



# PROVIDENCE ROW



Welcome to issue number 6 of the Learning and Wellbeing Pack! As ever, we hope that you and your loved ones are 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. The “6” from the cover of this issue was created by Alex. Due to his love of watermelons, he tried a bit of creative carving and this is how it came out!

## LEARNING & WELLBEING PACK # 6



Us using the free website Zoom for video chat to discuss the next pack - check it out at zoomus

This week’s pack includes a word search by Sarah, Chris has created a “make your own mandala page”, and we have a singing exercise created by music group volunteer, Vicki. In addition, there is a page on the very cool art of flower pressing. We say this every issue, but we love hearing your feedback on the packs, and your ideas on what we can include in future issues. Over the next few weeks, we will be having lots of content provided by you, so keep that feedback and those ideas coming!!

### 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](mailto: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 tell us about the work you are doing. Details are below or you can get in touch through a support worker too. As always, remember the advice on page 2 to keep yourself and others safe, and we’ll, of course, let you know of any updates about the centre as soon as we can. Best wishes and stay safe!



Sarah



Alex



Chris



SABINA

**Monday – Friday 9am – 5pm**

**Alex** ☎ 07776590709 ✉ [apalmer@providencerow.org.uk](mailto:apalmer@providencerow.org.uk)

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**Monday, Thursday, Friday 9am – 5pm**

**Chris** ☎ 07741143898 ✉ [cbardo@providencerow.org.uk](mailto: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.**

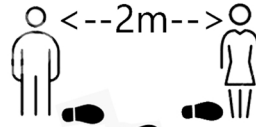
**BIN IT.**

**KILL IT.**

## Protect yourself & others



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

## If I have symptoms of Coronavirus

Isolate yourself & stay in



Use the online service at 111.nhs.uk



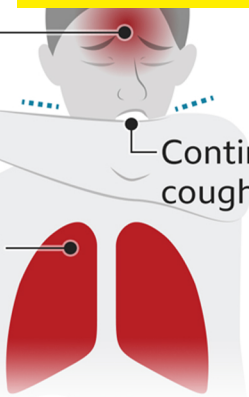
If your symptoms get worse or are no better after seven days, seek medical advice

## Symptoms

Fever and tiredness

Continuous cough

Breathing difficulties



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

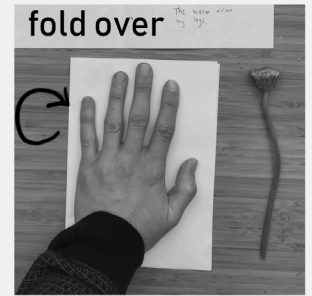


Only leave home for essential shopping, medical needs and exercise once a day

# FLOWER PRESSING & COLLECTING

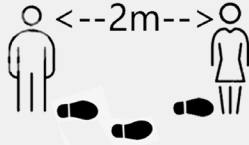


make a note of the date and something good you noticed while you were getting your flowers



## Stay safe

2m apart from others



when you get back, wash your hands for 20 seconds

use petals only for thick flowers



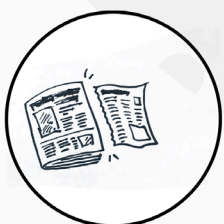
something heavy



Use magazines and newspapers to collect pictures, words, and memories that make you feel

# calm, inspired or grateful

Keep them safe in the book with the flowers.



HOW TO RIP NEATLY



1. fold



2. press down



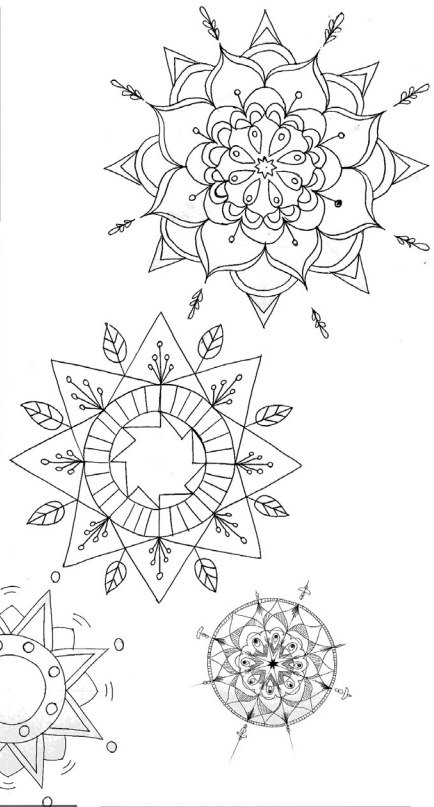
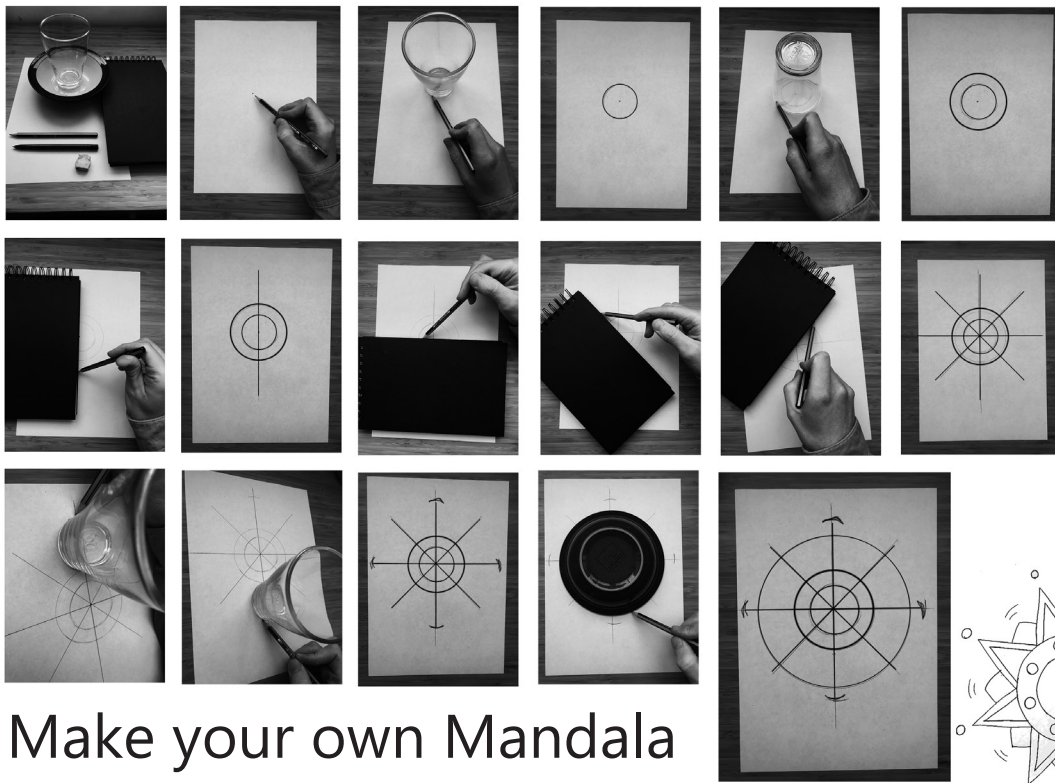
3. put the fold facing up



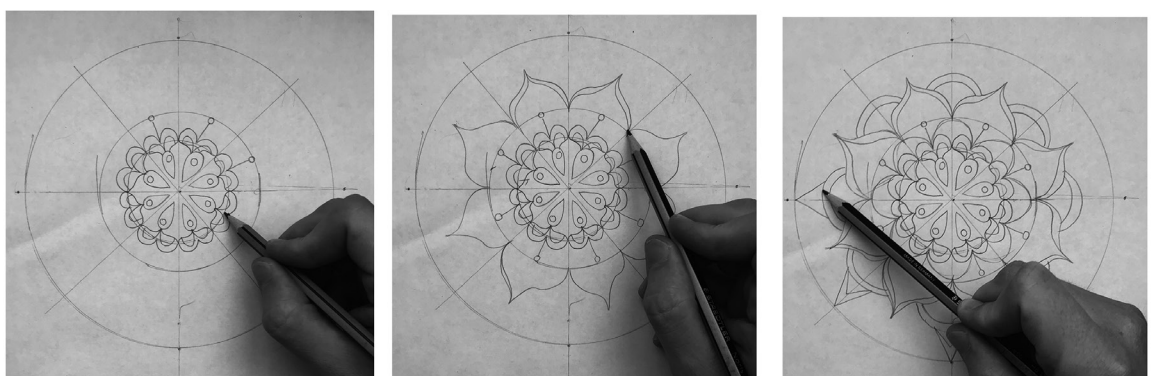
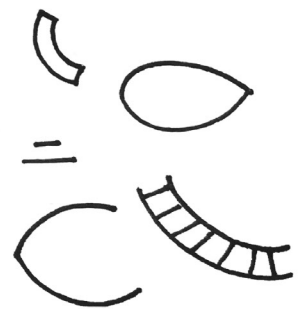
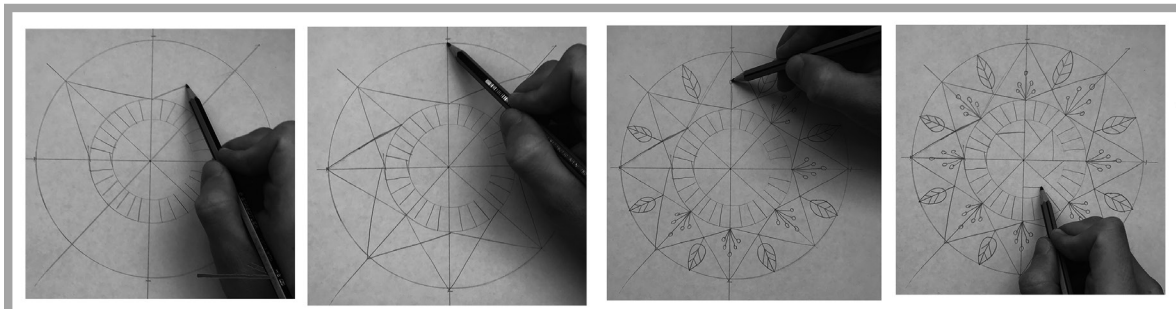
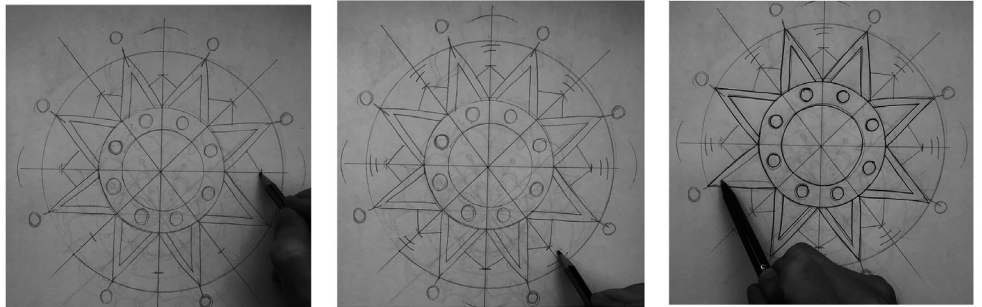
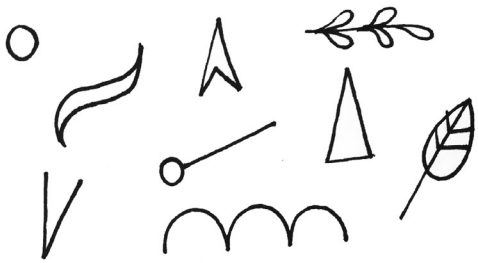
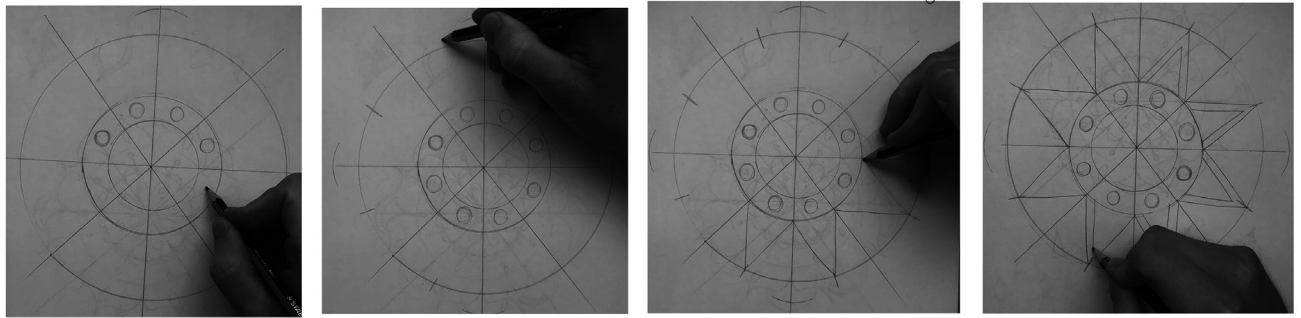
4. tear

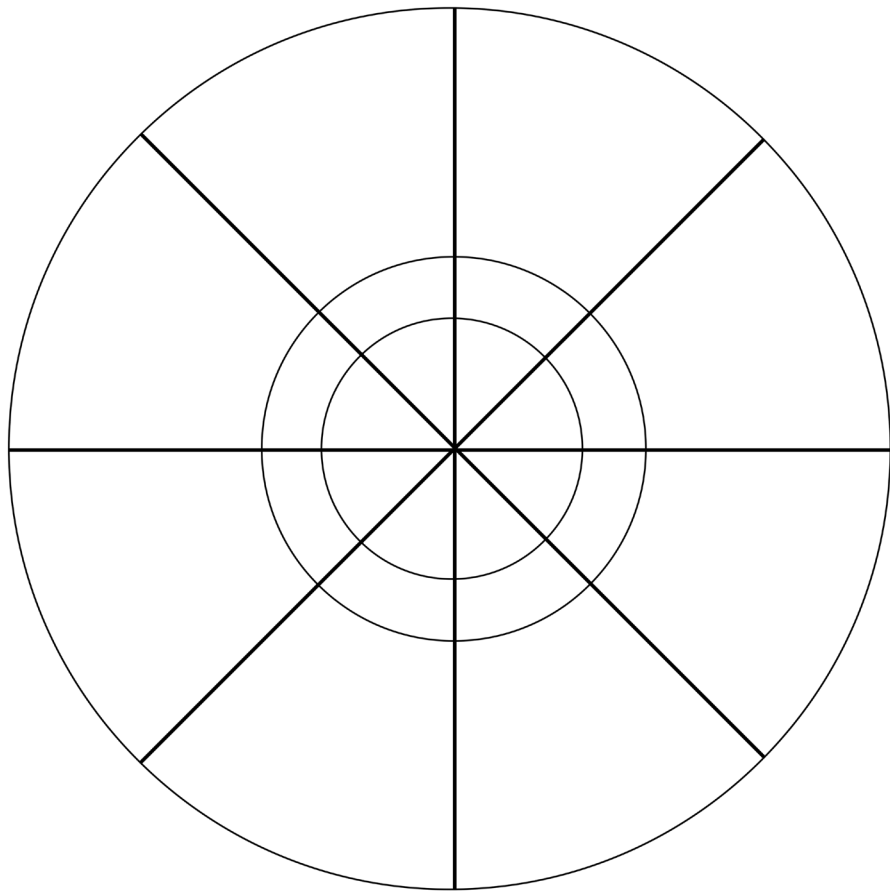
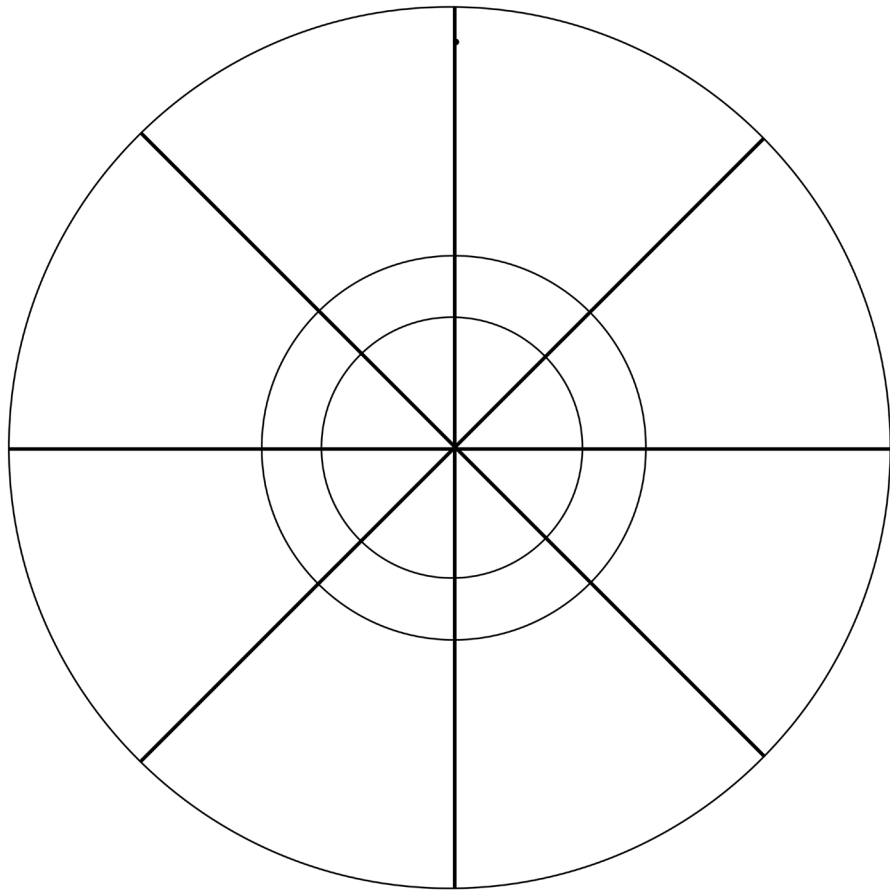


5. rip down



# Make your own Mandala





# Things to do in lockdown

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

There are 18 things to do in lockdown hidden in the word search. Can you find them all? To make it harder you can fold up the clues below.

Extra challenge-

Try putting the words and phrases below in alphabetical order (use the first word of a phrase). You could try timing yourself to see how quickly you can do it!

Brush your teeth



Clean



Listen to music



Cook



Take a shower



Read



Study



Colouring



Write



Relax



Go for a walk



Draw



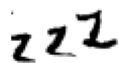
Call friends



Watch TV



Nap



Eat



Exercise



Shop



# PLANNER

You could cut these out to stick on your daily planner if you like.



MORNING



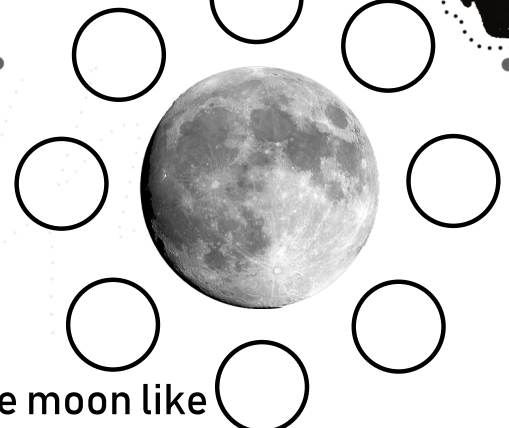
AFTERNOON



EVENING



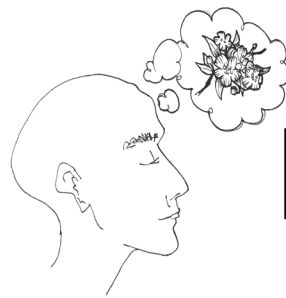
What's the song of the day?



What's the moon like tonight? Can you keep a record?



If the day was a big statue, what would it look like? What's it made of?



What was beautiful today?

What questions remain unanswered?

# Singing & Music Exercises

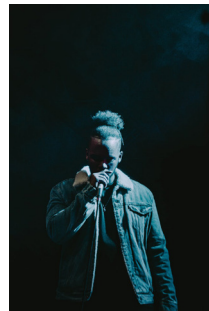


## Physical warm up

Stand up or stay seated and start to take some deep breaths. Shake your arms, hands and legs to loosen your body

## Humming

1. Hum a note
2. Hum your lowest note
3. Hum your highest note
4. Hum from your lowest note to your highest note and then back down again.



## Singing Vowels

1. Sing using the vowel a (ahhh)
2. Sing using the vowel e (eeee)
3. Sing using the vowel o (ohhhh)
4. Sing a mixture of these vowels together - Aaaa - Eeee - Oooo

## Rhythm

1. Clap a rhythm with 2 sounds
2. Clap a rhythm with 4 sounds
3. Clap a rhythm with 8 sounds



## If you're with someone,

1. Clap a rhythm and get them to copy. Then get them to clap a rhythm and you copy and repeat.
2. Start a rhythm and get your friend to clap along with you with their own rhythm and create your own song.

