

Mind Havant and East Hants



Adult Wellbeing
January '22





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!

Information correct as of 25th Oct 2021.



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.

The 5 Ways to Wellbeing

Evidence says there are 5 ways to look after your mind...

Connect

Be
Active

Take
Notice

Keep
Learning

Give



Entering the New Year Mindfully

January is a month where you can set and achieve new goals to focus on throughout the year. This can be a really good time to reflect on the last year and understand what you enjoyed/what you might want to achieve in the future. Creating a new year's resolution can promote self-esteem and empowerment. It can provide a sense of accomplishment that comes with goal setting and following through. Some ideas could be:

- Making sure you get out the house at least twice a week, whether it's a walk, playing golf, going to the shops, meeting up with a friend for coffee, gardening etc.
- Making sure you get dressed at least 3 times a week in the morning throughout all of January
- Writing a journal to express daily thoughts and feelings if expressing feelings into words is hard. Within this journal you could also write gratitudes each day
- Learning a new skill/hobby: You could spend at least 2 hours a week on this to make sure you are allowing time to focus on it
- Learn a new language
- Try to reach out to at least one person every week or day.
- Respond to emails, messages and voicemails, you could set at least half an hour a day to achieve this.
- Connect with a phone call or zoom call twice a week with either friends or family.
- Learn to cook a new recipe each week using at least one ingredient you do not normally use.
- Making a positive thoughts jar in which you put in a positive thought or gratitude you had that day and then reflect on them each month.



Staying Active in the House

Due to the weather being unpredictable it's hard to motivate yourself to leave the house. It feels much nicer to stay inside the warmth of your own home! An idea could be to get into yoga/active exercise videos using YouTube. The benefits of this are that it is free and you don't have to think about anything yourself; you just follow the instructions in the video.

Yoga offers physical and mental health benefits for people all ages. It helps build strength and promotes a state of calm and centred mind. It can make us feel balanced and grounded in a world that can feel very full on at times.

Some examples of YouTube videos that you could use are listed underneath:

<https://www.youtube.com/watch?v=VaoV1PrYft4>—Beginner yoga video

<https://www.youtube.com/watch?v=UItWltVZZmE>—Beginner full body workout

<https://www.youtube.com/watch?v=hIFB6xJilBs>—Restorative yoga Pilate's workout to improve mood and Circulation





Due to it being the New Year, many people tend to have the same idea in getting into the gym and eating healthy. Cooking from home allows you to have more control over the ingredients. Cooking at home is also an outlet for creative expression, a means of communication and helps to raise one's self esteem as the cook can feel good about doing something positive for their family themselves or loved ones.

Healthy Meals: Breakfast

Berry smoothie bowl

Ingredients:

½ frozen banana, chopped into chunks

1 cup of frozen mixed berries

2 tablespoons unsweetened non-dairy milk (or juice of choice)

1 teaspoon of almond butter or peanut butter

Toppings: ¼ of banana, ¼ fresh berries, granola, 1 spoon of almond or peanut butter, 1 teaspoon chia seeds (optional)

Method:

Step 1: blend all the smoothie ingredients together in a blender, if really thick add more milk or juice

Step 2: pour into a bowl and top with your toppings





Healthy Meals: Lunch

Roasted red pepper and tomato soup with ricotta

Ingredients:

- 400g tomatoes, halved
- 1 red onion, quartered
- 2 peppers, roughly chopped
- 2 tbsp olive oil
- 2 garlic cloves bashed in skin
- Couple spoons of thyme
- 1tbsp red wine vinegar
- 2tbsp ricotta
- A few basil leaves
- Bread to serve with



Method:

Step 1: Heat oven to 200C/180C fan/gas 6. Put the tomatoes, onion and peppers in a roasting tin, toss with the oil and season. Nestle in the garlic and thyme, then roast for 25-30 mins until all the veg has softened and slightly caramelised. Squeeze the garlic cloves out of their skins into the tin, strip the leaves off the thyme and discard the stalks and garlic skins. Mix the vinegar into the tin then blend everything in a bullet blender or using a stick blender, adding enough water to loosen to your preferred consistency (we used around 150ml).

Step 2: Reheat the soup if necessary, taste for seasoning, then spoon into two bowls and top each with a spoonful of ricotta, a few basil leaves, the seeds and a drizzle of oil. Serve with bread for dunking.



Healthy Meals: Dinner

Vegetable lasagne

Ingredients

- 3 red peppers, cut into large chunks
- 2 aubergines, cut into 1/2 cm thick slices
- 8 tbsp olive oil, plus extra for the dish
- 1/2 quantity tomato sauce (see below)
- 300g fresh lasagne sheets
- 1/2 quantity white sauce (see below)
- 125g ball mozzarella (or vegetarian alternative)
- handful of cherry tomatoes, halved



Step 1: Heat the oven to 200C/180C fan/gas 6. Lightly oil two large baking trays and add the peppers and aubergines. Toss with the olive oil, season well, and then roast for 25 mins until lightly browned.

Step 2: Reduce the oven to 180C/160C fan/gas 4. Lightly oil a 30 x 20cm ovenproof dish. Arrange a layer of the vegetables on the bottom, then pour over a third of the tomato sauce. Top with a layer of lasagne sheets, then drizzle over a quarter of the white sauce. Repeat until you have three layers of pasta.

Step 3: Spoon the remaining white sauce over the pasta, making sure the whole surface is covered. Scatter over the mozzarella and cherry tomatoes. Bake for 45 mins until bubbling and golden.



HAPPY NEW YEAR!



Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



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