



PROVIDENCE ROW

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LEARNING & WELLBEING PACK #9

Howdy everyone! We're delighted to present the 9th Learning and Wellbeing pack, which we hope you will enjoy.

The advice from the government on Coronavirus has changed since May 10th so we've updated our Coronavirus page. Please take a few minutes to have a look and follow this advice to keep yourself and others safe.

This week we have a page to help with thinking about how we're feeling from Alex, as well as an Art page from Chris and a puzzle page that Sarah has put together. There's also a film quiz and a delicious pancake recipe that you might like to try.

We know we always say it but we really would love to hear your ideas and suggestions for future packs, as well as your feedback on what we've been doing. What do you like? What do you think could be better? Would you like to see more puzzles, more Art, more pages on fitness or relaxation? More creative writing exercises? Please get in touch and tell us your thoughts. Also, if you need any support or would like to talk anything through, please do get in touch by phone, text or email. Our details can be found below. Remember we might not be seeing each other but we are with you.

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.

As always, please follow the advice on page 2 to keep yourselves 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

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, call 111

Protect yourself & others

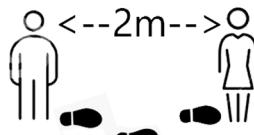


use a tissue for coughs and sneezes

throw away used tissues and wash your hands



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



Symptoms

call 111 if you're not sure

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

high temperature

loss of taste & smell

Continuous cough

Coronavirus Information

Keep in touch with one another



Look after your heart, mind & body

If you live with someone with these symptoms, you should stay at home for 14 days (in case you develop symptoms)



avoid public transport

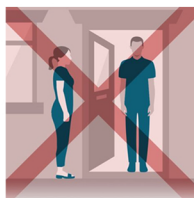


Stay safe, stay in

Stay at home as much as possible, especially if you are 70+ or have conditions that make you vulnerable



Public gatherings of more than two people are banned, (except with people you live with)



Don't visit or stay over at other people's houses.



Go back to work if you can. Employers should put safety measures in place



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



wear face coverings when it's difficult to keep your distance



You can leave home for essential shopping, medical needs, help someone, exercise, to spend time outdoors,

and to meet one person outside your household, but you must stay 2m apart



Express, **Second Row** The Fast & Furious, Office Space, Django Unchained, Matrix, Back To The Future, Ghostbusters **Third Row** Seven, The Big Lebowski, Monty Python, Godfather, Gremlins, Independence Day, **Fourth Row**, Enter The Dragon, O Brother Where Art Thou? Hunger Games, Inception, Great Outdoors, Ferris Bueller's Day Off



Name the film from the artistic poster

Gooseberry Pancakes

Fancy making something sweet? Try this simple pancake recipe from Jack Monroe.

You can change the gooseberries for something else if you like!



Timings

Prep **15 min**

Chill **30 min**

Cook **10 min**

Serves **2**

Ingredients

2 tsp butter

150g plain flour

1 tsp bicarbonate of soda

1 tbsp granulated sugar

80ml milk

2 medium or large eggs

1 x 300g tin gooseberries, drained

Oil, for greasing

Golden syrup or honey, to serve

Useful cooking words



Melt



Mix



Crack



Drain



Spoon in



Turn

- First, put the butter in a microwave-proof dish and **melt** for a few seconds, or **melt** in a pan. Set to one side.
- Quickly (so the butter doesn't start to set) put the flour, bicarbonate of soda and sugar in a bowl, and **mix** well.
- Make a hole in the middle of the dry ingredients. Pour in the milk and melted butter. **Crack** in the eggs and mix together into a batter.
- Put the batter in the fridge and leave for 30 minutes – this is important to create the lightest, fluffiest pancakes. Meanwhile, **drain** the gooseberries.
- When the batter is rested, take it out of the fridge, add the gooseberries, and stir.
- Take a frying pan, preferably a non-stick one, and brush with a little oil. Bring it up to a high heat for a minute to warm the pan through, but don't let the oil start smoking.
- Reduce the heat to medium, **spoon in** some of the pancake mixture evenly over the pan, and cook for one minute. Then, using a spatula, gently **turn** the pancake over and cook on the other side.
- Slide off the pan on to a warm plate, and keep warm, or eat straight away!

Adapted from <https://www.theguardian.com/food/2019/mar/23/meals-from-tin-can-cheap-storecupboard-recipes-jack-monroe>

HOW ARE YOU?

Hi everyone, Alex here. I am a big believer in talking about our feelings and what is going on in our lives. I have found it effective in my own life and with those I work with and people in other areas of my life. I wanted to share with you the 5 questions we discuss in one of our Learning and Wellbeing groups. If you would like to, try giving them a go. Writing down is a great way to get things out of our head and helps us to work through them.

Take some blank paper and maybe dedicate a page to each question. You can use the space below to make notes.

1. How has your week been?

2. What's been positive during the week?

3. What's the plan for the week?

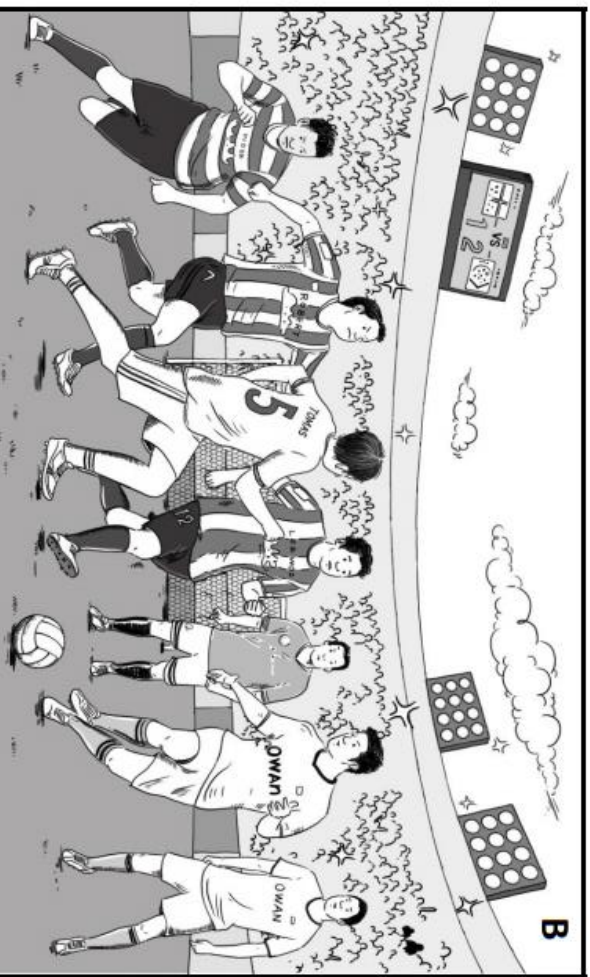
4. Anything you want to get off your chest?

5. Someone or something you are grateful?

(Important to say about this question. We are not saying that life isn't hard. We are using this question to take a few moments to talk about some appreciation for someone or something in life)

Writing down things can help you reflect on them better and give you the opportunity to check your weekly progress. Also, it could help with remembering to mention some of the events to your preferred key worker, lead worker, Reset or outreach worker.

Can you spot the 8 differences in the pictures below? Answers next week!



Can you find the names of the 36 films in the word search below? Clues may be diagonal, forward, backward, up or down.

F I G H T E R D I A H S K S D C G G K N
 D V Z N D K E H T R T M E Q I R S K K O
 E P J E I P O E A E M I L N E E R I R
 T O B N A D A T P Q M H D E N M H O N T
 N A L R X M A B L E A E N O T N A W G E
 A X T V A V R E N R R H J I W E L T S L
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 H D E L L O A E I U U T I L L U T S A E P
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 S G U T A T N T S L V G V A B W Z C H T
 T P E N C I M E S Y C F K N N R B O B S
 H R G I Q K R E L T S E R W P R U S N N
 O E B Y A M Y L E T I N I F E D U G R U
 R G B V D A R K K N I G H T Q N F B E P
 S S A K C I K Y J A B O O K O F E L I S
 M C Y R U S D C E N T U R I O N P J S J
 J B W H B U T T E R F L Y E F F E C T G
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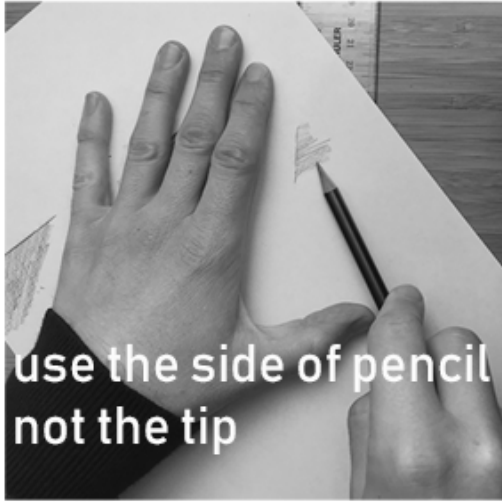
- | | | |
|----------------|--------------------|------------------|
| SOCIAL NETWORK | A TEAM | CINDERELLA MAN |
| STEP BROTHERS | AVATAR | CYRUS |
| THE TOWN | BOOK OF ELI | DARK KNIGHT |
| THOR | BURN AFTER READING | DEFINITELY MAYBE |
| TRON | BUTTERFLY EFFECT | DEPARTED |
| TRUE GRIT | CENTURION | FIGHTER |
| | | INDIANA JONES |
| | | KICKASS |
| | | KINGS SPEECH |
| | | PUBLIC ENEMIES |
| | | RESCUE DAWN |
| | | SALT |
| | | GREEN HORNET |
| | | HALL PASS |
| | | HANNA |
| | | HARRY POTTER |
| | | IN BRUGES |
| | | INCEPTION |
| | | UNSTOPPABLE |
| | | UP |
| | | WALLE |
| | | WANTED |
| | | WATCHMEN |
| | | WRESTLER |

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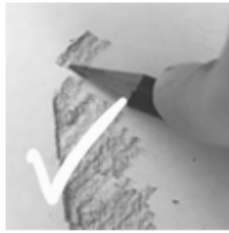
<https://www.allthingstopics.com/exercise-and-sports.html>

Available from:

http://www.whenwordsearch.com/word_search/movie_nights/2265/word_search.jsp



use the side of pencil
not the tip

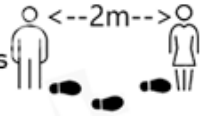


Stay safe

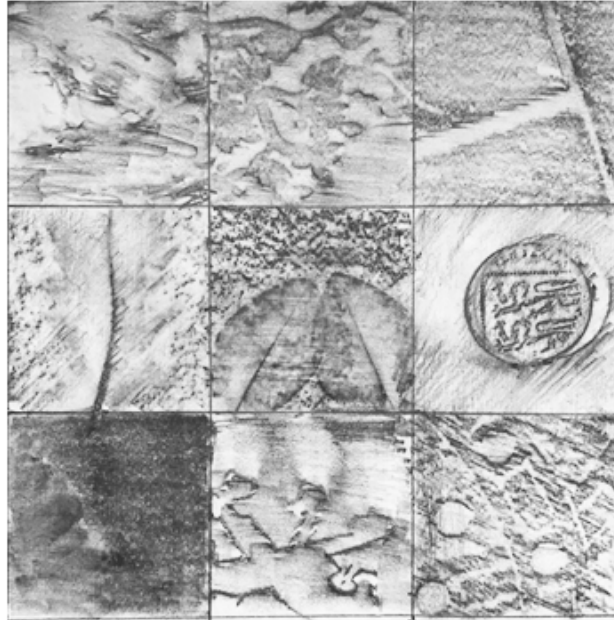


Don't touch your
face with
unwashed hands

2m apart
from others



watch out for dirty
surfaces - wash
your hands for 20
seconds



Explore and collect
the textures around
you using the grid.

