

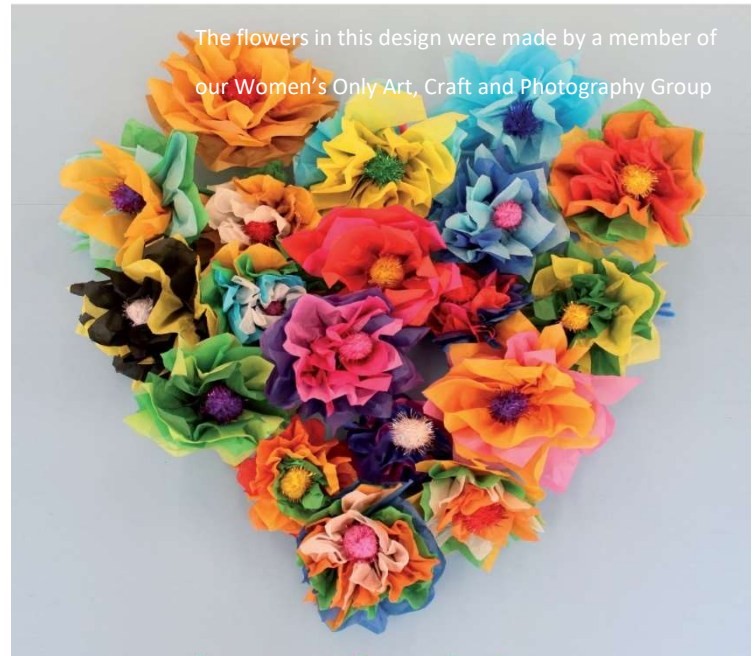
Hi everyone!

Welcome to issue two of the Learning and Wellbeing pack. We hope that you and your loved ones are all keeping safe and well.

LEARNING & WELLBEING PACK #2

We are continuing to run the Learning and Wellbeing programme, offering support over the telephone, as well as working on these packs which we hope you are enjoying!

This week, we've included some origami courtesy of Chris, some stress management tips and a spot the difference from Alex, and Sudoku puzzles and a dot to dot added by Sarah. We had some feedback that some activities with numbers would be good so they have been added! If you'd like to tell us what you think of these packs or suggest something for next time, please do speak to your support worker or get in touch with us directly on the numbers/ emails below.



We realise this is a strange and difficult time and we're here if you'd like to get in touch to tell us how you are, if you need any support or about the work that you're doing. Our contact details are below. Please do continue to follow the advice on page 2 to keep yourself and others safe.

USEFUL TELEPHONE NUMBERS

SAMARITANS

116 123

When things are difficult, whatever kind of distress you're feeling, talk to someone here for free, confidentially, 24/7

NATIONAL DOMESTIC ABUSE HELPLINE

0808 2000 247

A free, confidential service for people experiencing Domestic Abuse, 24/7, available in different languages.

Of course, we will keep you updated on when Providence Row reopens and Learning and Training activities start again.



Sarah



Alex



Chris



SABINA

Stay in touch,

Monday – Friday 9am – 5pm

Alex ☎ 07776590709 ✉ apalmer@providencerow.org.uk

Sarah ☎ 07990004246 ✉ shalsey@providencerow.org.uk

Monday, Thursday, Friday 9am – 5pm

Chris ☎ 07741143898 ✉ cbardo@providencerow.org.uk



If you don't have a tissue, use your elbow



Avoid touching your face with unwashed hands



use a tissue for coughs and sneezes



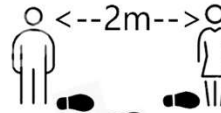
CATCH IT.

BIN IT.

KILL IT.



Wash hands for about 20 seconds with soap and hot water or hand sanitizer



Protect yourself & others

Symptoms

Fever and tiredness

Breathing difficulties

Continuous cough

If you live with someone who has a 'new continuous cough or high temperature, stay at home for 14 days in case symptoms develop

Stay at least three steps away (2 metres) from other people if possible

Coronavirus Information

If I have symptoms of Coronavirus

Isolate yourself & stay in



Use the online service at 111.nhs.uk

111



If your symptoms get worse or are no better after seven days, seek medical advice

Keep in touch with one another



Look after your heart, mind & body



Stay safe, stay in

No unnecessary journeys or social contact



Public gatherings of more than two people are banned, excluding people you live with.



Don't visit other people's houses or socialise outside your home.



Police will be able to fine you if you don't follow the rules

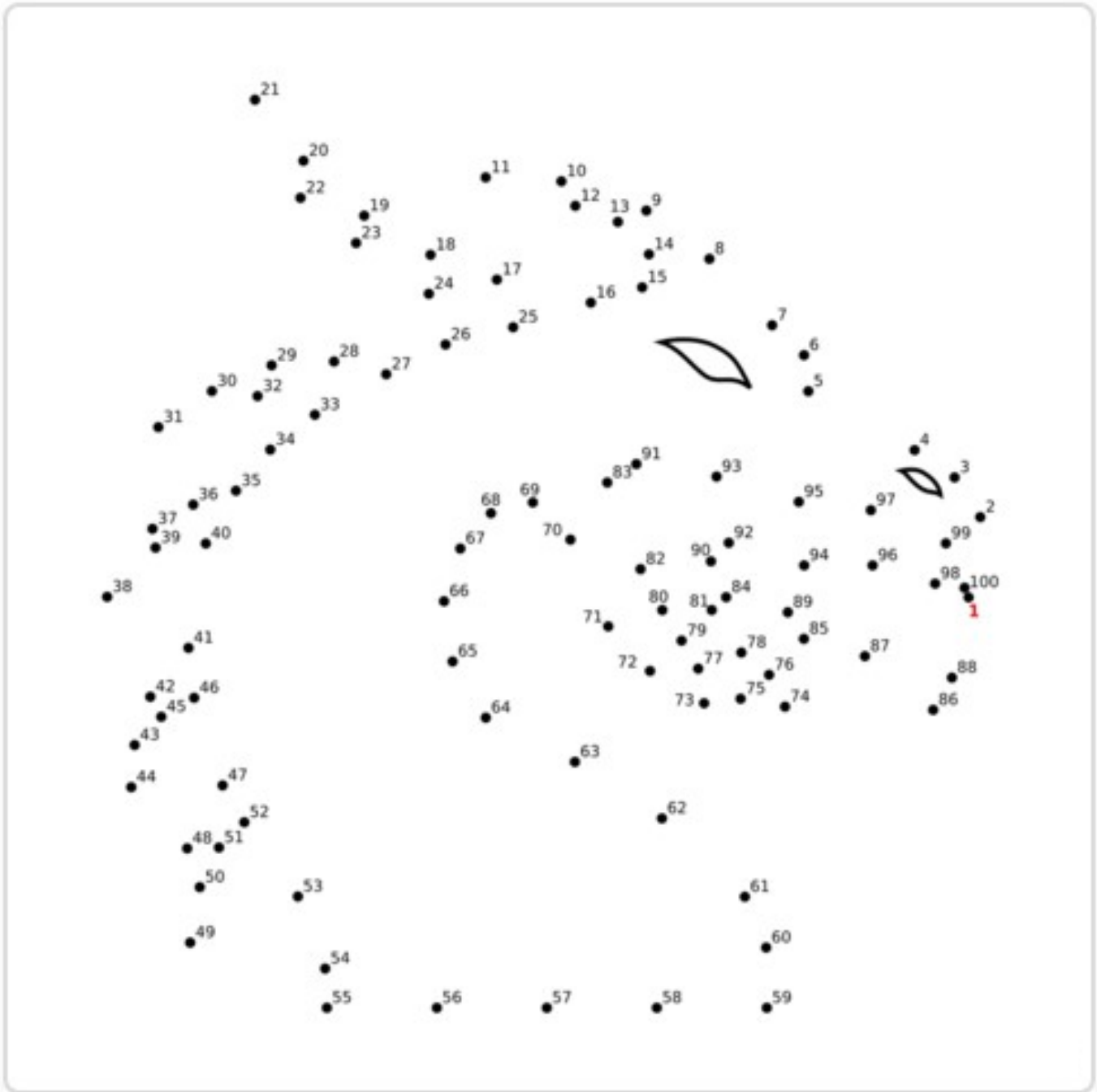


You can travel to and from work if absolutely necessary



Only leave home for essential shopping, medical needs and exercise once a day

Dragon Head dot to dot
Join the dots and then colour the dragon.



This activity and others available from the following website: <http://www.supercoloring.com>

Stress Management Tips

Keep in mind that stress isn't a bad thing.

Stress motivates us to work toward solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to *manage* stress, not to eliminate it.

Talk about your problems, even if they won't be solved.

Talking about your stressors – even if you don't solve them – releases hormones in your body that reduce the negative feelings associated with stress. Time spent talking with friends and loved ones is valuable, even when you have a lot on your plate.

Prioritize your responsibilities.

Focus on completing quick tasks first. Having too many “to-do's” can be stressful, even if none of them are very big. Quickly knocking out the small tasks will clear up your mind to focus on larger responsibilities.

Focus on the basics.

Stress can start a harmful cycle where basic needs are neglected, which leads to more stress. Make a point to focus on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.

Don't put all your eggs in one basket.

People who are overinvolved in one aspect of their life often struggle to deal with stress when that area is threatened. Balance your time and energy between several areas, such as your career, family, friendships, and personal hobbies.

Set aside time for yourself.

Personal time usually gets moved to the bottom of the list when things get hectic. However, personal time is neglected, everything else tends to suffer. Set aside time to relax and have fun every day, without interruptions.

Keep things in perspective.

In the heat of the moment, little problems can feel bigger than they are. Take a step back, and think about how important your stressors are in a broader context. Will they matter in a week? In a year? Writing about your stressors will help you develop a healthier perspective.

Sudoku challenge!

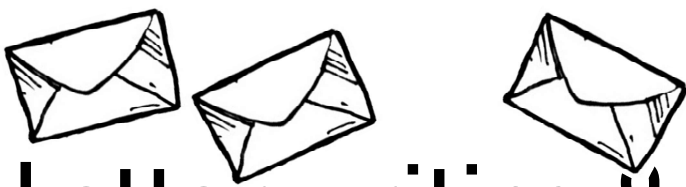
Fill in the grid so that every row, every column and every 3x3 box has the numbers 1-9 in it, without repeating any

6	3		4		8		9	
	2					7		
		1	7		3	8	2	
	8	4	2	7		6		5
		5	8			9		
3		6			5	2	8	
	1		3	8		4		9
		9						
	4			6	2		5	8

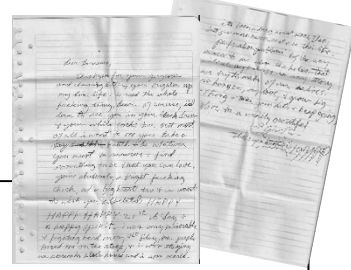
	8			6			2	
4			7		3		1	6
	1	5		4				7
		1			6			8
	4			5	7		3	1
7		8	2					5
8			6	3		1	4	
2	5				9		6	
1					8		5	

These puzzles and others are available from the following website:

<https://worksheets.theteacherscorner.net/make-your-own/sudoku/>



Iggy Pop (musician)



Letter writing & envelope making

Check out Iggy Pop's letter to a fan

Nine months after Iggy Pop received a 20-page, personal letter from a 21-year-old fan, he replied. She talked about her life, the string of social workers her family worked with, her black adidas dress, her love, her anger. The timing was perfect - on the morning his note arrived, Laurence's family were being evicted by bailiffs and Laurence got her reply just in time.

dear laurence,

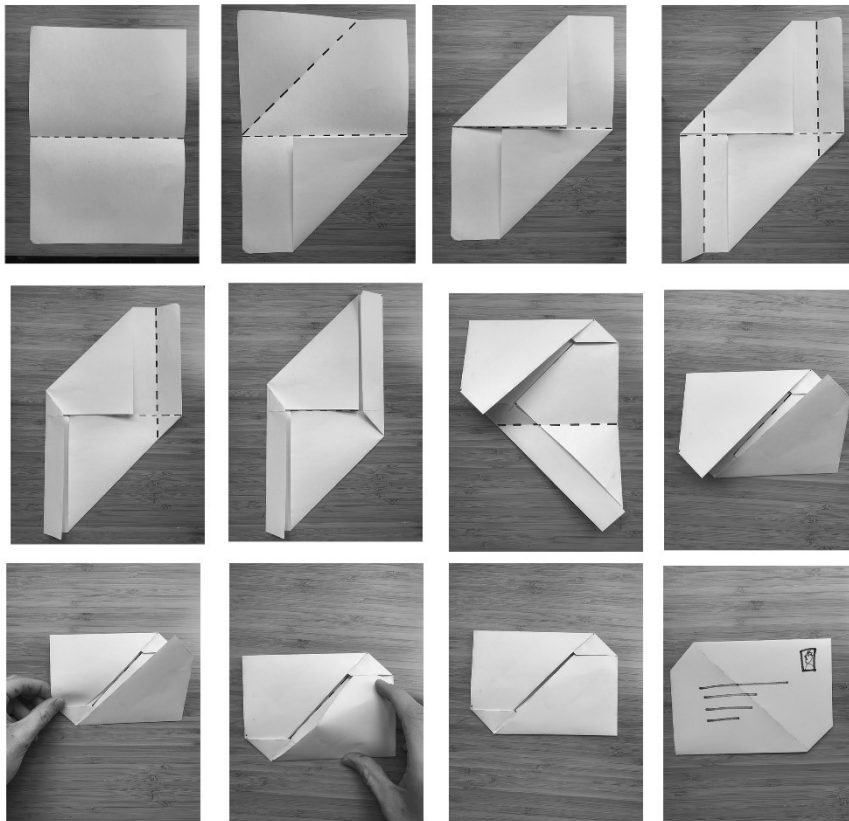
thank you for your gorgeous and charming letter, you brighten up my dim life. i read the whole fucking thing, dear. of course, i'd love to see you in your black dress and your white socks too. but most of all i want to see you take a deep breath and do whatever you must to survive and find something to be that you can love. you're obviously a bright fucking human, w/ a big heart too and i want to wish you a (belated) HAPPY HAPPY 21st b'day and happy spirit. i was very miserable and fighting hard on my 21st b'day, too. people booed me on the stage, and i was staying in someone else's house and i was scared. it's been a long road since then, but pressure never ends in this life. 'perforation problems' by the way means to me also the holes that will always exist in any story we try to make of our lives. so hang on, my love, and grow big and strong and take your hits and keep going.

all my love to a really beautiful girl. that's you laurence.

iggy pop

ORISAMI 折り紙

(origami = the Japanese art of folding art)



Why not make your own origami envelope and send it to someone important to you?

Write to a hero like Laurence did to Iggy Pop.

Write to someone in the community about an important issue.

Not sure who to write to? You could always...

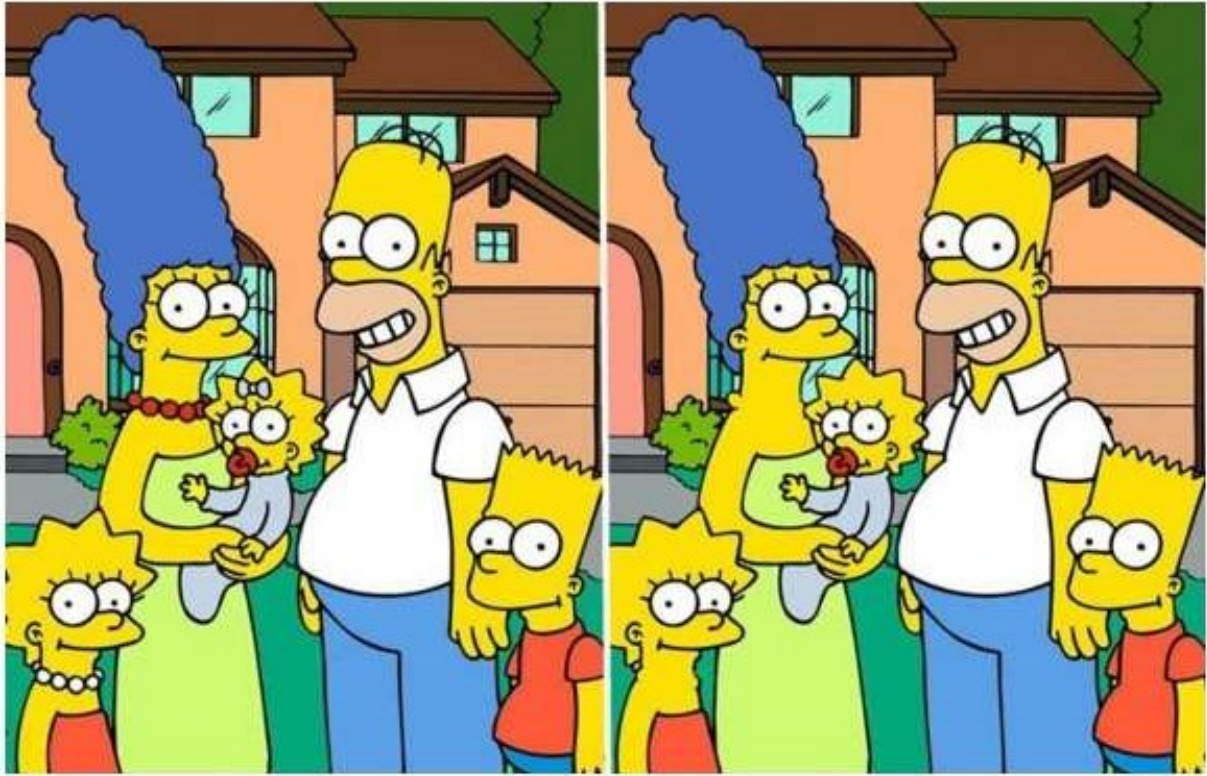
Write a personal letter to yourself.

Please reach out to Chris, Sarah or Alex, if you'd like to talk about this with us.

Write an 'epistolary' story – these are stories that are told through letters or diaries. Famous examples are: *Dangerous Liaisons*, *Bridget Jones & Dracula*.



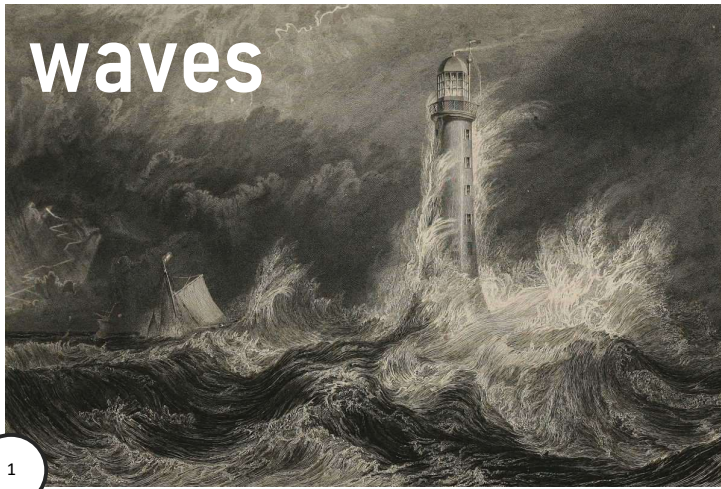
SPOT THE DIFFERENCE



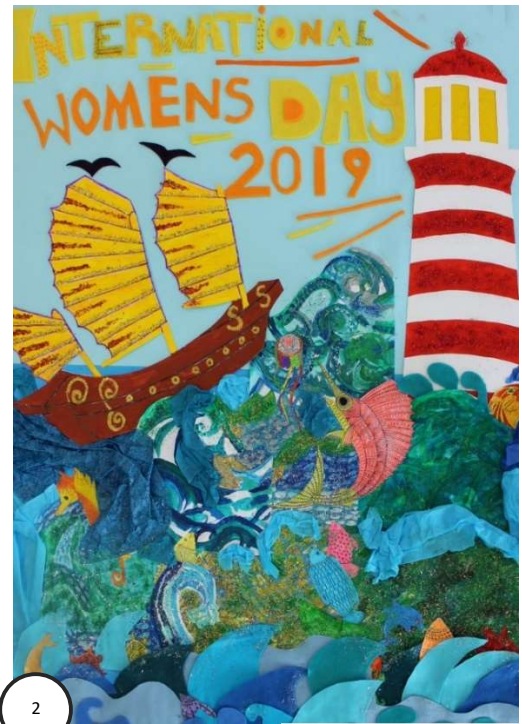
ANSWERS IN THE NEXT ISSUE 😊

lighthouses &

waves



1



2



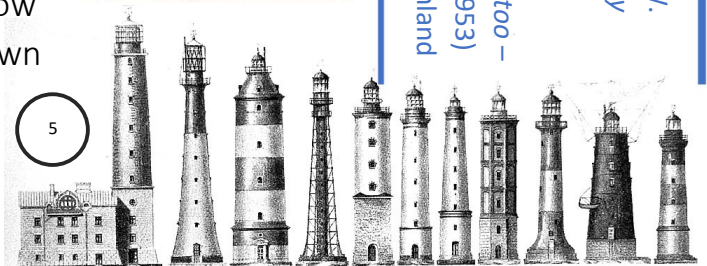
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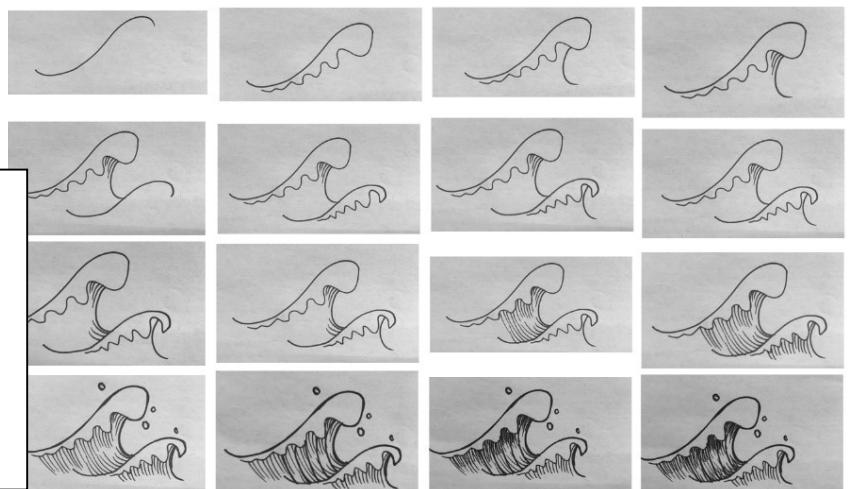
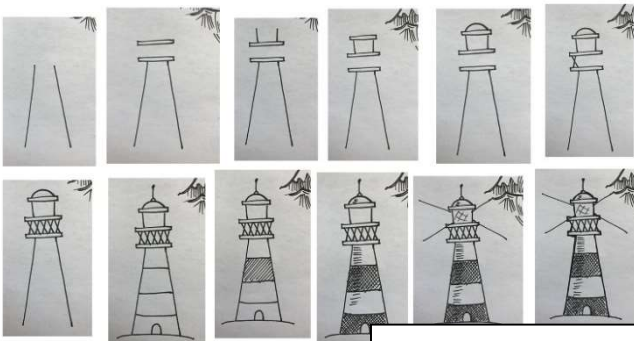
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Lighthouses and waves can be powerful symbols. For some, they can mean guidance and strength at times of difficulty. What do you they mean for you? How about in these artworks? Why not create your own image of a lighthouse and waves?

- [1] Bell Rock Lighthouse (1819) by J. M. W. Turner
- [2] The International Women's Day Banner (2019) by The Women's Group at Providence Row
- [3] The Great Wave off Kanagawa (1829 – 33) by Hokusai
- [4] Tattoo – artist unknown
- [5] Finnish Lighthouses (1953) Artist unknown, from Lemland, Åland, Finland



5



If you don't know where or how to start, here are some step-by-step guides to draw a lighthouse and waves. And here's a picture I made with these techniques.