



Wellbeing Pack 3

Assert

Cat's Activity

Cat will be sending 2 virtual activities out each month to replace the 1 standard activity that would have normally been organised. The first of April's Activities is: Exhibitions on Screen.

Filmed for cinema at the world's biggest art exhibitions and on location, this ground-breaking series allows art lovers worldwide to enjoy, marvel and delight at the works of some of history's greatest ever painters.

<https://www.seventh-art.com/product-category/exhibition-on-screen-2/>

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. We will focus on the following topics:

6th April - Stress and Mindfulness, getting started with a practice.

13th April - Finding opportunities for Mindfulness in Everyday Life and for helping Sleep.

20th April - Mindfulness for Managing Thoughts

27th April - Mindfulness and Kindness towards Ourselves and Others

If you are unable to attend the session, Emerald is recording the course. Please email Julia on lifeskills@assertbh.org.uk if you would like copy.

Assert's Webinar Project

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

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

This week's video is another from the NHS website, this time a workout aimed at building strength and resistance through both cardio and strength exercises.

<https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/>

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

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 at activities@assertbh.org.uk

Food Resources

Food Partnership

At the Food Partnership, they have been compiling information on accessing food during the lockdown as well as establishing new systems for food distribution. The Partnership is trying to make the information and updates around this as clear and accessible as possible and so have put together this page which links to all the information we have so far:

<https://bhfood.org.uk/coronavirus-update/>

Educational Courses

Open University

The Open University offer a huge number of online courses. You can choose an OpenLearn course from a wide range of subjects. The courses always focus on a specific area of learning. Some focus on important and fascinating academic subjects, whilst others help you develop

skills needed for study or work. Some are based on Open University course materials. Others are written specifically for OpenLearn.

<https://www.open.edu/openlearn/free-courses/full-catalogue>

Wildlife indoors

There are plenty of ways to reconnect with nature from your own home. In the next few months things will be a little different across Sussex, but that doesn't mean we can't connect with wildlife. It is proven that a daily dose of nature improves your mental health, so we've got a few hints and tips of ways you can get wild at home.

The Wildlife Trust

The Wildlife Trust are providing a sample of the outdoors for you to experience while at home. They will keep updating this page with even more things you can do to boost your mood and keep healthy whilst spending time indoors and around the garden.

<https://sussexwildlifetrust.org.uk/discover/go-wild-at-home>

Brighton Museum Garden

The garden's section on the Brighton Museum website gives tips on how to explore in your garden. This recourse is good for keeping an eye on the natural landscape which constantly changes throughout the day.

<https://brightonmuseums.org.uk/discover/2020/03/26/exploring-the-garden/>

Stonehenge

The English Heritage site allows you to be inside of the circle – day and night – with no need to drive there!

<https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>

Culture

National Theatre

Each Thursday the National Theatre is screening full length plays via Youtube. Each production will be free and screened live every Thursday at 7.00pm GMT, it will then be available on demand for seven days. You can currently watch Richard Bean's One Man Two Guvnors.

April 9th - Charlotte Brontë's Jane Eyre

April 16th - Robert Louis Stevenson's Treasure Island
April 23rd - Shakespeare's classic comedy Twelfth Night
Further titles to be announced.

<https://www.nationaltheatre.org.uk/>
<https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

Library

Borrow Box - app

As the Brighton and Hove Libraries are closed, the council have made online eAudio books & eBooks downloadable through the Borrow Box app if you are a library member.

<https://new.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries/borrow-electronic-books-and-audiobooks>

Mental Health

Sussex Partnership

The Sussex Partnership has dedicated the below site to information about managing your mental health during the pandemic. If anyone is struggling at the moment with stress, anxiety or depression, I would recommend taking a look. There are also links to different areas of support.

<https://www.sussexpartnership.nhs.uk/coronavirus-covid-19-and-your-mental-health>

Mindfulness Apps

This is an article written by The Independent that lists some of the top apps to help with mental wellbeing & sleep during the crisis.

<https://www.independent.co.uk/extras/indybest/gadgets-tech/phones-accessories/best-mindfulness-apps-a8217931.html>