



PROVIDENCE ROW

artwork by Margaret



LEARNING & WELLBEING PACK #10

Hello everyone! Here is the 10th Learning and Wellbeing pack. We're entering double digits now and to mark the occasion, we've got some beautiful artwork for our number 10 on the left here. It comes courtesy of Margaret, a member of the learning and wellbeing programme.

We love the bright colours, the textures of the different pens, and the details within each letter - it all feels like a big celebration. A wonderful reminder that, although these are difficult and strange times, there is still good things in the world to celebrate. Thank you Margaret for the beautiful artwork!

The advice from the government on Coronavirus has changed a little again 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 an art page that focuses on a dazzling artwork created by Shahna, who's kindly agreed to share her artwork with us all, two fab wellbeing pages from Alex about focusing on your strengths and practical advice for self care, a killer dot-to-dot from Chris, and, from Sarah, a packed puzzle page and a nature page.

As always, please get in touch with us to let us know how you're getting on with the packs, if there's something you'd like to talk about, or anything else learning, creative, or wellbeing that you've been working on recently. We love hearing from you.

Our best wishes to you all,
from Sarah, Alex, Sabina & Chris



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.

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

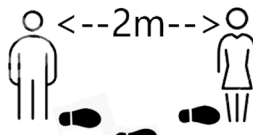


use a tissue for coughs and sneezes

throw away used tissues and wash your hands



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



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

Symptoms

call 111 if you're not sure

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 6 people are banned



Don't visit or stay over at other people's houses - only visit their gardens, staying 2m apart



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 up to 6 people outside your household, but you must stay 2m apart





I created my picture which relates to trees. Trees are around me everyday. I love meerkats too (which you can see in my picture). Meerkats are cats. I have brought up kittens, because my daughter and I looked after some when in 2011, I had an accident with my left leg. Last of all I am a Bollywood fan. Movies, songs and the way they dance and act is good. My favourite actor is Suniel Shetty and Priyanka Chopra is my favourite actress.

Shahna

This picture is about me

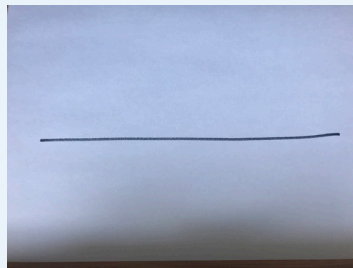
inspiration

Make a fantasy scene and fill it with things you love and things that define you, like Shahna has done.

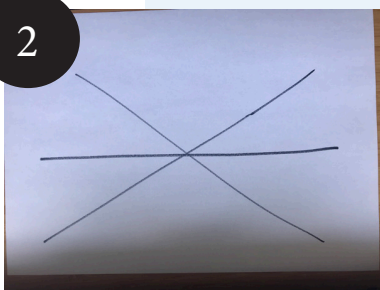
1

If you're up for a challenge, make it into a landscape

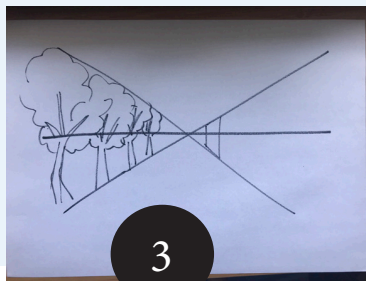
using the same techniques of perspective Shahna did. Draw within the guidelines as shown below - just rub out the guidelines once you've added in all the detail.



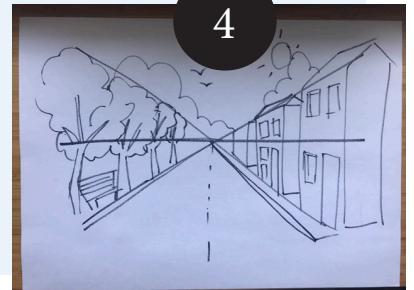
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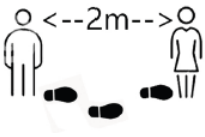


3



4





Remember social distancing when you're out for a walk.

Nature trails...

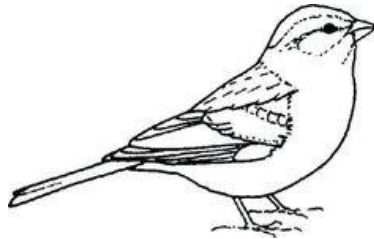
Getting out for a walk is a great way to exercise and get to know your local area. It's also good to look around and see what trees and wildlife you might spot...

Birds to look out for...



Magpies

Black and white Eurasian magpies are thought to be one of the most intelligent animals in the world. They are one of only a few non-mammal species able to recognize itself in a mirror test.



Sparrows

Male sparrows have reddish backs and black bib, while females have brown backs with stripes.



Starlings

Not only are starlings great singers, they are also impressive mimics, able to imitate the calls or songs of other birds, and even mechanical sounds.

Trees and their leaves to look out for...



Sycamore tree

Non-native to the UK, it is thought the sycamore first arrived in England from Europe in the Middle Ages.



English Oak

English Oaks can grow to over 30 metres and they can live for over 1,000 years



Silver Birch

The Silver Birch is one of the shortest-lived native trees only living between 40-60 years. When it is the bark appears redder, slowly changing white as the tree matures.

Wildlife to look for along the River Thames...



Peregrine Falcons

The London Wildlife Trust estimates there are around 30 breeding pairs in London, nesting on buildings like the Tate Modern and the Houses of Parliament.

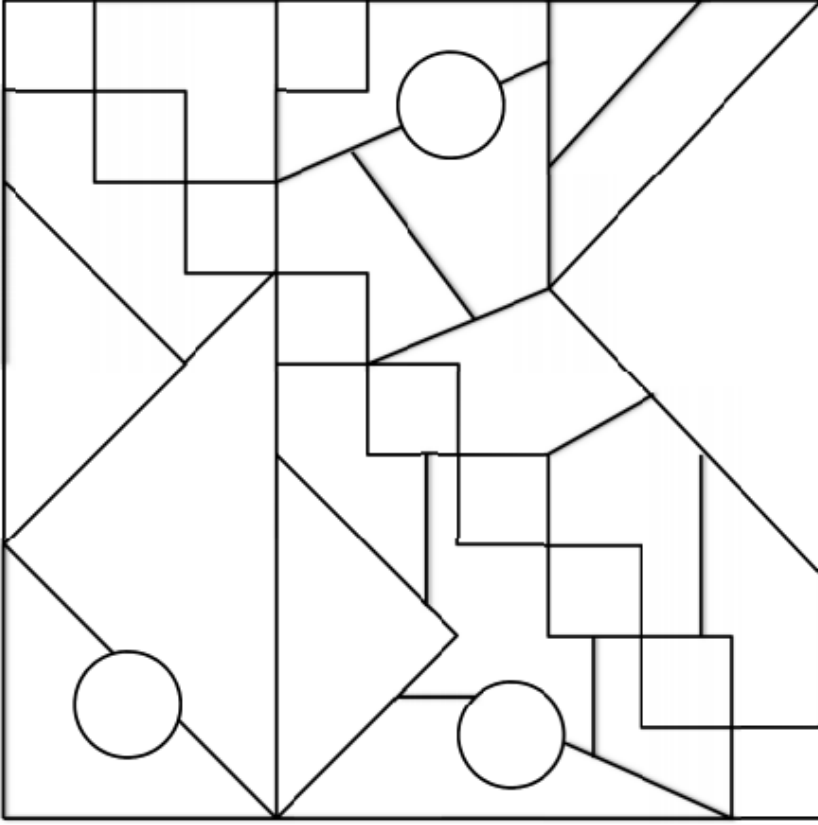


Grey seals

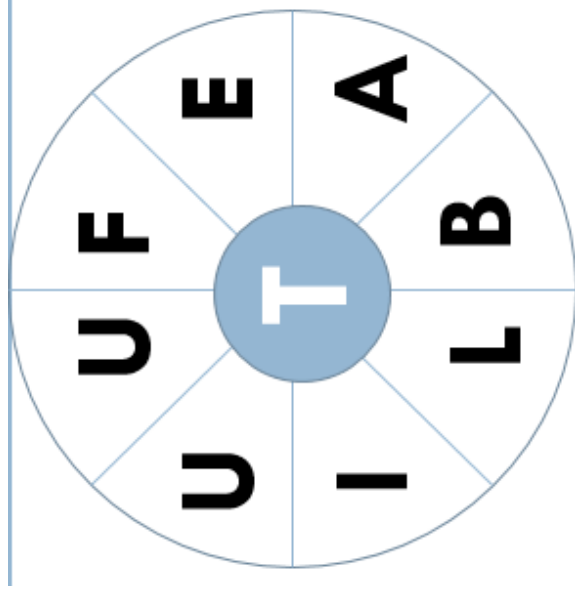
Since 2004, there have been nearly 2,000 sightings of harbour seals and grey seals in the River Thames. If you see a seal in the Thames let the Thames Marine Mammals Survey know as they keep count of sightings.

Puzzle page

Cut out the shapes, jumble them up and then put them back together.



Word Wheel



Targets

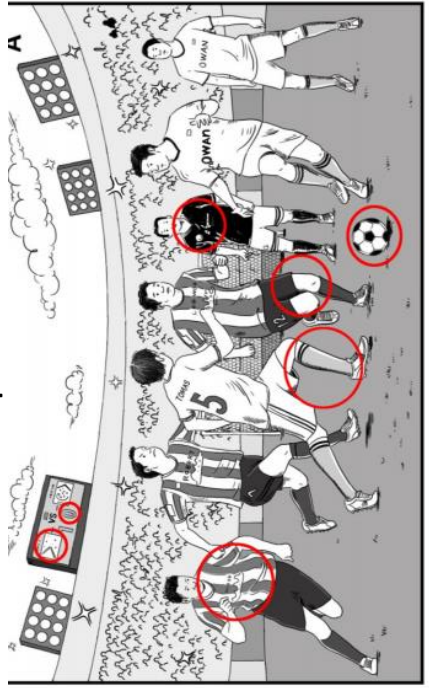
Good 10+

Excellent 15+

Outstanding 20+

Find as many words as possible using the letters in the wheel.
 Try to use the letter in the middle and at least 2 others. Letters can only be used once. There's a 9 letter word (clue: it's a word that might be used to describe something that is very lovely).
 You can make a note of the words you make here...

Answers to last week's Spot the Difference



Looking at our own strengths is not something that we do very well at times in today's society. Providence Row is committed at looking and exploring strengths. This is something that service users, volunteers and staff can all do. Have a look at the questions below and see how you get on!

Strengths Discussion Questions

1 Although some of our strengths are obvious to us, others go unnoticed. You can often spot your "invisible" strengths by noticing the things that energize you. Thinking about this past week, when did you feel most energized? What strengths were you using?

2 Think about a few of your favorite hobbies or activities. What is it about these activities that you enjoy? How do these activities put your strengths to use?

3 Sometimes other people are better at spotting our strengths than we are. Because we are so used to our own strengths, they can start to feel ordinary or unspectacular. What strengths or positive qualities have others shared about you? How did they notice these strengths?

4 In what parts of your life have you had the most success? Don't think of success only in terms of career or income – think of success as anything you have achieved, such as friendship, knowledge, or happiness. What about yourself has allowed you to be successful in these areas?

5 Imagine a time you felt you were at your best. Describe what you were doing, and what about that situation made you feel confident. Compare this to a time when you felt uneasy, or a time you were not confident. What are the differences?

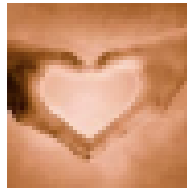
6 Think of someone whom you admire or respect. What are this person's greatest strengths? How do you know? Do you share any of these strengths?

7 Situations that rely on our weaknesses can leave us feeling drained and exhausted. What sort of situations cause you to feel this way? What weaknesses might be at the root of this?

8 When a person's goals align with their strengths, they tend to put forth more effort, and are more likely to be successful. Think about some of the goals you have for your future. How can you utilize your strengths to achieve each of these goals?

Positive Steps to Wellbeing

Be kind to yourself



Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.



Have some fun and/or be creative

Having fun or being creative helps us feel better and increases our confidence.

Enjoy yourself!



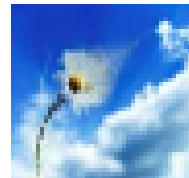
Help others



Get involved with a community project, charity work, or simply help out someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Relax



Make time for yourself. Allow yourself to chill out and relax. Find something that suits you - different things work for different people.

Breathe... (Imagine a balloon in your belly, inflating and deflating as you breathe in and out)

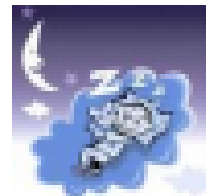
Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.



Balance sleep

Get into a healthy sleep routine - including going to bed and getting up at the same time each day.



Connect with others



Stay in touch with family and friends - make regular and frequent contact with them.

Beware drink and drugs



Avoid using alcohol (or non-prescribed drugs) to help you cope - it will only add to your problems.

See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')



What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.



Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be - they will pass.

Dot-to-dot

draw a line between
1 and 2, then 2 and
3, then 3 and 4 and
keep going!

Then colour it in!

