

# Mind Havant and East Hants



Adult Wellbeing  
March '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!



## 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.

Connect



Be active



Take notice



Give



Keep learning





## Making an “About Me” Collage

Try and give this question some thought: What is it about you that makes you so you? This might be quite difficult to answer at first given how complex we are as individuals. As human beings, we are capable of being and feeling many things all at once. We have the capacity to both love and hate at the same time, as well as saying one thing but meaning another. It can be tough to tolerate these contradictory parts of ourselves. Sometimes we feel it easier to just ignore the bits we don't like and keep the bits we do. But in doing so, we create quite a limited picture of ourselves. However, there is a way that we can form a broader picture: Make an 'About Me' collage! Making a collage about yourself is a great way to understand what makes you so you.

A collage is made in a similar way to how we are made. Where we are made up of multiple memories, thoughts and feelings, collages are made up of multiple images, objects and words. So, try and create a collage that represents you, filled with everything you experience, whatever that may be; happy and sad, love and hate, right and wrong can all come together in the collage that you make, hopefully helping you see more clearly what you are made up of.

To make a collage, you will need a base (paper, cardboard, canvas or anything sturdy); glue (PVA or Pritt stick); and some images or words (photographs or cut from magazines or old newspapers) and any stickable objects or materials you may have lying around (e.g. pieces of ribbon or scraps of cloth). The collage could be a self-portrait, a landscape, or even a kind of brainstorm.

We look forward to seeing what you make and hope this activity has been useful.







## Wellbeing - Easter

Easter is approaching and there are many crafty ideas to keep you busy. Craft work can alleviate symptoms of anxiety, depression, and loneliness and can be done alone or with family and friends. The results make excellent gifts to give to people or even to decorate your own home with.

### CREATE YOUR OWN EASTER EGG CUT-OUT CARDS

Send these handmade cards to loved ones near and far this Easter. Use this template to cut out an egg from thick paper (recommended card) which you will fold in half like a card. Once this has been complete, create and insert artwork on the inside of the card to fill out the egg, cut out and decorate the front however you like. Artwork ideas could include: watercolours, tape, pens, colouring pencils, different colour paper etc.

Please find template link here: <https://hmg-prod.s3.amazonaws.com/files/ghk-egg-card-template-1613581391.pdf>





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### CREATE YOUR OWN EASTER JAR

An Easter jar is a fun project that looks great on its own and can be made even more special by filling it with decorations and goodies. You can decorate it with shredded paper in different colours, Easter-themed decorations such as little fluffy bunnies and carrots etc. (You can often find packs of these materials in supermarkets or online, or repurpose them from other products), mini eggs, chocolate bunnies and pieces of colourful ribbon.

I would suggest putting the shredded paper at the bottom for a bed for the chocolate bunny and then use the extra decorations as you please to create a lovely gift, or as part of a larger Easter hunt!

You can get glass paint or paint pens from amazon or Hobbycraft if you wanted to decorate your jars.

**TOP TIP:** The key to painting glass jars is to ensure the surface is clean, free from dust and oil so the paint can adhere to the glass better.





# Springtime Colouring Page

Be active







**Adults' Safe Haven**

Open 365 days a year, 6pm-10pm

Call or drop in. No appointment needed.

Freephone 0300 303 1550  
(Line only monitored during opening hours)

Located at The Hub, Leigh Park,  
Dunsbury Way, Havant, PO9 5EW

**Covid regulations**

- Please wear a mask to the Safe Haven
- Answer screening questions upon entering
- Adhere to one-way system
- Adhere to social distancing measures
- Our staff will also be wearing masks

 **Mind** | Havant and  
for better mental health East Hants

## Contact Us

Havant and East Hants Mind  
Leigh Park Community Centre  
Dunsbury way, Havant,  
Hampshire, PO95BG  
02392498916