

11th June 2020

KEEPING YOU IN MIND

This issue:

- How physical activity can improve your mental health
- Take a Walk on the Wild Side!
- Technobabble
- Chitchat from the Cat




Keeping Active



Plus extra
brainteasers to
exercise your brain!

How to keep
your body, and
your brain
active!



Welcome to the 4th edition of Mind Aberystwyth's fortnightly newsletter.

We want to stay in contact with our service users during this difficult time, and realise that many of you may not have or do not wish to use the internet to keep in touch. The theme for our this edition is: KEEPING ACTIVE

HELLO
/
SHWMIAE

How can physical activity help your mental health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

better sleep – by making you feel more tired at the end of the day

happier moods – physical activity releases endorphins that make you feel better in yourself and give you more energy

managing stress, anxiety or intrusive and racing thoughts – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on

and can be a positive coping strategy for difficult times

better self-esteem – being more active can make you feel better about yourself as you improve and meet your goals

reducing the risk of depression – studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression

The NHS recommends 150 minutes a week of moderate to intense activity for adults aged between 18 and 65. Moderate activity raises your heart rate and makes you breathe faster and feel warmer, you should still be able to talk at this pace. Vigorous activity makes you breathe hard and fast, you won't be able to say more than a few words at this pace.

Tips for starting and sticking with an exercise regime



1 Choose an activity that you enjoy, and that fits into your daily life. If you force yourself to do something you don't enjoy you're much less likely to keep it going.

2 Don't feel like you have to implement big changes straight away. It's start with an achievable goal (like running or walking 5k) and work your way towards it at a manageable pace over a number of weeks.



3 Mix it up. It's easy to get bored if you are doing the same thing every time. If you're exercising at home, vary your routine. If you are out and about, then use different routes instead of sticking to the same one.



4 Make yourself a playlist! Music can help to motivate you and stop boredom setting in.



5 Remember, even if it's the last thing you want to do, you will feel much better afterwards!





BRAINTEASER

Whilst physical activity keeps our bodies strong and healthy, scientific evidence suggests that exercising our brains can keep them younger and improve our cognitive functions.

Try assessing your baseline memory - below is a list of eight unrelated words. Set a stopwatch for one minute to study the words. Then spend 10 minutes doing something else. Then write down as many of the words as you can remember, for your baseline memory score:

- Horse
- Clown
- Tree
- Doctor
- Pipe
- Guitar
- Orange
- Chair

Learning to create visual images that represent information you want to be able to recall will help jump-start your memory abilities. This is called the story method.

Look at the eight words again and this time spend a minute creating a story that links them all together. Perhaps you visualise a clown with orange hair riding a horse, or a doctor smoking a pipe and playing guitar. Use your first associations and link the images in any order you like. Now write the words again and see how much better your memory has become already!

CHITCHAT FROM THE CAT

#4 A cunning plan
- exercising my way



Written on behalf of Billybob by his
mum, Pat Griffiths

Previously, in former times, my mother was a keen swimmer. Well, a regular one at least- every Friday and Sunday morning. Then , I could have the turf to myself for a few hours. However, I have learned that she can no longer do that. And so exercise routines are to be at home. This involves a chair and a computer screen. I am always in attendance to sit on the chair when my mum stands. Thus being ready to catch her unawares when she sits down. Timing is everything in this prank. Otherwise it can backfire.....

Alternatively, we both go on a local walk. Usually in the community centre carpark next door. It is simply amazing, dear readers, what can be done in an empty carpark. I go too, just to keep her out of trouble. We walk this way, and that way. Sometimes litter is picked as well. Impressive eh? It's also a chance to do a little assault course up neighbours walls, under their cars, into their gardens. Only me now, not my mum of course. It's great. No social

distancing for me, I am a free agent!

Next door's dog is also out and about now. So I am developing another my cunning plan...I have been checking a convenient tree which is between our houses. I propose to hide up it one fine day. And watch and wait. Then jump down, in an hilarious manner, catching The Dog, and her mum unawares. Howzat! I have yet to actually do this ,as I am a bit scared . Of dog and owner.....

I do need to go out and about regularly mind, as we are on notice from our last visit to the vet. Following a weigh-in, my mum was told that I was “substantial”, and “could do with becoming less so”. Very embarrassing. And running around is such great fun, don't you think? Not so great in the rain, but I then I climb nimbly up the shed, and over the roof, to an upstairs window. It is usually conveniently open , so I can jump up and land, safely, on a lovely soft bed. Sometimes, on a lovely soft person in the bed. They are less pleased when this is at 3am. Luckily I am less substantial now isn't it? - **Billybob**

Walk on the Wild Side!

One of the best ways to keep active is to take a walk out in nature, and here in Ceredigion we're lucky enough to have an abundance of wildlife to spot while doing it! Join local ecologist Holly Schelkens in finding out what species you are likely to see while out and about. Let us know how many you find!

Rabbits

If you're out for a walk you're likely to spot a flash of fluffy white tail or glimpse some pointed ears! Rabbits are native to Spain and are thought to have been introduced to Britain by the Normans after the 1066 conquest of England. They can turn their ears 180 degrees and have almost 360 degree vision to help alert them to predators, so don't count on sneaking up on them! Rabbits have a long breeding season, from January to August, and during this time they can often be seen rubbing their chins on other rabbits or just on inanimate objects. This is because they have a scent gland in their chins which signals their readiness to mate, in a process known as "chinning".



Did you know?

Although most people associate rabbits with the image of Bugs Bunny nibbling on a carrot, rabbits don't naturally eat root vegetables! Bugs's carrot obsession is thought to be a reference to the 1934 film *Happened One Night*, which has a scene where Clark Gable's character, nicknamed "Doc", munches on a carrot while talking with his mouth full.

Common Frog

You may hear them before you see them! We are just reaching the end of the common frog's mating season, which takes place between March and late June. During this time, adult frogs congregate in ponds where the males will compete through noisy croaking to attract a female. The female frogs will swim towards the males with the loudest and longest calls. The females lay their eggs at night; between 1000 and 2000 of them!

Common frogs can vary in colour, from olive green to brown to yellow to dark red. During mating season, male frogs tend to turn a bluish-grey colour and their throats turn white.



Blackbirds

When is a blackbird not a black bird? When it's a female blackbird! Although male blackbirds have the familiar coal-black feathers we associate with the species, females are brown, often with streaks of lighter colour on their breast. Young blackbirds also have this brown, speckled colouring, with males moulting into black feathers as they grow. At this time of year, many blackbirds will be raising their second or third brood of chicks. The chicks will leave the nest as early as 13-14 days after they are born. They can't fly yet but they will spend their time exploring the ground and experimenting with finding their own food. Within a week, they will have learned how to fly and they will be fully independent 3 weeks after leaving the nest.



ACTIVITY:

EXERCISE YOUR BRAIN



Brain games boost a range of cognitive functions to help keep your mind sharp. In right-handed people, the brain's left side usually controls language and reasoning skills, so word games help build this left hemisphere. Mazes and jigsaw puzzles can bolster the right hemisphere, which controls visual skills and orientation.

LEFT



RIGHT

1. Left brain: changing words
Begin with the word WALL and change a letter at a time until you get the word FIRM. Each change must be a proper word.

WALL

— — — —

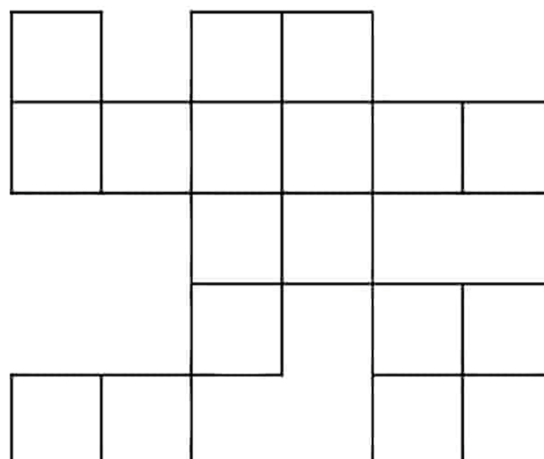
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— — — —

FIRM

2. Right brain exercise: counting squares

Count up the number of squares in the figure below. **Hint:** Be sure to count the squares within the squares.



Answers on page 24

LEFT



RIGHT

3. Left brain: letter scramble No 1

Come up with as many words as you can from the following letters. Use each letter only once in each word.

IRNAB



5. Left brain: finding colours

Rearrange all the letters to find the four colours mixed up below. Hint: Only one is a primary colour.

RAIGET

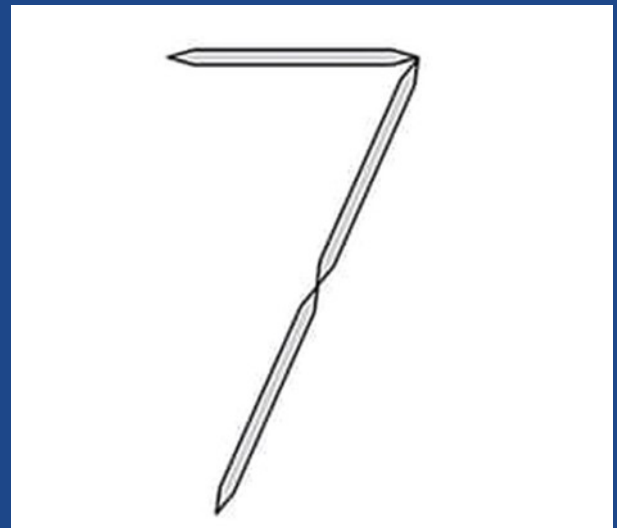
ENOLYL

OVGOEN

LEWRE

4. Right brain: numbering toothpicks

Arrange three toothpicks into the number 9 (without breaking or bending them).



6. Right brain: jigsaw brain break



Which piece fits in the puzzle?

LEFT



RIGHT

7. Left brain: proverb

All the vowels have been removed from the following proverb, and the remaining letters have been clustered into groups of three or four letters each. Replace the vowels and reveal the proverb.

TWH

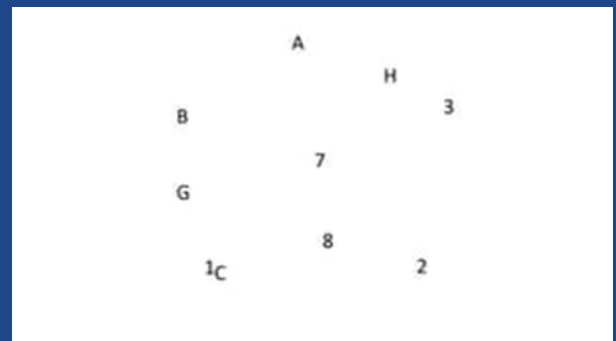
DSRB

TTRT

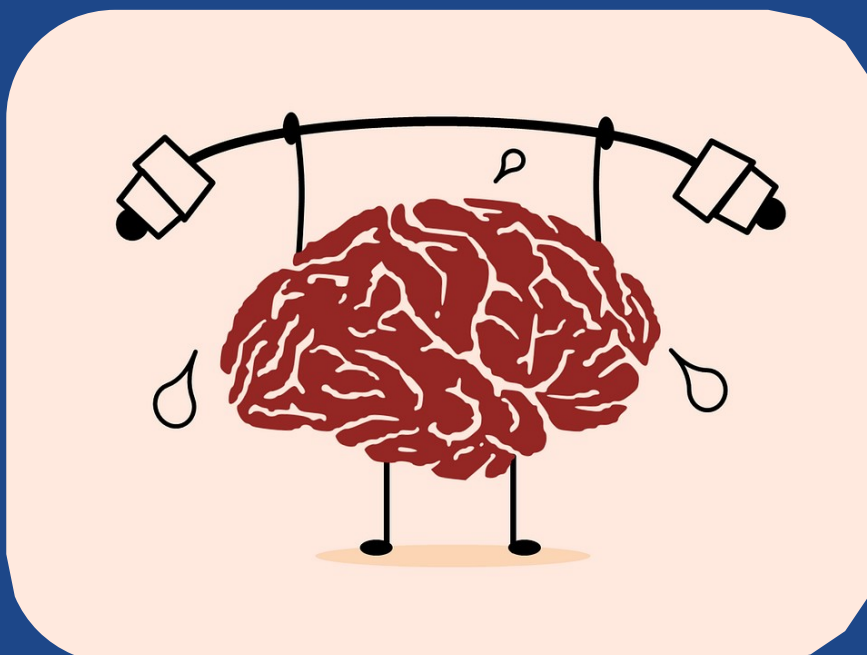
HNN

8. Right brain: continuous line

In the figure below, draw a continuous line that connects the number 1 to the letter A, then A to 2, then 2 to B, then B to 3 and so on until you can no longer continue the numerical or the alphabetical sequence.



You're now warmed up enough to start using your entire brain (both the right and left hemispheres)... Well done!



Answers on page 24



BRAINTEASER

Now that both sides of your brain are warmed up, let's see if you can solve these brainteasers!

1. Letter scramble

Try to come up with as many words as you can (two or more letters) from the following:

OGEUNRY

2. Finicky Frank

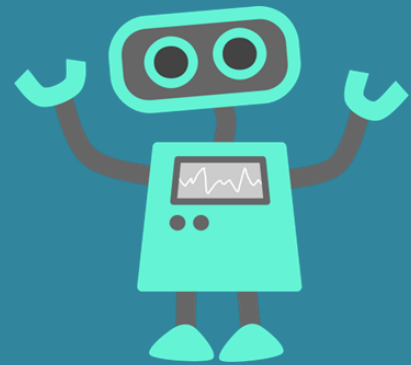
Frank has very eccentric tastes. He's a fan of football but hates rugby; loves beer but hates ale; drives a Ferrari but wouldn't be caught dead in a Lamborghini. Based on Frank's finicky tastes, would he prefer skiing or cycling?



Answers on page 24

Tyler and Tarek's

TECHNO- BABBLE



Hi everyone! Tarek and Tyler your resident techies here with some technology resources to help you stay well, entertained and connected. During this difficult time many of the positive benefits of tech are becoming more apparent as we discover new ways to stay in touch with people, look after our wellbeing and distract ourselves while stuck indoors. Below are some of the apps, games and sites we think are a good way to give yourself a mental and physical workout!

Staying Well: HASfit (YouTube, Android / iOS), FIIT (iOS, Android), Duolingo (Android / iOS / website), Bricks 'n Balls (Android)

Tarek: Technology can be a fantastic resource for helping us to stay active, whether it's an app or YouTube channel that helps you exercise, or brainteasers and resources that let you learn a new skill.

HASfit is both a YouTube channel and app that offers a huge variety of different exercise workouts. These are available for a range of different fitness levels and goals and they're presented in a friendly, accessible way and usually offer an easier modified version of many of their exercises. There are plenty of routines specifically for beginners and the only equipment needed for many of the exercises is a set of dumbbells.



Tyler: The app FIIT has some similar features designed to help you keep active and fit at home, whether that be through yoga or something more intense like HIIT training. You don't have to pay for the subscription to access 75 classes and 14 day training plans for free, all you need is an email address! You can track your progress and access a variety of classes depending on what you're into and what your fitness level is.





Tyler: there are also loads of Zumba classes and dance-along videos on YouTube which can keep you moving in a really fun way. Just search for “Dance Workout” on YouTube and see what you like! Dancing is not only a great way to keep active but can be such a joyful expression of yourself, and a great way to build body confidence! Enjoy getting your groove on!

Tarek: Learning a new skill is a good way to build confidence and self-esteem. *Duolingo* is a rewarding way to quickly become familiar with a new language by ‘gamifying’ the process – basically turning it into a game!

Did you know?

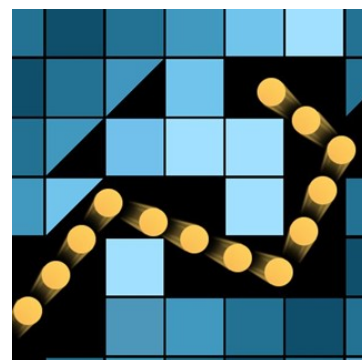
The QWERTY keyboard was designed to slow us down! On original typewriters, if someone typed too fast, the keys would jam. QWERTY places common alphabet letters at a distance from one another to slow typists down to prevent this from happening!



duolingo

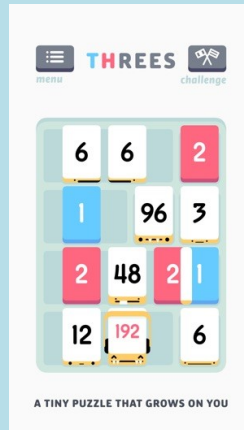
Whether you want to learn Welsh, French, Spanish, German, or any of the other many languages available on the platform, each language course is made up of modules covering things like animals, food, or phrases which have to be completed in order. The lessons are made up of activities such as translation or listening exercises and the app is a great way to motivate yourself, set goals and build your linguistic confidence! You can even choose to learn a fictional language like Klingon (from Star Trek) or High Valyrian (Game of Thrones)!

Tyler: If you like to do puzzles that aren’t too hard and want to just have something to do with your hands, *Bricks n Balls* is a block breaker game which can give you a little distraction and keep your mind busy for a few minutes at a time. It’s great because the levels don’t take much time, so you can really dip in and out of it as and when you feel the need.



Staying Entertained: *Threes* (iOS, Android, various others), *Peak*, (iOS, Android) *Pokemon Go* (iOS, Android), *Minecraft* (PC, PS4, XBOX, smart phones)

Tarek: *Threes* is a fantastic little puzzle game that really hooks you with a very simple premise: the player slides numbered tiles on a grid to combine multiples of three, trying to get the highest score they can until they run out of room. It's challenging but also relaxing as there's no time-limit!



Peak is a 'brain-training' app that helps you to sharpen your grey matter in a fun way! The app offers a variety of challenges to hone your cognitive skills in areas such as memory, mental agility, and problem solving. It's a fun way to get insight into where your cognitive strengths lie, but the games and challenges it offers are also fun in their own right!



You've probably heard of *Pokemon Go* but if you haven't given it a try yet you might find it to be a lot of fun on your next walk! It's all about locating, capturing, training and battling little creatures that appear as if they are in the player's real-world location by using the phone's GPS. It's a great excuse to get some exercise out in nature!

Bits and bytes

You've probably heard of bits, bytes, kilobytes, megabytes and other such terms but what do they mean? On a very basic level all computer information is made up of a series of 0s and 1s, each of which is referred to as a 'binary digit' – or bit! A byte is generally made up from 8 bits; a kilobyte is a thousand bytes, a megabyte is a thousand kilobytes and so on. When you download a photo and see that it is, for example, one megabyte that means it's made up of 8000000 bits!

Did you know?

The first electronic computer, known as ENIAC (Electronic Numerical Integrator and Computer) weighed 27 tonnes!

Tyler: You may have heard of *Minecraft* too, it's a game that revolves around your creativity and ingenuity.

You can either play survival which comes with more of a challenge as you try to survive against the elements and monsters, collecting resources to build your world, or you can play in creative mode and fly around creating anything you can think of!

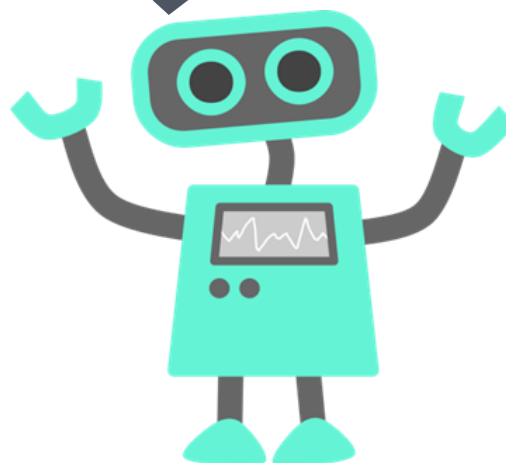
In terms of keeping your mind busy and your creative juices flowing, technologically there's few things that beat it (in my opinion!) There's even a new AR – augmented reality – version for smart phones which you can play in the real world in a similar way to *Pokemon Go*, out and about on walks or adventures.



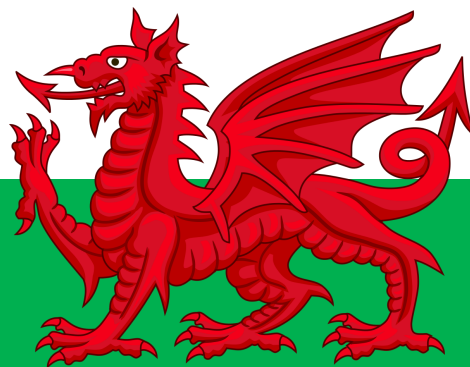
What don't you know?

We've been covering some commonly used tech jargon in each edition. Is there something you've heard people talking about relating to computers, that you don't understand? If there's anything you'd like us to talk about, or to explain in more depth in the next edition, please send an email to: media@mindaberystwyth.org and we'll do our best to explain!

More next
fortnight!



Cornel



Cymraeg

Gair i gofio/Words to remember

cadw'n actif

kah-doo-n ack-tive

keeping active

ymlacio

uhm-lack-ee-oh

relaxing

hobi

hoh-bee

hobby

gwnïo

goo-knee-oh

sewing

nofio

noh-vee-oh

swimming

cerdded

keh-r-thed

walking

Ffaith difyr

Mae Mynydd Everest wedi'i enwi ar ôl y Cymro Syr George Everest

Fun fact

Mount Everest is named after Welshman Sir George Everest

Pwy ydw i? Who am I?

L A T I N I S E

Awgrym: Bardd sy'n rhannu enw gyda phentref 9 milltir i'r Gogledd o Aberystwyth

Hint: Poet who shares a name with a village 9 miles to the North of Aberystwyth

Atebion ar tudalen 24/Answers on page24

What have you been doing?

Jo and Phil share with us some pictures that they have taken on walks during lockdown









Thanks to Jo and Phil for sharing!

We'd love to see what you are up to during lockdown. Please send stories, photos, artwork etc. to emma@mindaberystwyth.org

What's new at Mind Aberystwyth?



1 to 1 wellbeing service (Monday-Friday, 9am-5pm)

We understand that with the current social distancing restrictions this is a difficult time for everyone. If you would like someone to talk to, we can offer you regular contact from one of our support workers. This can be via phone call, video chat, text etc.

Virtual yoga (Thursdays, 12-1pm)

Now more than ever, it's important to stay active. So why not join one of our newest groups? You don't need a mat and can wear what you like! Sessions are hosted via Zoom (we can help you to set this up). You don't need your camera or mic on, and can join for as long as you'd like.



Online drop-in (Wednesday afternoons, 2-4pm)



This is open to all, a place to connect with others, build friendships, gain access to signposting and receive advice on engagement with mental health services. We'll be posting daily and you can chat on the group whenever, and a support worker will be available to chat at the above times. You can access via our Facebook page, under groups.

Mums in Mind (Mondays, 1-3pm)

Meet other mums, share tips and advice on wellbeing and mental health, chat and have fun! Find us on Facebook, under groups.



If you would like any more information or are interested in accessing any of the above, please call us on 01970 626 225 or send your enquiries to info@mindaberystwyth.org.

Reduce feelings of anxiety, isolation and loneliness with these helplines



During this challenging period, **Porth Cymorth Cynnar** has established a virtual platform to ensure that we are able to keep in touch with vulnerable residents across Ceredigion. We are ensuring that all residents whom are known to our services, and others, are kept in touch with, through regular welfare calls, should they wish.

Around 2,000 residents from young people to families to carers, who may require or benefit from regular contact whilst their service is not operating in its usual form will receive communication from our staff.

To date, almost 2,000 welfare calls have been made, and have been well received by people across Ceredigion. Residents have said that it is great that someone is keeping in touch with them, to give them an opportunity to have a weekly phone call and someone to talk to.

If you, or anyone you know would benefit from the Keeping in Touch Service, please get in touch with Clic on 01545 570881 or clic@ceredigion.gov.uk who will triage your query to Porth Cymorth Cynnar.

Age Cymru is to offer a check-in-and-chat telephone service for the over 70s in Wales who live alone. It is hoped that the initiative will provide some reassurance to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak.

Anyone over 70 in Wales can register with Age Cymru free of charge, to receive a regular telephone call from the charity in either English or Welsh. All you have to do is call the Age Cymru Advice Number on 08000 223 444 or email enquiries@agecymru.org.uk

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. Text SHOUT to 85258.

HUTS Workshop (the mental health charity in Newcastle Emllyn) is offering a free telephone chat service for anyone feeling lonely and in need of a friendly conversation. If you would like to register for this service, call 01239 710 377, you will receive a call back.

MEET THE TEAM

This edition we'll be hearing from Rhodri, one of our Support Workers.



Rhodri

Tell us a little about yourself and what you do at Mind Aberystwyth?

I was brought up in Aberystwyth, in a house overlooking Bae Ceredigion and Constitution Hill. It was a great place to grow up and a place to which I returned to raise my own family, after moving to Cardiff and working in education and television production for 20 years.

It's been over 3 years since I joined Mind Aberystwyth as a Support Worker. At the time, I was in the process of selling 'Y Ffarmers', a rural pub and restaurant which my wife and I ran in the pretty village of Llanfihangel y Creuddyn. Having immersed ourselves fully in this venture for 7 busy years, the time had come for a change of direction and I joined the Mind team at Mill St.

My work in Mind is diverse and fulfilling. As well as working with clients, I help AI with the Woodland

Group on a Thursday and the Gardening Group on a Friday. I also work with Hywel Dda Health Board's Early Intervention Psychosis Team – helping young people into work, further education or training.

What are some of your interests and hobbies?

When not at work, I enjoy cooking and have always been a passionate photographer. I have recently started painting in watercolours and have quickly realised how difficult a medium it is to master!

How are you staying resilient during the lockdown?

This has been a strange and disorientating time for all of us but a time which has nonetheless often brought out the best in people. This altered reality has given us all pause for thought and created a stronger sense of community and resilience.

Yet I can't wait for the time when we'll all be able to meet up again in Cwm Woods and gather around an open fire, beneath a canopy of leaves, to share our stories over a bowl of cawl.



THAT'S ALL FOLKS!

We hope you've enjoyed this edition of Keeping You In Mind. We would love to feature more contributions from readers – stories, poems, art, quizzes, recipes or anything else you want to put together. The theme of our next edition is 'REFLECTION'. Please submit your work to emma@mindaberystwyth.org by Sunday 21st June or post to Mind Aberystwyth, The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ

Left/Right Brain Activity Answers: 1. WALL, WILL, FILL, FILM, FIRM
2. 21 squares 3. I, in, ran, rib, rain, nab, a, an, air, ban, bar, bin, barn, bran, brain 4. IX (roman numeral for 9) 5. Green, orange, violet, yellow 6. B 7. Two heads are better than one 8. Star shape

Brainteaser 2 Answers: 1. On, or, one, ore, oner, go, gun, guy, gone, grey, goner, rue, run, rug, rung, rouge, you, young, younger 2. Skiing, since he only likes words that contain double letters.

Cornel Cymraeg: TALIESIN