

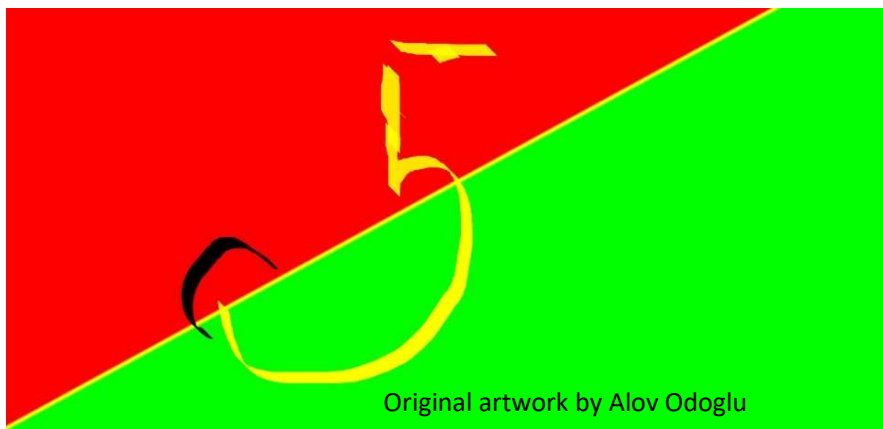


Hi everyone!

Welcome to the fifth issue of the Learning and Wellbeing pack! As ever, 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 on the telephone, as well as working on these packs. The "5" from the cover of this issue was designed by Alov Odoglu, who used the free painting online website, <https://sketch.io/sketchpad/> to make this beautiful and vibrant

artwork. We love the brightness and energy of the colours and we think it captures a sense of hope that we all need during this uncertain time - a big thank you to Alov!



Original artwork by Alov Odoglu

This week's pack includes a page created by Sarah on the Muslim festival, Ramadan, which began on 23rd April. Sabina has added a wicked film quiz, there's a stencil page inspired by our mystery artist from last week by Chris, his language page too, and Alex has added a mandala page to help with wellbeing. As ever, we would love hearing your feedback on the packs, and, especially, your ideas on what we can include in future issues. Please do get in touch with us (details below) or through a support worker.

USEFUL CONTACTS

SAMARITANS

116 123 If things are difficult and distressing, talk to someone here for free, confidentially, 24/7

RESET

reset@providencerow.org.uk

For support around your drug and/or substance use, get in touch.

MENTAL HEALTH CRISIS LINE

020 7771 5807 When you're having difficulties with your mental health and can't reach other healthcare professionals, call 24/7

NATIONAL DOMESTIC ABUSE HELPLINE

0808 2000 247 A free, confidential service for people experiencing domestic abuse, 24/7.

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. As always, there's the advice on page 2 to keep yourself and others safe, and we will keep you updated on when Providence Row reopens and activities start again.

Best wishes and stay safe!



Sarah



Alex



Chris



SABINA

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



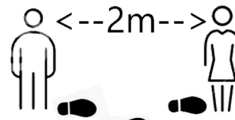
CATCH IT.

BIN IT.

KILL IT.



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



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

Protect yourself & others

If I have symptoms of Coronavirus

Isolate yourself & stay in



Use the online service at 111.nhs.uk

111



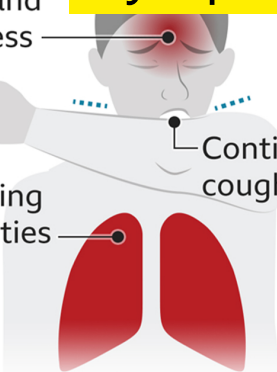
If your symptoms get worse or are no better after seven days, seek medical advice

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

Coronavirus Information

Keep in touch with one another



Look after your heart, mind & body

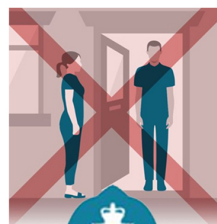


Stay safe, stay in

No unnecessary journeys or social contact



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



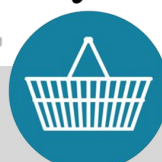
Don't visit other people's houses or socialise outside your home.



! 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

Celebrating Ramadan 2020

The celebration of Ramadan began last week, on April 23rd, with Muslim people being asked to celebrate indoors because of coronavirus. Below are some tips from the Muslim Council of Britain and Learning and Training's very own Asia, on how to celebrate Ramadan at home.

#RAMADANATHOMETOPTIPS-

Online – Stream Islamic lectures or *taraweeh* to your home, pre-recorded or live.

Prayers – Organise prayers including *taraweeh* at home as a family and pray as a congregation in the home. Since it is no longer possible to do *ṭiḳaḳ* in the mosque, consider doing this at home.

Plan food – Plan your *iftar* menus in advance so that you can limit shopping trips and limit exposure given social distancing measures.

Drink well – Hydrate well for the long work days. Dehydration can lead to tiredness, headaches, lack of focus/concentration.

Energy foods – Eat high energy, slow burn foods for *subhoor* (starting your fast) – It is important that you remain energised throughout the workday, especially as we can experience heightened levels of anxiety during these times.

Breaks – Take regular breaks to reflect and take time for yourself.

Mental Health – Life can be full, and we try to fill it with more worship during Ramadan. We all want to pray more and this can help with anxiety but it is important to be good to yourself – sometimes it is quality over quantity.

For more ideas and advice visit <https://mcb.org.uk/resources/ramadan/>



The **East London Mosque** are live streaming congregational prayers, Friday sermons, and additional talks from the main prayer hall from their website here:

<https://www.eastlondonmosque.org.uk/live-audio-video>. Previous Friday sermons are also available at <https://www.eastlondonmosque.org.uk/Blogs/friday-sermons>

Asia's top tips

Learn Arabic- There are lots of online sources where you can improve your tajweed. Quran Word by Word is very helpful as it has the transliteration in English. Quranic app teaches you stories and has mini quizzes to test your knowledge.



Apps can help- for those with smart phones apps such as Ramadan Calendar 2020 and Ramadan Legacy have Ramadan calendars (iftar and prayer times and supplication).

Recipe ideas...

This is something I often make for iftar, it's very simple! Put natural yoghurt in a glass jar, layered with fruits of choice and topped with seeds and nuts. Great for energy!



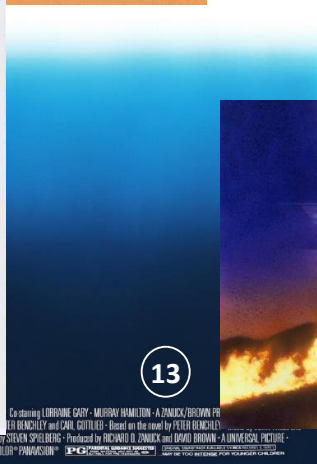
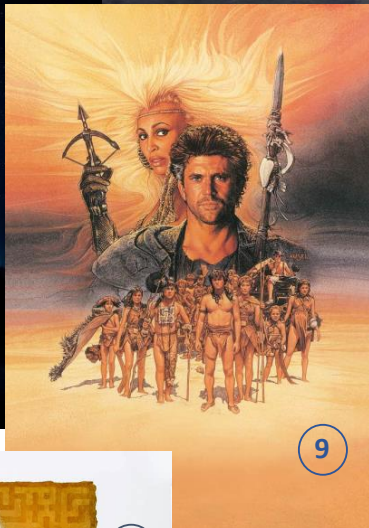
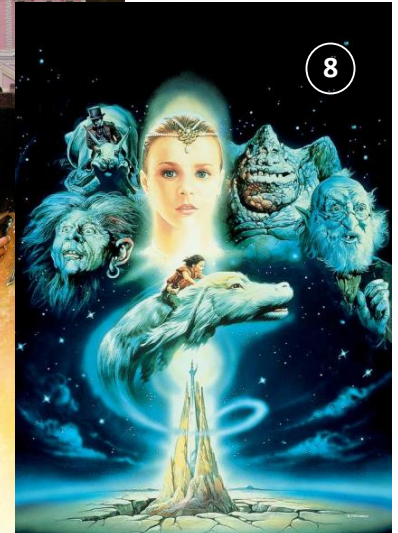
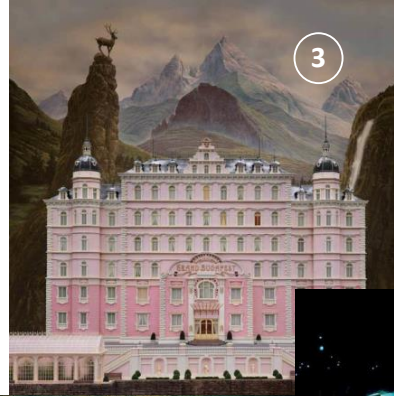
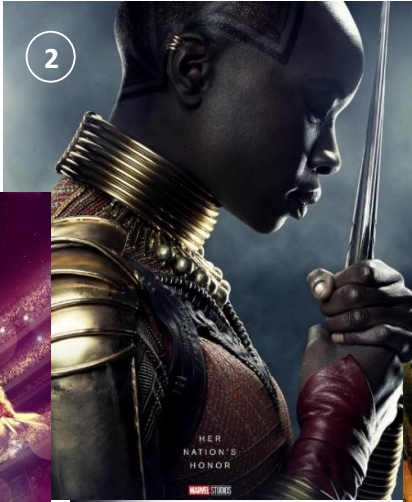
These energy balls take about 5 minutes to make. Mine mainly are made of dates, oat granola and crumbs from cereal. Blend this together and make balls using palm of your hand, add nut butter to stick and for texture dip in either desiccated coconuts, ground seeds or even other cereal crumbs.



On behalf of Providence Row, we wish you Ramadan Mubarak



Can you recognise the film posters without the text?
Answers below!

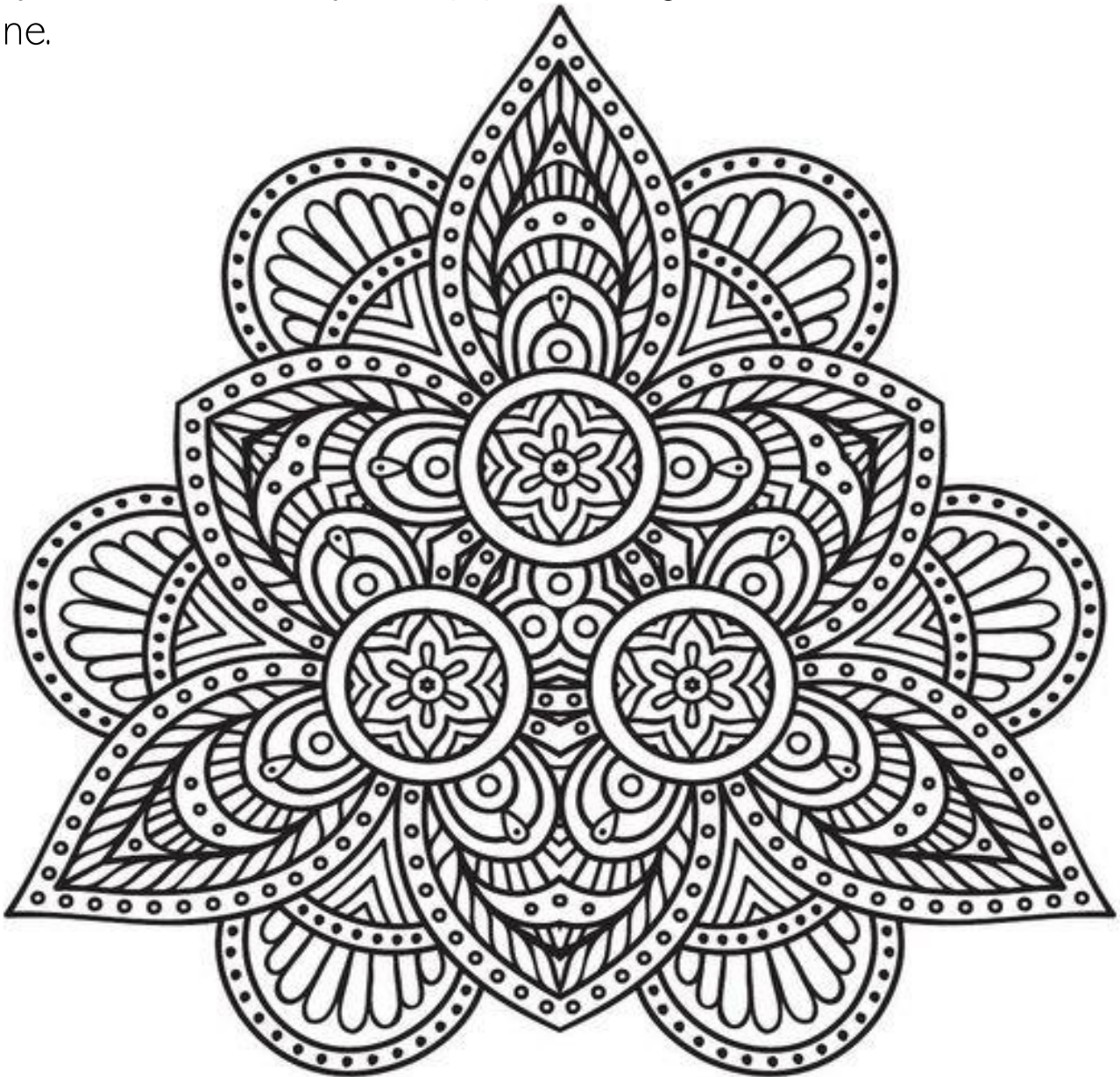


Answers: 1 Rocketman (2019); 2 Black Panther (2018); 3 The Grand Budapest Hotel (2014); 4 The Devil Wears Prada (2006); 5 Interstellar (2014); 6 Raging Bull (1980); 7 The Goonies (1985); 8 The NeverEnding Story (1984); 9 Mad Max Beyond Thunderdome (1985); 10 Gremlins (1984); 11 Get Out (2017); 12 Labryinth (1986); 13 Jaws (1975); 14 Back to the Future (1985); 15 Gladiator (2000).

MANDALAS

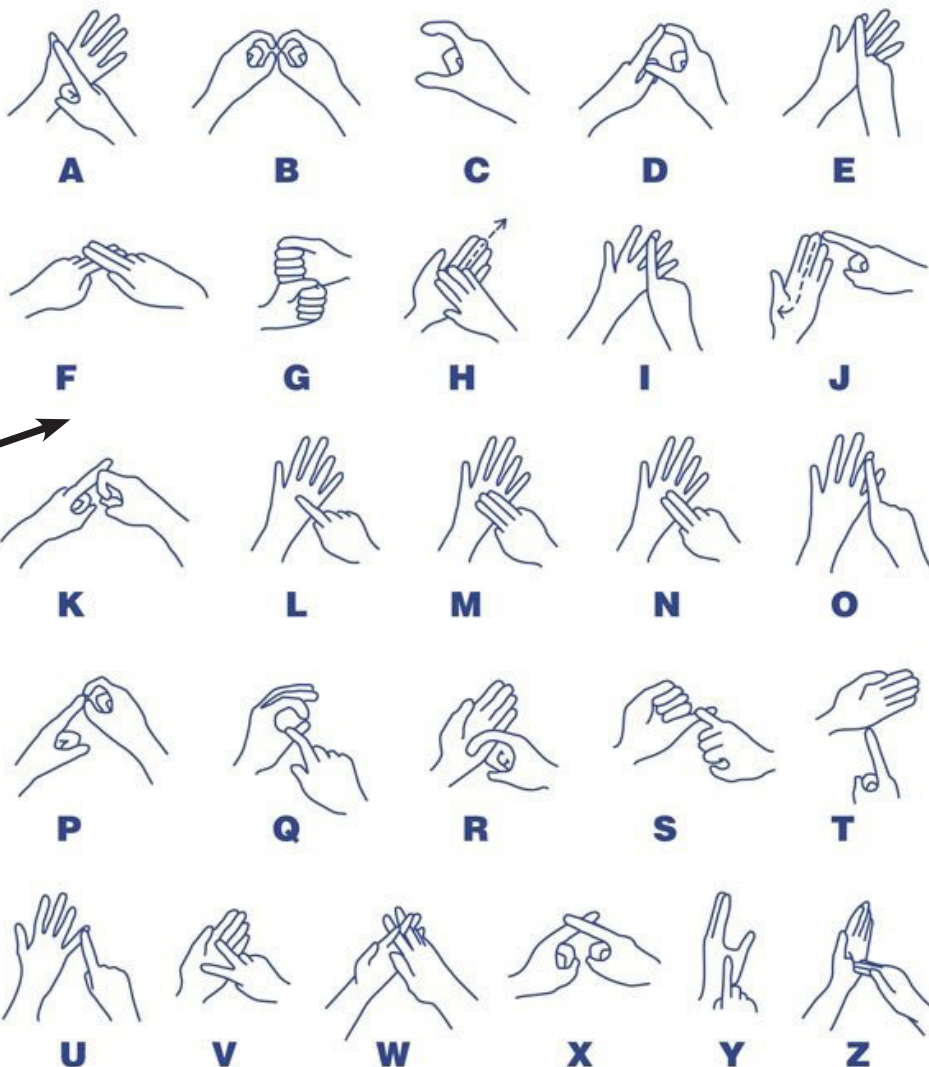
Mandalas require attentive focus and calmness to create and color, mandalas can help to cultivate mindfulness, self-awareness, and stress relief..

Take your time coloring in this one and see how you get on, dont worry if you don't have any felt tip pens, using black and blue biro's will be fine.



Languages and alphabets

British Sign Language (BSL)

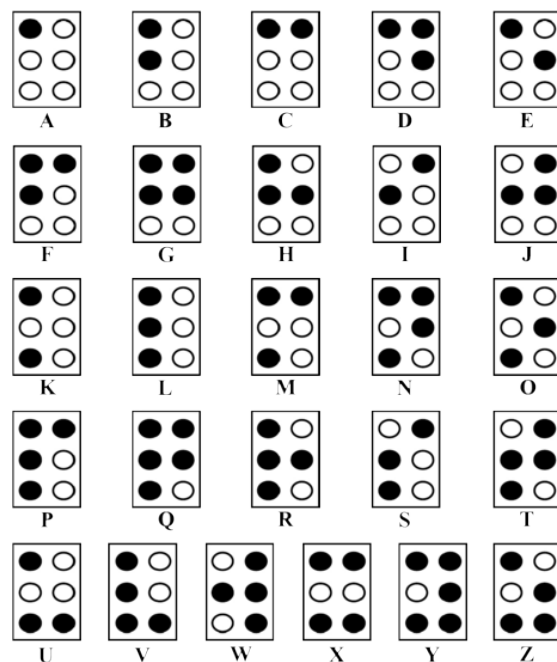


一 1
二 2
三 3
四 4
五 5
六 6

七 7
八 8
九 9
十 10

Mandarin Chinese

A	..	N	..	1	..
B	O	..	2	..
C	P	3	...
D	...	Q	..	4
E	.	R	..	5
F	S	...	6
G	..	T	-	7
H	U	..	8
I	..	V	...	9
J	W	..	0
K	..	X
L	...	Y	,
M	..	Z	?



Morse Code

Braille

What can you say in these languages?
Better yet, can you make your own alphabet?



Last week, we asked you who made this awesome '4'? Well, it was our one and only Sarah! Find out how here and get ideas for making your own stencils...

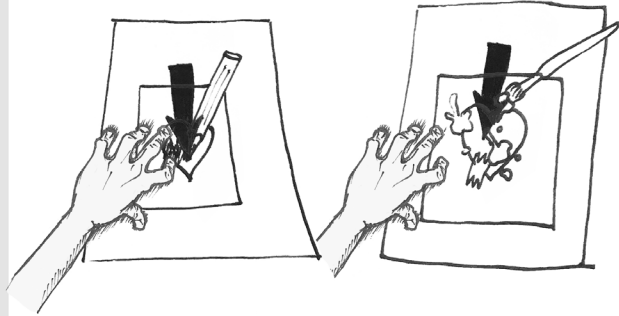
stencils



1



Draw your design



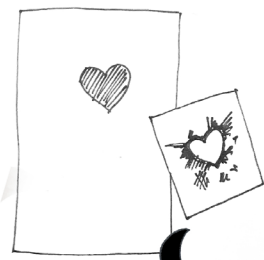
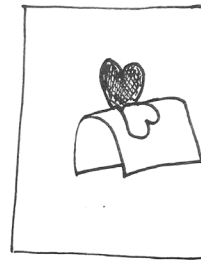
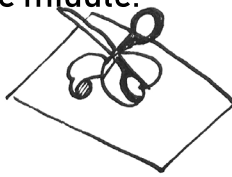
3

Draw/paint around it.
Hold down the stencil
& take it off carefully.



2

Cut it out. Fold the paper
in half to get to the middle.



Instead of cutting
out stencils,
why not use objects
as stencils?

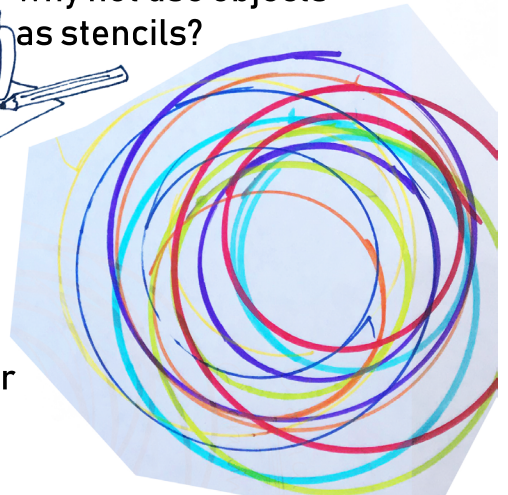


R
♥
T
A

Instead of colour,
why not use pattern or
drawing? Or all 3?!












Andy Warhol (1928 -87) used a lot of
stencils in his art making, like this
famous print of Marilyn Monroe (1967)



Talking about how we feel.

Sometimes it can be helpful to think about how we are feeling and name our emotions, just keeping it simple.

Look at the pictures below and match which emotions you think they show from the list here

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

Feelings

- Worried
- Happy
- Excited
- Scared
- Sad
- Proud
- Relaxed
- Bored
- Angry

Answers: 1. Angry 2. Excited 3. Worried 4. Proud 5. Happy 6. Scared 7. Bored 8. Sad 9. Relaxed

What does the word 'happy' mean?
What does the word 'content' mean?

How can these words help us during self-isolation?

What do they mean to you?

One thing you could try is writing some sentences each day about how you are feeling (for example 'Today I feel relaxed because I went for a walk'). You can use the space below to write about how you feel today if you like...

Today I feel _____

because _____

Today I feel _____

because _____

Today I feel _____

because _____

What can you do at the moment that feels relaxing and healthy?

Add your ideas?

