



## **Wellbeing Pack 5**

### **Assert**

#### **Cat's Activity**

Cat will be sending 2 virtual activities out each month to replace the standard activity that would have normally been organised. For the second activity this month, Cat has organised a virtual tour around Buckingham Palace! The first tour will take you to the Grand Staircase. Click on the smaller images to access further tours of the White Drawing Room, the Throne Room and the Blue Drawing Room. There are some interesting videos of Royal garden parties too so have a look around and let Cat know what you find...

<https://www.royal.uk/virtual-tours-buckingham-palace>

#### **Mindfulness Course**

'Managing Stress and Building Resilience through a Mindfulness and Meditation' - This programme is designed to introduce to Mindfulness practices and provide some understanding and tools to cope with stress. If you are unable to attend the session, Emerald is recording the course. Please email Julia on [lifeskills@assertbh.org.uk](mailto:lifeskills@assertbh.org.uk) if you would like copy.

#### **Assert's Webinar Series**

There has been an impressive influx of new online resources for education and online course in the past few weeks, and then it dawned on us that we have a wide and varied source of knowledge within our own members! Assert wondered in any of our members would like to create a video about a subject they are interested in? All videos will need to be a maximum of 15 minutes long and will then be uploaded to our YouTube channel so that these videos can educate the other members of the Assert community. If you would like to know more or have a topic you would like to make a video about, please contact Jenna on [jenna@assertbh.org.uk](mailto:jenna@assertbh.org.uk)

#### **Active Club**

I will be sending out a different exercise video each week that we can do at home. I thought it would be nice if those of us who can, try to do it at the same time on a Friday afternoon at 3pm. Or whenever you can fit it into your week! This way, although well be doing it separately we can feel as though we are still doing it together! If you have any questions, please email [jenna@assertbh.org.uk](mailto:jenna@assertbh.org.uk)

#### **Benefits**

#### **Caseworker**

Alex, our new Benefits Caseworker with Assert is now officially in post! She is now taking referrals for remote support. Although she does currently have a 3 week waiting list. Please contact her by email with any benefits questions or to arrange a remote appointment: [benefits@assertbh.org.uk](mailto:benefits@assertbh.org.uk)

#### **Telephone**

#### **Support**

#### **Sessions**

During this strange and unusual time we are currently living through, Assert have set up the opportunity to have a phone call or video chat with one of our volunteers. Calls will last up to 30 minutes and can be one offs or weekly. To book a chat or for more information please email Cat/Sue at [activities@assertbh.org.uk](mailto:activities@assertbh.org.uk)

#### **Nature Documentary**

Seeing as we can't go out into the countryside for our usual wellbeing walk... why don't we bring nature to us!? Julia invites you to join her from the comfort of our own homes to watch the fascinating 'Empire of the Ants' the BBC documentary from David Attenborough (60 minutes). Then on Friday the 24th of April at 2pm Julia will hold a 45-minute discussion session via Zoom where we can share what we've most enjoyed about the documentary, interesting facts we've learnt and decide which documentary we'll watch next! If you'd like to join the documentary discussion session, please email Julia asking for the ID meeting on [lifeskills@assertbh.org.uk](mailto:lifeskills@assertbh.org.uk)

<https://documentaryheaven.com/attenborough-empire-of-ants/>

### **Peer Discussion Group**

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm.

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### **Connect**

#### **Zoom**

Zoom is a cloud-based video conferencing platform that can be used for video conferencing meetings, audio conferencing, webinars, meeting recordings, and live chat. We have started using it to communicate and interact with each other in team meetings and the members we are supporting. Debbie has been using Zoom for virtual Peer Discussion Group, my Coffee Club will also be held via Zoom as will some of Julia's courses. Zoom can also be useful for communicating with friends and family. Apparently doing weekly quizzes is all the range!

#### **Podcast**

Listening to a chatty radio station or podcast is a great way to feel less lonely if your home feels too quiet. Podcasts can also be extremely entertaining and educational. There are so many podcasts that I am sure you could find one about something that interests you.

#### **Pictures of friends**

Think about things you can do to connect with people. For example, putting extra pictures up of the people you care about might be a nice reminder of the people in your life.

#### **Phone & texting**

Make plans to video chat with people or groups you'd normally see in person or phone calls or send instant messages or texts. If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other. \*See Cat's Activity (top of page) if you would both like to take a tour around this fortnight's online museum together. If you feel uncomfortable with more instant past passed messaging or talking on the telephone, you could send someone an email – which tend to be longer and more thought out – a bit like having a Pen Pal!

### **Food**

#### **FareShare**

The food that FareShare redistribute is nutritious, in-date and good to eat. It reaches charities across the UK, including school breakfast clubs, older people's lunch clubs, homeless shelters, and

community cafes. Every week they provide enough food to create almost a million meals for vulnerable people.

<https://fareshare.org.uk/>

### **Food Partnership**

The Food Partnership have produced a new recipe booklet which may be of use to share with any clients who are trying to reduce electricity use or only have limited cooking facilities. They have worked with people living in temporary accommodation in Brighton over the last few months, alongside a registered nutritionist, to test and design a set of healthy, tasty recipes which can be made with just a kettle, toaster or microwave. The recipes are healthy, quick and fun too - try banana bread in a mug, poached eggs in peppers with a microwave or an easy DIY pot noodle.

<https://bhfood.org.uk/how-to-hub/eating-well-with-limited-equipment/>

### **National Autistic Society**

The NAS has created a specific page on their website about Coronavirus and its implications. The site covers topics on mental health & wellbeing, social care, education & schooling, and supermarkets.

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

### **Exercise**

#### **University of Brighton**

The University of Brighton's students have created this YouTube channel in which students talk about exercise, fitness and wellbeing.

<https://www.youtube.com/playlist?list=PLyiv1iX4usrJXnXZOW3pEaM7d2MDzeDqn>

The University's Sports Centre is live streaming exercise videos on Facebook at midday each day this week.

<http://sport.brighton.ac.uk/covid19>

#### **Going to see the sea**

I'm sure many of you know how good living by the sea is for you. This is especially important if you are feeling a bit off centre lately.

### **Courses**

#### **MET College**

There is a great range of online workforce development courses at MET. They are range accredited courses and they are offering a broad funding criteria.

<https://www.gbmc.ac.uk/online-courses>

### **Science of Wellbeing**

If you have ever been interested in what makes us happy and how to achieve it, this course my Professor Sarah Santos will be really interesting. The course is free and starts today! I was introduced to Prof Santos through her podcast 'The Science of Happiness' by one of Asserts members.

<https://www.coursera.org/learn/the-science-of-well-being>

### **For those of you still going into work**

There may be some people whose jobs require them to continue to go work. I was looking at the Mind website and I saw this article about how to manager your wellbeing if you are continuing to work during this confusing and stressful situation.

[https://www.mind.org.uk/information-support/coronavirus/coping-as-a-key-worker/?utm\\_medium=organic&utm\\_source=facebook&utm\\_campaign=info&utm\\_content=keywor kerinfo&fbclid=IwAR1UjJIK0CN3hxnGbylXh0bADNGctbTh9hW\\_4XquybhUKz860MZlcf3WQ](https://www.mind.org.uk/information-support/coronavirus/coping-as-a-key-worker/?utm_medium=organic&utm_source=facebook&utm_campaign=info&utm_content=keywor kerinfo&fbclid=IwAR1UjJIK0CN3hxnGbylXh0bADNGctbTh9hW_4XquybhUKz860MZlcf3WQ)

### **Sleep**

Sleep is very important for our wellbeing and both our physical & mental health. By monitoring and adapting the activities and habits during our days that can disrupt our sleep can mean the difference between a restful night and a restless one. Healthy habits that encourage better sleep are called sleep hygiene. Good sleep hygiene sets the stage for a restful night when your body heals and restores itself. Getting quality sleep is important for your health: it strengthens your immune system, helps you maintain a healthy weight, and lowers your risk for serious health conditions such as diabetes and heart disease.

1. Set a consistent sleep schedule: This means going to bed and waking up at the same time every day, give or take 20 minutes, including weekends. Creating a sleep framework sets the body's internal clock to expect to rest at a certain time each day.
2. Create a relaxing bedtime/pre-bedtime routine: Whether it's a warm bath, reading a book, listening to sleepcasts, nature sounds, sleep music, or meditating.
3. Keep your room cool and comfortable: The ideal room for sleeping is cool, quiet, and dark.
4. Dim the lights after dark: Getting enough natural light during the day is important for keeping your circadian rhythm on a healthy cycle. Bright light from lamps and electronics at night can mess that cycle up.
6. Steer clear of stimulants late in the day: If you're having trouble sleeping, you'll want to avoid beverages and foods that contain caffeine — coffee, tea, colas, and chocolate — at least 6 hours prior to bedtime.
7. Avoid foods that can disrupt sleep: Citrus fruits, spicy food, fatty or fried food, and heavy meals are all tough on the digestive system and can trigger indigestion. If you're prone to heartburn, eating too close to bedtime can mean a night of misery. That's because it takes your stomach 3 to 4 hours to empty.
8. Nix the nightcaps: Even a single glass of wine close to bedtime can impact your sleep. Though alcohol initially will make you feel drowsy, ultimately it can interfere with the quality of your sleep.
9. Get regular exercise: Many studies have found that a regular exercise routine can help contribute to improved sleep.
10. Only use your bed for sleep: If you struggle with sleep issues, it's important to use your bedroom just for sleep. Sleep hygiene experts recommend getting out of bed and going to another room if you don't fall asleep within 20 minutes. A relaxing activity — reading, listening to music, even a warm shower — can help get you drowsy.

**Headspace - app**

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. Headspace teaches you the life-changing skills of meditation and mindfulness in just a few minutes a day. Meditation has been shown to help people stress less, focus more and even sleep better. You can try Headspace for free.

**Mental Health****Mind**

Mind runs an online peer support community called Elefriends, where you can share your experiences and hear from others.

<https://www.mind.org.uk/information-support/support-community-elefriends/>

**MindOut**

MindOut is a LGBTQ mental health charity. Their peer support groups are confidential, non-judgemental, independent from other services, free of charge and run by experienced LGBTQ mental health workers.

<https://www.mindout.org.uk/get-support/peer-support-groups/>