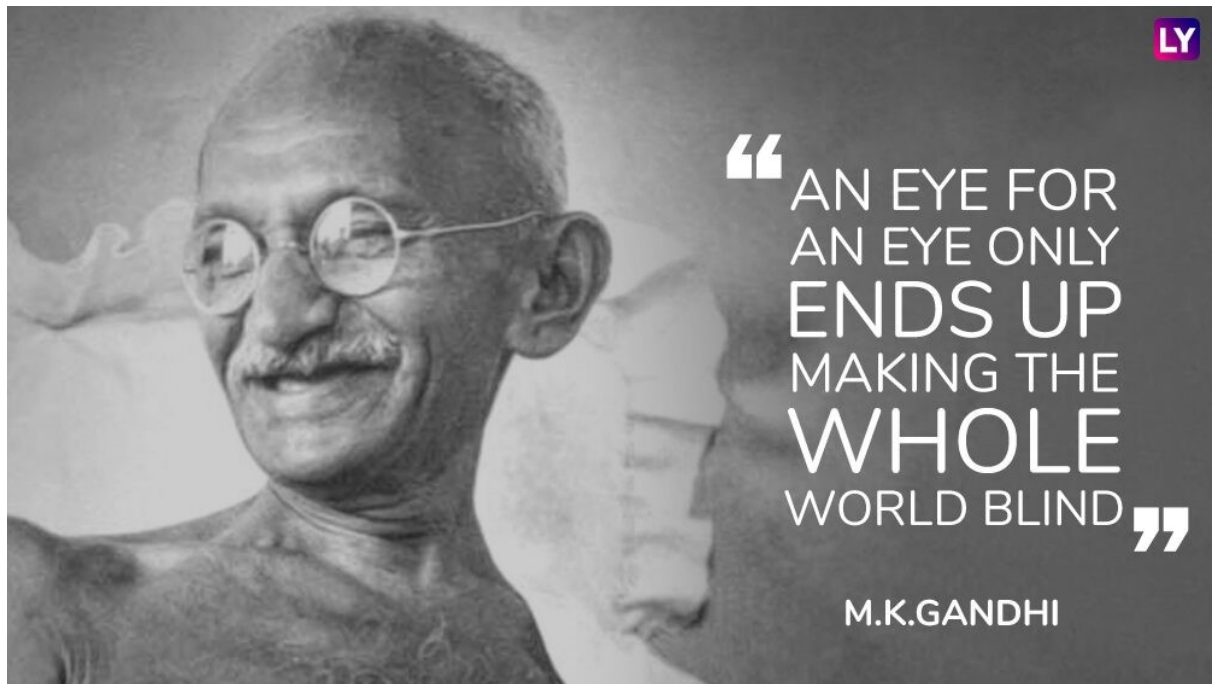
Arts and Crafts

Ask staff for a piece of paper –have a go at this origami book mark!



Step-by-Step Instructions Origami Book Corner

Spiritual and Pastoral Care



Mahatma Gandhi was an Indian Hindu lawyer and an anti-colonial nationalist. India was controlled by the UK, he employed non-violent resistance to lead the successful campaign for India's independence from British rule. He inspired movements for civil rights across the world.

Born in India, he trained as a lawyer in England before working as a lawyer in South Africa where he first started to employ non-violent resistance to campaign for civil rights. He returned to India where he campaigned for more rights for farmers, women and the lower castes (the Hindu caste system classifies people into five categories, the lowest are 'the untouchables'). He also encouraged people of different faiths to live peacefully alongside each other.

Some things to think about:

What do you think the quote above means?

Do you agree?

What are more positive alternatives

If you would like to talk to a chaplain, please ask the ward staff to arrange a call or visit.

SUMMER SPORTS WORD SEARCH



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

Athlete
Baseball
Bicycle
Boating

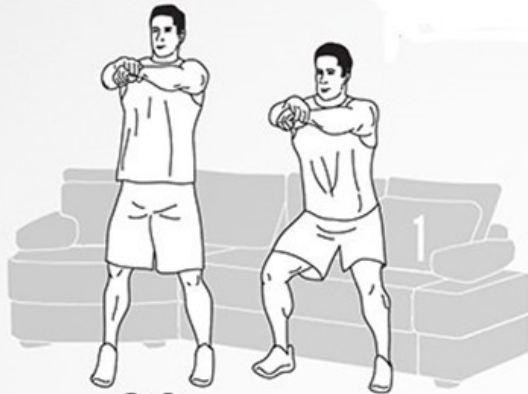
Cross Country
Goalie
Gymnastics
Halftime

Playoffs
Score
Scuba
Soccer

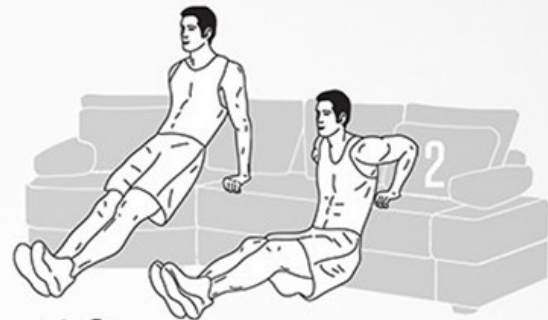
Stadium
Swimming
Tennis
Volley Ball



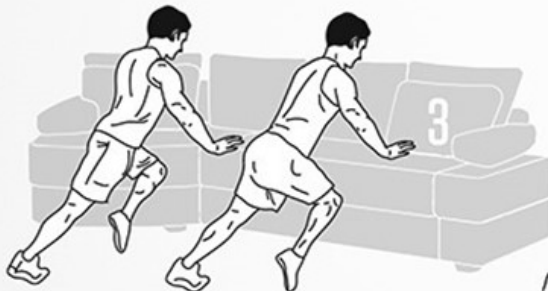
The 'Advert' Workout



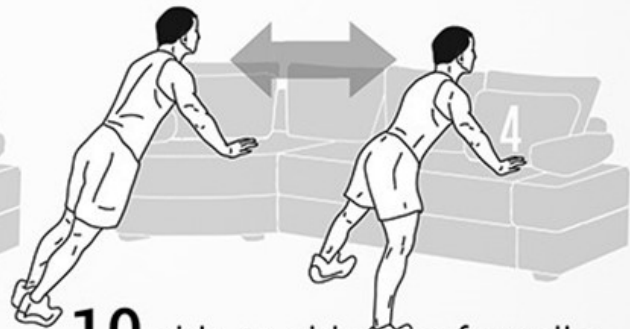
20 half squats



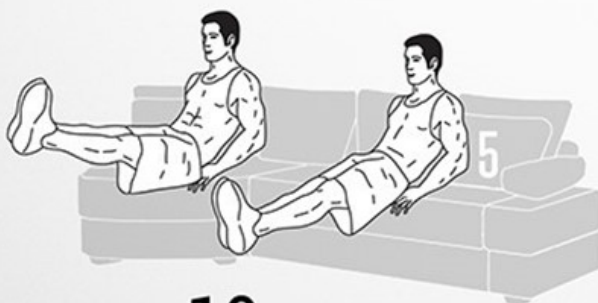
10 sofa dips



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 ?

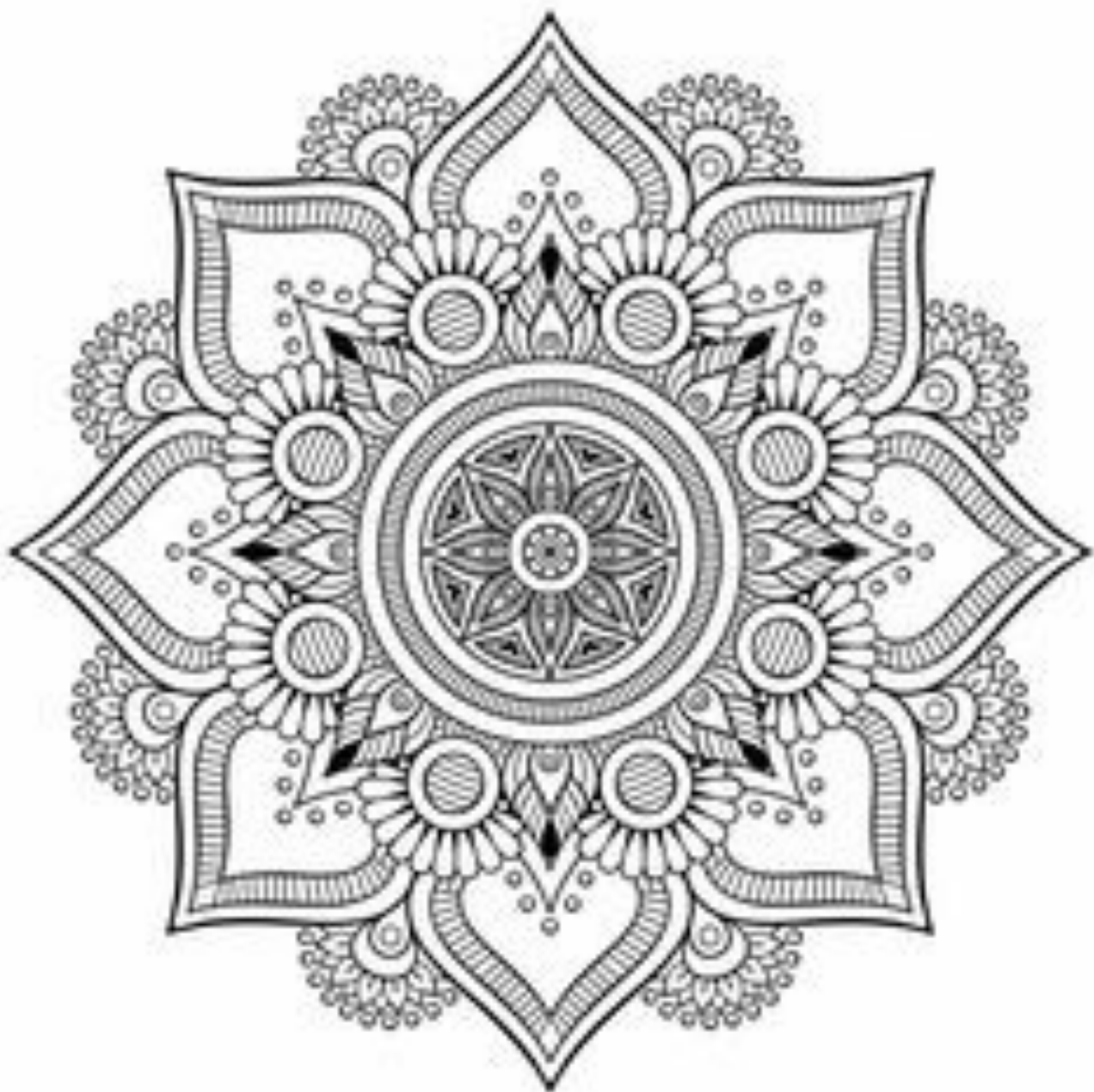
Don't forget to only work within your own abilities & if unsure, speak to Health & Fitness Staff.

Mindfulness Colouring:



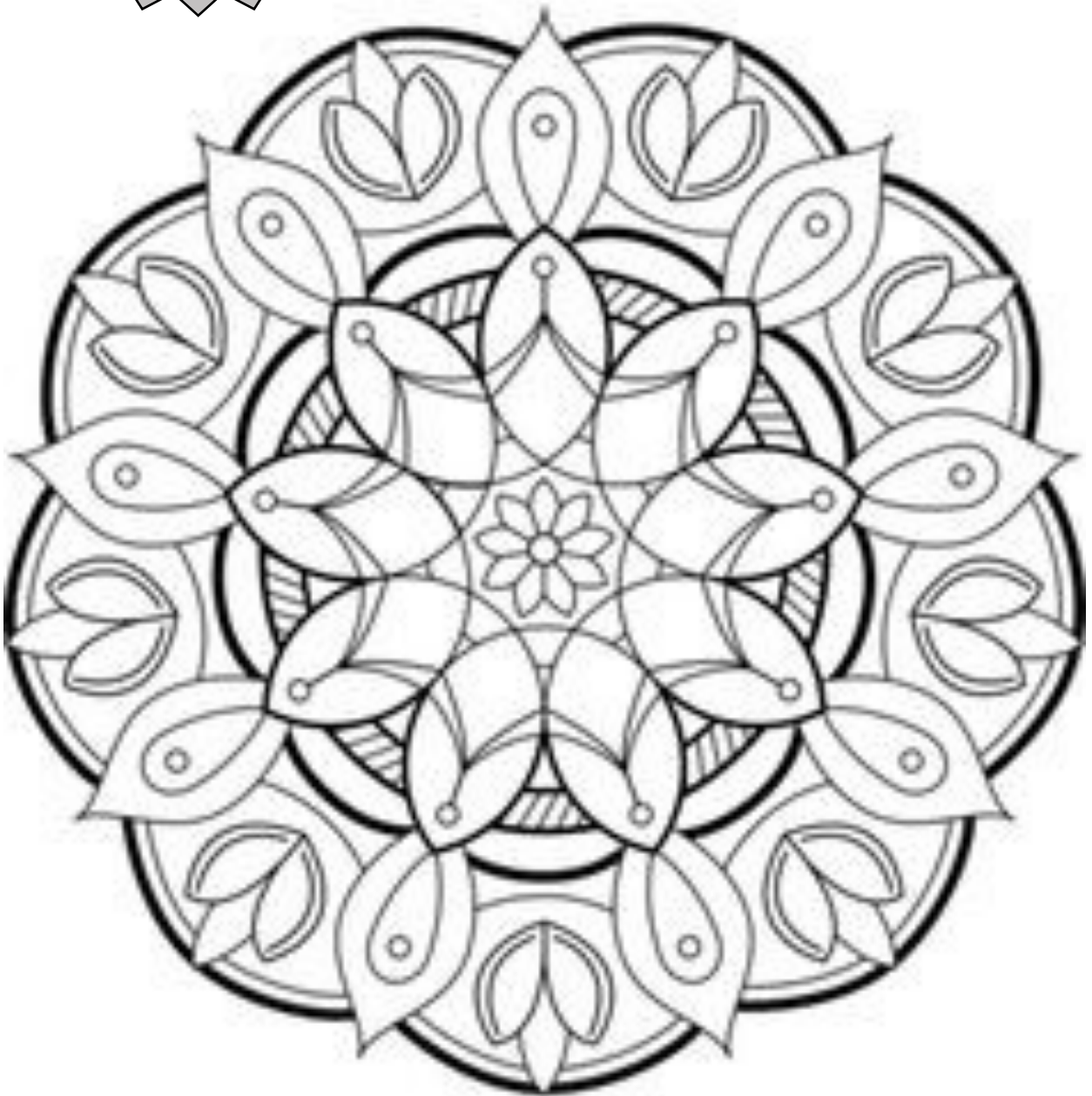
This week is "*Mandalas*"
... why not color these in
& display on the wards!







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



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



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

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



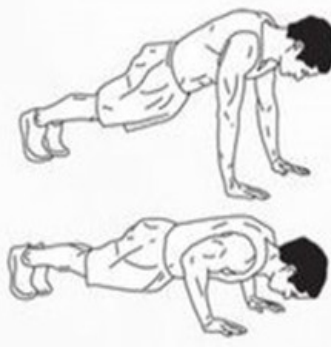
10 squats



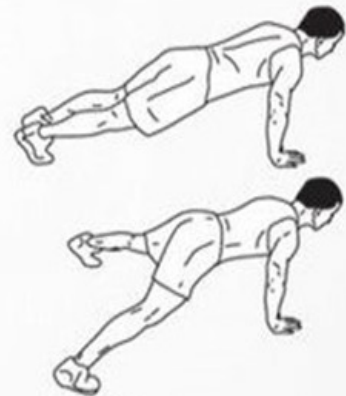
10 lunges



20 climbers



10 push-ups



10 plank jacks



10 sit-ups



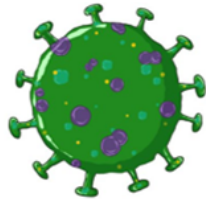
10 knee-to-elbow crunches



30sec elbow plank

What is Covid-19?

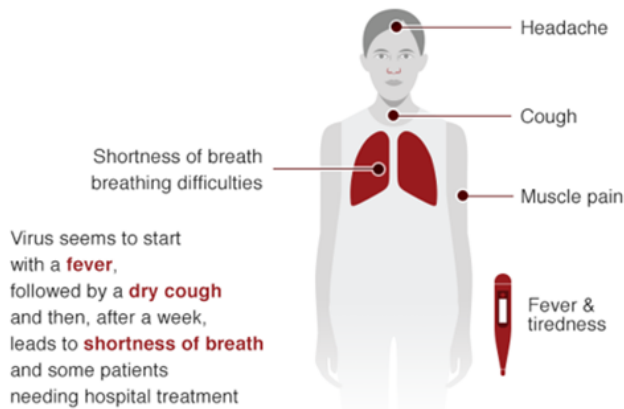
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



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)



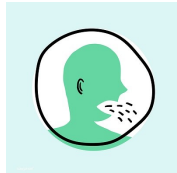
Source: WHO

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

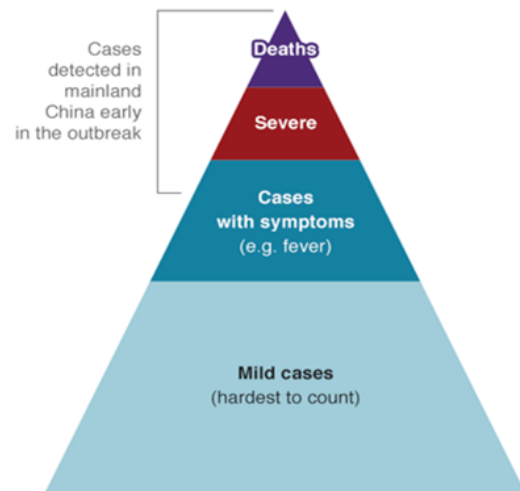
Can drinking hot drinks and avoiding ice cream kill Covid-19?

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



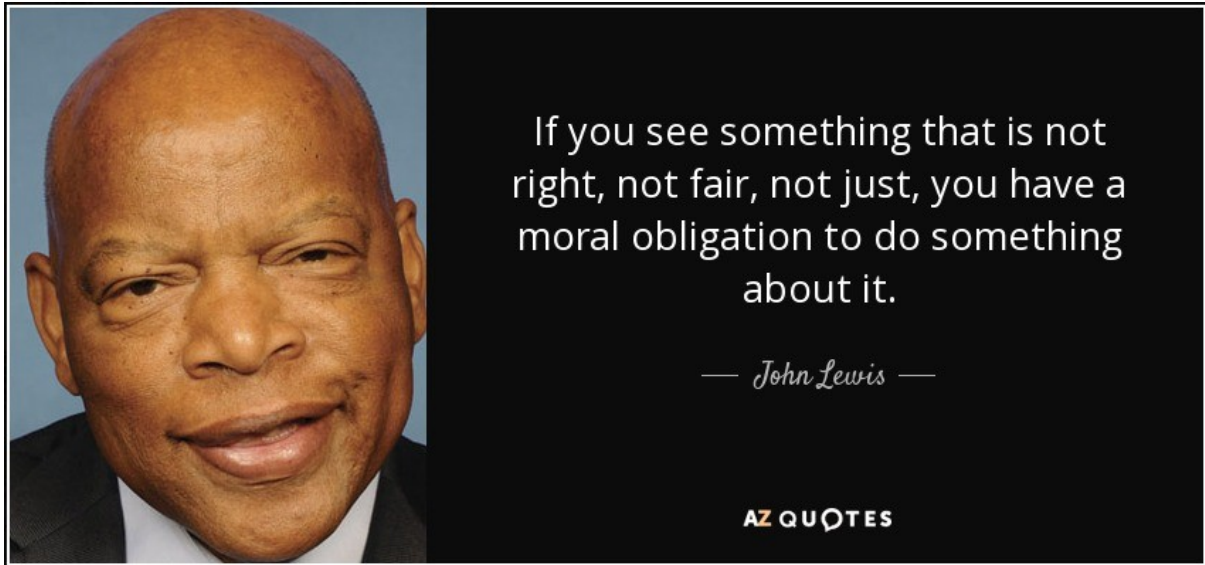
Source: Imperial College London

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.

Spiritual and Pastoral Care



John Robert Lewis was an American Civil Rights activist and politician. He died on 17th July 2020. He was a leader in the Civil Rights marches that took a non-violent direct action approach to end segregation in the USA. Segregation was the system that was put in place once slavery was abolished. It meant that black people could not have access to the same education, health care, housing as white people. They also could not vote. The Civil Rights Act was finally signed in 1964 that made segregation illegal.

The film 'Selma' tells the story of how John Lewis and others, including Martin Luther King, marched from Selma to Montgomery in the US to try to win the right for Black people to vote. It shows the struggle and violence that the marchers faced but they did not fight back.

Some things to think about:

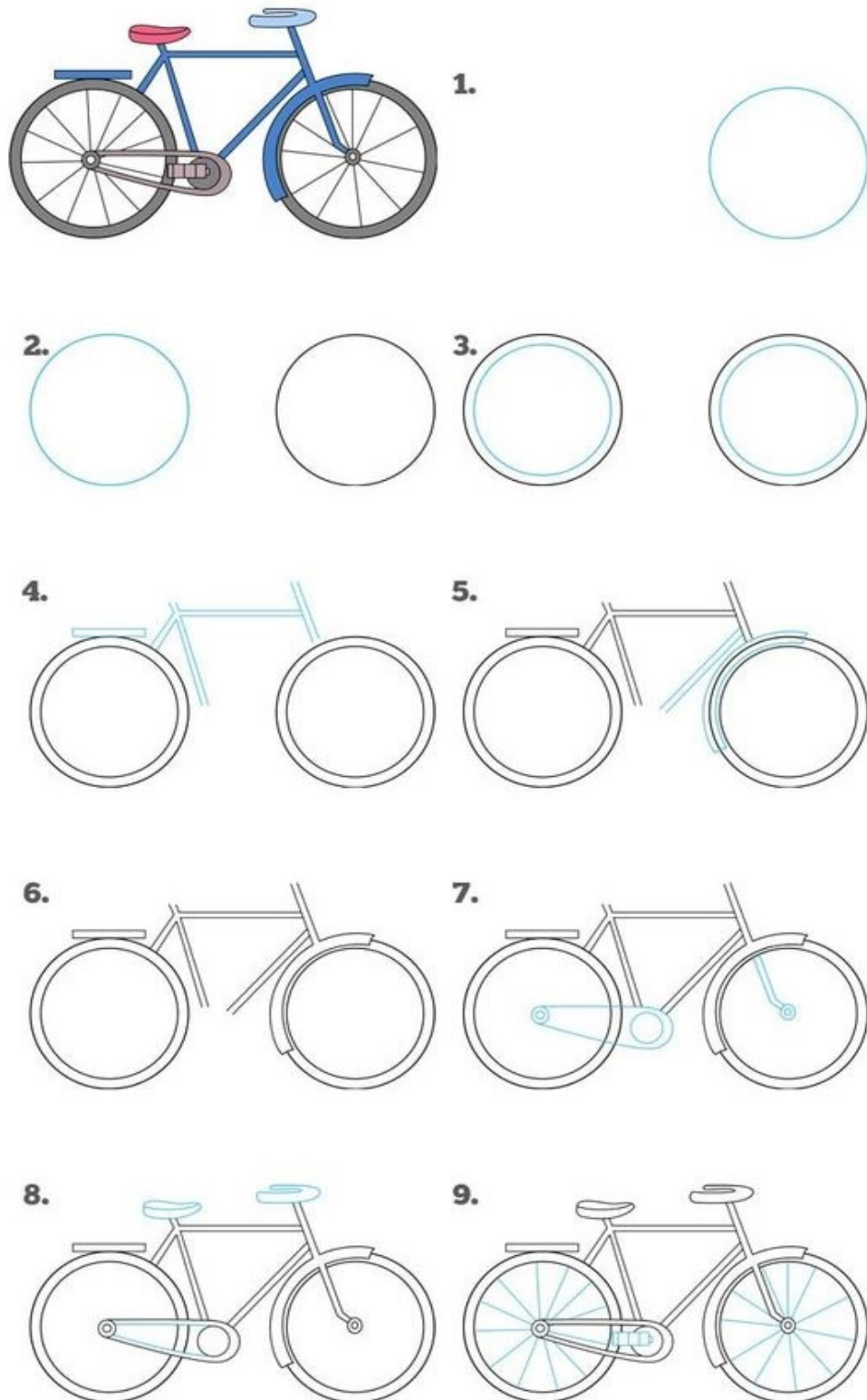
- 1) Why do you think non-violent direct action was so powerful in bringing about change?
- 2) What do you think gave John Lewis and the other marchers the courage to do what they did?

If you would like to talk to a chaplain, please ask the ward staff to arrange a call or visit.

Take care, Chaplain Karen

'Ave a Go!

Use these simple instructions to draw a bicycle! 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
...

Lined writing area with a decorative border.

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

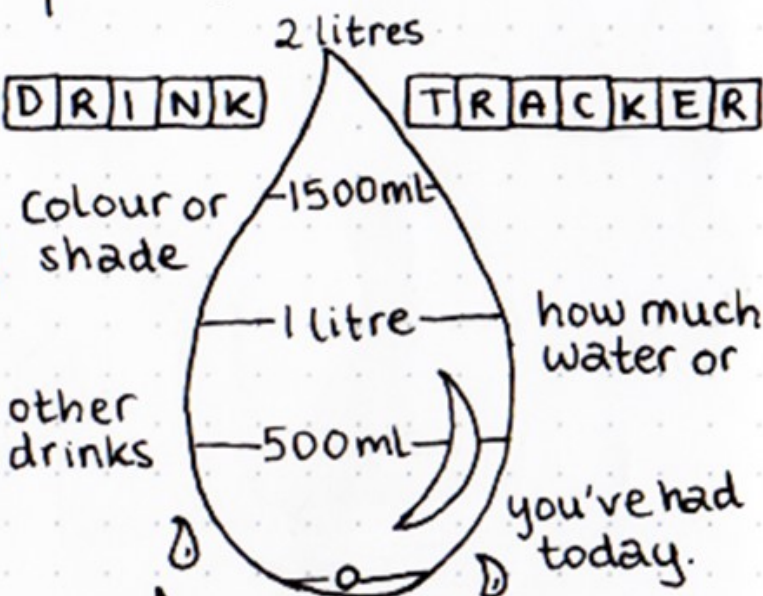
COLOUR OR SHADE ALL THAT APPLY

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



FOOD TRACKER

Have you had something to eat today for...

- Breakfast
- Lunch
- Dinner

Riddle ? me ! this

- 1. Riddle:** What begins with T, ends with T, and has T in it?
- 2. Riddle:** What comes once in a minute, twice in a moment, but never in a thousand years?
- 3. Riddle:** What can you keep after giving it to someone?
- 4. Riddle:** I live in my little house all alone. There are no windows or doors, and if I want to go out I have to break through the wall. What am I?
- 5. Riddle:** Three doctors said that Bill was their brother. Bill said he had no brothers. Who was lying?
- 6. Riddle:** Two fathers and two sons are in a car, yet there are only three people in the car. How?
- 7. Riddle:** Three doctors said that Bill was their brother. Bill says he has no brothers. How many brothers does Bill actually have?
- 8. Riddle:** Take away my first letter, then take away my second letter. Then take away the rest of my letters, yet I remain the same. What am I?
- 9. Riddle:** The more that there is of this, the less you see. What is it?
- 10. Riddle:** It belongs to you, but other people use it more than you do. What is it?
- 11. Riddle:** What has a face and two hands but no arms or legs?
- 12. Riddle:** What's black and white and read all over?
- 13. Riddle:** What word is spelled wrong in every dictionary?
- 14. Riddle:** What has a bed but never sleeps, can run but never walks, and has a bank but no money?
- 15. Riddle:** Who can shave 25 times a day but still have a beard?
- 16. Riddle:** What gets bigger the more you take away?

Find the answers on the back!

Riddle Time ? this

Answers

1. Answer: A teapot
2. Answer: The letter 'M'
3. Answer: Your word
4. Answer: A chick in an egg
5. Answer: No one. The doctors were Bill's sisters.
6. Answer: They are a grandfather, father and son
7. Answer: None, he has three sisters.
8. Answer: A postman
9. Answer: Darkness
10. Answer: Your name
11. Answer: A clock
12. Answer: The newspaper
13. Answer: Wrong
14. Answer: A river
15. Answer: A barber
16. Answer: A hole

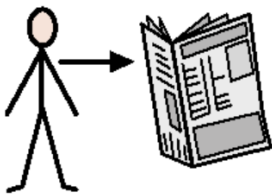
How to get involved in the monthly newsletter...



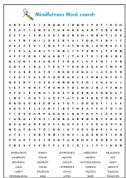
We are going to be sending out regular updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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

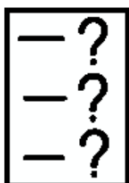


We would like service users to get involved in the activity packs.



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!