

Riddle
me
this

NHS

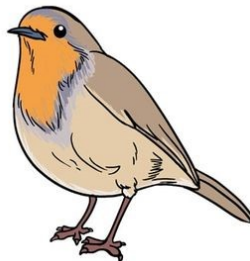
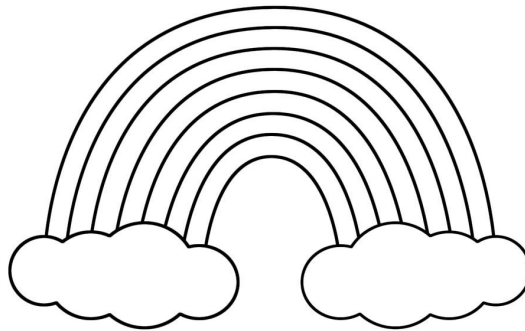
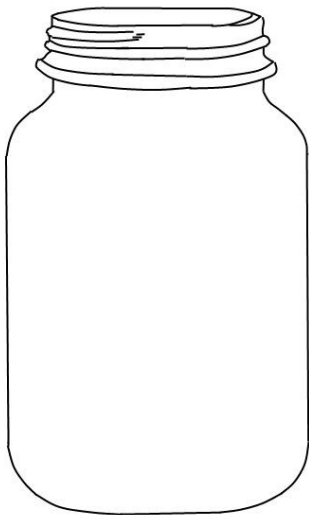
Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Weekly Newsletter

Mindfulness Colouring—Page 16 to 19! This week its “thank you NHS” posters.

**Monday 6th July
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



Stand
TALL
and be
PROUD.
Be
YOURSELF
you are
AMAZING.

**YOU
GOT
THIS**

**LIFE IS
TOUGH
BUT SO
ARE YOU.**

KENSIE|KATE



**HEY WARRIOR,
keep going.**

**Focus
on THE
GOOD**

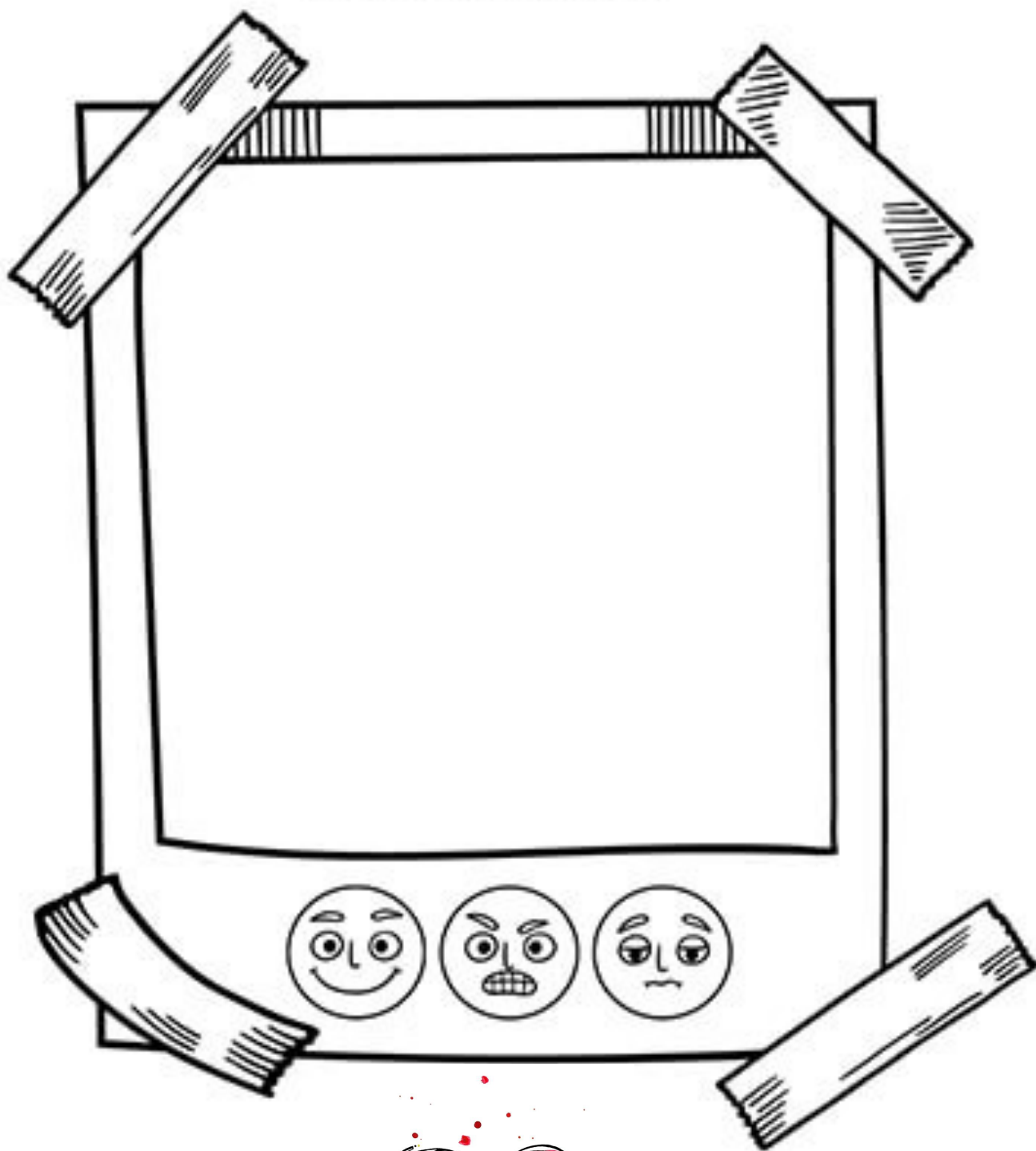
**YOU GOT
THIS.**

**KEEP
GOING**

**DON'T
GIVE
UP**

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



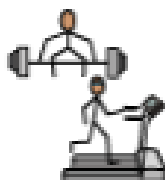
The hospital had to make some changes to **therapy and activity sessions** because of **Coronavirus**. These changes were made because we want to keep you healthy and safe.



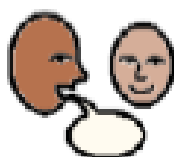
A lot of activities and therapy had to be **cancelled** to keep you safe and to stop the spread of Coronavirus.



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...
	

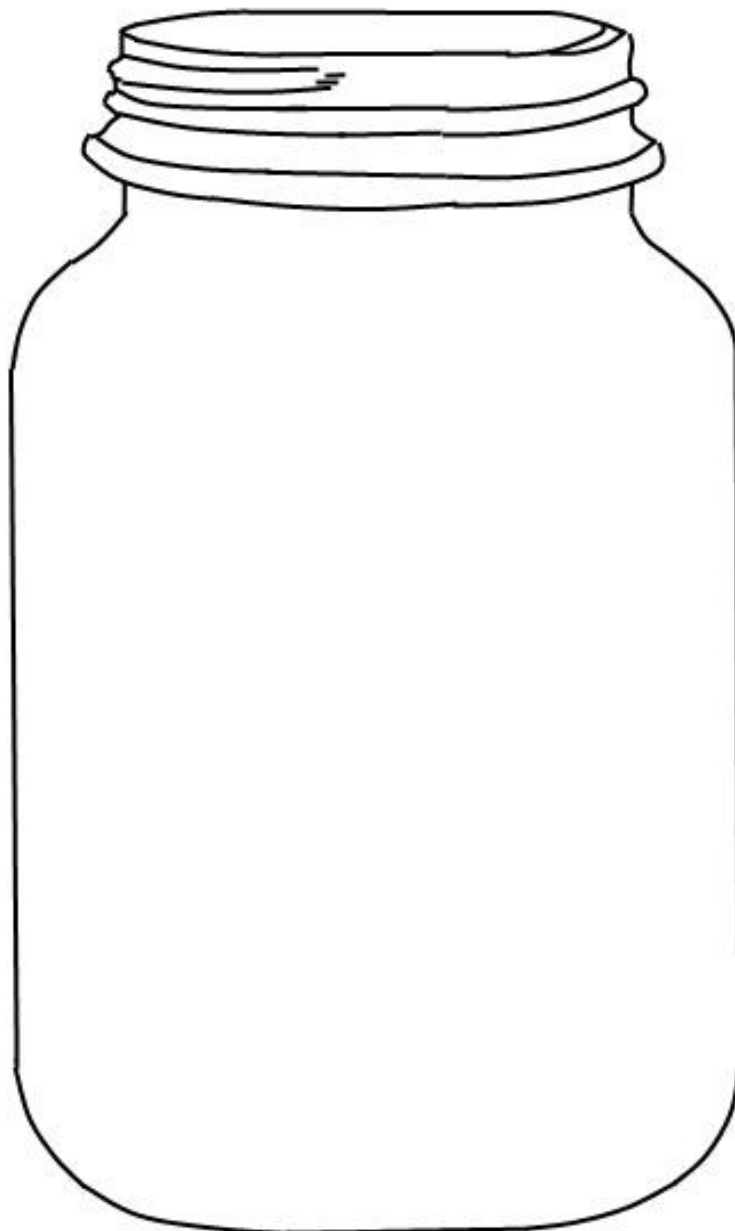


How do you feel about the changes around Corona Virus?

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

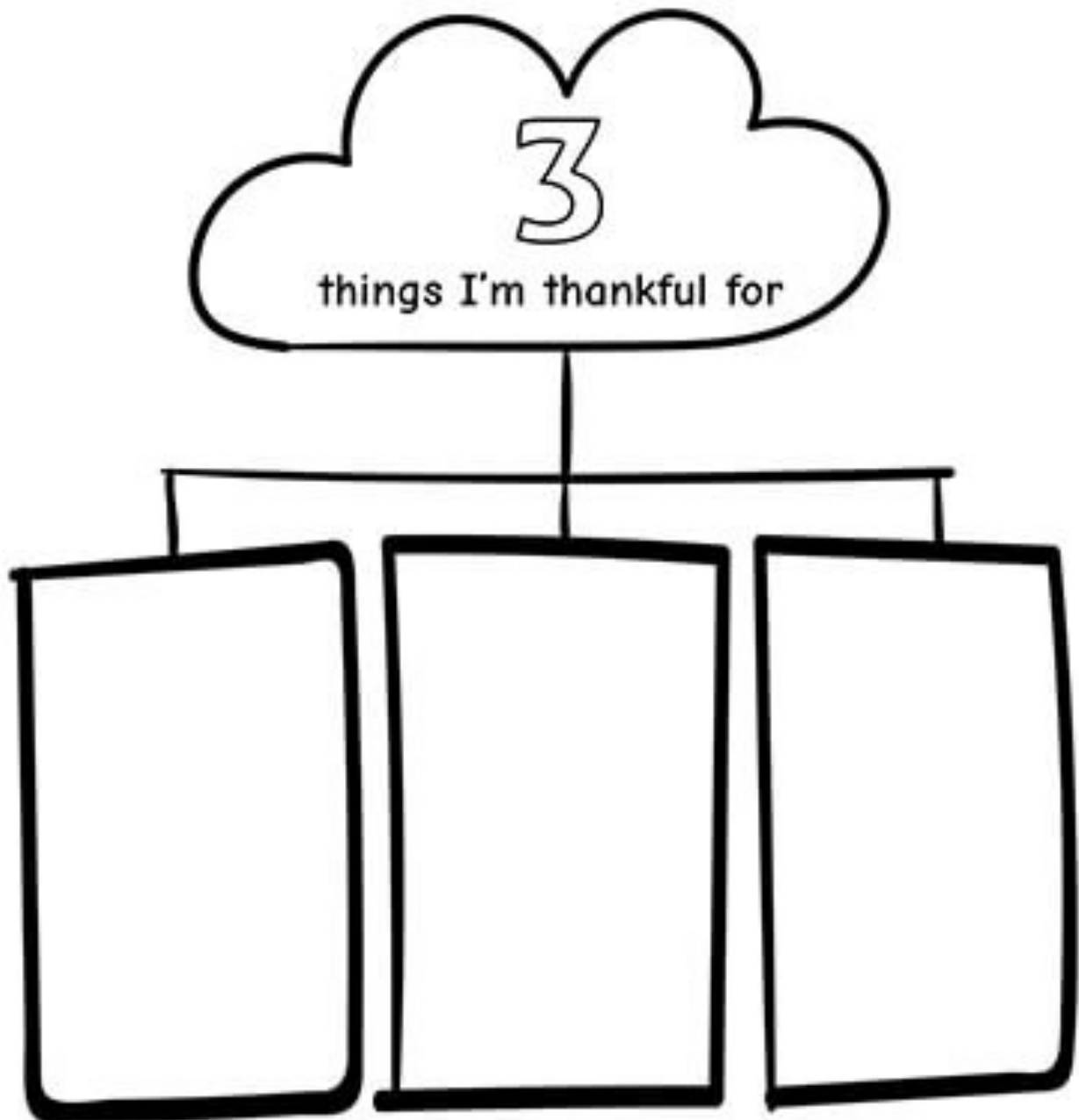
You can then discuss these with a member of your care team.

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.



3

things I'm thankful for



Keeping a balance!

Planning your Week

WHY IS STRUCTURE AND ROUTINE IMPORTANT?

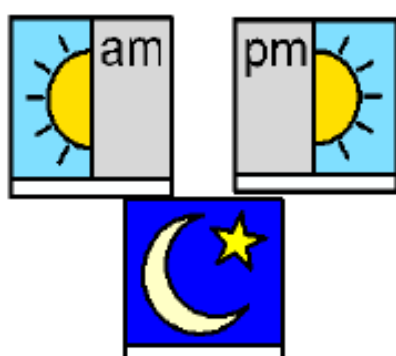
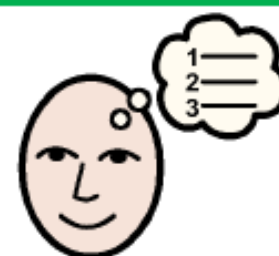
Having structure and routine to your day is good for your mental and physical health.

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 meditation/relaxation CD, try a meditation script, do some breathing or grounding exercises, use your self soothe box, or develop one if you don't already have one. Have a bubble bath, talk to others about how they relax, share ideas?
	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?

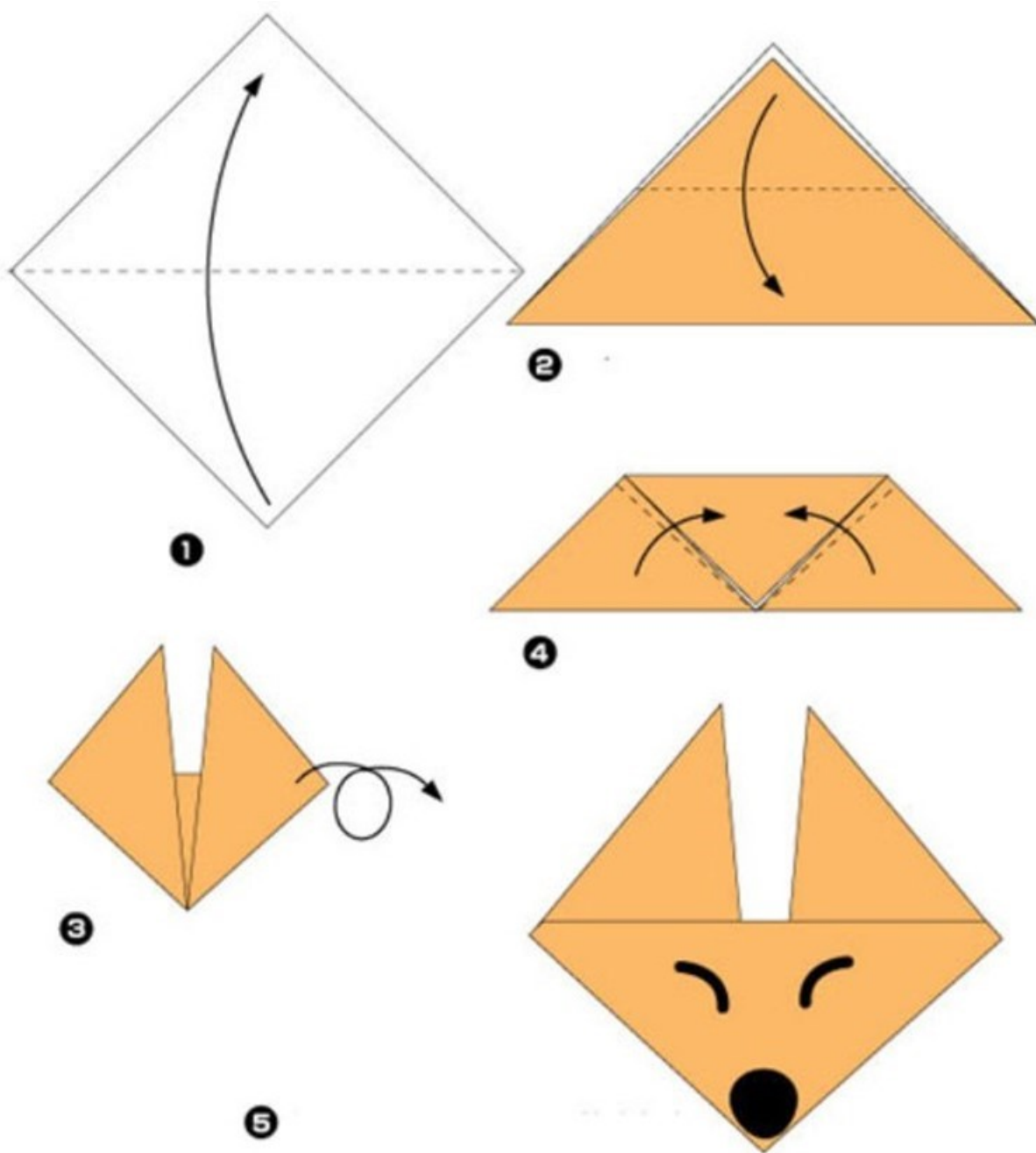


Can you try these activities on the ward or in your room?

	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 fox! Use a pen to draw his eyes and nose!



★
MOVIE
DAY ★

POPCORN

WATCH A MOVIE / TV SHOW. HOW WAS IT?

TITLE

What else did today hold?

YOUR REVIEW

Donate me a cuppa?

The diary is free but if you feel like donating a little something
circle one. ♂
LIKE **DISLIKE** ♀
Thanks Stephen.

Spiritual and Pastoral Care

First Nation Americans have always had a deep spirituality based on the natural world. This beautiful prayer draws on that tradition.

Prayer to Great Spirit

O Great Spirit,

Whose voice I hear in the winds and whose breath gives life to all the world, hear me.

I am small and weak.

I need your strength and wisdom.

Let me walk in beauty and make my eyes behold the red and gold of the sunset.

Make my hands respect the things you have made and my ears sharp to hear your voice.

Make me wise so that I may understand the things you have taught my people.

Let me learn the lessons you have hidden in every leaf and rock.

I seek strength, not to be superior to my brother, but to fight my greatest enemy-myself.

Make me always ready to come to you with clean hands and straight eyes, so when life fades, as the fading sunset, my spirit will come to you without shame.

Chief Yellow Lark

How might your prayers draw on the natural world?

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





Superhero Word Search

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

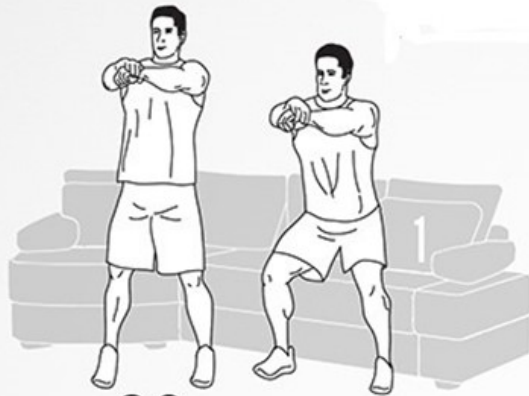
AQUAMAN
BRAVE
FAST
HERO
MASK
SPIDERMAN
SUPERMAN

BATMAN
CAPTAINAMERICA
FIGHT
HULK
POW
STRONG
THOR

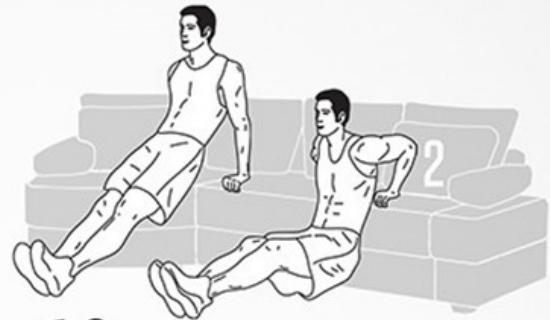
BLACKPANTHER
CONFIDENT
HELPFUL
IRONMAN
SMASH
SUPER
WONDERWOMAN



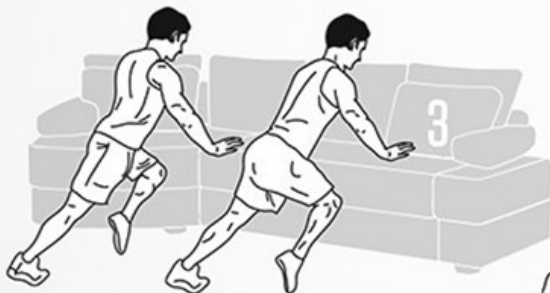
The 'Advert' Workout



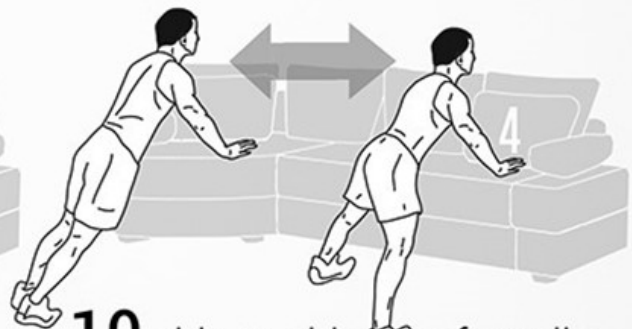
20 half squats



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:

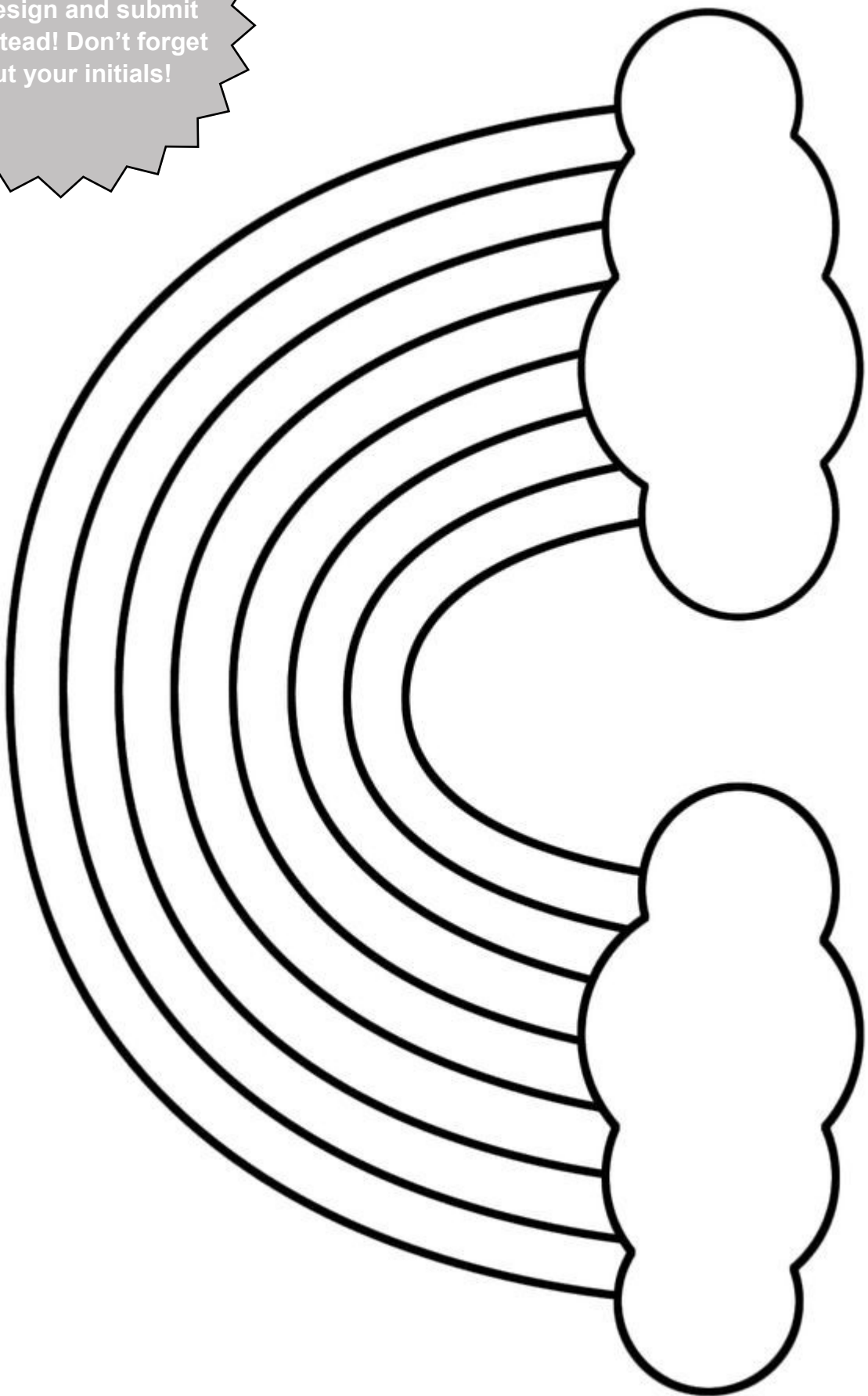
THANK YOU

THANK YOU TO ALL THE NURSES, DOCTORS, SCIENTISTS
AND ESSENTIAL WORKERS FOR YOUR CONTINUED
SUPPORT AND DEDICATION.



This week is “NHS” ...
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!



MONTHLY OVERVIEW

MONTH

THIS MONTH'S FOCUS:

IMPORTANT ACTION STEPS

[illegible]

SU

M

TU

W

 TH |**F**

SA

[illegible]

NOTES

[illegible]

My Story: A Message of Hope

When I first came into Ashworth, I was scared and worried not knowing what to expect.

I suffered with paranoia and anxiety, and I was frightened of the staff.

I felt hopeless.

I couldn't see that things were ever going to get better... but the staff restored me.

The staff here have been caring and helpful.

They have treated me with respect and dignity, and they didn't hold a grudge against me for the things I did when I was unwell.

The staff discussed medication with me to become less paranoid and anxious, and they have supported me to get better.

The staff talked to me, gave me advice and they helped me into a daily routine.

My message to you is to comply with your medication until a solution has been worked out - and I say that strongly with all my words!

Engage with the Nursing team, PIPs, OT and the Gym team. They will help you and they will support you to engage in activities that you enjoy.

The best thing for me was to engage with the staff and take my medication.

I want to say a big thank you to the staff on Johnson Ward.

Thank you for giving me hope.



"All the King's Horses and all the King's Men,
could put JD back together again!"

Thanks for reading.

JD - Johnson Ward

Exercise Routine you can complete in your side room:

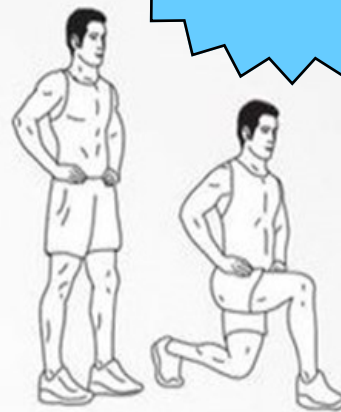
Speak to a member of gym staff for more info —please remember to complete within you own limitations.



10 jumping jacks



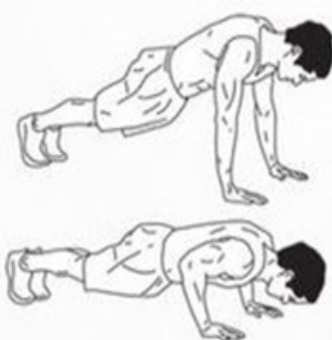
10 squats



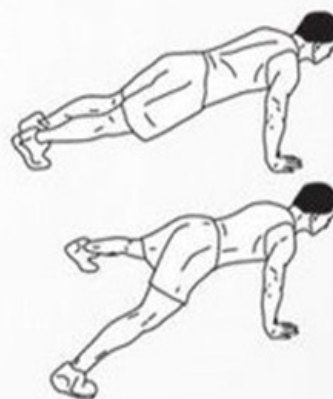
10 lunges



20 climbers



10 push-ups



10 plank jacks



10 sit-ups



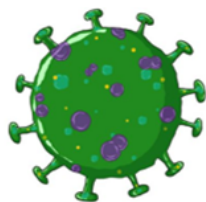
10 knee-to-elbow crunches



30sec elbow plank

What is Covid-19?

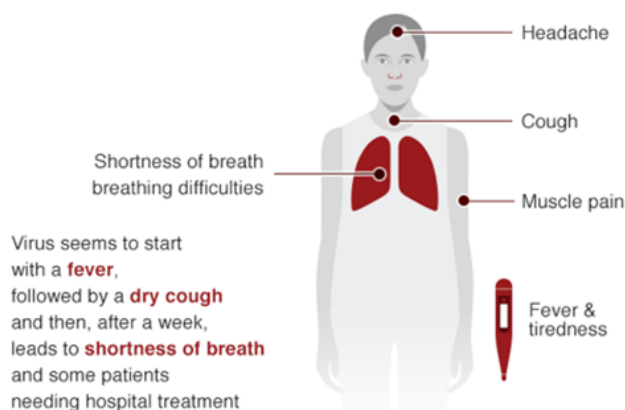
Covid-19 is a new type of virus, first identified last December. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it.



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

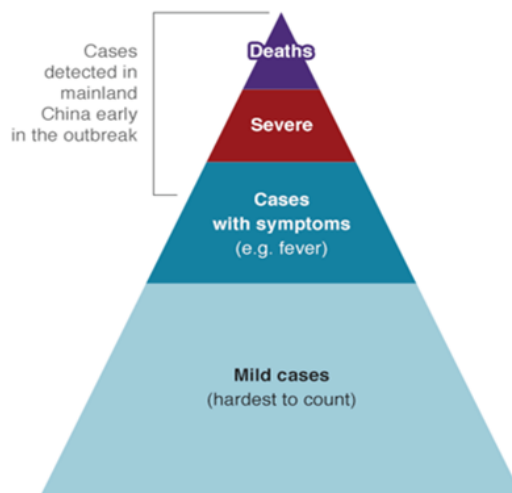
Can drinking hot drinks and avoiding ice cream kill Covid-19?

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



Nelson Mandela was imprisoned for 27 years for anti-apartheid activity. He spent much of his time in prison in a cell on his own on Robben Island off the coast of Cape Town, South Africa. He tells this story:

Nelson Mandela: "After I became president, I asked one day some members of my close protection to stroll with me in the city, have lunch at one of its restaurants. We sat in one of the downtown restaurants and all of us asked for some sort of food."

"After a while, the waiter brought us our requests, I noticed that there is someone sitting in front of my table waiting for food"*

I told then one of the soldiers: go and ask that person to join us with his food and eat with us. The soldier went and asked the man so. The man brought up his food and sat by my side as I asked and began to eat. His hands were trembling constantly until everyone had finished their food and the man went. The soldier said to me: The man was apparently quite sick. His hands trembled as he ate!"

"No, not at all," said Mandela.

"This man was the guard of the prison where I was jailed.

"Often, after the torture I was subjected to, I used to scream and ask for a little water.

"The very same man used to come every time and urinate on my head instead".

"So I found him scared, trembling, expecting me to reciprocate now, at least in the same way, either by torturing him or imprisoning him as I am now the president of the state of South Africa."

"But this is not my character nor part of my ethics"

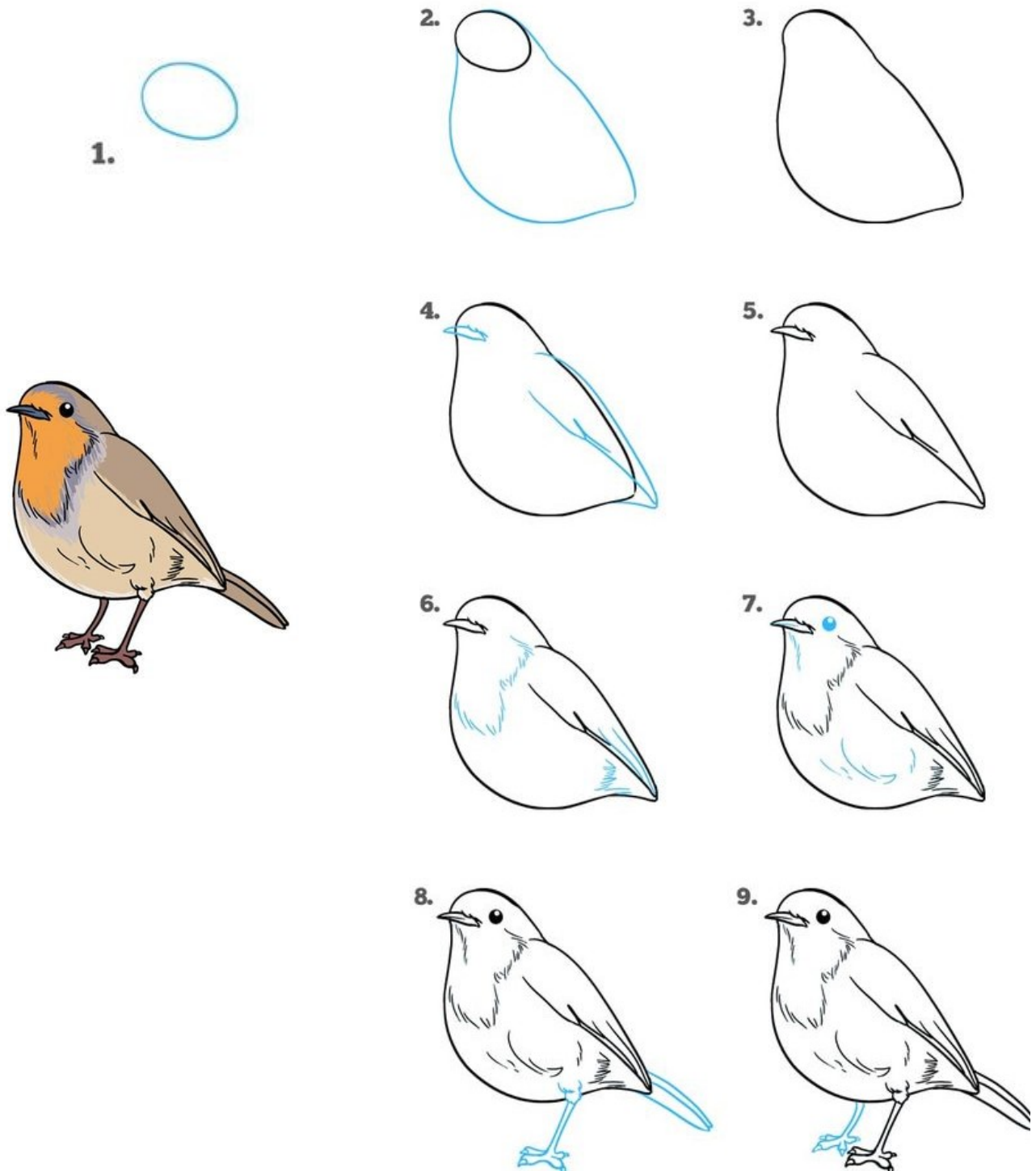
"The mentality of retaliation destroys states, while the mentality of tolerance builds nations.*

It gives a challenge to all of us to think about how we respond to those who hurt us.

Stay safe! Chaplain Karen

'Ave a Go!

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



Space to write about anything
that's on your mind
...

You can share this journal with the staff
and/or your carer if you think that
would be helpful to you...

HOW HAVE YOU BEEN FEELING TODAY?

sad

positive

angry

frustrated

ashamed

depressed

numb

bored

grateful

tired

alone

hopeful

anxious

happy

COLOUR OR SHADE ALL THAT APPLY

SELF CARE

What have you done to take care of yourself today?

- ☐ Got up
- ☐ Made bed
- ☐ Brushed hair
- ☐ Got dressed
- ☐ Shower
- ☐ Brushed teeth
- ☐ Deodorant
- ☐ Got some fresh air

DRINK

TRACKER

Colour or shade

2 litres

1500ml

1 litre

500ml

other drinks

how much water or

you've had today.

FOOD TRACKER

Have you had something to eat today for...

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner

Riddle me this

1. **Riddle:** Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. **Riddle:** What comes once in a minute, twice in a moment, but never in a thousand years?
3. **Riddle:** The more you take away, the more I become. What am I?
4. **Riddle:** If you drop me I'm sure to crack, but give me a smile and I'll always smile back. What am I?
5. **Riddle:** If there are three apples and you take away two, how many apples do you have?
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:** Mary has four daughters, and each of her daughters has a brother. How many children does Mary have?
9. **Riddle:** What tastes better than it smells?
10. **Riddle:** What has words, but never speaks?
11. **Riddle:** If you're running in a race and you pass the person in second place, what place are you in?
12. **Riddle:** Where does today come before yesterday?
13. **Riddle:** I have branches, but no fruit, trunk or leaves. What am I?
14. **Riddle:** What is always in front of you but can't be seen?
15. **Riddle:** Mr. Blue lives in the Blue house. Mrs. Yellow lives in the Yellow House. Mr. Orange lives in the orange house. Who lives in the White House?
16. **Riddle:** If a red house is made of red bricks, and a yellow house is made of yellow bricks, what is a greenhouse made of?
17. **Riddle:** I am an odd number. Take away a letter and I become even. What number am I?
18. **Riddle:** Where can you find cities, towns, shops, and streets but no people?
19. **Riddle:** What disappears as soon as you say its name?
20. **Riddle:** This belongs to you but everyone else uses it.

Find the answers on the back!

Riddle ? me ! this

Answers

1. Answer: Yesterday, Today and Tomorrow
2. Answer: The letter 'M'
3. Answer: A hole
4. Answer: A mirror
5. Answer: You have two apples
6. Answer: They are a grandfather, father and son
7. Answer: None, he has three sisters.
8. Answer: Five- each daughter has the same brother
9. Answer: Your tongue
10. Answer: A book
11. Answer: Second place
12. Answer: The dictionary
13. Answer: A bank
14. Answer: The future
15. Answer: The President
16. Answer: Glass
17. Answer: Seven
18. Answer: A map
19. Answer: Silence
20. Answer: Your name



Hand-washing technique with soap and water



Advice for stopping virus spread



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



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell



Brain Teasers

1.

STOOD
MISS

2.

PAwalkRK

3.

M1LLION

4.

gnikool

5.

arrest
you're

6.

S
T
A
N
D me

7.

WALKING
ICE

8.

STAND
ICU

9.

BE

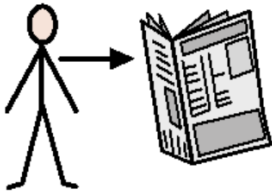
How to get involved in the weekly newsletter...



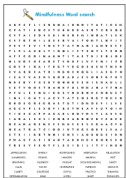
We are going to be sending out weekly updates. The updates will include any **changes** that are happening at Ashworth, Scott Clinic and Rathbone.



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...

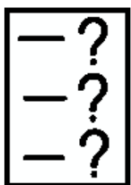
- Making a word search



- 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!