



PROVIDENCE ROW

artwork by WC



LEARNING & WELLBEING PACK #8

Hi! Welcome to the 8th Learning and Wellbeing Pack. This week the 8 is provided by the creative and talented WC, one of the artists who attended the groups at Providence Row.

Never have we ever thought of an 8 as a ying yang, but here it is, making perfect sense and looking awesome in the different colour combinations. A witty and colourful number for this pack, a big thanks to WC!

We are now just over 2 months since lockdown began. We appreciate that it has not been an easy time. As always, we're here if you need to get in touch on phone, text or email. Our details can be found below and it really would be great to hear from you, how you are getting on during these challenging times, thoughts on the packs and any ideas that you would like to share for future packs

This week is Mental Health Awareness Week and Alex has provided a page on exploring feelings. Also Chris has created a spring inspiration page with a group project idea, and Sarah has created an exercise workout that doesn't require any equipment.

In addition, there is a page on sleep and a "Landmarks of the world" crossword.

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.

Like we always say, remember the advice on page 2 to keep yourself and others safe. Stay safe, stay strong, and stay in touch, from Sarah, Alex, Sabina & Chris



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



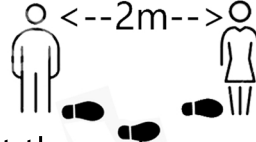
CATCH IT.

BIN IT.

KILL IT.



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



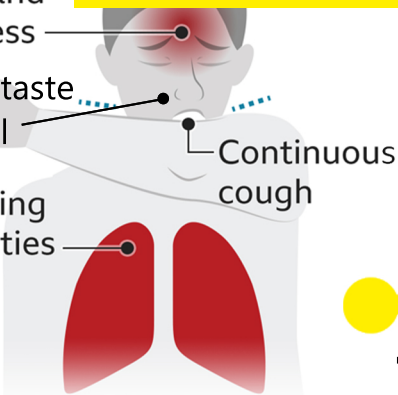
Stay at least three steps away (2 metres) from other people if possible

Symptoms

Fever and tiredness

loss of taste & smell

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

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

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.



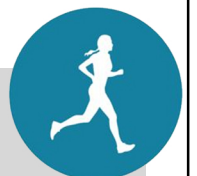
Don't visit other people's houses or socialise outside your home.



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



Exercise without equipment!



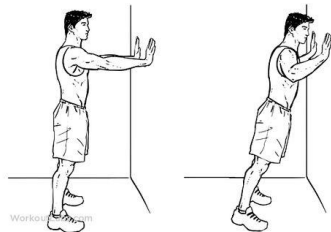
Below are some exercises you can do in your room or in the park to keep fit.

With new exercises, it's important to start slowly and build up.

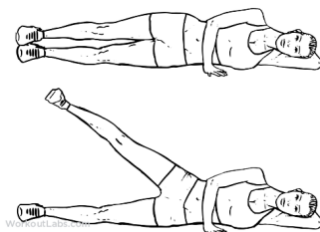
Remember if you have any medical conditions, think about what exercise is safe for you.

If you're not sure, speak to your doctor before starting anything new.

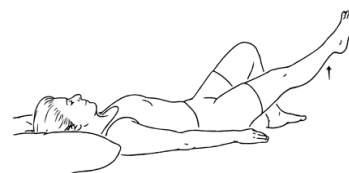
Standing press up



Side leg raise



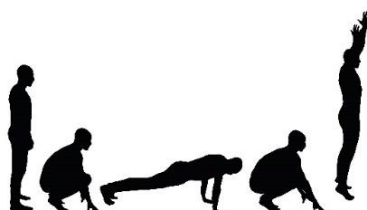
Leg raises



Sit Ups



Burpees



Running



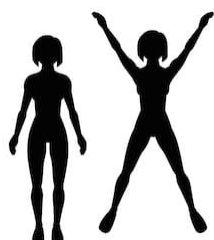
High knees



Jogging



Star jumps



Squats



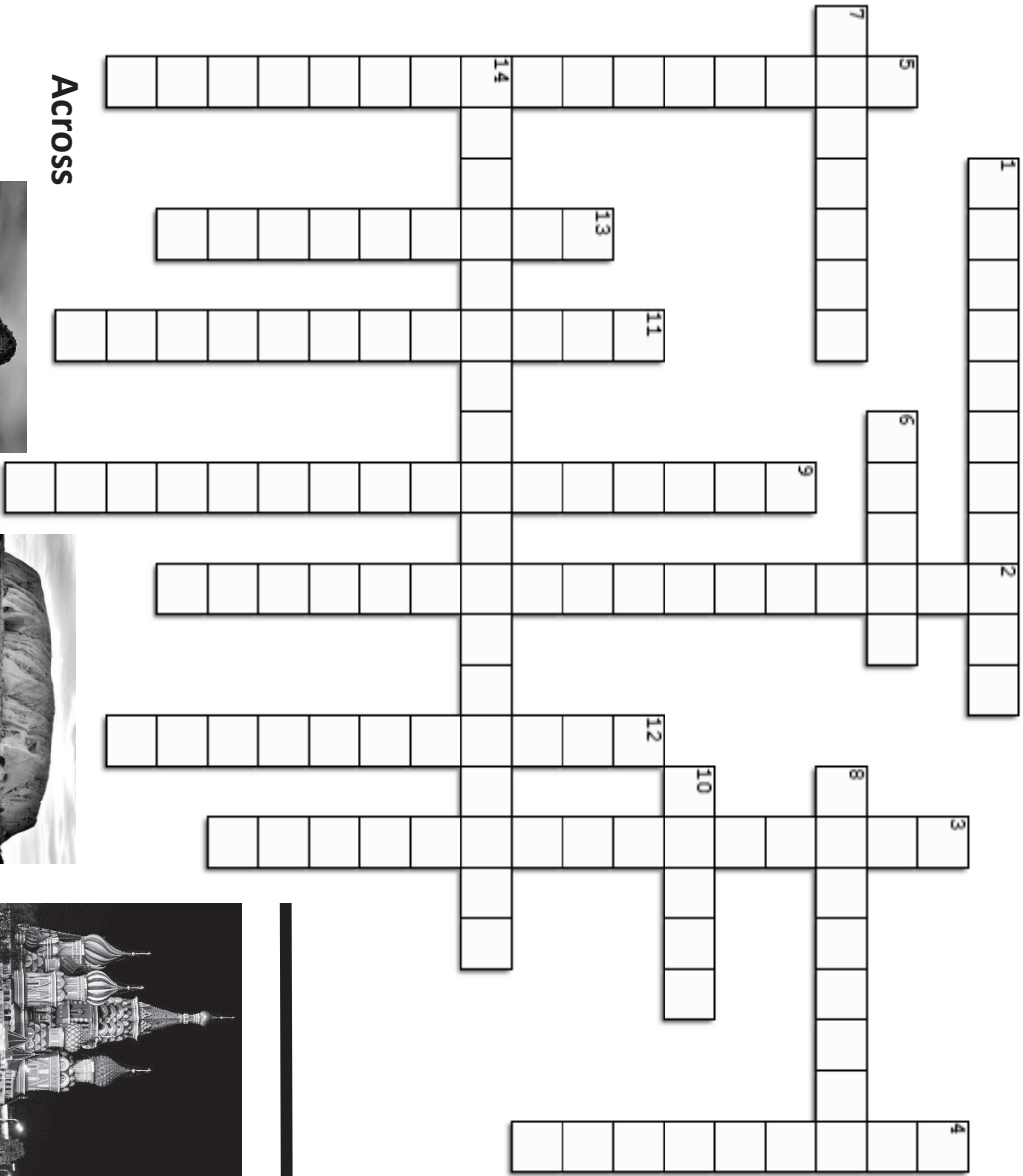
Lunges



Why not try planning your own fitness routine below? You could use timings or number of repetitions (for example, **Jumping Jacks-30 second/Jumping Jacks x 10**). Remember to **plan in rest time, start slowly and build up**.

Landmarks of the World crossword

Can you name the landmarks in the pictures and add them to the crossword below?
Clue-all the landmarks are without 'the'-so The Eiffel Tower would be Eiffel Tower.



Across

Down



1



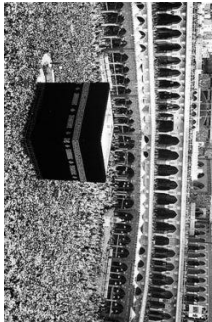
6



7



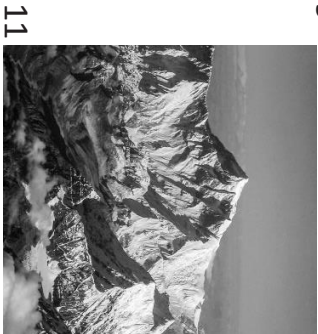
8



10



14



11



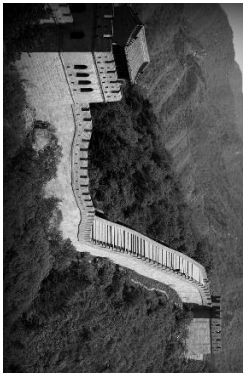
12



13



9



5



2



3



4

Answers:			
1. Machu Picchu	2. Christ the Redeemer	3. Statue of Liberty	4. Colosseum
5. Great Wall of China	6. Uluru	7. Kremlin	8. Taj Mahal
9. Sydney Opera House	10. Mecca	11. Mount Everest	12. Leaning Tower of Pisa

How I Feel

During challenging times like these, it is important and helpful to recognize how we feel – both good and bad. Research has shown that recognizing our feelings and exploring them can help us to deal with them in a healthier way. Take some time to explore how you are feeling.

I feel: _____

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:

Click to add text



This is what I did about it:



Something else I could have done is:



Some helpful suggestions

Ask for help - Go For A Walk – Write About It – Speak To A Friend
Walk away and give yourself some space.

SLEEP – AND HOW WE CAN IMPROVE IT

How we sleep and how much sleep we need is different for all of us and changes as we get older.

Sleep can be especially difficult during something like coronavirus where everyday life is turned upside down and anxiety can increase. Here are 6 suggestions to help you get a better night's sleep.



Keep regular sleep hours

Going to bed when you feel very tired and getting up roughly at the same time helps teach your body to sleep better.
Try to avoid napping where possible



Confront Sleeplessness

If you are lying awake, unable to sleep, do not force it. Get up and do something relaxing for a bit, and return when you feel sleepier



Create a restful environment

A dark, quiet and cool environment generally makes it easier to fall asleep and stay asleep.



Write down your worries

If you often lie awake worrying about tomorrow, set some time aside before bed to make a list for the next day



Move more, sleep better

Being active can help you sleep better, as the body will generally be more tired. A short walk before bed can often promote a better night's sleep



Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine

A word about mobile phones/Tablets

Using smartphones/laptops before bed delays your body's internal clock. The blue light that is given out by devices like smartphones and tablets slows down the production of melatonin. Melatonin is the chemical that the body produces to help us fall asleep.

It is suggested that you do not use a phone or tablet for the 2 hours before bed.

SPRING SCRAPBOOK PAGE

Sonnet 98: From you have I been absent in the spring

by Shakespeare

From you have I been absent in the spring,
When proud-pied April, dressed in all his trim,
Hath put a spirit of youth in everything,
That heavy Saturn laughed and leaped with him.

Yet nor the lays of birds, nor the sweet smell
Of different flowers in odour and in hue,
Could make me any summer's story tell,
Or from their proud lap pluck them where they grew:

Nor did I wonder at the lily's white,
Nor praise the deep vermilion in the rose;
They were but sweet, but figures of delight
Drawn after you, – you pattern of all those.

Yet seem'd it winter still, and, you away,

These two poems are very different. Shakespeare talks about not feeling affected by spring because he's missing someone too much. He says it seems more like winter and all the spring beauty can't cheer him up. But, by contrast, Billy Collins, in his poem, talks about a perfect spring day, his excitement for it, and his energy to get outside.

“April showers bring May flowers”



“Landscape from Saint-Rémy (1889) Van Gogh



Today

by Billy Collins

- If ever there were a spring day so
- perfect,
- so uplifted by a warm intermittent breeze
- that it made you want to throw
- open all the windows in the house
- and unlatch the door to the canary's cage,
- indeed, rip the little door from its jamb,
- a day when the cool brick paths
- and the garden bursting with peonies

seemed so etched in sunlight
that you felt like taking

a hammer to the glass paperweight
on the living room end table,

releasing the inhabitants
from their snow-covered cottage

so they could walk out,
holding hands and squinting

into this larger dome of blue and white,
well, today is just that kind of day.

.....

♪ Spring Playlist ♪
can you listen online?

1. **Spring Can Really Hang You Up**
Ella Fitzgerald ♪

2. **Here Comes the Sun** The Beatles ♪

3. **On Hearing the First Cuckoo in Spring**
Frederick Delius ♪

Fill in the below panel with your own art and/or words relating to spring.

Take a picture of it carefully - so it's nice and flat - and send it to us. Then we can put everyone's pictures together to make a group spring artwork!

Or why not make a poem or picture inspired by spring and the ideas from the Spring Scrapbook Page, just for yourself?

Or make your own Spring Scrapbook Page? Better yet, a Spring Scrapbook!?

