

 Mind
Havant and
East Hants



Adult Wellbeing
May '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 weekly 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



Give



Keep learning



Be active



Take notice





Art Group Update

In our last edition we shared the idea of making a collage to showcase what makes you unique and special. Since then our own Art & Crafts group has put together their own collage chronicling their shared journey through wellbeing. How does it compare to your own attempt? Do you recognize anything in it? Does seeing the work of others inspire you to be more creative?

Please feel free to share your own creative work with us, perhaps we'll be able to feature your piece in a future edition!

Keep learning



Connect



Take notice



Be active



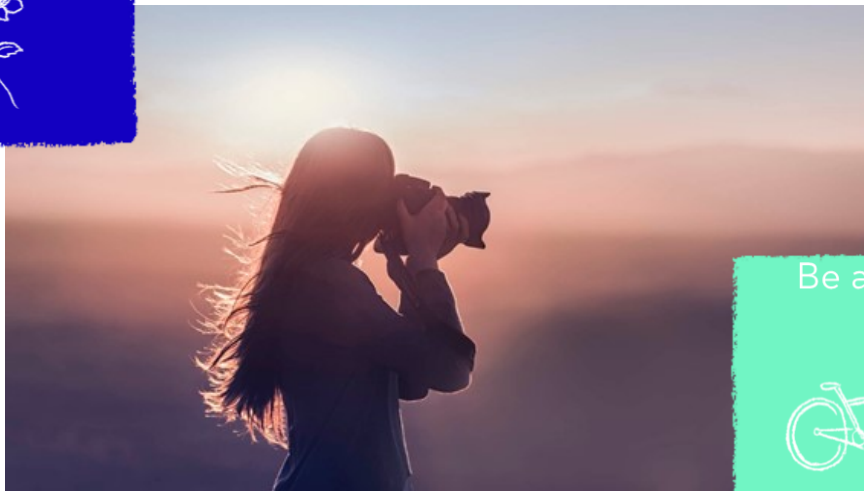


Take on a Photo Challenge

When reflecting over the past month it might be hard to avoid dwelling on negative moments and remember all the fun times that you have had. To counter this, challenge yourself to take a photo once a day of a certain thing/view/person/place that has made you happy.

This could be achieved whilst going on a walk in your local park, having a coffee with a friend, travelling abroad or even during your daily commute. Whenever you want to reflect on the time you have spent doing these activities you can look back over your photos and remember all of the positive experiences that have occurred in your life, even the small ones. Especially the small ones! Positive thinking exercises like this may seem insignificant but they can be of great benefit to our well-being.

Take notice



Be active





Mental Health Spring Clean

Spring is the season of new beginnings and is symbolic of a period of growth and new life. For many of us it can also represent a chance to declutter and say goodbye to unwanted things that no longer have any meaning or that bring us no joy.

We can do this for our mental health as well, by decluttering our minds and leaving behind unhelpful or unpleasant thought patterns.

There are many activities that can be done to clear the way for a fresh new start of a more positive outlook on our lives that supports healthy living and mental wellbeing.

Create a to-do list of short-term and long-term goals for the spring and the rest of the year. Setting goals can give us purpose in life and guide us to our desired outcomes. It can help us reconnect with family, friends, and our community. Using these goals, we can start to take steps to improve not only our mental health but our physical health. Write down things that you have been putting off, set an achievable plan to get these done.

- Become more active: go for regular walks, swimming or keep moving with jobs around the home
- Consider a new hobby, activity or learn a new skill
- Cut down on things that can negatively impact our health like smoking, alcohol, and caffeine
- Eat regularly and to a routine: avoid foods that make your blood sugars rise and fall rapidly such as sweets, biscuits, and sugary drinks
- Take time out away from screens, practice mindfulness exercises, read or listen to music

Keep learning



Connect



Be active





WORLD HEALTH DAY WORD SEARCH



 **Mind** Havant and East Hants




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Join our Team



 Havant and East Hants

We are always looking for more volunteers to help our service excel and reach as many clients as we can. If you want to be a part of Mind and help us make a positive difference in your community, can spare at least 4 hours a week and have lived experience of mental health, please check our website for current listings.

<https://www.easthantsmind.org/working-with-us/volunteering/>

Give



Be active



Connect



Keep learning





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



Contact Us

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