Mind
Havant and East Hants

Adult Wellbeing
December ‘21
The Adult Wellbeing Team at Havant & East Hants Mind & Covid-19

Covid-19 may be one of the biggest challenges we have faced, both as a society and on an individual basis in many years. Here at Havant and East Hants Mind we have done our best to meet the challenges presented to us and continued to run our service throughout the lockdown period.

We continue to offer telephone services, including assessments, progress reviews and check in calls. Our office hours have remained the same (9:00-16:30) as has our main contact number- 023 9249 8916.
We have converted our workshops into webcam-friendly versions using online meeting software. We also will be offering some face-to-face as appropriate.

Here at Havant and East Hants Mind we are now running daily Virtual Peer Support Groups via Zoom, including mindfulness activities and coffee and chat. In recent news, our Havant Mindful Walking Group and Art Group have started back up face to face. If these groups are of interest to you please call 023 9249 8916 and leave a voicemail.

We are delighted to announce that both our Children and Young People’s Safe Haven and Adult Safe Haven are back open for face-to-face client support. We understand that the current situation may cause a rise in mental health crisis whilst isolation or illness prevents you from leaving your home, which is why we will continue to support you, with our Freephone numbers for both services remaining active.

If you find yourself in a self-defined crisis and believe you would benefit from additional support outside of our office hours, please contact our Adult Safe Haven Service - 030 0303 1560. This service is open 365 days a year from 6pm-10pm. Other services include Samaritans- 116 123, your GP, 111 and the 24/7 free texting service SHOUT- 85258.

If you have any ideas upon what the service could do to further support our clients, please give the office a ring on 023 9249 8916. Equally if you have any feedback, please let us know!

The 5 Ways to Wellbeing

Just like we have 5 fruit and vegetables to look after our physical health, there are also 5 ways to look after our mental wellbeing; Connect, Be Active, Take Notice, Keep Learning and Give. Each of these five components will be included within this newsletter.

Good mental wellbeing does not mean that you will never experience situations you find difficult, but it does mean that you might have resilience to cope better when things get challenging.
Design a postcard or write a letter you will never send

We are often encouraged to talk to others about the way we feel but this isn’t always easy. We may anticipate the worst, fearing embarrassment or other people’s reactions. Perhaps we haven’t figured out for ourselves what it is we would like to say yet, and we might want more time to think things through. Although finding the courage to talk can seem difficult, there are ways of making our worries a little less worrisome. By designing a postcard or by writing a letter that will never be sent, we can practice, plan, and think in privacy about what is important to us.

To design a postcard or write a letter that will never be sent, you will need some pens or pencils, card or paper. (You could even try this on a tablet device if you wanted to design digitally.) Once you have finished, take a moment to reflect upon what you have written. What did it feel like to write those things? Has writing changed your feelings? Afterwards, store your postcard or letter somewhere safe and secure -- out of sight but not out of mind! Maybe one day it will come in handy again...
Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that you experience during particular seasons or times of year. Depression is a low mood that lasts for a long time, and affects your everyday life.

If you have SAD, you'll experience depression during some seasons in particular, or because of certain types of weather.

The first step is usually to visit your GP. If you're given a diagnosis of SAD, this will be based on whether your symptoms repeatedly follow a seasonal pattern, usually for two or more years – it doesn't depend on the specific season or time of year when you're affected.

You might be offered an antidepressant, either on its own or in combination with talking therapy.

Some people say they find it helpful to use a light box – a device that gives off strong white or blue light – or a lamp, or an alarm clock that simulates dawn. This is sometimes called light therapy.

Get outside in the daylight and have some exercise, this may be a short walk. Fresh air and daylight helps to reduce the symptoms of S.A.D

Open the curtains in your home and sit near a window when it is sunny.

Try do some cleaning in the house as this means you are getting some exercise and making the house feel fresh.
Holiday Biscuits

Ingredients
- 100g/3½oz unsalted butter, softened at room temperature
- 100g/3½oz caster sugar
- 1 free-range egg, lightly beaten
- 1 tsp vanilla extract
- 275g/10oz plain flour

To decorate
- 400g/14oz icing sugar
- 3-4 tbsp water

Method
- Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.
- Cream the butter and sugar together in a bowl until pale, light and fluffy.
- Beat in the egg and vanilla extract, a little at a time, until well combined.
- Stir in the flour until the mixture comes together as a dough.
- Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.
- Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw.
- Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.
- For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
- Carefully spread the icing onto the biscuits using a knife and sprinkle over the glitter. Set aside until the icing hardens.
Tips for coping during the Holidays

• Be gentle, generous and patient with yourself; Prioritise what’s best for you, think about what you need and consider talking to someone you trust.

• Plan ahead; Think about what might be difficult about this time of year for you, and if there’s anything that might help you cope. It might be useful to write this down.

• Manage relationships; think of answers in advance, think about how to end difficult conversations, suggest an activity to move on conversation and share how you’re feeling with others.

• Look after yourself; think “this won’t last forever”, set your boundaries, experience your own feelings, take time out, let yourself do things that you need like taking a break or plan something after that is for yourself.

• Talking to other people; let people know you’re struggling, join an online community like “side by side”, tell people what they can start, continue or stop doing to help you, know you don’t have to justify yourself and you don’t need to convince others or make them understand.

• Get support; Call Samaritans on 116 123 (freephone). They're always open. They have a Welsh language line too.

• Text SHOUT to 85258. This is a free 24/7 crisis text service run by Shout.

• Call Safe Haven on 0300 303 1560 between 6pm-10pm open 365 days of the year or drop in face to face 6pm-10pm at The Hub, Park Parade, Leigh Park, Havant PO9 5AA.
MERRY CHRISTMAS

Search for the words going up, down, left and right.

Yuletide, Greetings, Caroling, Presents, Wreath, Nutcracker, Tree, Mistletoe, Santa, Gingerbread, Ornament, Elves.
Contact Us
Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG
02392498916