



Information for Families and Volunteers

Coronavirus and Mental Health



Months of lockdown, restrictions getting tighter and the sad news of numbers rising is having a huge impact on us all, and prioritising mental health has never been more important than it is now. Family Friends have had a look at the Young Minds websites for some information and advice on how to look after ourselves, the website has lots of useful information so do have a look: www.youngminds.org.uk

Some important ways to look after yourself include **Staying active and getting exercise**, which has an huge impact on our wellbeing. For some home workouts have a look at: www.nhs.uk/conditions/nhs-fitness-studio/ **Diet** has a impact on our energy, ability to think clearly and improve our mood. Have a look at the NHS healthy food swaps at www.nhs.uk/live-well/eat-well/healthy-food-swaps/. **Sleep** makes a big difference to how we feel mentally and physically. It helps us cope with any worries surrounding coronavirus and boosts our immune system. Check out www.nhs.uk/oneyou/every-mind-matters/sleep/ for practical ideas to help improved sleep. **Staying connected** with friends, family and people we trust is really important for our mental wellbeing. There are loads of really good apps that make keeping in touch virtually easy, including WhatsApp video calls, Skype and Zoom. **Relaxation and mindfulness** can be really helpful and setting aside even a few minutes each day can be beneficial. Have a look at www.cntw.nhs.uk/resource-library/relaxation-techniques/ for some great ideas. Finally **looking for positives** is really important. Keeping a gratitude journal, where every day you write down one or two things you are grateful for can help. Also following positive social media rather than negative ones and helping others around you can contribute to you feeling better.

If you do feel yourself feeling anxious, these two ways below can be useful to remember and use:

5...4...3...2...1 Breathe in for 5 seconds. Breathe out for 5 seconds. Then look around and think of...
5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste Breathe in for 5 seconds. Breathe out for 5 seconds.

Muscle relaxation Relax different muscles by tensing them for 5 seconds, then relaxing. **Hands** – clench your left fist, then relax. Do the same with your right. **Arms** – bend your elbows and tense your arm and bicep, then relax. **Neck** – Press your head back and roll it from side to side slowly. **Chest** – take a deep breath, notice your chest rising. Hold for 5 seconds then relax. **Stomach** – tense your stomach muscles as tight as you can, then relax. **Legs** – straighten your legs and stretch out as far as possible. Bend your feet up towards your face. After 5 seconds of stretching, wiggle and relax.

For borough specific news visit



London Borough of Brent
www.brent.gov.uk/coronavirus



The Royal Borough of Kensington & Chelsea
www.rbkc.gov.uk/health-and-social-care/coronavirus-covid-19/coronavirus-covid-19



London Borough of Hammersmith & Fulham
www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice

For up to date government guidance visit

<https://www.gov.uk/coronavirus>



Monthly Newsletter – November 2020



Ideas for visits and activities...

Paint fireworks with the children: This year it may not be as easy to go and see the fireworks so here are some super easy and fun activities to celebrate Guy Fawkes Night on 5th November. Go to www.learning4kids.net/2015/12/27/painting-fireworks/ to learn how to mimic fireworks with just a few colours of paints, large sheets of paper and cardboard tubes (used loo rolls will work). Children can create as many different size and coloured fireworks as they like.



Westway Trust offering free adult learning classes: They offer a range of free community course for adult residents of Kensington and Chelsea, looking to take the next step both online and in-person. If you are interested in taking up a course please go to westway.org/adultlearning and browse the various courses on offer.



Origami Outbreak Online Event: Celebrate World Origami Day and learn about infectious diseases by creating your own immune cells out of scrap paper with Imperial College of London's very own infectious disease experts. To take part all you need is a few sheets of paper that you can find lying around the house. To register for the event on Wed 12 November go to www.greatexhibitionroadfestival.co.uk/event/origami-outbreak



Vivek's Monthly Tip on Virtual Mentoring: Try a virtual scavenger hunt with your mentee. It's a game that can be changed around and played more than once. Give yourself a set amount of time for you both to go and find some items in the house and come back to talk about them. You can both give yourself a minute to find something you like the smell, your favourite thing to wear and something with your favourite colour on. This is a way to help build trust, breakdown awkward silences and do something fun and active at the same time.

Healthy Pumpkin Pancakes by BBCgoodfood

What to do with all those leftover pumpkins after Halloween? Why not try making these healthy pumpkin pancakes. Visit www.bbcgoodfood.com/recipes/healthy-pumpkin-pancakes to see the full recipe.

Ingredients

- 200g plain flour
- 1/2 tsp baking powder
- 200ml milk
- 100g cooked butternut squash or pumpkin, mashed
- 1 egg, separated

Makes 9 large or 27 mini pancakes

Method

1. Tip the flour into a bowl and add the baking powder. Measure the milk into a jug and stir in the butternut squash, followed by the egg yolk.
2. Make a well in the centre of the flour and gradually add the milk mixture until you have a lump-free batter. Alternatively, tip everything into a blender and whizz it.
3. Whisk the egg white until stiff, then fold it into the batter
4. Heat a non-stick pan and cook 1 large or 3 small pancakes at a time (if making small pancakes, use 1 tbsp for each). Wait until lots of bubbles have risen to the top and the surface has begun to dry out before turning them over, but keep an eye on the base to make sure it doesn't get too brown. Repeat with the remaining mixture.



Goodbyes and Hellos...

After 16 long and engaging years at Family Friends, we say with heavy hearts goodbye and thank you to Flora Taylor. Over the years Flora has been instrumental to the organisation helping to open our Child Mentoring scheme and expanding our befriending/mentoring services into Hammersmith & Fulham and Brent. We wish her all the best in her future endeavours.

We welcome Vivek Joshi to Family Friends in the post of Male Outreach Worker. He has many years of experience as a mentor in schools and is also currently a mentor for The Royal Society for Blind Children. We look forward to having him on board.

Please e-mail Graham (graham.jackson@familyfriends.uk.com) with any suggestions/contributions or if your email address has changed please inform us: info@familyfriends.uk.com