



Riddle
me
this



Mersey Care
NHS Foundation Trust

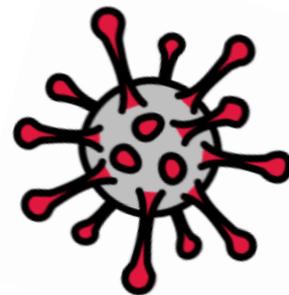
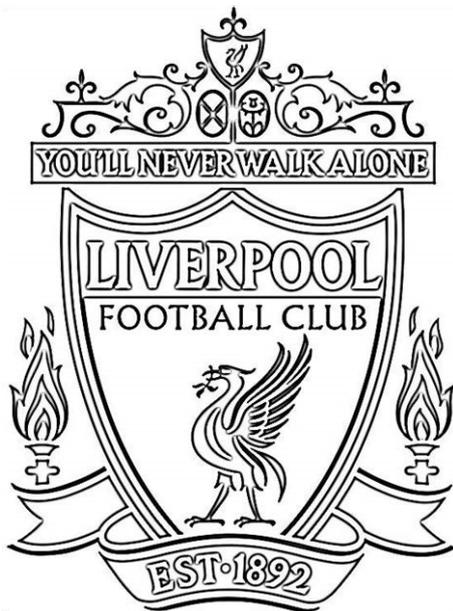
Community and Mental Health Services



Weekly Newsletter

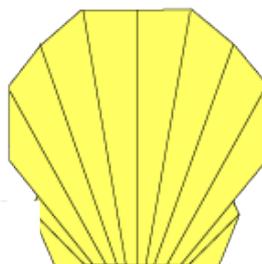
Mindfulness Colouring—Page 16 to 19! This week its football!

Monday 29th
June 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



My top 5 personal tips to ease anxiety

1. ROUTINE IS IMPORTANT - CREATE NOURISHING ONES.
2. RATIONALIZE - ANXIETY MAKES YOU BELIEVE IN THE WORST CASE SCENARIO CONSTANTLY. DON'T BELIEVE IT.
3. TALK ABOUT IT - DON'T SUFFER IN SILENCE.
4. SCHEDULE THINGS - DON'T PUT OFF STRESSFUL THINGS INDEFINITELY.
5. MINDFUL AND MINDLESS ACTIVITIES - DO THINGS THAT LESSEN YOUR ANXIETY.

BLESSINGMANIFESTING

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats

Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors

www.blessingmanifesting.com

IF YOU ARE STRUGGLING TODAY, REMEMBER THIS:

You have survived everything you've gone through up to this point.
The best day of your life is still yet to come.

There are still people you haven't met, and things you haven't experienced.

YOU CAN DO THIS.

BAGGAGE TO LET GO OF

Your past mistakes

Stress & worry

Negative comments about your body

Being overly critical of yourself

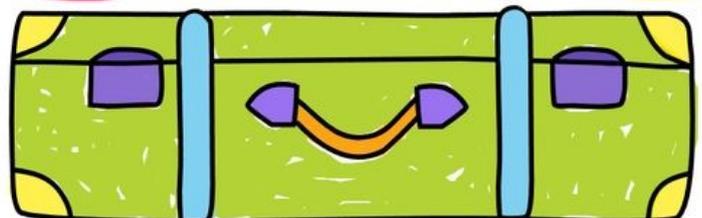
Reliving the past

Abusive things said to or about you

Little mistakes

Anger and grudges

Toxic Relationships



BlessingManifesting

MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL



THINGS THAT ARE OUT OF MY CONTROL

What other people do

Things from the past

Other people's choices

What other people say

How other people feel

The weather

©CounselorChelsey





Life During Lock Down

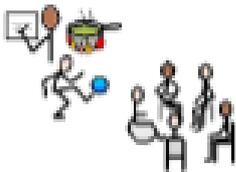


As the lockdown restrictions are slowly lifted we may be faced with decisions about what activities to return to first. For some people this will be an easy decision. Some will want to starting doing as many of their usual activities as soon as possible and will not need or want to prioritise which activities 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.

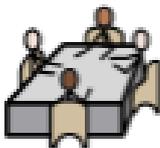
Activities



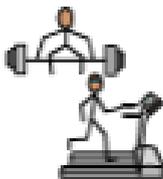
The hospital had to make some changes to **therapy and activity sessions** because of **Coronavirus**. These changes were made because we want to keep you healthy and safe.



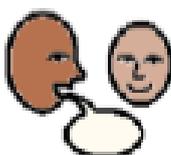
A lot of activities and therapy had to be **cancelled** to keep you safe and to stop the spread of **Coronavirus**.



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...
	

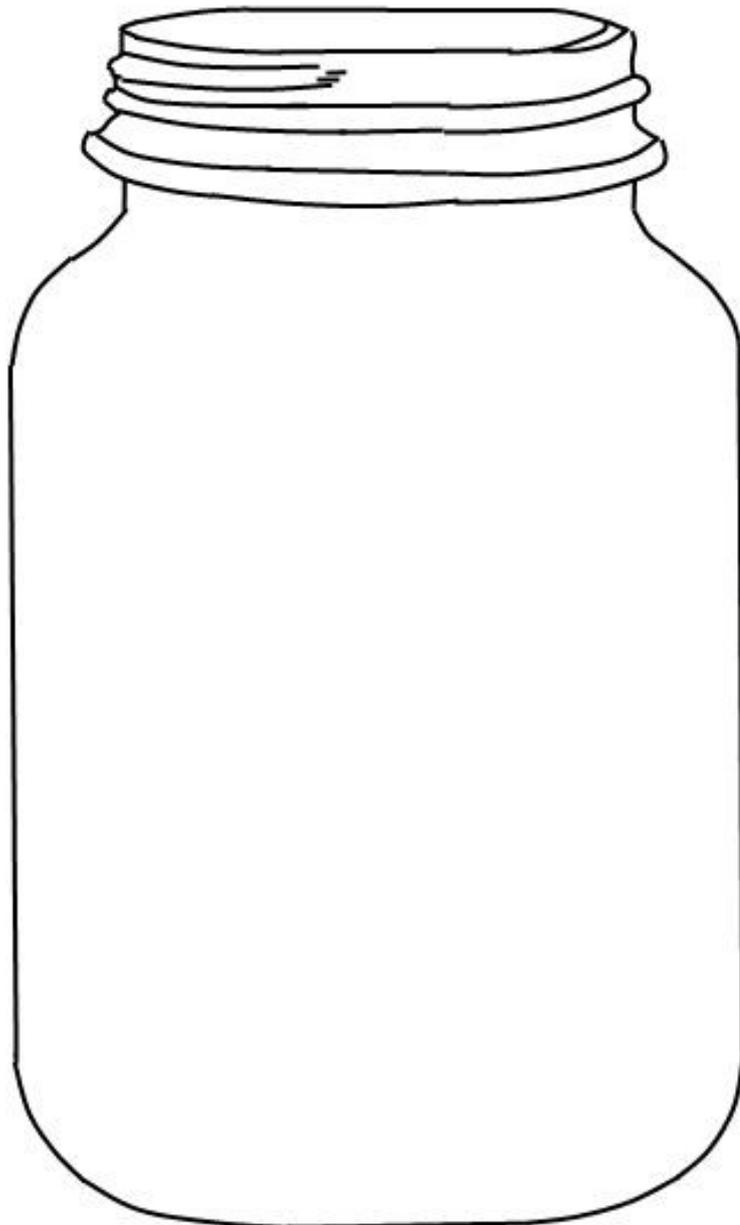


How do you feel about the changes around Corona Virus?

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.



Spiritual and Pastoral Care



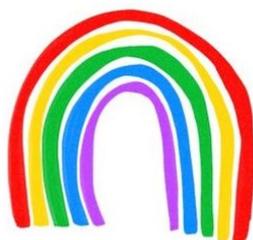
How do you experience time in hospital? Does it drag? Go fast? Or a mixture of the two, days can drag but looking back over the year you wonder where it has gone?

On a day that you feel well, try to spend it being aware of time. What kinds of activities make time fly? When does it feel like time is dragging? What motivates you to do an activity? What stops you?

What would change if you saw your time in here as a gift? Not one that you would choose, yet one that you have been given. You have certain tasks to do linked to getting well: rest, therapy, developing social skills and practicing how to manage your relationships with others. But you also have choices about how to use the rest of your time: learn a new skill; develop a spiritual practice; find ways to express your creativity through art, music or writing.

Imagine ten or twenty years from now, what would make you most proud of yourself of how you have used this gift of time?

If you would like to speak to one of the chaplains ask ward staff to set up a call or visit for you. Stay safe! Chaplain Karen



Keeping a balance!

Planning your Week

WHY IS STRUCTURE AND ROUTINE IMPORTANT?

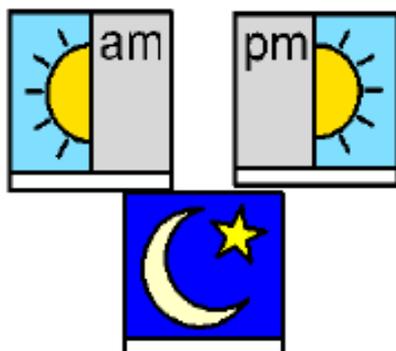
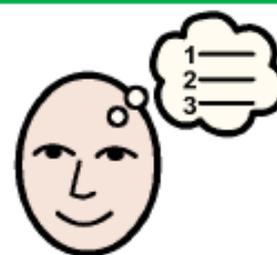
Having structure and routine to your day is good for your mental and physical health.

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?

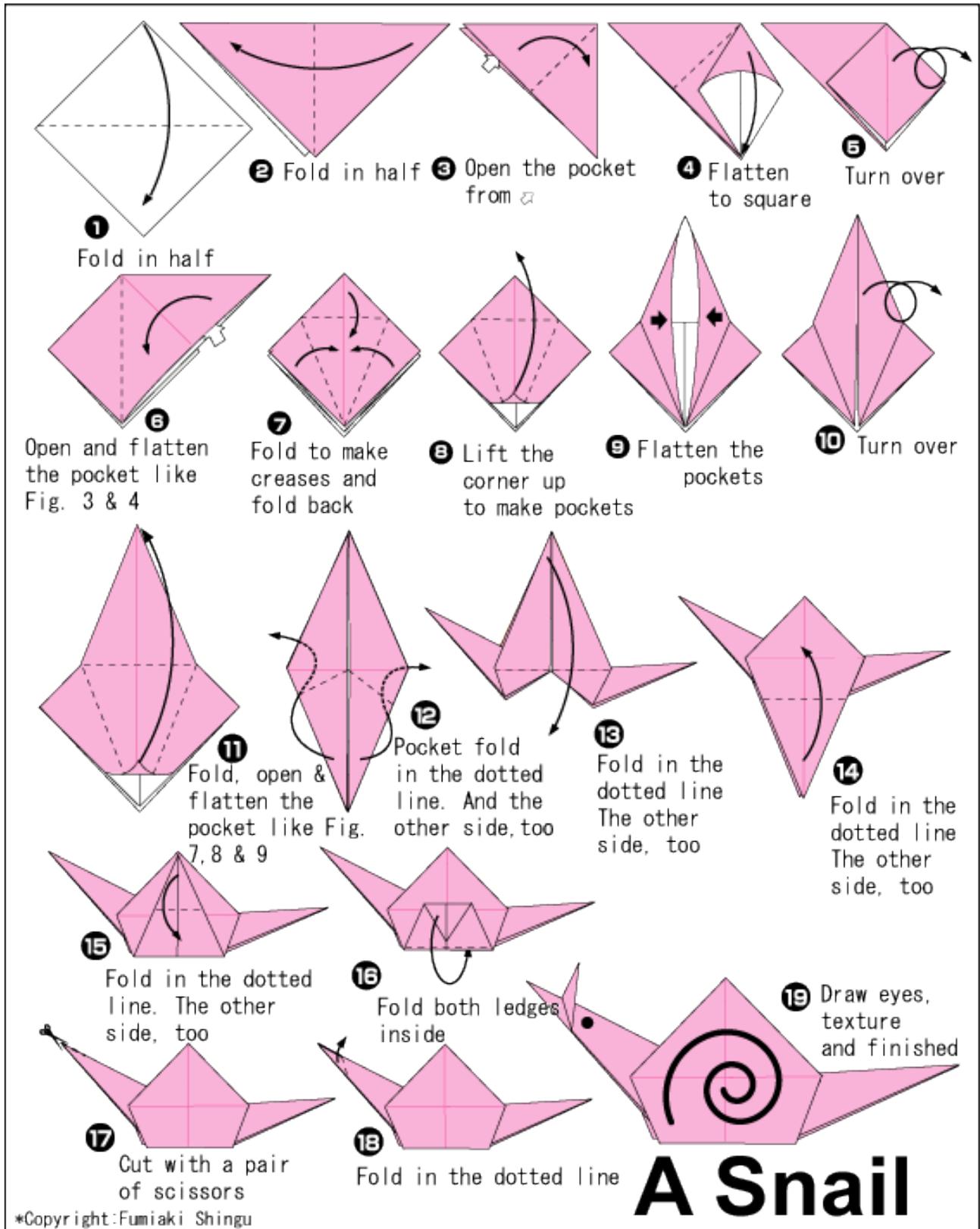


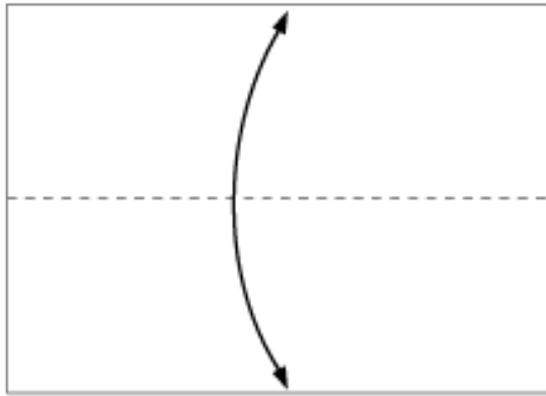
Can you try these activities on the ward or in your room?

	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?

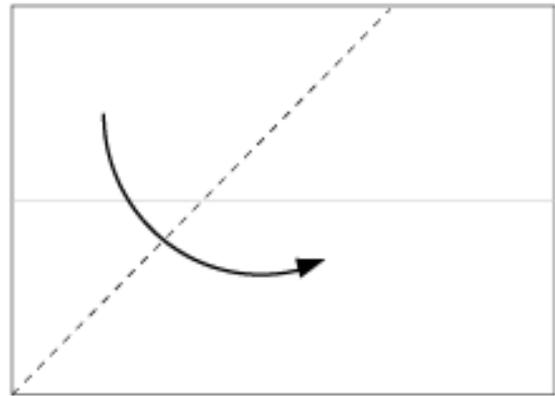
Arts and Crafts

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

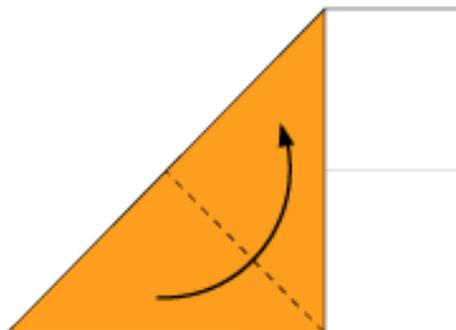




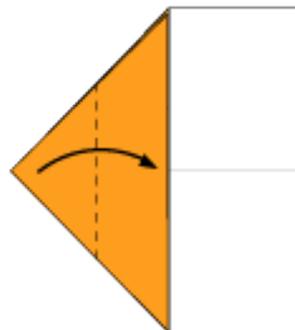
1 Fold to make creases and fold back



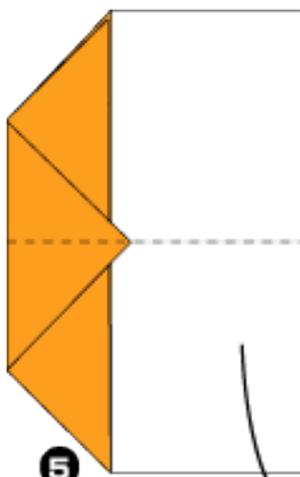
2 Fold in the dotted line



3 Fold in the dotted line

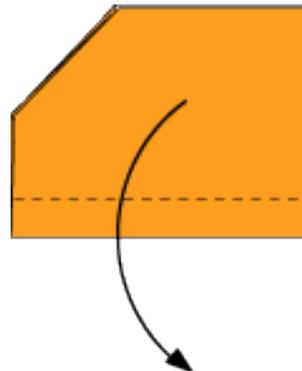


4 Fold in the dotted line



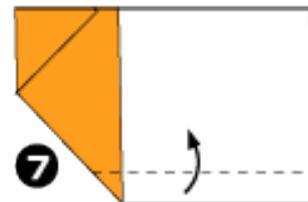
5

Fold backward in the dotted line



6

Fold both sides in the dotted lines and adjust in 90 degrees



7

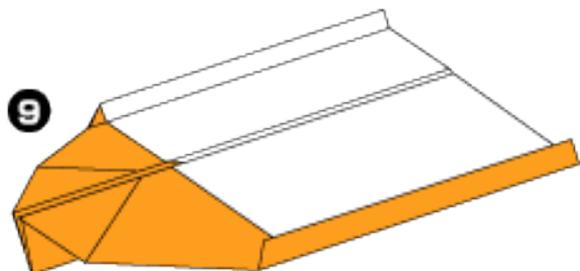
Fold both sides in the dotted lines and adjust in 90 degrees



8

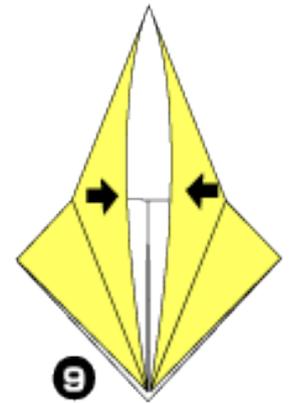
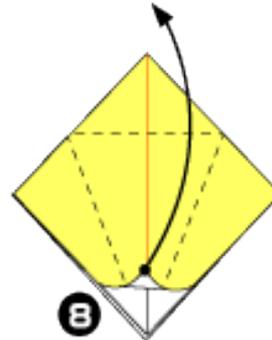
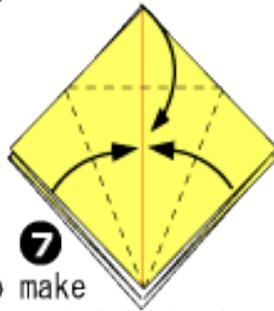
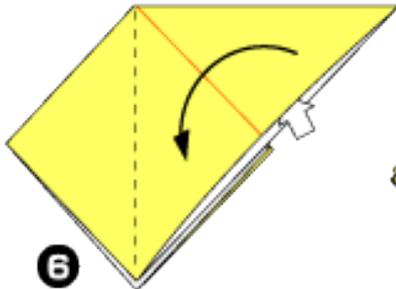
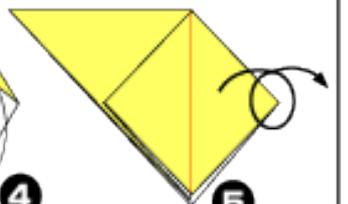
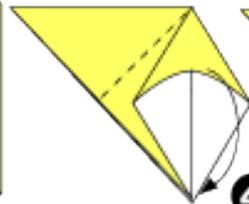
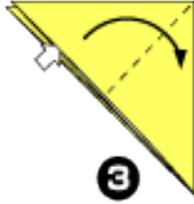
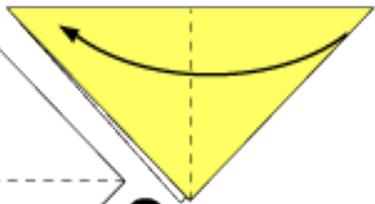
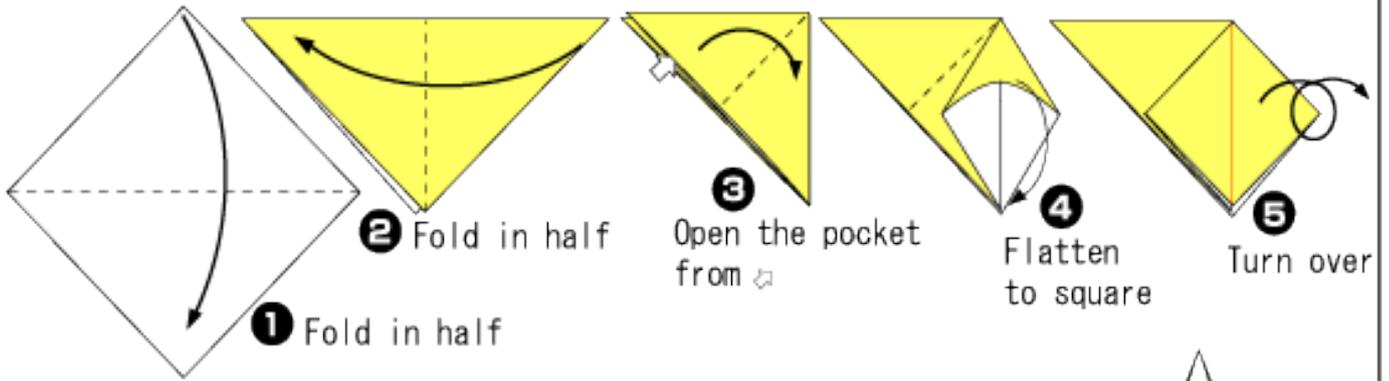
keeps the horizontal

Finished 9



A Paper Plane 4

*Traditional
Diagram:Fumiaki Shingu

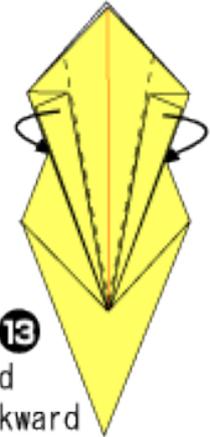
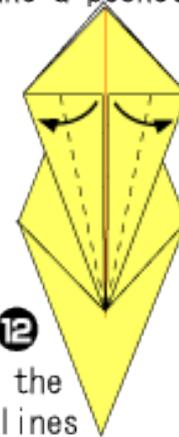
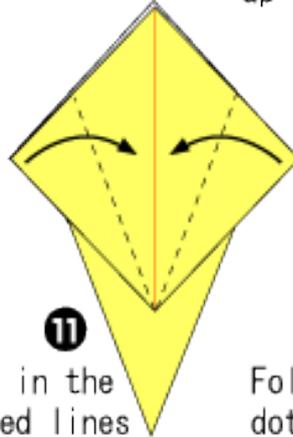
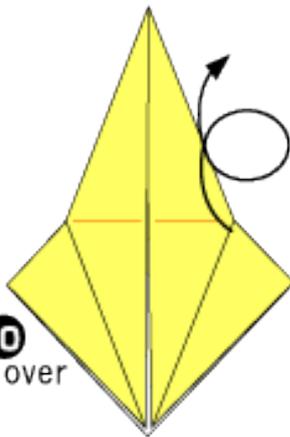


Open and flatten the pocket like Fig. 3 & 4

Fold to make creases and fold back

Lift the corner up to make a pockets

Flatten the pockets

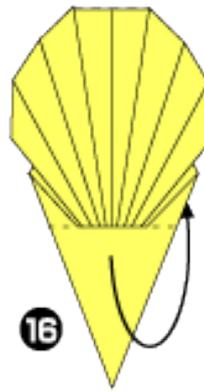
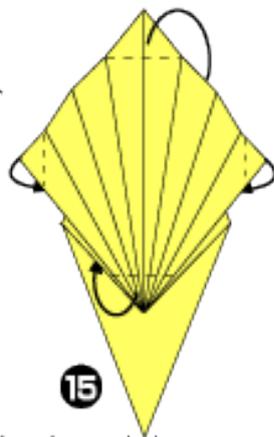
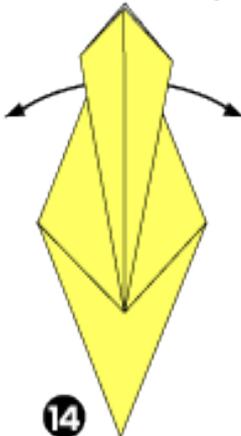


Turn over

Fold in the dotted lines

Fold in the dotted lines

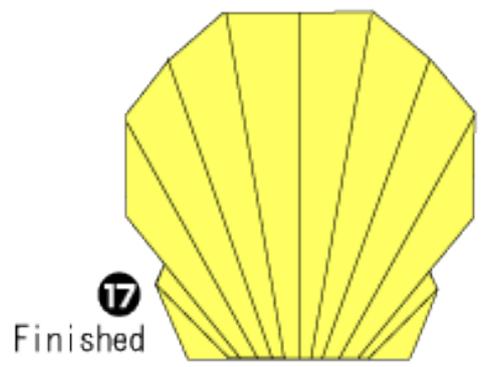
Fold backward in the dotted lines



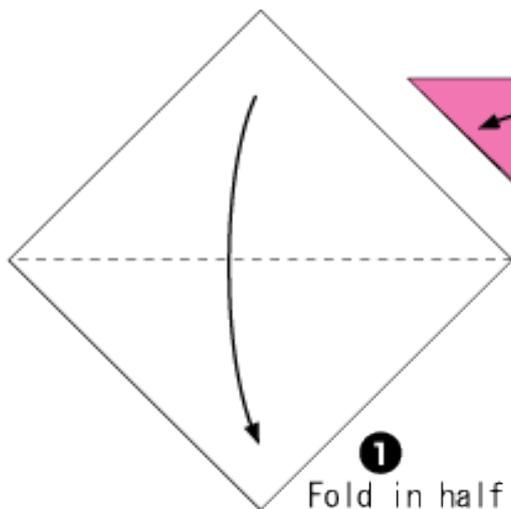
Open

Fold backward in the dotted lines

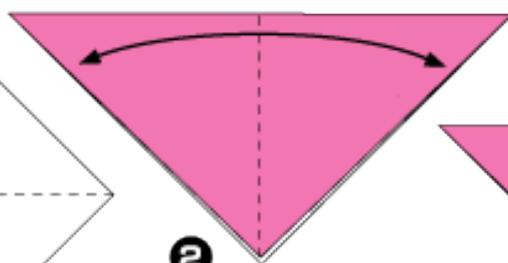
Fold backward in the dotted lines



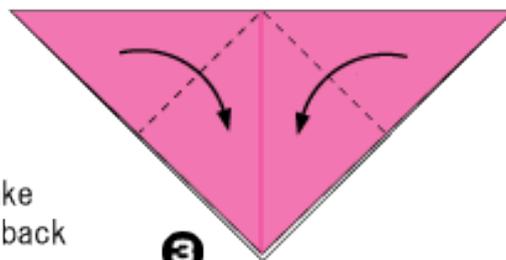
A Clam



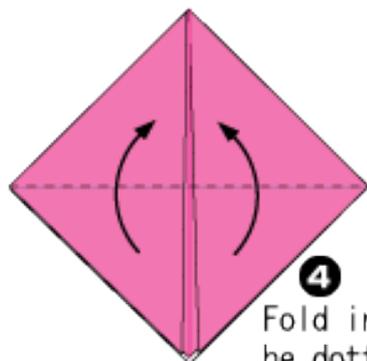
1
Fold in half



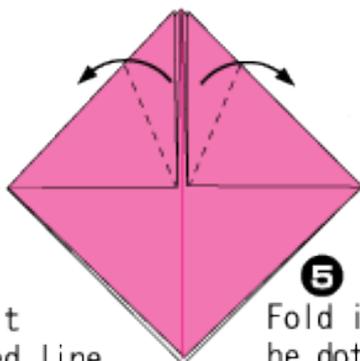
2
Fold in half to make a crease and fold back



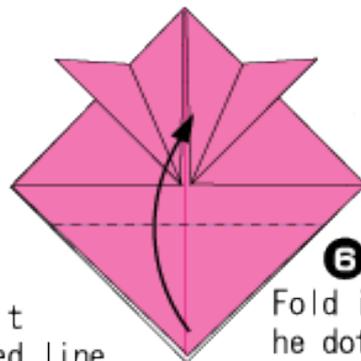
3
Fold to meet the center line



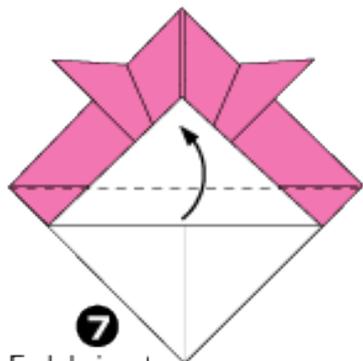
4
Fold in the dotted line



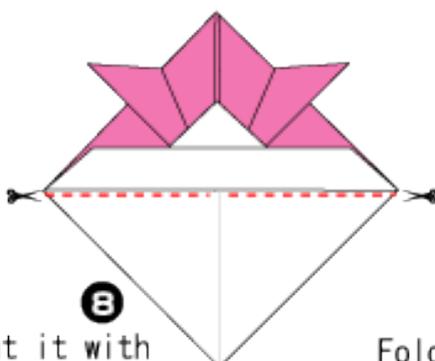
5
Fold in the dotted line



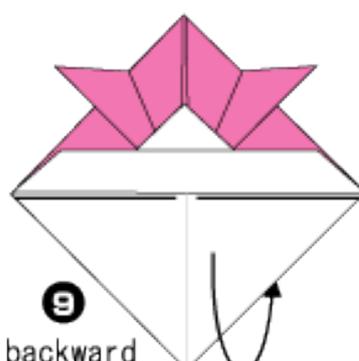
6
Fold in the dotted line



7
Fold in the dotted line

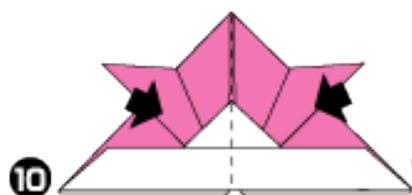


8
Cut it with scissors

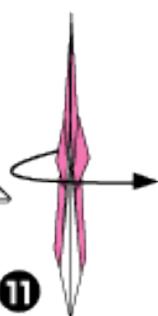


9
Fold backward

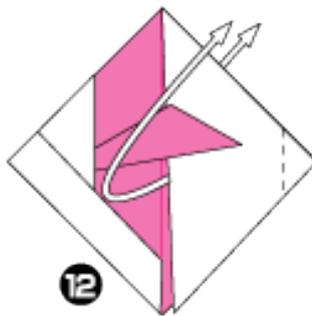
Draw eyes and finished



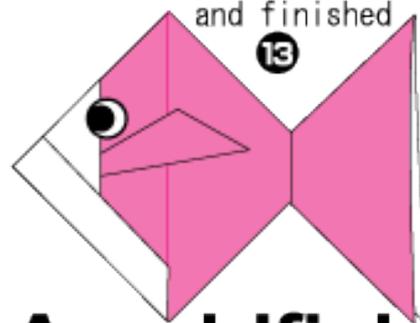
10
Open the part and flatten



11
Turn around



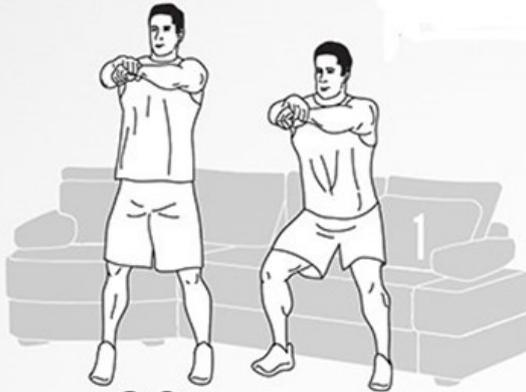
12
Hood fold in the dotted line



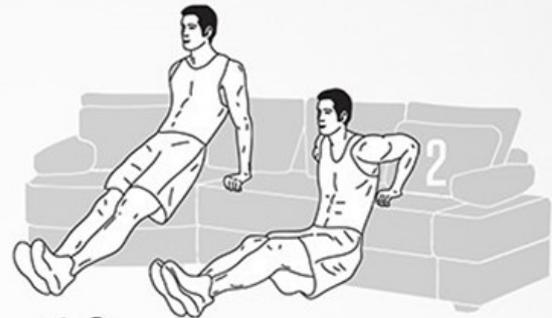
A goldfish

*Traditional
Diagram: Fumiaki Shingu

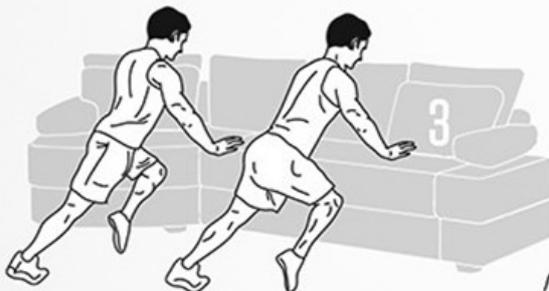
The 'Advert' Workout



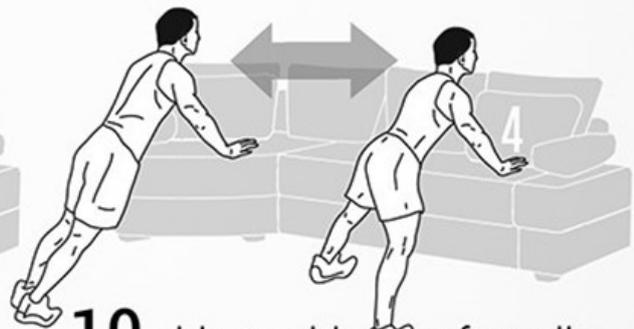
20 half squats



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 "*Football*"
... 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!



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.



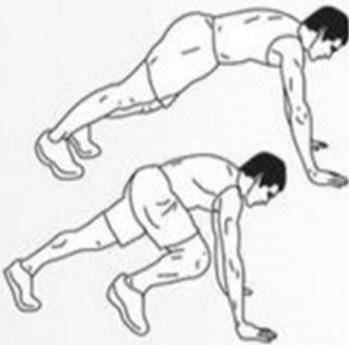
10 jumping jacks



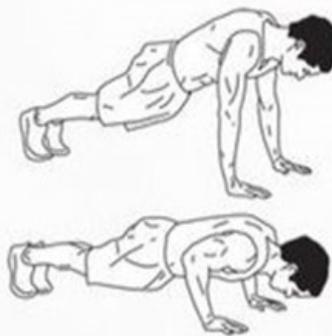
10 squats



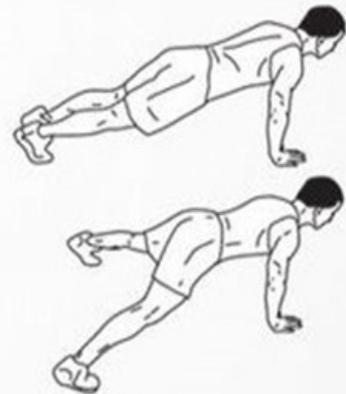
10 lunges



20 climbers



10 push-ups



10 plank jacks



10 sit-ups



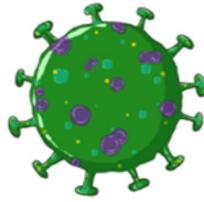
10 knee-to-elbow crunches



30sec elbow plank

What is Covid-19?

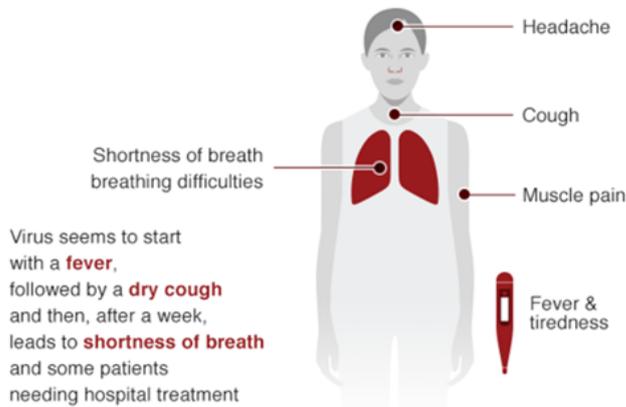
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



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

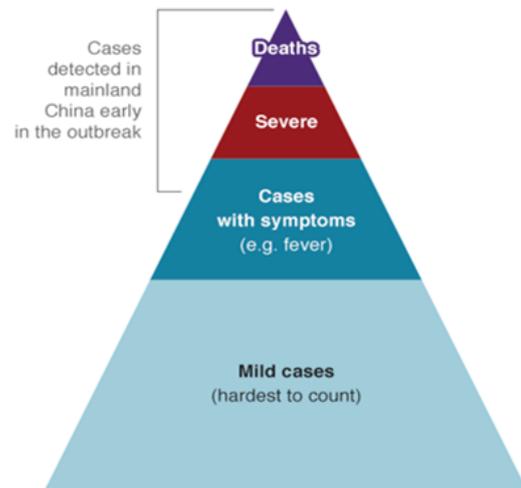
Can drinking hot drinks and avoiding ice cream kill Covid-19?

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.

Deep breathing using your hand.

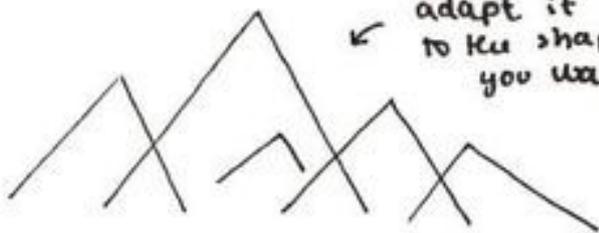


'Ave a Go!

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

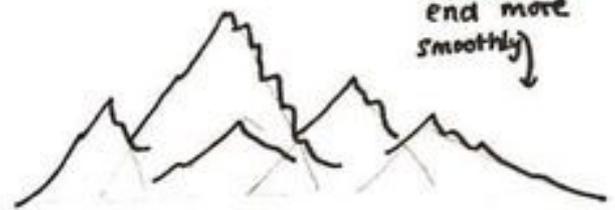
HOW TO: mountains:

① Start with a triangle base in pencils



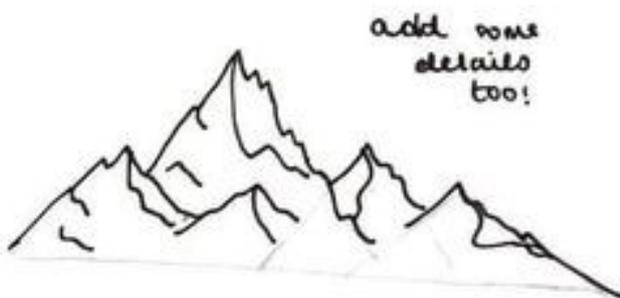
Play around
adapt it
to the shape
you want!

② Go over the overall shape with irregular lines



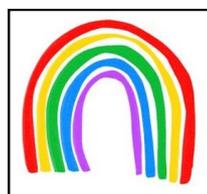
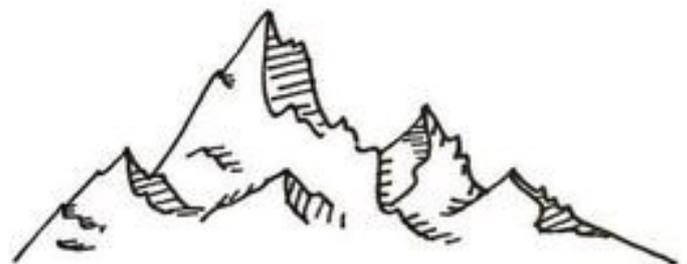
Start and
end more
smoothly

③ Add a few lines to help the triangles look more 3D:



add some
details
too!

④ add shadows and erase the pencil



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

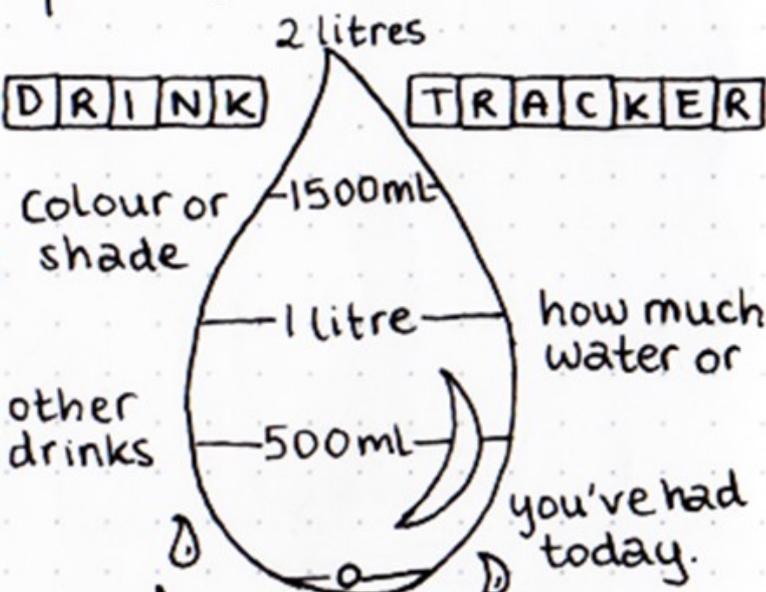
COLOUR OR SHADE ALL THAT APPLY

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 has to be broken before you can use it?
2. **Riddle:** I'm tall when I'm young, and I'm short when I'm old. What am I?
3. **Riddle:** What month of the year has 28 days?
4. **Riddle:** What is full of holes but still holds water?
5. **Riddle:** What question can you never answer yes to?
6. **Riddle:** What is always in front of you but can't be seen?
7. **Riddle:** What five-letter word becomes shorter when you add two letters to it?
8. **Riddle:** What can you break, even if you never pick it up or touch it?
9. **Riddle:** What goes up but never comes down?
10. **Riddle:** A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
11. **Riddle:** David's parents have three sons: Snap, Crackle, and what's the name of the third son?
12. **Riddle:** I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
13. **Riddle:** I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?
14. **Riddle:** What invention lets you look right through a wall?
15. **Riddle:** If you've got me, can share me; if you share me, you haven't kept me. What am I?
16. **Riddle:** What can't be put in a saucepan?
17. **Riddle:** What can fill a room but takes up no space?
18. **Riddle:** What has 13 hearts, but no other organs?
19. **Riddle:** What kind of coat is best put on wet?
20. **Riddle:** What has four wheels and flies?

Find the answers on the back!

Answers

1. Answer: An egg
2. Answer: A candle
3. Answer: All of them
4. Answer: A sponge
5. Answer: Are you asleep yet?
6. Answer: The future
7. Answer: Short
8. Answer: A promise
9. Answer: Your age
10. Answer: He was bald
11. Answer: David
12. Answer: Your shadow
13. Answer: Your breath
14. Answer: A window
15. Answer: A secret
16. Answer: Its lid
17. Answer: Light
18. Answer: A deck of cards
19. Answer: A coat of paint
20. Answer: A bin lorry

Riddle
time
? this



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 interlaced
- 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

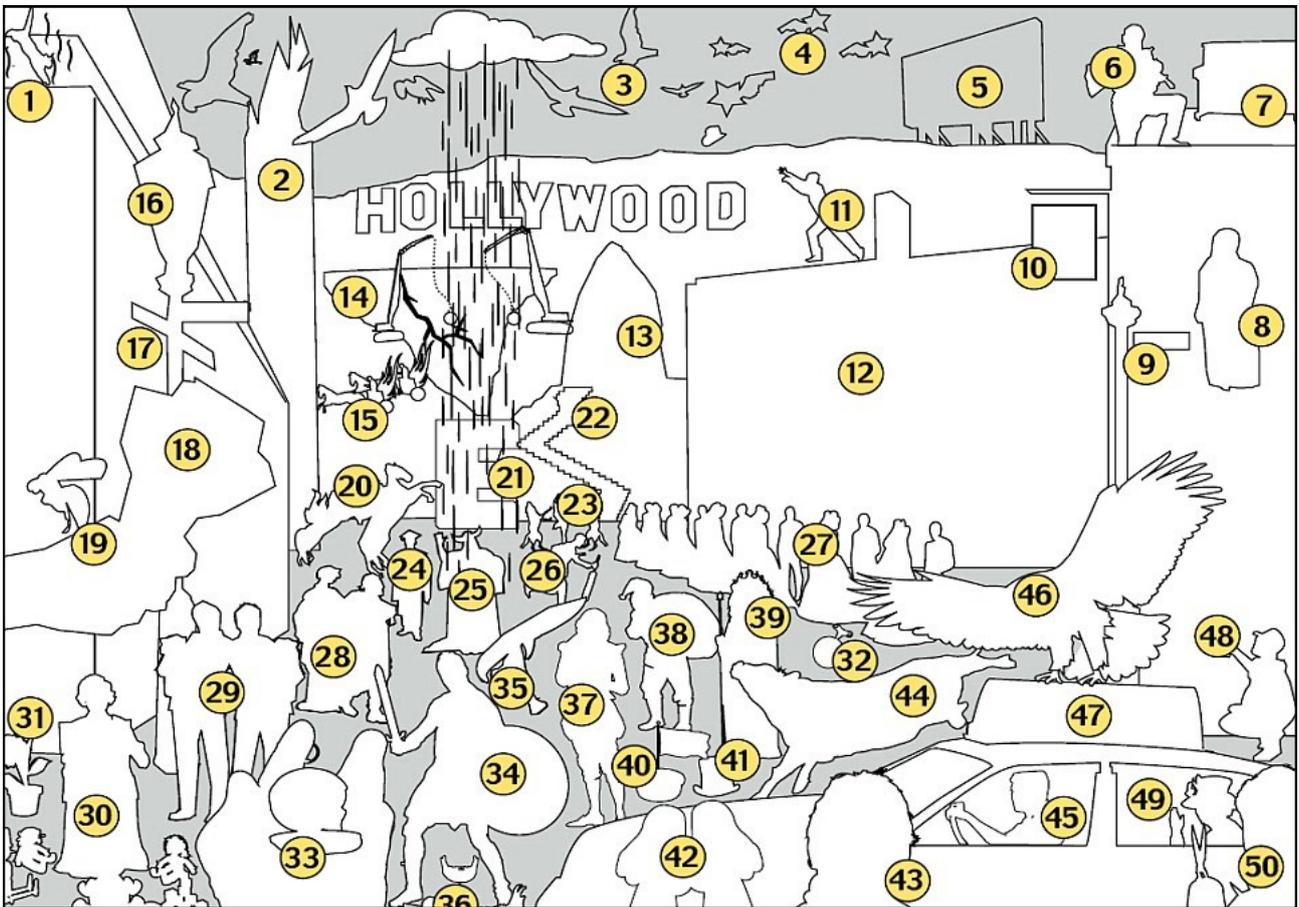


Avoid close contact with people who are unwell

Source: NHS



Shhh ... Answers to the movie quiz!



1. Cat On A Hot Tin Roof
2. The TOWERING Inferno
3. The Birds
4. Star Wars
5. Breakfast At Tiffany's
6. Fiddler On The Roof
7. The Piano
8. Ghost
9. 42nd Street
10. Jamaica Inn
11. Gone With The Wind
12. The Last Picture Show
13. School Of Rock
14. The Dam Busters
15. Chariots Of Fire
16. Gaslight
17. Mean Streets
18. A Fistful Of Dollars
19. The Sting
20. Blazing Saddles
21. Wall-e
22. The 39 Steps
23. Dances With Wolves
24. The Graduate
25. Singin' In The Rain
26. Batman
27. Seven Brides For Seven Brothers
28. Lady And The Tramp
29. Guys And Dolls
30. Toy Story
31. The Black Dahlia
32. Clockwork Orange
33. North By Northwest
34. Gladiator
35. Blade Runner
36. Jaws
37. Shakespeare In Love
38. Bad Santa
39. The Lion King
40. American Pie
41. Top Hat
42. Happy Feet
43. Shane
44. Raging Bull
45. Taxi Driver
46. The Eagle Has Landed
47. All About Eve
48. American Graffiti
49. The Queen
50. Edward Scissorhands

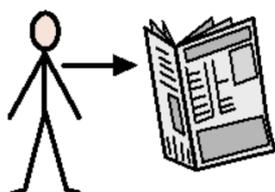
How to get involved in the weekly newsletter...



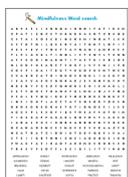
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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

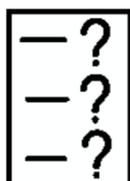


We would like service users to get involved in the weekly newsletter.



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!