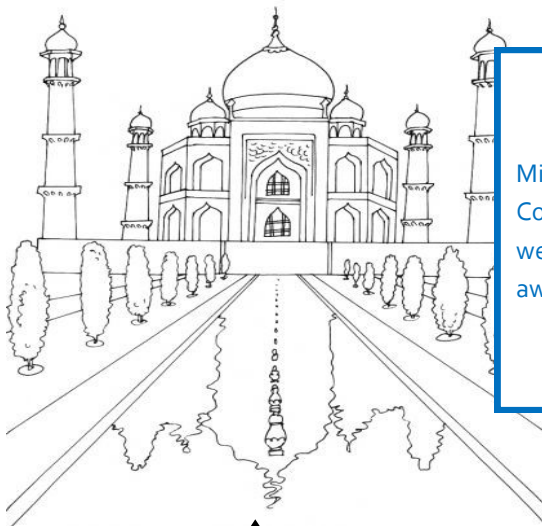




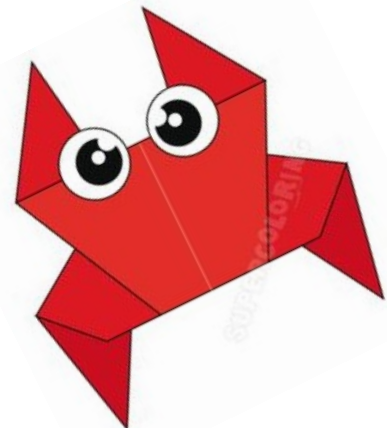
Weekly Newsletter

Dietitians
Week 1-5 June 2020

Monday 15th
June 2020



Mindfulness
Coloring—this
week its “far
away places”.



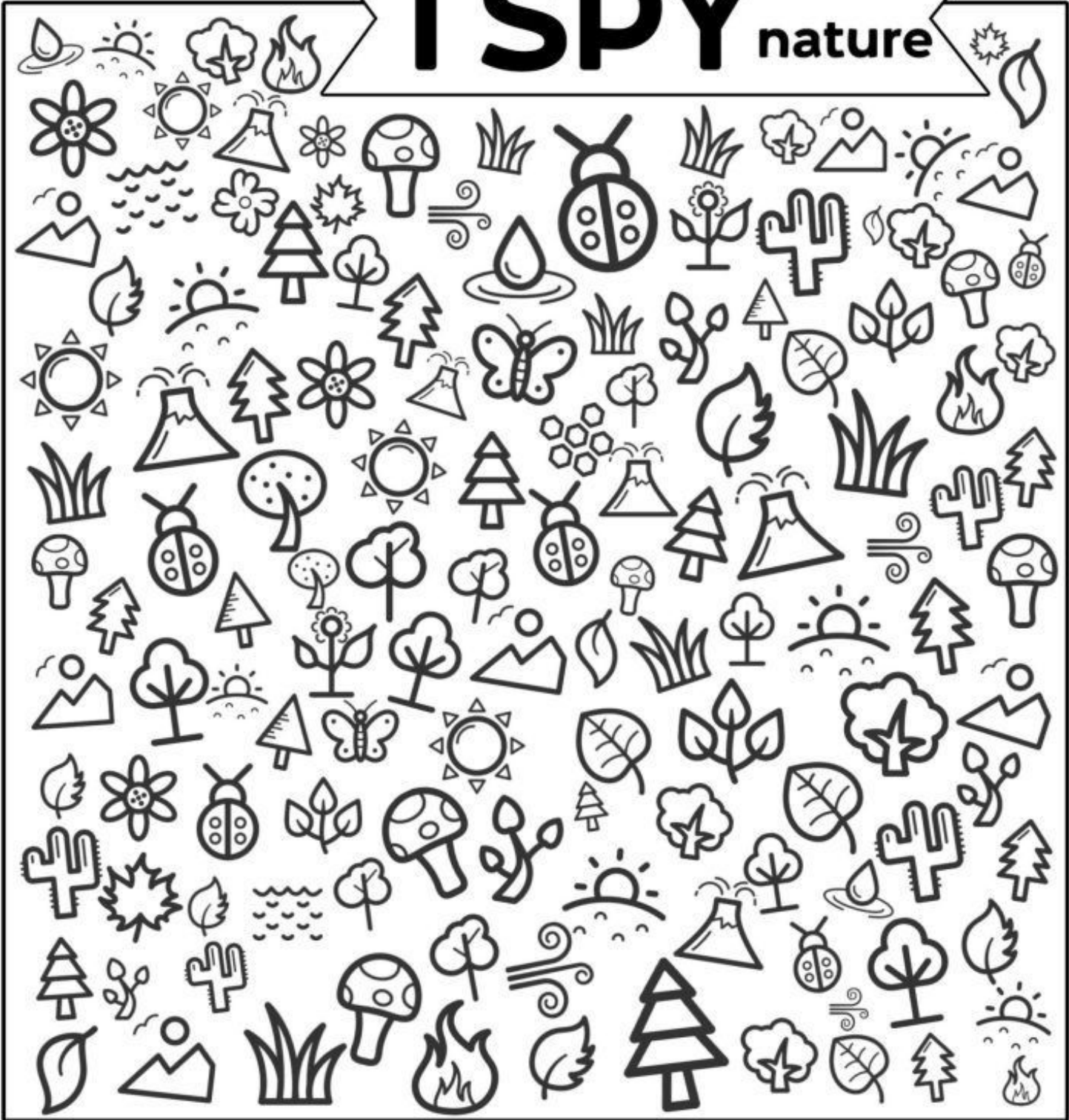
Filled with activities,
quizzes, crafts and
competitions, for
you to complete!



Covid19 Myth
Buster—p25



I SPY nature



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



SUMMER

wordsearch

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

SUNNY
PARADISE
POPSICLE
FLAMINGO
FLIP FLOPS
VACATION

SNOWCONE
WATERMELON
SUNGLASSES
BEACH
SNORKEL
PICNIC

BARBECUE
OCEAN
PALM TREE
SAND CASTLE
SUNBLOCK
POOL

TOWEL
ICE CREAM
STRAWBERRY
LIFEGUARD
FIREFLIES
SWIMMING

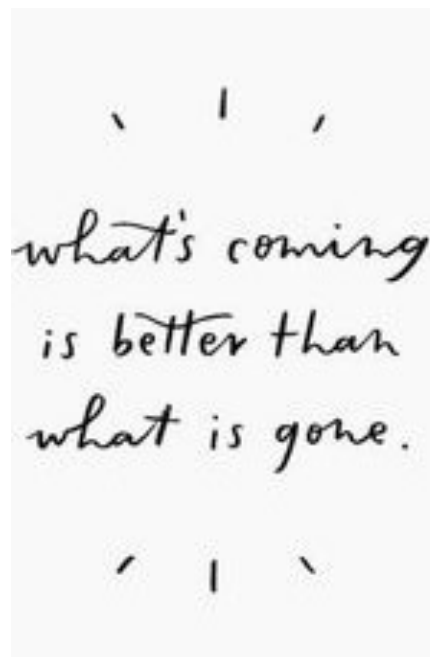
Quotes



Work on you, for you.

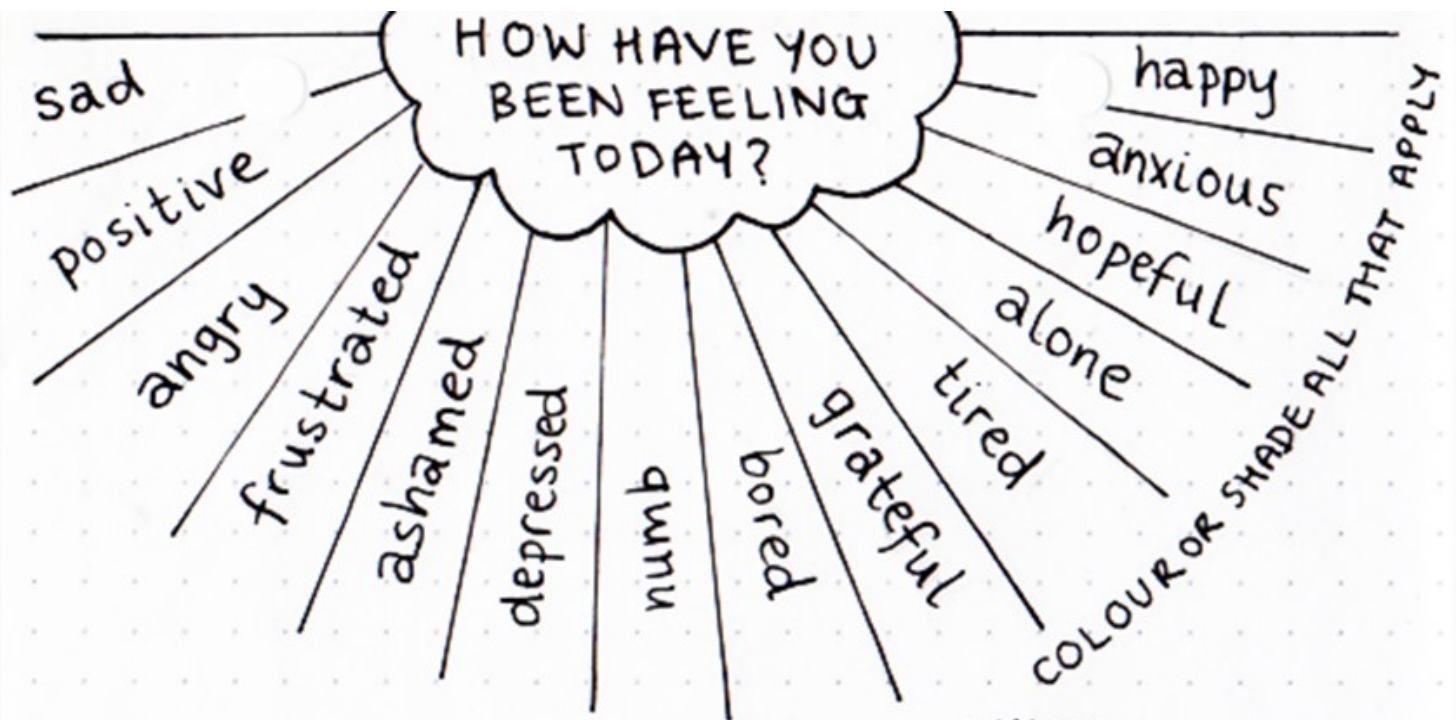
Make today so
AWESOME
that yesterday gets
jealous

give
yourself
time.



I AM
RESILIENT
AND CAN
GET
THROUGH
ANYTHING.

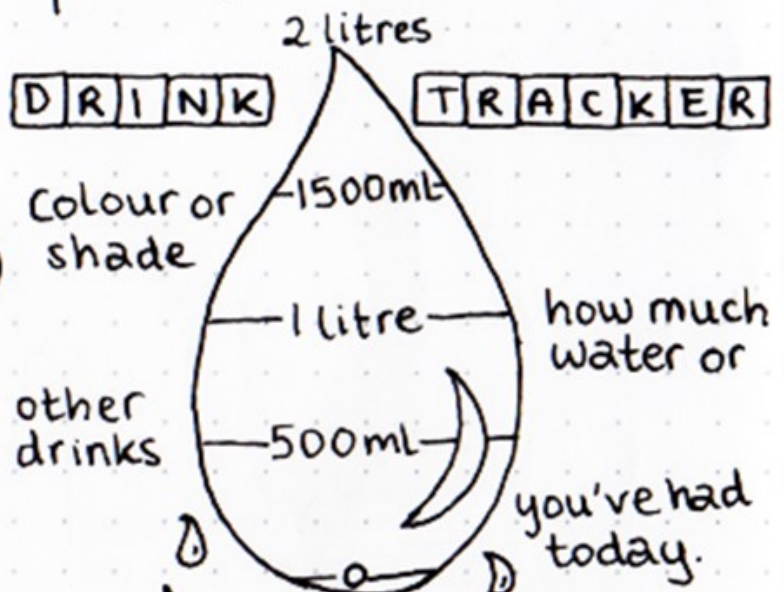




SELF CARE

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



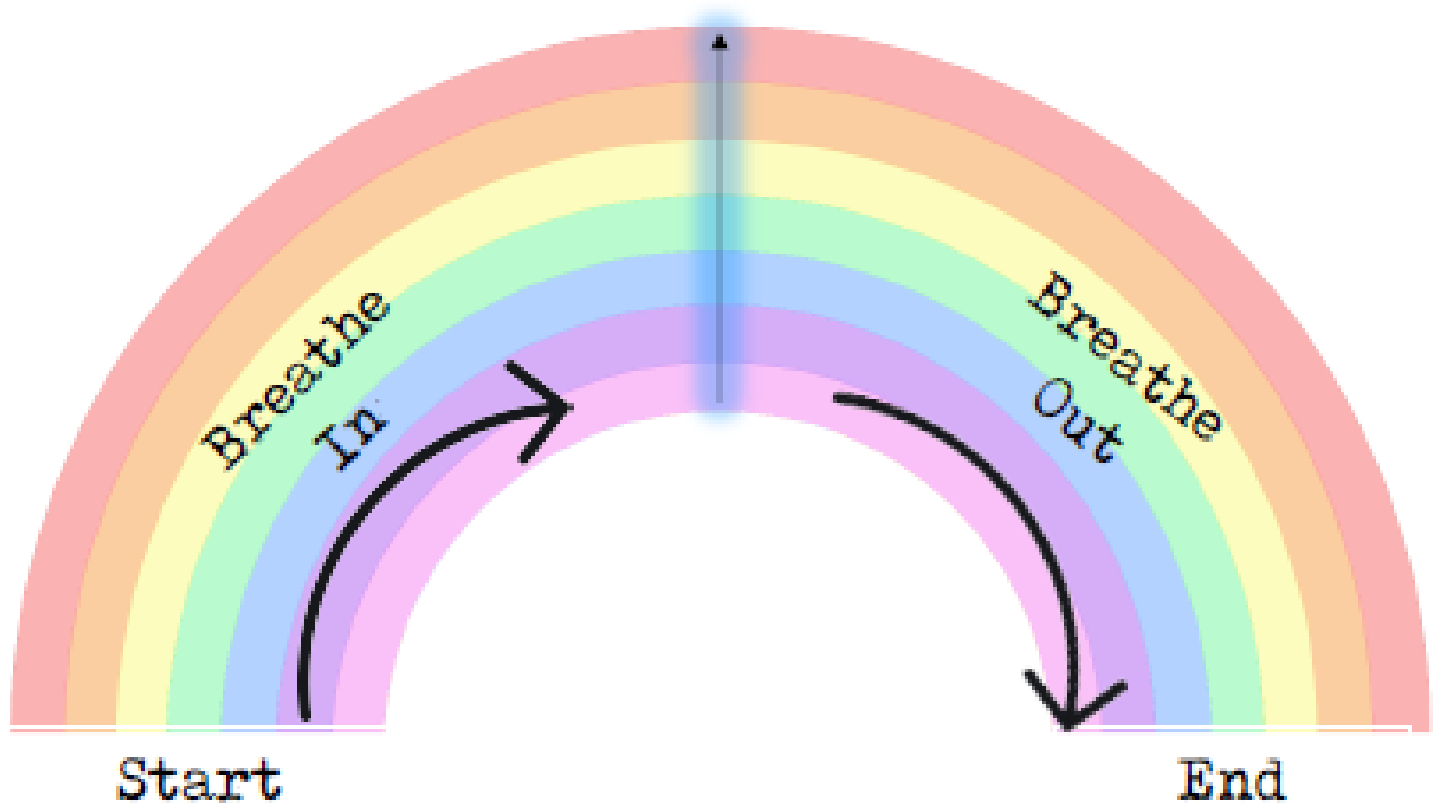
FOOD TRACKER

Have you had something to eat today for...

- Breakfast
- Lunch
- Dinner

Rainbow Breathing

Breathing exercises are BRILLIANT for helping us to feel calm and settled.



Put your finger on the red colour.

Take a long, slow breath through your nose and slowly trace the colour to the top of the rainbow.

As your finger moves down breathe out slowly through your mouth.

Repeat for the other colours.

Keeping a balance!

Planning your Week

WHY IS STRUCTURE AND ROUTINE IMPORTANT?

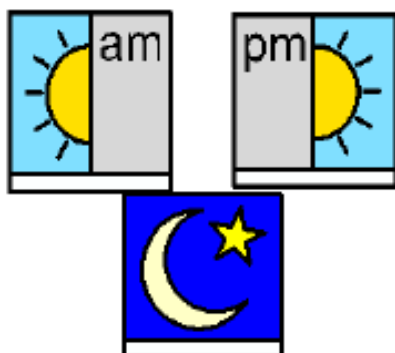
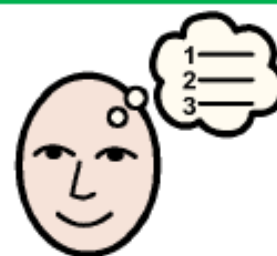
Having structure and routine to your day is good for your mental and physical health.

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?

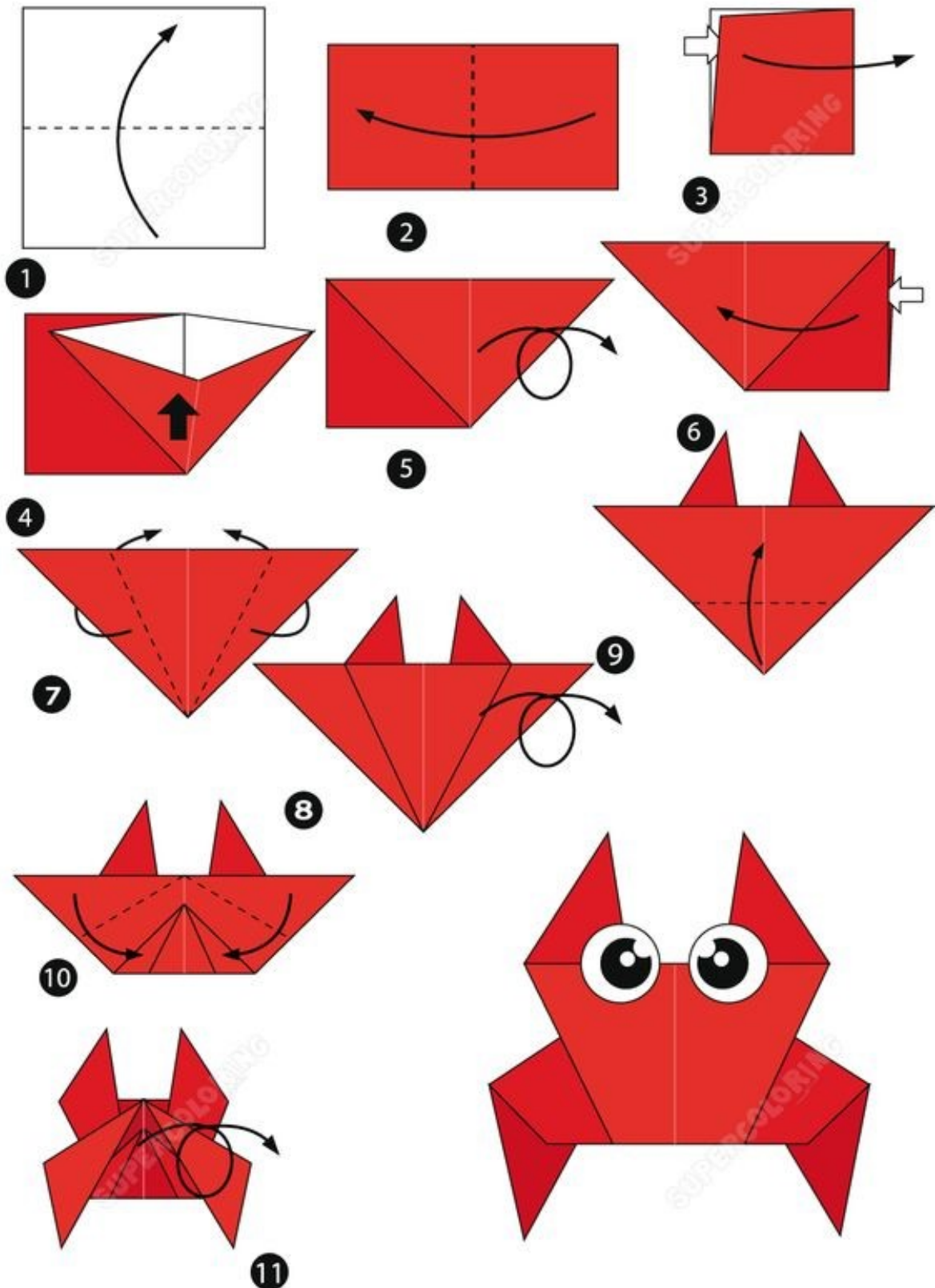
	<p>Domestic tasks</p>	<p>Can you do your laundry, clean and tidy your room, clean and tidy the ward area, organise your room?</p>
	<p>Self Care</p>	<p>Can you pamper yourself, have a mini spa; face pack, bubble bath, do your make-up, hair and nails, give yourself a manicure and pedicure, discuss self-care/fashion with someone, watch a fashion programme, read a fashion magazine?</p>
	<p>Relaxation</p>	<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>
	<p>Exercise</p>	<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>
	<p>Dance</p>	<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>
	<p>Education</p>	<p>Can you do some worksheets, listen to or watch an educational programme on radio or TV, play educational games?</p>
	<p>Planning</p>	<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>
	<p>Faith/religion</p>	<p>Can you pray or meditate, read, have a discussion, listen to programmes on the radio or TV about your religion or faith?</p>
	<p>Talk</p>	<p>Can you talk to staff, talk to each other, phone your family/friends, have a 1:1, attend community meeting?</p>

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

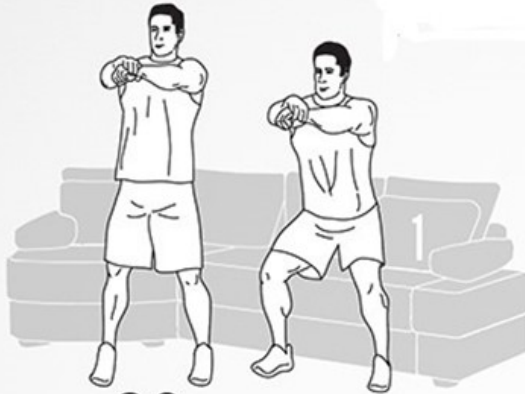
 <p>Puzzles</p>	<p>Can you do crosswords, word search, Sudoku, dot-to-dot, I Spy puzzles, jigsaws etc?</p>
 <p>Writing</p>	<p>Can you write poetry, stories, letters, your life story, a book review, develop a ward newsletter, keep a journal, try a creative writing activity or create your own comic strip?</p>
 <p>Arts and crafts</p>	<p>Can you do some colouring in, painting, drawing, crafts, card making, make a scrap book, draw cartoons, make a poster or wall display, make origami, colour by numbers, create your own comic strip, try a doodle challenge, draw zentangles and patterns, make a book mark, learn how to draw?</p>
 <p>Cards</p>	<p>Can you play patience, snap, Blackjack, Rummy, Poker etc?</p>
 <p>Games</p>	<p>Can you play Monopoly, Scrabble, noughts and crosses, Uno, chess, draughts, Connect 4, Bingo or try a quiz?</p>
 <p>TV/DVDs</p>	<p>Can you watch a film, TV series, soaps, comedy, cooking programme, documentaries, news, reality TV, chat show, game shows, nature, science or watch a DVD, try a relaxation DVD?</p>
 <p>Music</p>	<p>Can you listen to music, sing, have a discussion with someone else about music, write your own song or rap, relax to some music?</p>
 <p>Radio</p>	<p>Can you listen to music, talk shows, sport, news, drama show, quiz show, show about science and technology, have a discussion about what you listened to with someone?</p>
 <p>Gaming</p>	<p>Can you game on your own, against each other, have a competition or tournament, or try a Minecraft challenge?</p>
 <p>Reading</p>	<p>Can you read a book, newspaper, magazine or comic or look at photos/pictures, discuss what you have read with someone?</p>

Arts and Crafts

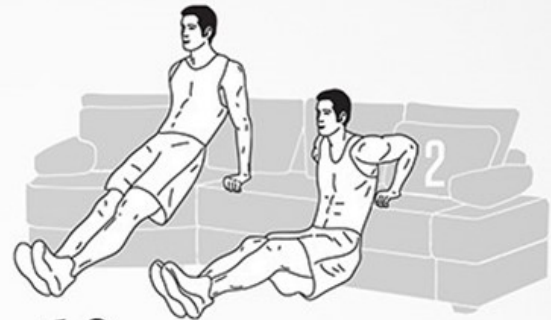
Ask staff for a piece of paper –have a go at making this origami crab!



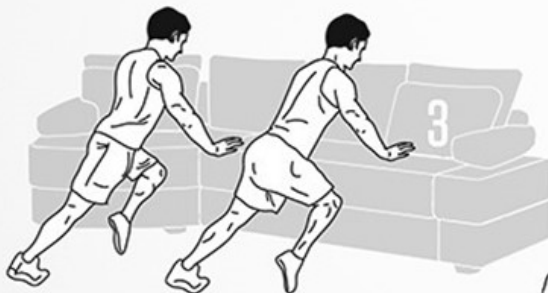
The 'Advert' Workout



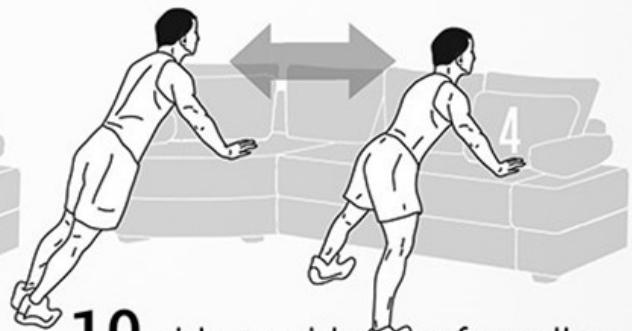
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises

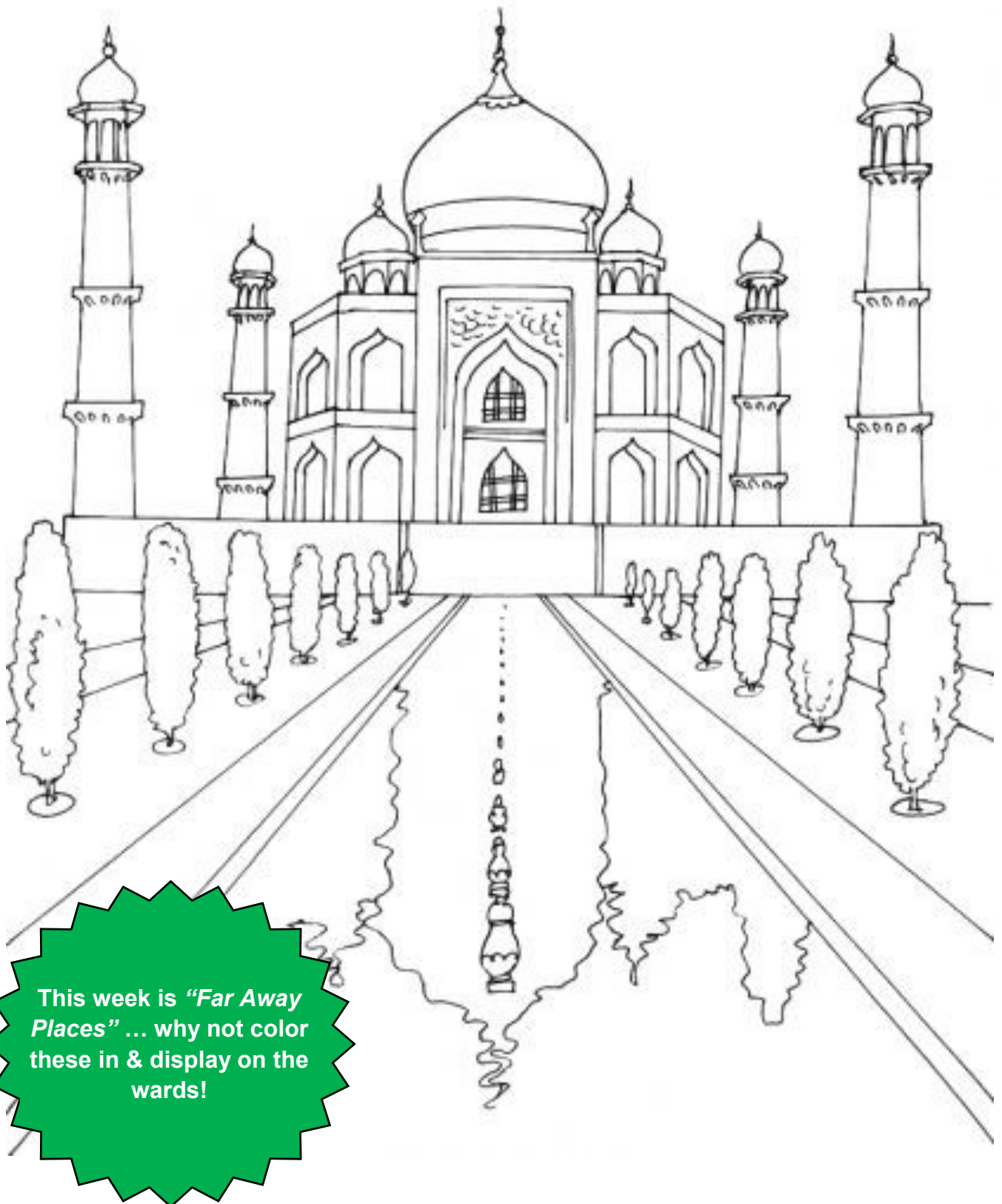


10 raised leg circles

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:

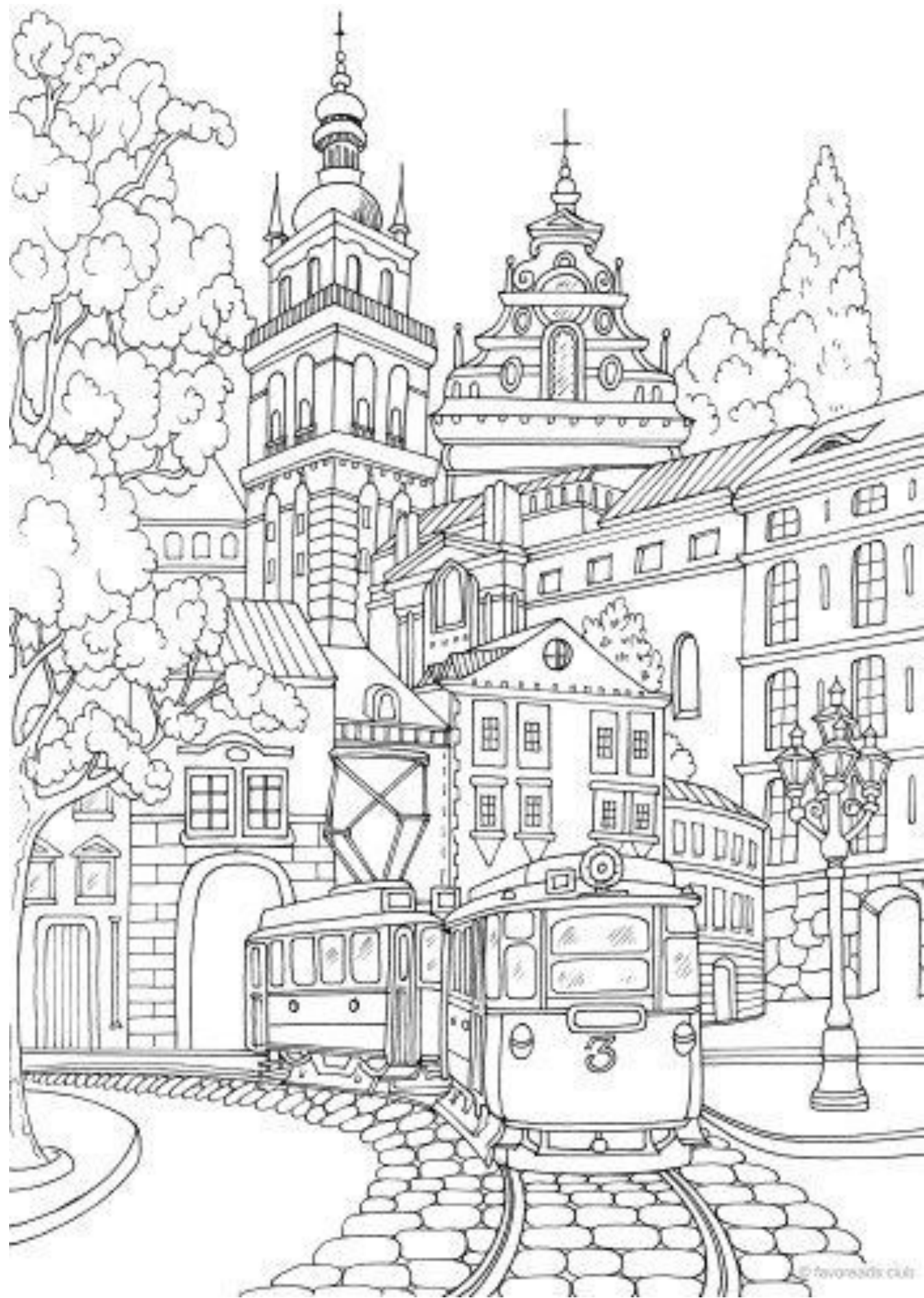


This week is *"Far Away Places"* ... why not color these in & display on the wards!

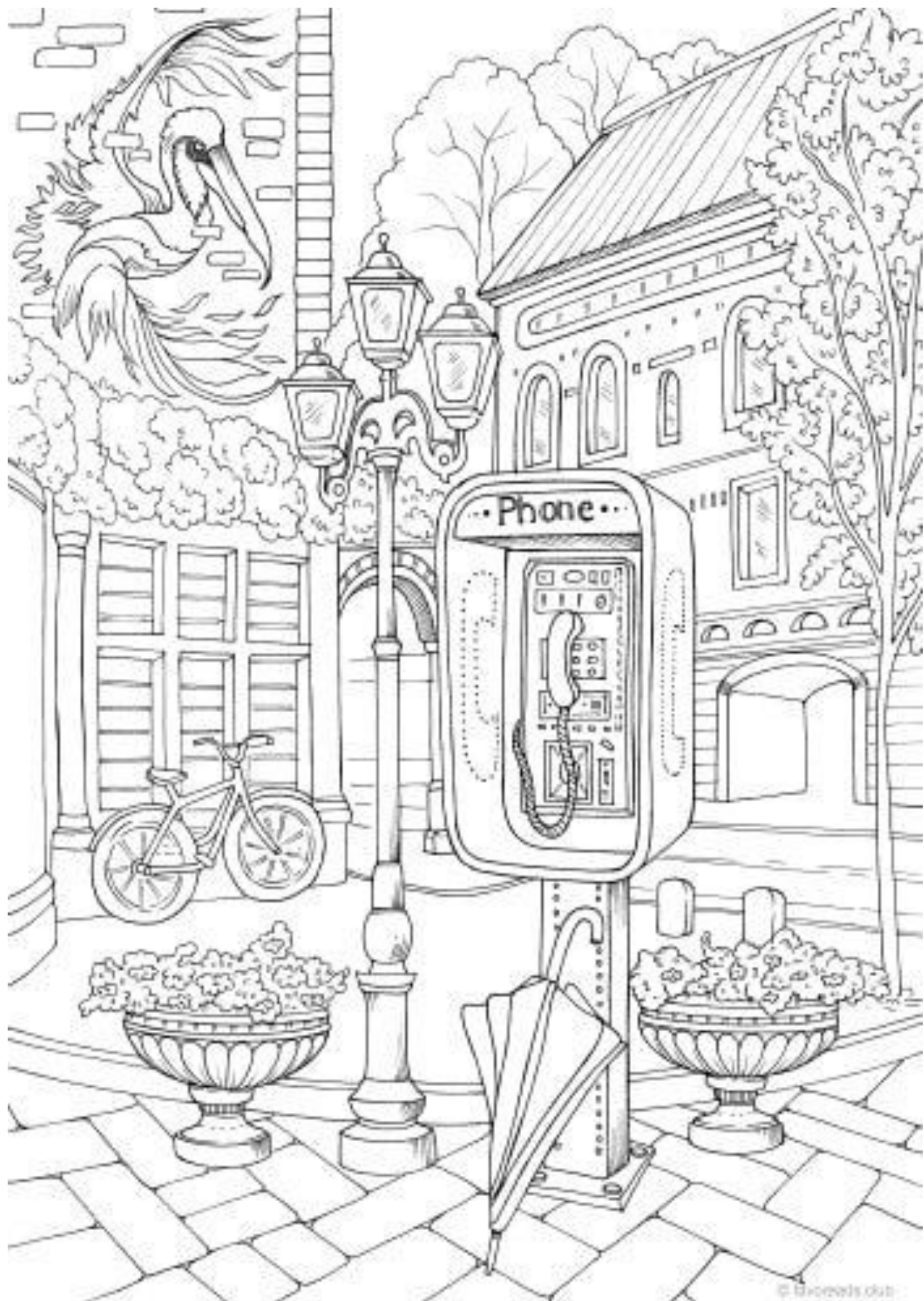




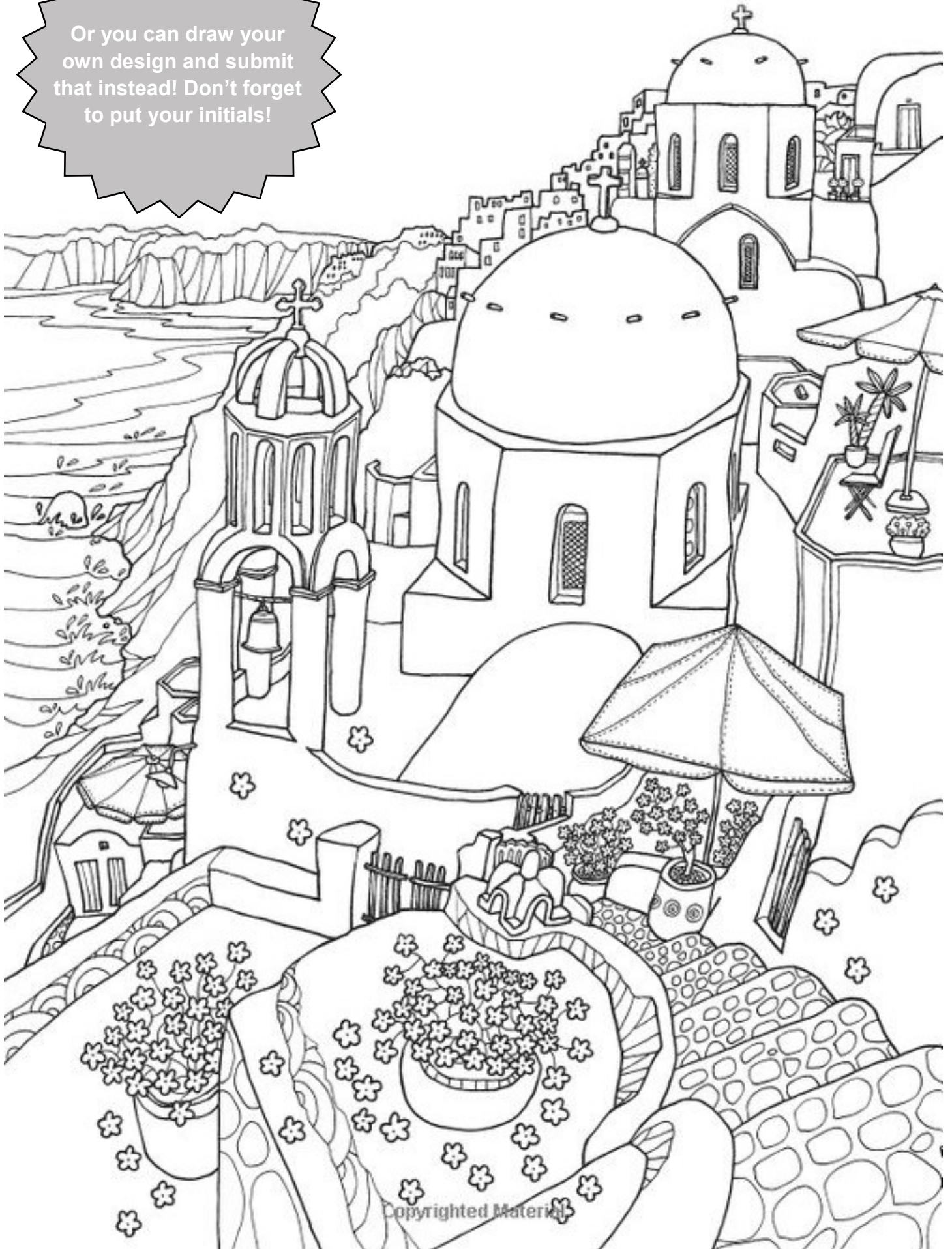




© favoreads.cult



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



Copyrighted Material

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!









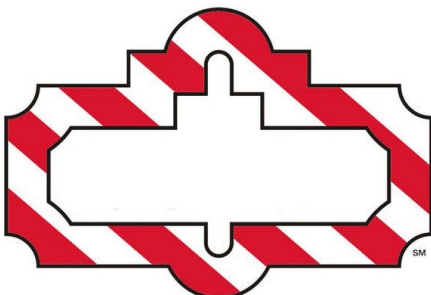






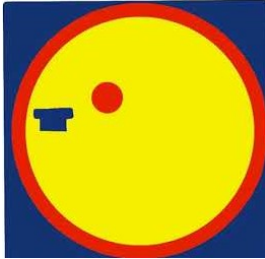












How many did you manage to get?
 And for an extra bonus point ...
 which footwear company am I the
 face of?



! Answer: Umbro; Carlsberg; Bose; Dunlop; Ebian; Carhartt; Sunmaid Raisins;
 Green Giant Sweet Corn; Old El Paso; TGI Fridays; Slush Puppy; Chevrolet Fer-
 ro Roche; Schwepes; Puma; Lidl; Texaco; Pound land; Skoda; KFC; Pizza Hut.
 Bonus Round: Foot Locker.

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



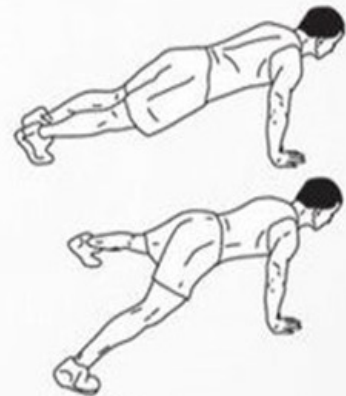
10 lunges



20 climbers



10 push-ups



10 plank jacks



10 sit-ups



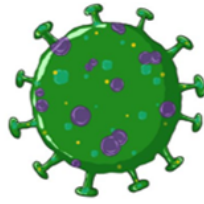
10 knee-to-elbow crunches



30sec elbow plank

What is Covid-19?

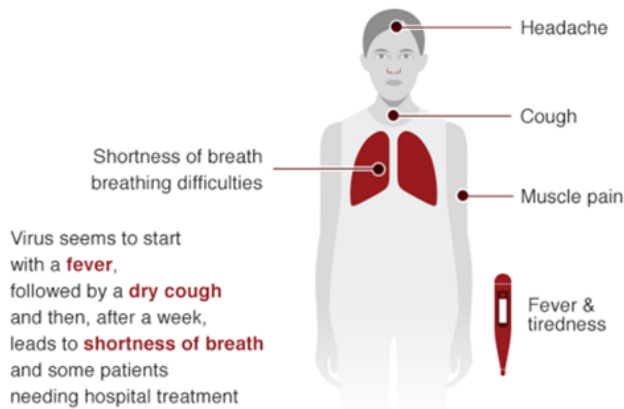
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



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)



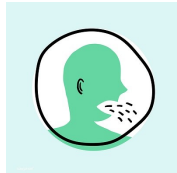
Source: WHO

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

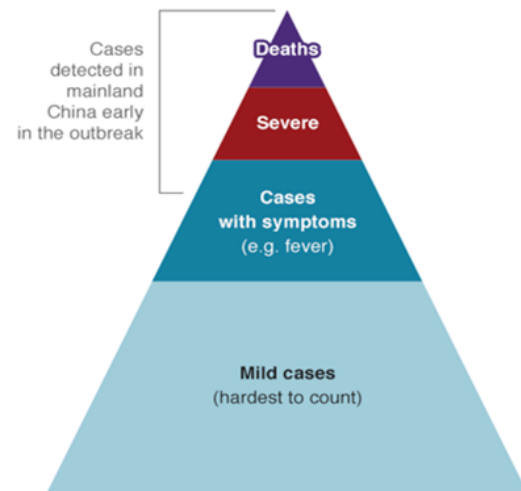
Can drinking hot drinks and avoiding ice cream kill Covid-19?

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

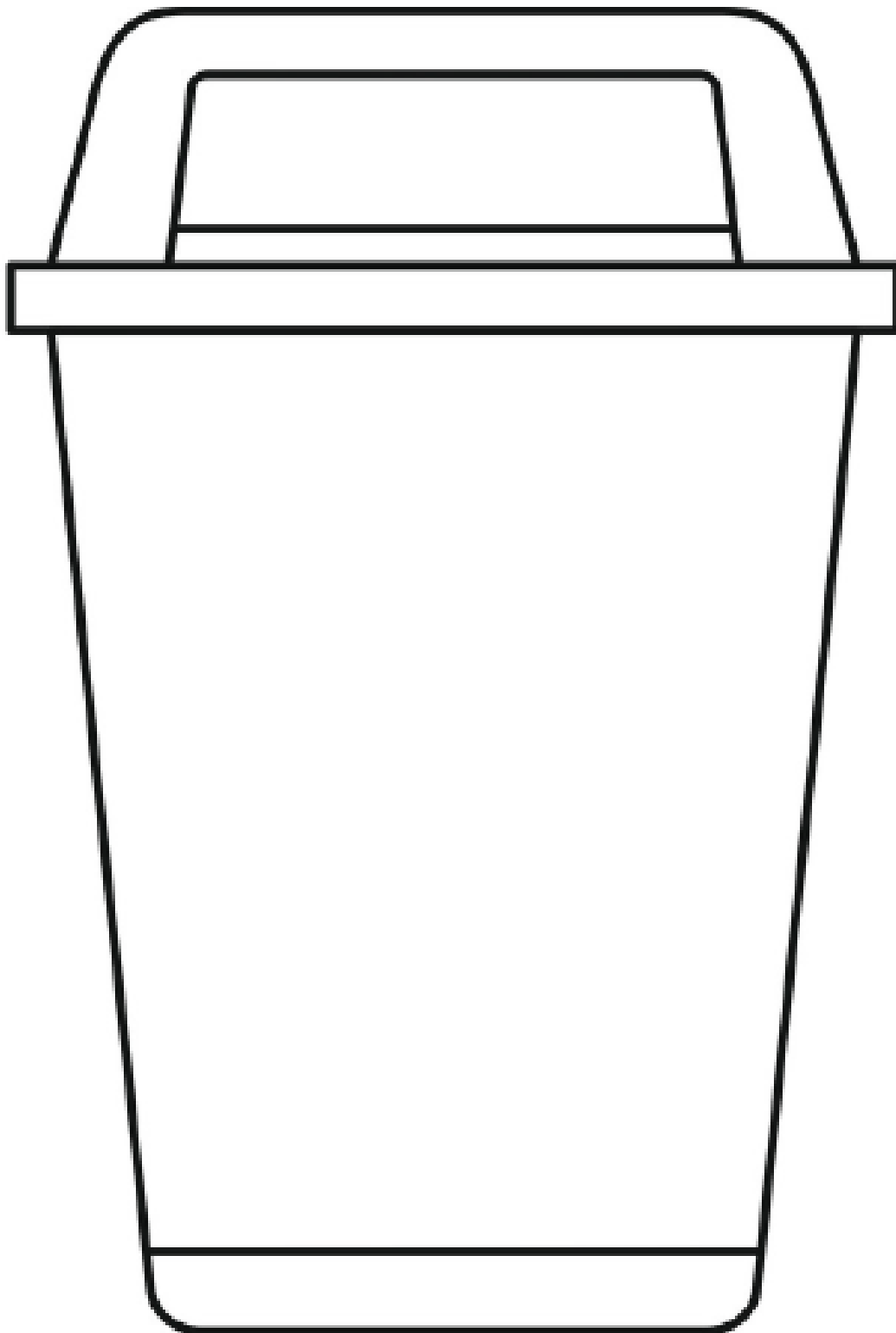
But even if you do get it, you are likely to experience mild symptoms and recover.

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.

Dump your worries!

Fill the bin with the thoughts you'd like to get rid of.

When they are all out – rip it up, scrumple it,
stamp on it and throw them away!



'Ave a Go!

Use these simple instructions to draw a palm tree!
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...

Dietitians
Week 1-5 June 2020

#WhatDietitiansDo
#TrustADietitian
bda.uk.com/DietitiansWeek

This is the British Dietitians' Association's annual celebration of dietitians, dietetics and those that work to support them. Stay tuned to our social media platforms to learn #WhatDietitiansDo and their ever important roles for our patients, including those affected by Covid-19. The team will also be tackling some common myths, especially those around immunity and will be giving you evidenced based information throughout the week. Please make sure to refer into the dietetic service if you identify any patients who may be suffering with poor appetite and weight loss, especially if recovering from Covid-19 and those with poorly controlled diabetes.

The dietetics teams at Mersey Care will continue to support our patients in the community, mental health and secure settings and work closely with multi disciplinary teams.



Myth Busters:

What's the difference between a Dietitian and Nutritionist?

Whilst Nutritionists can give good advice about food and general healthy eating, they're not able to give specialist dietary advice for certain medical conditions in the way that Dietitians do. Although many Nutritionists may be appropriately qualified, their title is not protected by law, meaning that anyone can advertise their services as a nutritionist without a minimum qualification to meet.

Dietitians are the only legally regulated nutrition professionals working in the NHS and wider health and care services. You can only call yourself a Dietitian if you're properly qualified with a Dietetics degree and registered with the health care professions council, whose job is to protect the public by making sure that skills and knowledge are kept to a high standard.

Can I "detox" my body

"It's a complete myth that we need to "detox" our bodies in order to stay healthy. The whole idea is nonsense as your body is quite capable of getting rid of any waste products by itself and there are no special juices, teas or pills that can magically do this!"

Taking high doses of Vitamin C will Cure COVID- 19

Vitamin C is often hailed as the go to "immune boosting" supplement to ward off the common cold. This has led to some claims that high doses of Vitamin C can prevent or even cure COVID-19.



TO DATE THERE IS NO SCIENTIFIC RESEARCH SUPPORTING THE CLAIM THAT HIGH DOSES OF VITAMIN C CAN HELP PREVENT OR CURE COVID-19

Does fruit have too much sugar?

“Our brains and muscles require glucose to function. We should be aware of our sugar consumption and adhere to national guidelines, but fruit is also packed with beneficial vitamins, minerals, fibre, water and other nutrients. There are some situations and health conditions where fruit consumption may need to be reduced, or/and certain fruits need to be avoided but this should be from the advice of a health professional. Consuming plenty of fruit and vegetables as part of a healthy balanced diet can contribute towards protecting against many diseases”

Hot & Warm Liquids can Flush out the coronavirus.

While a hot drink may help you to relax and offer comfort on a chilly day it won't protect you from Covid-19. The thought around this myth is if you take a sip of a warm beverage every 20 minutes you can flush out the viruses that has entered the mouth and into your stomach where the gastric juices in your stomach will kill the virus before it gets to the lungs. However, infections like COVID-19 can enter the body when we breathe in. So by drinking water every 20 minutes you are not going to get rid of the virus.

Eating bananas will make you constipated.

Bananas are actually high in fibre and will support good bowel motility, therefore making them a 'natural laxative'. We recommend 1-2 bananas max per day as part of healthy diet. Try adding them to cereal, mashed on rice-cakes or a plain tea-cake. Banana bread has apparently been a popular bake of choice during Covid19. Why not add some raisins or dates too for extra fibre!

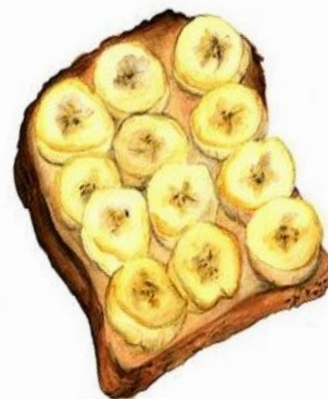
It is good to eat when you are low in mood.

Emotional eating or mindless eating can cause weight gain

Start listening to your **hunger signals**, eat when your body tells you and **stop when full**.

Add a small portion of your favourite food in your diet to provide you with an energy boost

A regular balanced can prevent weight gain by reducing cravings to over-eating eating when you are low in mood, anxious or stressed.



Hand-washing technique with soap and water



- 1 Wet hands with water
- 2 Apply enough soap to cover all hand surfaces
- 3 Rub hands palm to palm
- 4 Rub back of each hand with palm of other hand with fingers interlaced
- 5 Rub palm to palm with fingers interlaced
- 6 Rub with back of fingers to opposing palms with fingers interlocked
- 7 Rub each thumb clasped in opposite hand using a rotational movement
- 8 Rub tips of fingers in opposite palm in a circular motion
- 9 Rub each wrist with opposite hand
- 10 Rinse hands with water
- 11 Use elbow to turn off tap
- 12 Dry thoroughly with a single-use towel
- 13 Hand washing should take 15-30 seconds



Advice for stopping virus spread



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Brain Teasers



1 SAND	2 MAN BOARD	3 STAND i	4 R E A D I N G
5 WEAR LONG	6 R ROAD A D	7 T O W N	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. Ph.D. B.S.	11 KNEE LIGHTS	12 ii O O O O O
13 CHAIR	14 DICE DICE	15 T O U C H	16 GROUND FEET FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 GI C C C C C C	22 PROGRAM	23 B L O O D	24 J U S T YOU S ME

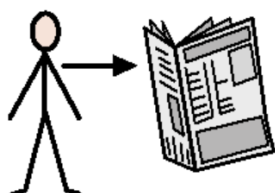
How to get involved in the weekly newsletter...



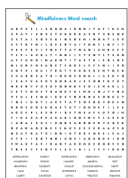
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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

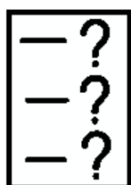


We would like service users to get involved in the weekly newsletter.



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!