



Wellbeing Pack 11

Assert

Fortnightly Activity

Assert will be sending out 2 virtual activities out each month to replace the monthly trip that would have normally been organised. For June's first activity is **Grayson's Art Club**. In the show, Grayson Perry, one of Britain's leading artists, makes new pieces and also hosts a masterclass to unleash our creativity! I watched a few episodes over the weekend, and it has inspired this week's Wellbeing Pack. Episode 1 is linked below, or if you have been keeping up with the show, please watch this week's episode. I hope you then feel inspired to do this week's Wellbeing Pack Workbook exercise!

<https://www.channel4.com/programmes/graysons-art-club/on-demand/71402-002>

Active Club

I will be sending out a different exercise video each week that we can do at home. This week we will be doing a Pilates class via the NHS. 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

<https://www.nhs.uk/conditions/nhs-fitness-studio/pyjama-pilates/>

Benefits Caseworker

Alex will soon be offering 1-to-1 budgeting advice and support sessions. Please contact her by email with any benefits questions or to arrange a remote appointment or if you would like to get on to the waiting list for this service: benefits@assertbh.org.uk

Peer Discussion Group

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm. Each week there will be a different topic for the conversation. This weeks topic is 'Exploring Interests'. Please email Debbie on debstar0205@yahoo.com

Mindfulness Course

This course centres on managing stress & building resilience through the practice of mindfulness This is a 4-week course, starting on Monday 1st June at 6:30pm - and then the

8th, 15th & 22nd. If you would like to join the sessions please email Julia on lifeskills@assertbh.org.uk and she will be able to send you the Zoom link.

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Pack 11 6pm – Mindfulness	2 2pm – Creative Together	3	4	5 3pm – Active Club 7pm - PDG	6	7
8 Pack 12 6pm – Mindfulness	9 2pm – Creative Together	10	11	12 3pm – Active Club 7pm - PDG	13	14
15 Pack 13 6pm – Mindfulness	16 2pm – Creative Together	17	18	19 3pm – Active Club 7pm - PDG	20	21
22 Pack 14 6pm – Mindfulness	23 2pm – Creative Together	24	25	26 3pm – Active Club 7pm - PDG	27	28
29 Pack 14 6pm – Mindfulness	30 2pm – Creative Together	1	2	3 3pm – Active Club 7pm - PDG	4	5

Workbook: Art & Creativity

I have been talking to several clients & friends during lockdown about the importance of art and being creative to their wellbeing. I have never been a particularly creative person – I wasn't brought up in a creative household and never pursued it at school. I have been interested to hear and see so many people either picking up old hobbies that they haven't touch in years or trying to learn a new craft. Because I have been working during lockdown, I haven't been one of these people, however I am on annual leave this week and I wanted to join the masses and learn something new! So, I have brought a crochet kit and I am embarking upon the long-term goal of creating a patchwork blanket!!!

Haven not done much else other than be at home, work & watch tele in 3 months I thought it was time to try something new. Learning new skills is extremely important for our brains. Learning quite literally changes how our brains are wired. I had the idea of the patch work blanket before, but reading about WHY learning was so important made me determined to try something new.

Art and creating we can lead us to enter a meditative state, where we zone out and time passes time calmly. I think that filling time can seem particularly odd now – including when detaching ideas about productivity and purpose from how we spend our days. I hope that creating my crochet this week will teach me think about time differently as I sit silently fiddling away but will lead to feeling grounded and fulfilled.

I have chosen crochet because I think that for me personally, I need to be creating something tactile. I think this is my steppingstone into 'art'. I also really enjoy quite repetitive and menial tasks so thought this would suit me as I love to fiddle. And I get to make something soft and colourful! Below is a list of craft ideas which I would like you to have a look at...

List of crafts and art:

- Sewing
- Scrapbooking
- Photography
- Painting
- Knitting
- Crocheting
- Drawing

Create Together

If you interesting in art and creating, Creative Together are hosting a 6 week free course will host a weekly Zoom workshop, supporting members to draw and create together. Develop skills and explore line drawing techniques, shape and form, light and dark, texture and more. The first class is Tuesday 2nd June at 2-3pm and then at the same time on June 9th, 16th, 23rd, 30th & July 7th. If you are interested or having any questions, please contact Debbie on

debbie.bennett@brighton-hove.gov.uk

<https://www.eventbrite.co.uk/e/creative-together-online-tickets-106349688782>

<https://www.facebook.com/events/968560530230211/>

Exercise: Create

This week I would like you to pick something from the list above, or continue with your preferred hobby, and create one small piece of art, or create something, per day. This can just be a tiny doodle, taking a picture, or, like me, a bit of crocheting each day.

We could also incorporate last week's activity of taking notice & observing what brings us joy through our sense. The example I used of something I saw that brought me joy was the beach; therefore, I could maybe draw the seaside or take a picture my daily creative exercise!

I would be really interested in seeing what you create over the week – if you take any nice picture or create something you are proud of, please email me jenna@assertbh.org.uk with a picture of your art.