

STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

ISSUE 7

Our Occupational Therapists from the Community Learning Disability Team have put together a short magazine to help you stay home, stay safe and keep happy. This includes some happy news and some fun activities to help you to stay active, relaxed and happy in this difficult time. Each issue there will also be a blank weekly planner you can fill in.

DON'T FORGET!!

Next week is Learning Disability Week 2020



It will take place online from 15 to 21 June. The theme is the importance of friendships during lockdown.

Mencap want to show how important friendships are for people with a learning disability and give tips on keeping connected with friends during this difficult time.

If you have a story about you and your friends, or any tips about how you're keeping connected during lockdown, they want to hear from you! Email: reallifestories@mencap.org.uk.

Visit the Mencap website for more information about what is happening in Learning Disability week and how you can get involved www.mencap.org.uk/get-involved/learning-disability-week-2020

PiP's Cuppa and Conversation – Learning Disability Week

Celebrate **Learning Disability Week** with PiP - join us for a cuppa and a themed conversation with PiP staff, students and partners

<https://www.eventbrite.co.uk/e/pips-cuppa-and-conversation-learning-disability-week-tickets-106810653540>

About this Free Event

Monday 15th - Sunday 21st June is Learning Disability Week. This years theme is the importance of friendship under lockdown, highlighting the staggering statistics of loneliness felt by young people and adults with learning disabilities.

In response, we've created a series of informal events to give PiP's new and existing friends a chance to get to know us better. Take a tea/coffee break and chat with our expert staff, partners and our students to find out about a range of topics that are important to people with learning disabilities. Alternatively, Learn Along with PiP and join some of our student sessions to see first hand what we get up to.

All Cuppa and Conversation events will take place from 11am on Zoom and last approximately 45 minutes - 1 hour.

ONCE YOU HAVE SIGNED UP, ZOOM LINKS WILL BE SENT THE DAY BEFORE THE EVENT.



TIPS FOR STAYING HEALTHY

Aim to drink **6 to 8 glasses** of fluid a day. Having water, lower fat milk, sugar-free drinks, tea and coffee, all count.

Fizzy drinks are high in **sugars** and calories. They are bad for your teeth. Drinks such as fruit juice and smoothies are high in sugar. Try to drink no more than 1 small glass a day.



You should eat at least **5 portions** of a variety of **fruit** and **vegetables** every day. This can include frozen, tinned and dried fruit and vegetables. If using tins of fruit choose those in fruit juice not syrup.



Eat less **salt**: no more than 1 teaspoon a day

Eating too much salt can raise your blood pressure which can lead to heart disease or stroke. There is already salt in a lot of the food you buy, such as breakfast cereals, soups, breads and sauces.

Use the traffic light food labels to help you cut down. Choose foods that is green or amber

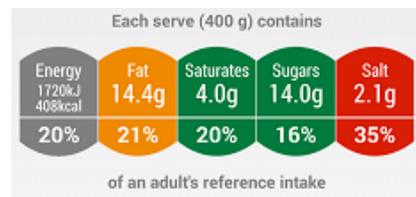
Red=high in salt

Amber= medium

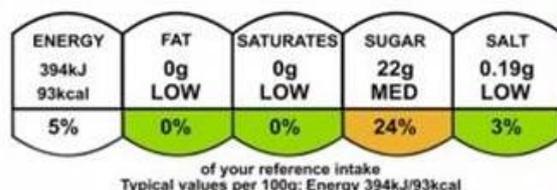
Green=low in salt



High in salt:



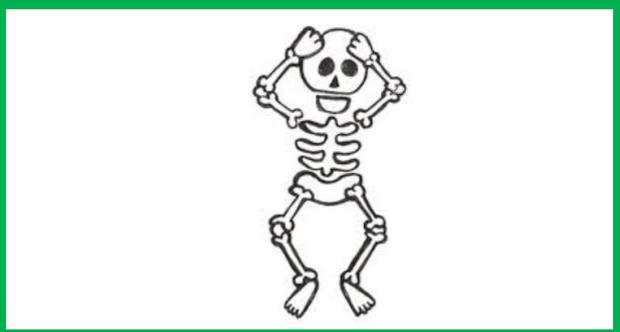
Low in salt:



Eat some beans, fish, eggs, meat and other **protein**. These foods are good sources of protein, vitamins and minerals. Try to grill fish or meat, instead of frying.



Milk, cheese & yoghurt are good sources of protein, and they're also an important source of **calcium**, which helps to keep your bones strong. Choose lower-fat and lower-sugar options.

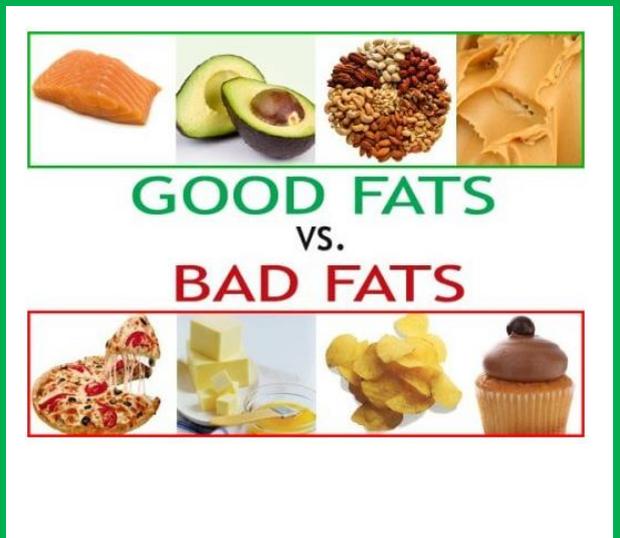


Starchy foods are a good source of **energy** and should make up just over a third of the food we eat.



Choose higher **fibre** wholegrain varieties, such as wholewheat pasta and brown rice, or leave skins on potatoes. These help us stay feeling full for longer.

Too much **saturated fat** (bad fats) increases your risk of getting heart disease. Try to cut down on your saturated fat intake, and choose foods that contain unsaturated fats (good fats) instead. Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. **Eat in small amounts.**



Activity

Bubble Wrap Printed Fruit & Veg



You will need:

- Fruit and veg blank card shapes – look online for templates or draw your own
- Bubble wrap
- Ready mixed paint

What to do:

For each fruit and veg, decide on the colours you will need

Paint the bubble wrap evenly with the chosen colour then print your card.

If you need more than one colour per item, do the side you need, and then turn it around to complete the rest. It doesn't matter if you get some overlap.



When you have made your bubble wrap prints you could stick them up in your kitchen to remind you to eat your 5 portions of fruit and vegetables a day.

Here are some examples (bubble wrap printed pineapple, banana, tomato, carrot and broccoli).



Recipe Idea

Pasta with creamy greens & lemon (Serves 2)

You will need:

175g pasta
70g broccoli florets
50g frozen soya beans
50g frozen peas
50g mange tout
75g low fat mascarpone or low fat soft cheese (you could try garlic and herb cream cheese for extra flavour)
Zest and juice 1 lemon
40g grated parmesan or cheese
Handful basil leaves or some dried basil



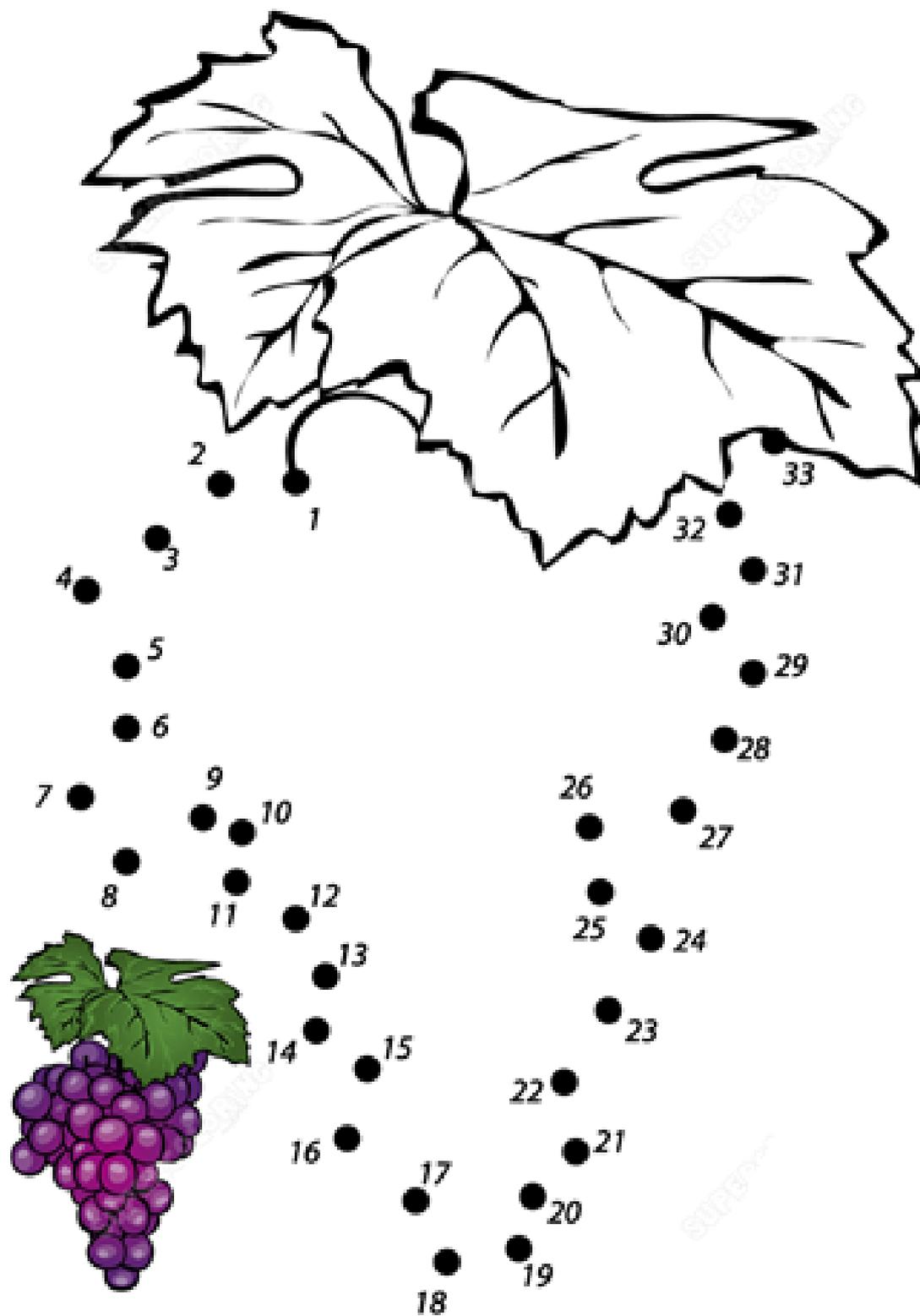
What to do:

1. Cook pasta in a very large pan following the pack instructions, adding broccoli florets, frozen soya beans, frozen peas and mange tout for the final 3 mins of cooking time.
2. Drain pasta, saving a ladleful of the cooking water first, then tip everything back into the pan.
3. Stir in mascarpone or soft cheese, zest and juice 1 lemon, grated cheese, a handful basil leaves, some seasoning and a splash of the cooking water.

(Recipe from Good Food magazine, February 2011)

More Activities

Dot to dot



Healthy Eating Quiz (tick true or false)

Tick true or false for each question. Answers are at the end of the magazine. No cheating!!	FALSE	TRUE
1. 1 glass of fruit juice counts as one portion of your fruit intake.		
2. If I eat lots of fruit I don't need to eat any vegetables.		
3. Your fruit and vegetable intake must come from fresh fruit and vegetables only.		
4. People should consume at least 5 portions of fruit and vegetables per day.		
5. Wholegrain bread, beans and lentils, brown rice and pasta are a good source of fibre.		
6. Adults should have no more than 1 teaspoon of salt per day.		
7. Eating too much salt could cause high blood pressure and heart disease.		
8. It is recommended that we should drink 6-8 glasses of fluid per day.		
9. Drinking lots of fizzy drinks is good for you.		
10. Walking and some household chores are counted as physical activity.		
11. If I go for a walk every day I can eat as many cakes and biscuits as I like?		
12. Skipping breakfast will help me lose weight?		

This has been adapted from health education trust website.

Something to make you Smile

Things you'd never believe are made out of food

This model village is made entirely of cake. It took 3 months to make.



A company in Switzerland made this clock out of cheese. It was sold at Christie's auction house for £73,000 along with another watch made of cheese.

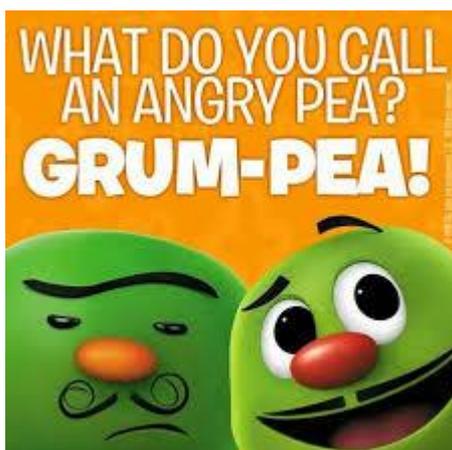
This bride fancied something a bit different for her wedding bouquet. It's made out of pizza. At least they could have a snack while having their photograph taken!



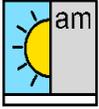
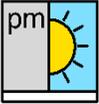
This is the Mona Lisa made entirely out of toast. It took 3 days to make and took 160 slices of thick white bread and was 2.5 m tall.



This is a house made completely of gingerbread and covered in real sweets! It was built in Texas and in 2013 made it into the Guinness Book of World Records for being the biggest gingerbread house in the world!



My Weekly Planner

	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
MORNING 							
AFTERNOON 							
EVENING 							

ANSWERS TO TRUE/FALSE QUIZ

1.	True - Fruit juice can count for one of your 5 portions per day but you can't have 5 glasses of juice and say you have had your 5 a day!
2.	False - You need to eat a wide variety of fruit and vegetables for a healthy diet.
3.	False - Your fruit and vegetable portions can be made up of dried, frozen or tinned–fruit and vegetables
4.	True - There's evidence that people who eat at least 5 portions a day have a lower risk of heart disease, stroke and some cancers.
5.	True - Fibre helps you stay full for longer and helps stop you getting constipated
6.	True - This includes hidden salt in the foods that you buy–check the labels
7.	True - Try not to add salt to your cooking or at the table
8.	True - Having water, lower fat milk, sugar-free drinks, tea and coffee, all count.
9.	False - Having foods and drinks high in sugar increases your risk of obesity and tooth decay
10.	True - Try to do at least 20 minutes of activity a day.
11.	<p>False - These foods are high in fat and sugar and should only be eaten in small amounts. If you feel hungry after activity, choose foods or drinks that are lower in calories. E.g. Low fat hummus & carrot sticks, unsalted nuts, or an apple.</p> <div style="text-align: center;">  </div>
12.	<p>False - A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need. A low-sugar cereal with fruit sliced over the top is a tasty and nutritious breakfast</p> <div style="text-align: right;">  </div>

DISCLAIMER:

This magazine is being produced by the OT team to help keep you busy. We will try our best to acknowledge where we have obtained the ideas from for the magazine. We are not endorsing any websites or products and the Trust do not accept any responsibility should any injuries or incidents occur whilst doing these activities.

References

<https://intheplayroom.co.uk/2015/08/20/bubble-wrap-printed-fruit-veg/>

<https://www.bbcgoodfood.com/recipes/pasta-creamy-greens-lemon>

<http://www.supercoloring.com/dot-to-dots/fruits>

<http://www.easyhealth.org.uk>

<https://healtheducationtrust.org.uk/wp-content/uploads/2009/12/Microsoft-Word-healthy-eating-quiz-adults.pdf>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Things you'd never believe are made out of food

<https://www.bbc.co.uk/newsround/38689694>