



Wellbeing Pack 1



Hi,

We hope this pack finds you well.

In your first wellbeing pack we have also included some contact numbers, for organisations that can offer support which may be useful during this challenging time, alongside a variety of activities that we hope you enjoy.

Each weekly pack will contain a variety of activities, with instructions & resources, such as pencils or seeds, please keep hold of these for use with future packs.

The organisations below have all contributed to the pack, but to enable us to meet your needs we welcome any suggestions about activities we could include in future packs.

If you know someone else who might benefit from receiving a pack, to give ideas for future activities, request a “penpal” or to opt out of the packs, please contact: Sarah Lane at Virginicare on: **07975 233 550**



We hope you enjoy this pack.

Local & National Helplines

Whether you're concerned about yourself or a loved one, these helplines can offer expert information and advice.

Local support

B&NES community hub- covid-19:

0300 247 0050

Avon & Wiltshire Mental Health

Partnership: 24 hour mental health

helpline: 0300 3031320

Bath Foodbank: 01225 463549

COVID-19 COMMUNITY SUPPORT

Hello

If you are concerned or need support we have people who can help.

Helpline: 0300 247 0050

We have a team of experts who can assist, and volunteers in your area.

#compassionatecommunity

- 1 Delivery of urgent supplies
- 2 A friendly phone call
- 3 Collection of medication
- 4 Money matters and work
- 5 Mental wellbeing (including loneliness, low mood, anxiety)
- 6 Advice on keeping fit
- 7 Housing issues
- 8 Supporting your family
- 9 Food and cooking
- 10 Understanding public health advice

If you can safely get support from family or friends, or can order items online, then please continue to do so.

350 virgin care NHS

Telephone support 24 hours a day, 365 days a year

Life threatening medical emergency	999
NHS 111- Non-emergency medical help	111
Social Services Emergency Duty Team	01454 615165
Concerns for someone's Mental Health	01225 325680
Statutory mental health services provided by AWP	(main switchboard)
Alcoholics Anonymous	0800 917 7650
Combat Stress (veterans)	0800 138 1619
FRANK (national drugs helpline)	03001 236600
National Domestic Abuse Helpline	08082 000247
Samaritans	116 125
Shout Text Service (crisis support)	Text Shout to 85258
Victim Support	0808 168 9111

Other support, times vary

Adult Social Care Services - Virgin ASIST Team	01225 396000
Beat (eating disorders)	08088 010677
CALM (men aged 15-35)	0800 58 58 58
Family Lives (formerly Parentline)	08088 002222
Mind Infoline	0300 123 3393
Mindline Trans+ (trans, non-binary support)	0300 330 5468
Narcotics Anonymous	0300 999 1212
National Gambling Helpline	0808 8020 133
No Panic (panic attacks, OCD and phobias)	08449 674848
OCD UK	0333 212 7890
Rape Crisis	08088 029999
SANELine	0300 304 7000
Self Injury Helpline	08088 008088
Womankind (in distress, suffering domestic abuse)	01179 166461 / 03454 582914



Grow your own 'micro greens' – Pea shoots

Grow these super nutritious greens from pea to plate in 3 weeks

What you will need:

- A clean jar
- Dried Marrowfat peas (any peas will do)
- Water
- Small tray
- Tea towel or piece of cardboard
- Windowsill
- A little compost (or soil)

Step One:

Make sure you have a clean jar – you can even use a clean jam jar.

Step Two:

Half fill your jar with your dried peas.

Step Three:

Fill your jar, with the same amount of lukewarm tap water

Step Four:

Leave your peas to soak overnight (6-8 hours is enough)

Step Five:

Move your sprouting peas onto a tray of compost (or soil) about 2-3cm deep and cover with a damp tea towel / damp piece of cardboard (or more compost or soil).

Step Six:

Peas will begin to sprout within a week. Just remove the towel / cardboard if you used it, and make sure soil and peas don't dry out.

Step Seven:

When your peas are about 15cm tall (after about three weeks from sowing), you can cut off the top 10cm and use as salad, in a stir fry or even in a sandwich!

Step Eight:

A week or two after cutting, you will get a second crop. Repeat until they stop growing!





Use the crayons provided and do some mindful colouring





Make a Positivity Jar

You will need:

1 clean empty jar

Ribbon to decorate the rim, homemade label (optional)

Some scraps of paper or post it notes



The idea.....

At the end of every day no matter how challenging it may have felt, there will be something positive no matter how small it seems. Using a scrap of paper or a post-it note, write down one positive thing, fold it up & put it in your jar. If you are feeling creative you could decorate the jar and notes.

Include **anything** positive no matter how small but if you are stuck it could be something...

you have enjoyed

you have accomplished or did well

new you have tried

you are proud of

you overcame or managed to do

you are grateful for

positive you have recognised about yourself

nice you did for someone else or they did for you

or

a bird singing, being out in the fresh air or sunshine, going for a walk, taking time to read, cooking, baking, gardening, artwork.....

It is amazing how quickly these positive notes mount up and if you have a day where you are not feeling so positive, pull one of your notes out of the jar to remind yourself what a good day might look like.



General knowledge quiz

1. Who was the first British person to win a Nobel Prize for Literature?
2. Which cocktail is made using olive brine or olive juice and is garnished with an olive?
3. What year did the Beatles split?
4. Who was the first female artist to achieve a UK number one with a self-written song?
5. What is the largest landlocked country in the world?
6. Who wrote Auld Lang Syne?
7. Which French brothers invented the first films?
8. What is the song behind these lyrics: 'You were working as a waitress in a cocktail bar when I met you....
9. Vehicles from which country is the international registration letter N?
10. What is Britain's longest motorway?
11. When did Denmark join the EU?
12. Carmine is a vivid shade of which colour?
13. In cooking, florentine means served with which vegetable?
14. Name the island where Gulliver discovered a race of little people in the novel Gulliver's Travels?
15. How many rings are on the Olympic flag?
16. What year was the first series of X Factor?
17. What does a chronometer measure?
18. Which band sang The Final Countdown?
19. How many capital cities does South Africa have?
20. Who invented Penicillin?





1. Rudyard Kipling, 1907 2. Dirty Martini 3. 1970 The Beatles split 4. Kate Bush
5. Kazakhstan 6. Robert Burns 7. Lumiere Brothers 8. Don't You Want Me – Human League
9. Norway 10. The M6 11. 1973 12. Red 13. Spinach 14. Lollipop 15. Five 16. 2004 17. Time
18. Europe 19. Three 20. Alexander Fleming



Answers:





SELF-CARE CHALLENGE

This was inspired by the ideas shared by Daisies and Pie

What is self-care?

Simply looking after yourself – putting time and effort into choosing to do activities that make you feel good and promote happiness and wellbeing. It feels good to feel good!

What are self-care activities?

They can literally be anything that makes you feel good – as simple as spending 5 minutes meditating or 10 minutes sitting with your feet up and a cup of tea, taking a 10 minute walk each day or even just making a to-do list or structuring your day so it runs more smoothly – anything that promotes good feelings and wellbeing.

Try the May Self-Care Monthly Challenge!



This takes a little focus and effort each day to make sure you always squeeze in something that's nice, that makes you happy or is just good for your wellbeing.

Remember – you don't have to do them all, just do what feels good for you. This is a nice thing to do – it shouldn't cause you any stress or pressure. Here are some self-care ideas:

1. Take Photos

Take some photos of your loved ones, or pets, or just of yourself, just have fun and create something beautiful to look back on. Take notice when you are out for your daily exercise and take some photos.

2. Have a tech free day



Switch off the tech, put down your phone, turn off social media and have a tech-distraction free day. See how you feel at the end of it – Did you miss it? Did you enjoy it?

Maybe it'll kick start a reset of how you use technology in future. Or maybe you'll miss it and be glad to get back online feeling refreshed!

3. Feed the birds

You can feed the birds even in the tiniest of gardens or balconies – scatter some seeds, add a bird feeder or even make your own. You could even mix up some homemade fat balls for the garden birds and tie them from the trees with pretty ribbons or make our natural bird feeder using a squash and string.



4. Try out a new look

Mix up your style – try out something new, maybe an item of clothing you love but don't wear as the colour is brave for you, mix & match items of clothing, pull out a hat or wear a bold lipstick shade.



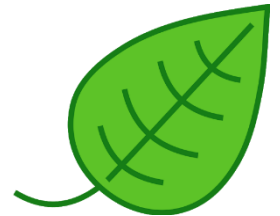


5. Be Kind

Do something that's kind – it doesn't need to cost a penny. It can be as simple as complementing someone on their outfit, telling a friend how much you admire her attitude or something she's achieved. Smile and say hello to someone when you are out walking, volunteer to help out in the community, remember to maintain social distancing though.

6. Soak up some nature

There's literally nothing I find more uplifting for mood than heading out doors – to the park, the beach or forest. If you are lucky enough to be close to any of these or any open space, try to use this during your daily exercise. Fresh air, nature and natural light are really good for the soul, notice how much quieter it is, how clear the air is, do you go here regularly, if so what are you seeing that you might never have noticed before?



7. Don't put it off

If something has been niggling away at you –clearing out that cupboard of doom under the stairs, sewing on a button, sorting out those photo's, apologising to someone.... Then get it done. Don't let it play on your mind any longer than necessary.



8. Have a film night

Snuggle up on the sofa with an array of snacks and feel good films and totally enjoy your evening.

9. Go for a walk

Just adding a 15-20 minute walk into my day really boosts happiness. It's great daily exercise and will leave you feeling refreshed.

10. Do some spring cleaning!

Now we're in spring heading towards summer, it's always good to do a top to bottom clean of the house. Getting rid of any unwanted clutter, cleaning out and airing rooms. It makes the home feel fresh, uplifted and great to be in.

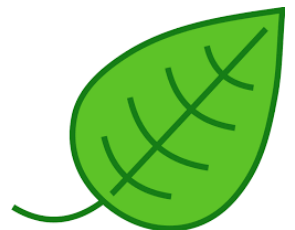
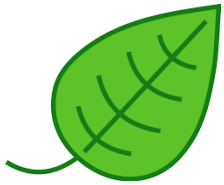
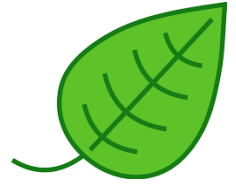




15 Common British trees to find...

(Word scramble)

1. SHA
2. CHOP BEERCEP
3. PANSE
4. WET CHEESE STUNT
5. MEL
6. STAY CLUE UP
7. ANROW
8. AMBERNOH
9. PINJUER
10. MILE
11. AMPLE
12. PUNKEY O'MUZZLE
13. LUMP
14. CINE P TOSS
15. PLANNED LOON

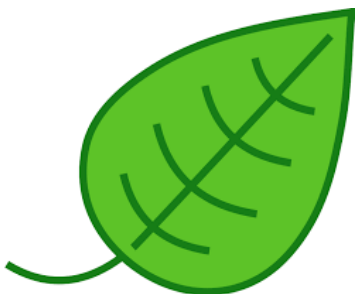




Answers:



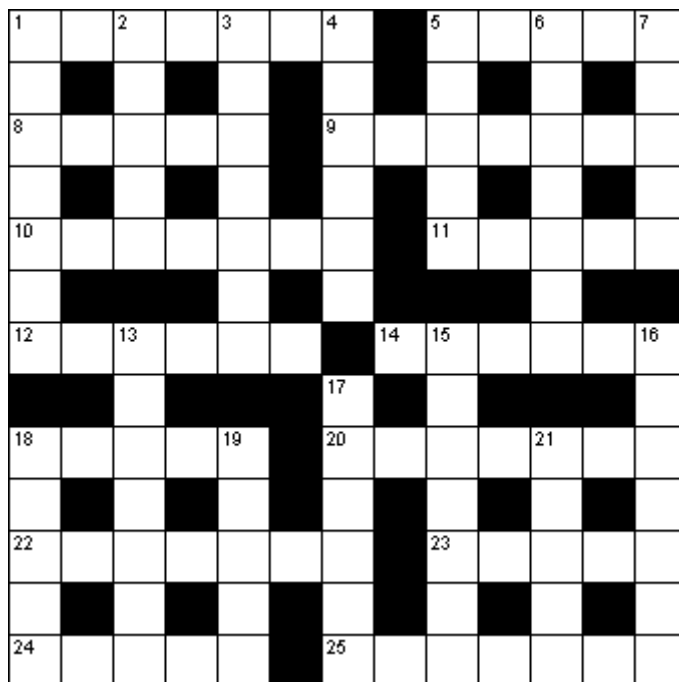
1. Ash
2. Copper Beech
3. Aspen
4. Sweet Chestnut
5. Elm
6. Eucalyptus
7. Rowan
8. Hornbeam
9. Juniper
10. Lime
11. Maple
12. Monkey puzzle
13. Plum
14. Scots Pine
15. London Plane





SIMPLY DAILY PUZZLES

Daily Quick Crossword



Across

- 1 Inquisitive (7)
- 5 Hebrew prophet and lawgiver (5)
- 8 Alloy of copper and zinc (5)
- 9 Violent whirling wind-storm (7)
- 10 Green salad plant (7)
- 11 Vegetables associated with Wales (5)
- 12 Slice of bacon (6)
- 14 Noisy disturbance (6)
- 18 Truck (5)
- 20 Feather or ribbon on military headwear (7)
- 22 Married (anag.) (7)
- 23 Gentleman's gentleman (5)
- 24 Measureless chasm (5)
- 25 Long-lasting (7)

Down

- 1 Mender of shoes (7)
- 2 Cook in an oven (5)
- 3 Unclear (7)
- 4 Sofa (6)
- 5 Wall painting (5)
- 6 Drastic reorganisation (5-2)
- 7 Footwear (5)
- 13 Rough cider (7)
- 15 Expose (7)
- 16 Emblem of royalty (7)
- 17 Afraid (6)
- 18 Long-necked woolly animal (5)
- 19 World War I battle (5)
- 21 Extemporise (2-3)

