

Hi everyone!

It's issue three of the Learning and Wellbeing pack! We hope that you and your loved ones are all keeping safe and well.

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, Sabina has put together a fantastic film quiz and some great craft activities, Alex has some tips on gratitude journaling and Chris is testing your eagle eyes with an extra difficult word search. We had some feedback that last week's quizzes were a bit too easy so we've upped our game! There's also a delicious recipe for

Chicken and Paprika Tacos, as well as a chance for some spelling practice with cooking words. 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.

Remember, 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.

LEARNING & WELLBEING PACK #3



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.

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



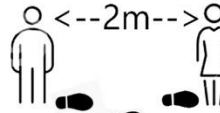
CATCH IT.

BIN IT.

KILL IT.



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

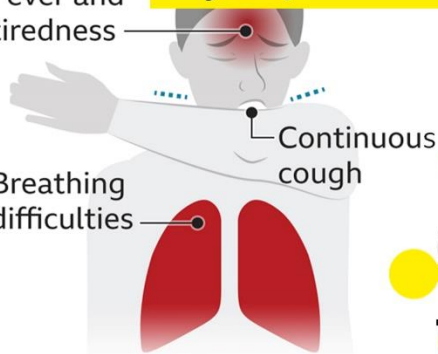


Protect yourself & others

Symptoms

Fever and tiredness

Breathing difficulties



Continuous cough

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

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

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

Cooking words

Complete the words to make the right spelling. Use the pictures to help you if you're not sure of the word (there isn't a picture for every word!).

1. S p ___ k l ___ some sugar on top

2. M ___ s h the potato

3. P ___ l the carrots

4. B ___ l the water in a pan

5. ___ op the tomatoes

6. Sl ___ e the bread

7. Gr ___ the cheese

8. P ___ r the milk

9. M ___ x the milk and flour

10. R ___ o ___ t the pastry

11. W ___ s ___ the eggs

12. K ___ d the dough

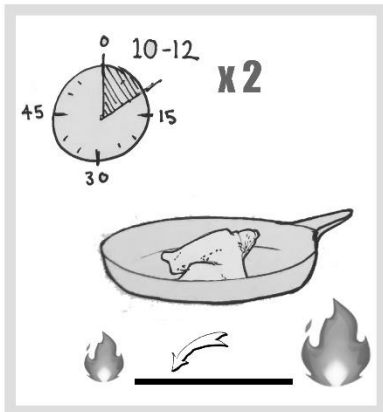
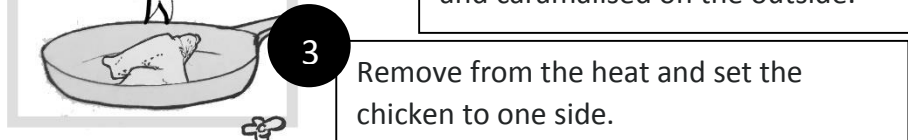
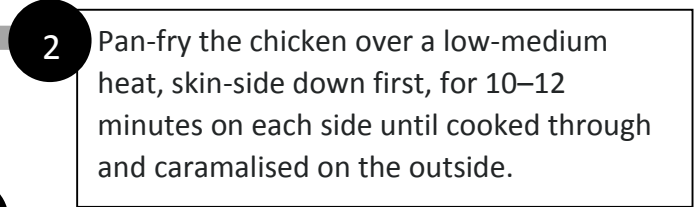
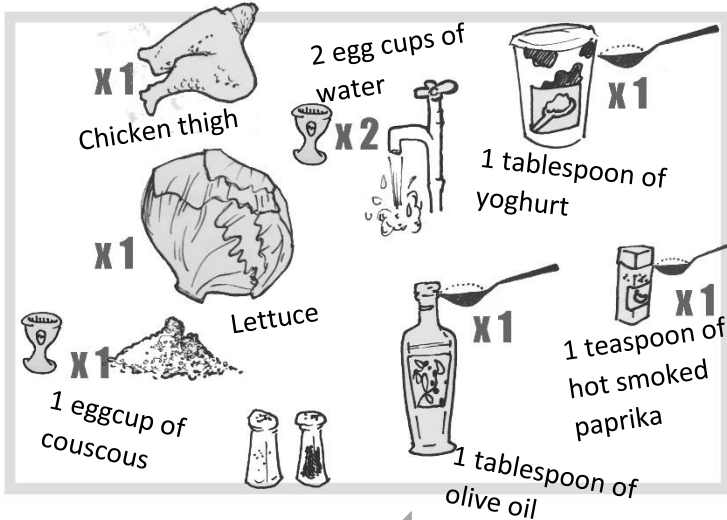
13. Cr ___ k the eggs

14. M ___ t the butter

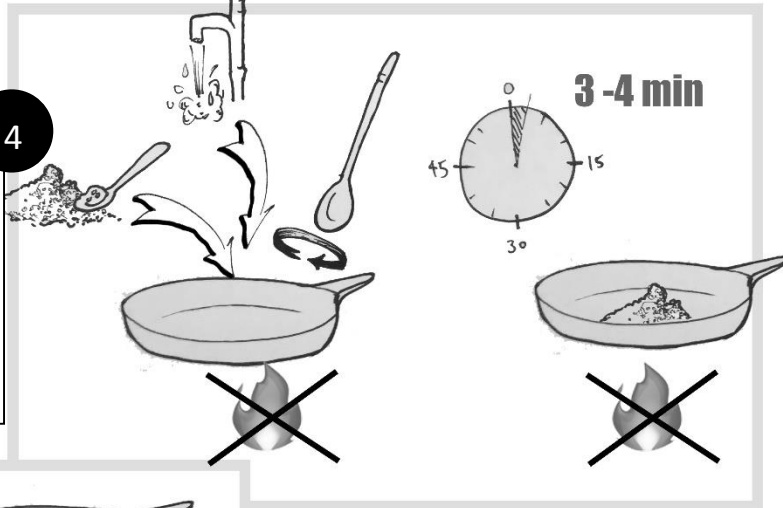


Answers: 1. Sprinkle, 2. Mash, 3. Peel, 4. Boil, 5. Chop, 6. Slice, 7. Grate, 8. Grate, 9. Mix, 10. Roll out, 11. Whisk, 12. Knead, 13. Crack, 14. Melt

£1 TACO'S



4 Add the couscous to the pan (off the heat), along with the water, and stir for a few seconds to incorporate all the pan juices, then leave the couscous to rest for a few minutes and plump up.



5 Slice the chicken into thin strips, then assemble your tacos by spooning some of the peri-peri infused couscous onto each lettuce leaf, placing some chicken strips on top, then drizzling with the yogurt and sprinkling over some cracked black pepper.

Paper Chains are something everyone can have fun doing: see what faces and patterns you come up with.

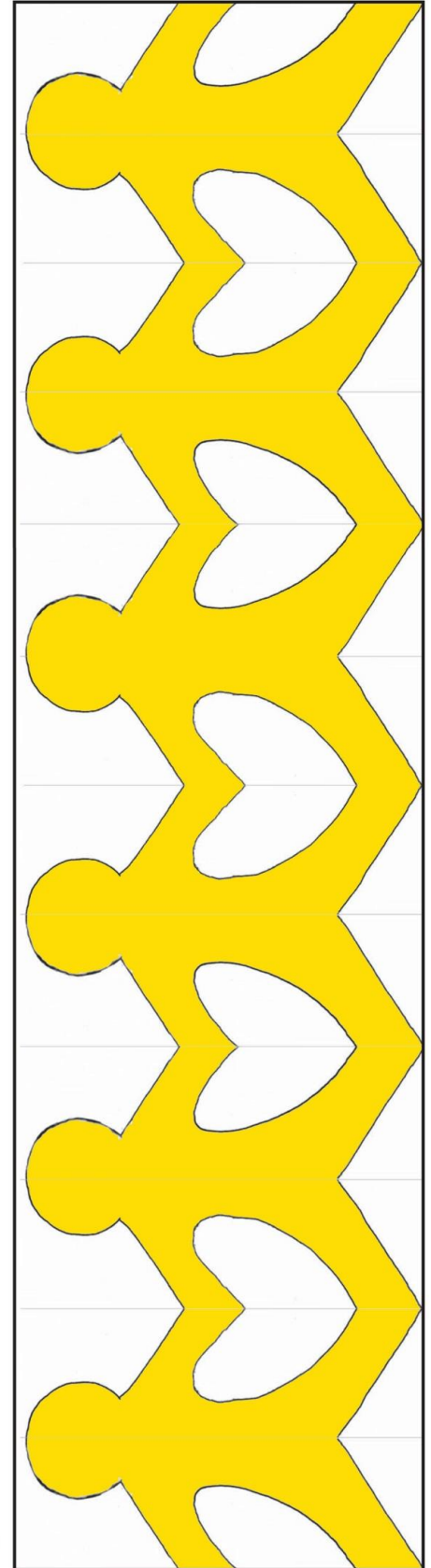
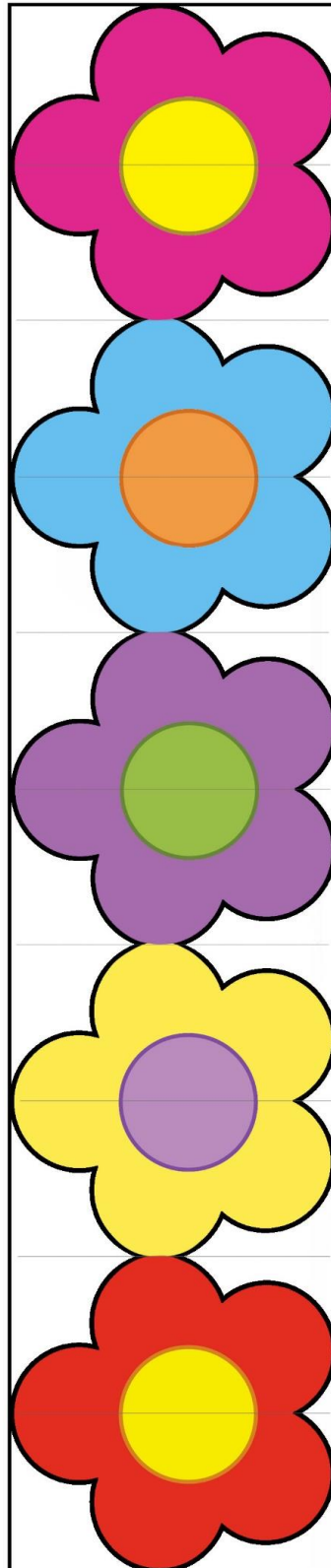
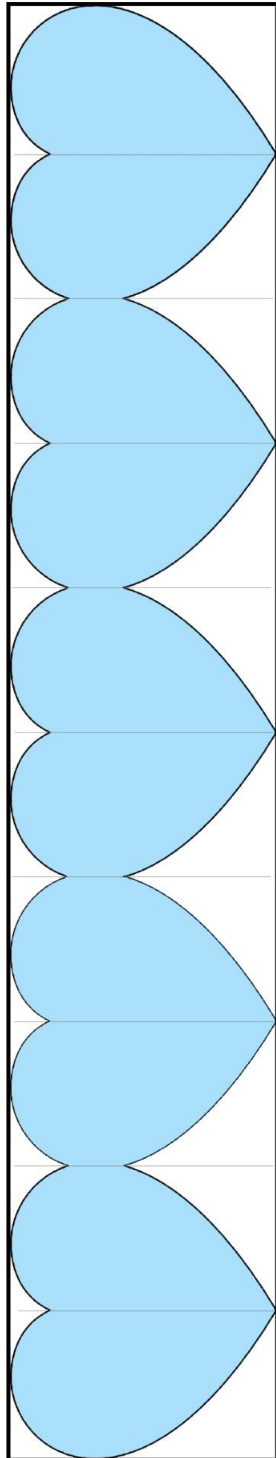
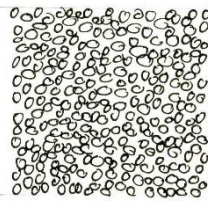
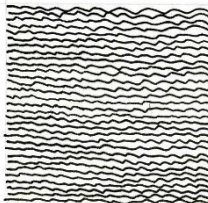
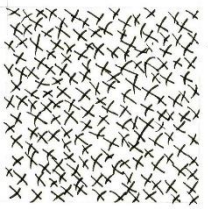
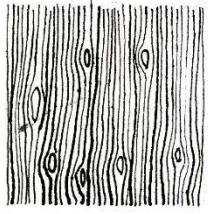
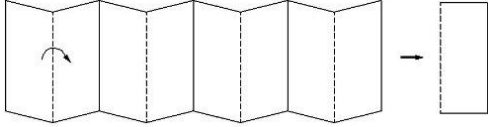


Why not draw some fun emojis on the faces below?



Fold the Paper and cut out the figures/flowers/hearts

- 1 Cut out the boxes below along the heavy black lines.
- 2 Fold the paper on the faint grey lines.
- 3 Now cut out the shapes along the black lines.



Why not try some of these patterns on the hearts and flowers?
All you need is a pen or a pencil!



GRATITUDE JOURNAL

Keeping a journal of the things that you are grateful for, has been shown to have a **powerful effect on mental wellbeing**. Among other benefits, journaling about gratitude **reduces stress, increases happiness and improves self-esteem**. Writing about gratitude is NOT about saying that everything is great in life. It is about acknowledging the difficulties in life (especially during isolation and coronavirus) but actively choosing to focus and write about what is positive in our lives.

Instructions: 2-3 times a week (daily if you are feeling adventurous), write a detailed entry about 1 or 2 things that you are grateful for. This could be a friend, a partner, a skill or quality you have, even a great meal you had. It's something that is personal to you. It doesn't have to be recent. It could be something that happened some time ago.

JOURNALING TIPS

- Don't rush to write down the first thing that comes to mind, take time to think about what you are truly grateful for. Expect each entry to take some time.
- Writing about people tends to be more powerful than writing about things
- Explain *in detail*, why you are grateful. For example, if you are grateful for a friend who is nice, describe what they do that is nice, and why that makes you grateful
- Aim for 2 solid entries each week. Keep your journal somewhere you will see it and maybe a set day of the week would help you remember (last thing before you go to sleep is a great time to do it!)

HAPPY JOURNALING!!

50 European Countries

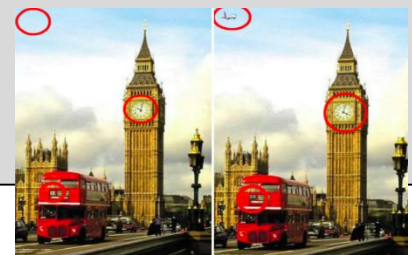
WORDSEARCH

EXTRA
DIFFICULT!!

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

ANSWERS: SPOT
THE DIFFERENCE
(pack2)

Answers from the puzzles
from pack 2 ...



CYPRUS	CZECHIA
SWEDEN	DENMARK
SWITZERLAND	SPAIN
VATICAN CITY	UKRAINE
MACEDONIA	
LUXEMBOURG	
UNITED KINGDOM	

BULGARIA	LIECHTENSTEIN	SLOVENIA	DENMARK
TURKEY	CROATIA	LITHUANIA	ESTONIA
ALBANIA	GERMANY	NORWAY	FINLAND
ANDORRA	GREECE	POLAND	FRANCE
ARMENIA	HUNGARY	PORTUGAL	GEORGIA
AUSTRIA	ICELAND	ROMANIA	MALTA
AZERBAIJAN	IRELAND	RUSSIA	MOLDOVA
BELARUS	ITALY	SAN MARINO	MONACO
BELGIUM	KAZAKHSTAN	SERBIA	MONTENEGRO
BOSNIA HERZEGOVINA	LATVIA	SLOVAKIA	NETHERLANDS

Can you name these films just from the one scene? Hint: we have seen all of them in Film Club @The Dellow 😊 Answers below!



Answers: 1 Dark Shadows (2012); 2 The Adventures of Priscilla, Queen of the Desert (1994); 3 Eddie the Eagle (2016); 4 Jurassic Park (1993); 5 Darkest Hour (2017); 6 Wonder Woman (2017); 7 Jumanji! (1995); 8 The Nutty Professor (1996); 9 The Irishman (2019); 10 Hotel Transylvania (2012); 11 Matilda (1996); 12 Forrest Gump (1994); 13 Mowgli! (2018); 14 Notting Hill (1999); 15 Shaun of the Dead (2004).