

30th April 2020

# KEEPING YOU IN MIND

This issue:

- The 5 Ways to Wellbeing
- Chitchat from the Cat
- Helplines
- Lockdown Life
- Side by Side




## Resilience



Plus Storygami,  
Photo Challenges and  
Brainteasers!

How to take  
steps to look  
after your  
wellbeing!



Welcome to the first 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 first edition is: RESILIENCE

HELLO  
/  
SHWMIAE

**Resilience is an ability that all of us are able to practice and develop.**

It means been able to cope with the inevitable challenges, problems and set-backs you meet in the course of your life, and come back stronger from them. Two key elements of developing resilience are

**Mental wellbeing:** taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life.

We have put together lots of resources, activities and ideas for improving and maintaining your wellbeing.

**Social connections:** remember that whatever you're going through that's causing you stress, you don't have to cope with it alone (more on this later). We are hoping that this newsletter will help you to feel connected to Mind Aberystwyth and other service users and encourage you to contribute to future editions; we would love to hear from you!

# 5 Ways to Wellbeing

We all know that wellbeing is a broader concept than our moment to moment happiness. It is intricately linked with our sense of personal worth and our physical and mental health. Introduced in 2008 by the New Economic Foundation ([neweconomics.org](http://neweconomics.org)), the Five Ways to Wellbeing are recommended to be built into our daily lives to improve our health and wellbeing. Try thinking of them as the equivalent of eating five fruit and veg a day.

1



**Connect...** with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

2



**Be active...** Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

3



**Take notice...** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

4



**Keep learning...** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

5



**Give...** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Try and adapt the Five Ways to Wellbeing to your individual situation over the next few days. The first example in each category is only a suggestion. Feel free to come up with your own ideas and write them in the spaces provided..

### CONNECT

Talk to someone on the phone instead of sending an e-mail or text

### BE ACTIVE

Try an at home workout

### TAKE NOTICE

Take notice of how a family member or friend is feeling or acting

### KEEP LEARNING

Practice a skill you already have and try to improve

### GIVE

Do something nice for a friend or neighbour

For more information and tips on how to look after your wellbeing please visit  
[www.publichealthwales.org/gwentfiveways](http://www.publichealthwales.org/gwentfiveways)



# ACTIVITY:

## STORYGAMI

Origami  
can be a very  
effective way of  
relieving anxiety  
and 'staying  
present'.



It can help you to switch off from worrying thoughts or overwhelming feelings, as taking the time to perform each fold requires a lot of focus and concentration.

With the sheets of paper and instructions included, see if you can create one or more of the (reasonably) simple shapes. Once you are happy with your creation, write down the following on the completed model:

- How you felt before you started
- How you feel now you have finished
- Something that helps your wellbeing
- Something you enjoy doing
- Something you miss
- Something you are looking forward to doing again

*We would love to see your creations! If you can, send us a picture (or the completed model) and we will include them in the next edition.*

# CHITCHAT WITH THE CAT

#1

Self isolation or, how to grow  
biscuits



Written on behalf of  
Billybob by his mum,  
Pat Griffiths

**It took me a while to understand this new phenomenon.**

I'm not, "the sharpest tool in the box", according to my mother. Self isolation means that everyone one is around the house for extremely LONG amounts of time. I enjoy watching the goings on. It is interesting, for example, how many cups of tea one human is physically able to consume in one day. Also tea is now accompanied on a regular basis by a biscuit. Or two. Three has been known. This is to "keep spirits up".

And, I wasn't aware that you can still say, "Good morning "until at least 3pm now.

MY garden is now shared with the family, who are in self isolation remember. There is interesting new activity around planting stuff. I think mum hopes to be self-sufficient by June. I find this difficult to believe as even I know that biscuits don't grow on

trees. And we are having LOTS of deliveries. Before, Mr Hermes had been arriving when it was only been ME around. Which was great, because I could enjoy watching him trying to fit the delivery in the shed. Which is already full. He would open the door, and try to catch the contents of the shed, as they fell around him. I would then jump from the fence, into his eye line. This entertainment is now at an end as the household are self isolating. How dull.

Baking is also new to my house. This seems to involve all the kitchen cupboards being opened and closed repeatedly. Delicious smells follow. My mum then has to TEST everything, "just in case". She is very committed to this, as she will repeat testing procedures many times. When the cakes are left for everyone to eat, something magical happens. Like the Easter eggs in the fridge, it seems that cakes can disappear! Because everyone has owned up to eating two. And  $2+2+2-5$  (eaten earlier as samples) doesn't make 24 that were promised in the recipe. Mmmmmmm. Once again, the blame falls to me.

I am a tragic figure.

Billybob

# 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](mailto: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](mailto: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 Emlyn) 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.

LOCK  
DOWN  
LIFE



By Roger Bennett

As the national lockdown continues, some people are confused about what they can or cannot do. It's all about reducing the risk to ourselves and to others that we might accidentally interact with, or whom may have to come to our aid if we have an accident.

Please #stayathome. It will all come good in the end, probably when a vaccine is developed. Meanwhile we have to look after others, by simply looking after ourselves. This looking after bit, includes looking after our mental health. Finding the time to enjoy our hobbies or maybe start a new one. Finding some self orientated time when we make ourselves a drink and settle down to listen to some music. Think about limiting the amount of news that we see or hear each day. Don't avoid the news completely as there are some important announcements, but we don't need our social media feed or the television news on all day.

Think about gentle exercise, think about relaxation and most importantly think about how to try to keep ourselves safe.

Swim in the sea **NO**

Sunbathe at the beach or park **NO**

Travel in car to walk the dog **NO**

Go out to fly a drone or a kite **NO**

Go outside to paint or draw **NO**

**YES** Sunbathe in your garden

**YES** One short cycle ride a day from home

**YES** Or one walk a day from home

**YES** Or one jog a day from home

**YES** Walk your dog from home

**YES** Go to collect medicine

**YES** Go to buy essential food

**YES** Travel to essential work

**YES** Attend a medical appointment

**YES** Seek urgent medical help

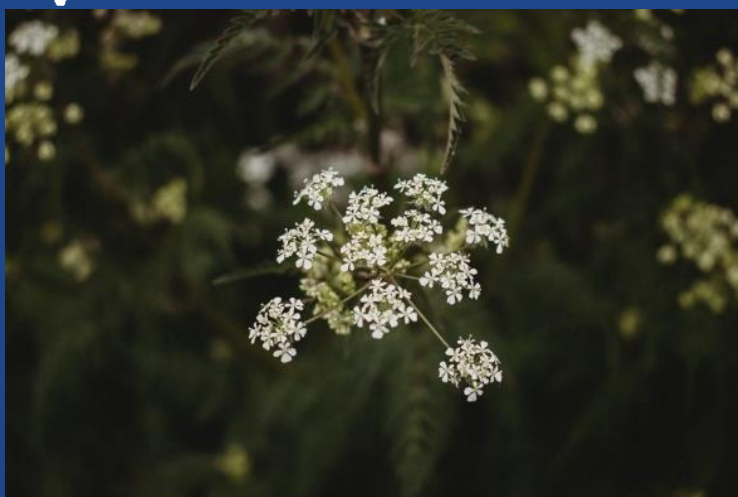


# ACTIVITY:

## PHOTO CHALLENGE

Photography can be an easy and enjoyable way to improve wellbeing and keep yourself present. It helps you to appreciate the world around you and notice details that you might otherwise have passed by. At this time of year, there are an abundance of wildflowers springing up in both towns and the countryside.

If you are able to take daily exercise, then bring your camera or mobile phone along with you and see what you can spot. Or if getting out isn't possible, try taking photos of houseplants, window boxes or any plant life between cracks or on walls outside your home.



### Quick Tip #1:

If you are able to choose the aperture, then a wide one will blur the background and allow the flower to stand out. This also allows in plenty of light. If you don't have this option, then you can use 'macro' or 'portrait' mode.

EXPERT  
PHOTOGRAPHY

### APERTURE SIZE



f/1.4



f/2



f/2.8



f/4



f/5.6



f/8



f/11



f/16



f/22

### Quick Tip #2:

If it's a bright sunny day, try and shoot flowers in the shade or wait until the evening when the light is softer. Overcast conditions are ideal for outdoor photography, as you don't get hard shadows or over exposed images (this is when areas of your photo are bleached white and you cannot make out the details).



### Quick Tip #3:

Play about with perspective. Use different angles, and take some time to think about your shot and what you want to capture. Stand directly above your subject or crouch down so that you are level with it. Water or diffused light (eg. shining through leaves on a tree) can make a beautiful background whilst allowing your flower to remain the star.





#### Quick Tip #5:

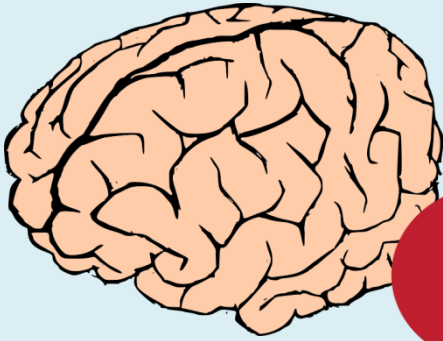
Don't get stressed!  
Remember this is for fun  
and relaxation. Everyone  
has a unique perspective  
and that's what makes  
photography accessible  
to all.

#### Quick Tip #4:

Try and remove  
anything that might  
distract from your  
subject eg. litter,  
long grass etc.

Send us  
your images! We  
would love to feature  
them in the next  
edition. You can email  
them to [emma@  
mindaberystwyth  
.org](mailto:emma@mindaberystwyth.org)





# BRAINTEASER



Do you know where words are stored in your brain? In your temporal lobe! The primary functions of the temporal lobe include facial recognition, language comprehension, speech, memory, auditory perception, and visual perception.

You have one temporal lobe on each side of the brain. If you are right-handed, your language is stored mostly in your left temporal lobe. If you are left-handed you are not lateralized and your language is stored a bit on both sides of your brain in the temporal lobes.

Research has shown that words are often heard together (such as salt and pepper) or words that share some meaning (such as nurse and doctor) are connected or associated in the brain. Once you hear one, the other is activated.

Find a third word that is connected or associated with both of these two words. The first pair is 'piano' and 'lock'. The answer is 'key'. The word 'key' is connected with both

the word 'piano' and the word 'lock': there are keys on a piano and you use a key to lock doors. Key is what is called a homograph: a word that has more than one meaning but is always spelled the same.

1. LOCK\_\_\_\_\_KEY\_\_\_\_\_PIANO
2. SHIP\_\_\_\_\_CARD
3. TREE\_\_\_\_\_CAR
4. SCHOOL\_\_\_\_\_EYE
5. PILLOW\_\_\_\_\_COURT
6. RIVER\_\_\_\_\_MONEY
7. BED\_\_\_\_\_PAPER
8. ARMY\_\_\_\_\_WATER
9. TENNIS\_\_\_\_\_NOISE
10. EGYPTIAN\_\_\_\_\_MOTHER
11. SMOKER\_\_\_\_\_PLUMBER

*(Answers can be found on page 17)*



People helping people, it was just that simple.



You may have wondered what Side by Side Cymru is all about when you have noticed its posts on the Mind Aberystwyth website and Facebook page. Keep reading to find out more!

Side by Side Cymru is a Welsh Government funded peer support project delivered by Mind Aberystwyth across Ceredigion, Pembrokeshire and Carmarthenshire. Peer support is when people use their own experiences to help each other. This can be through a group, one to one or online and may involve activities such as crafts, walking or meeting for coffee.

Side by Side Cymru offers free membership of the West Wales peer support network, a monthly newsletter, one to one advice and guidance, networking events and workshop training. Small grant funding has recently ended with £11,000 being spent by community groups on hall hire, refreshments, arts and crafts materials, equipment and publicity materials.

The West Wales peer support network has over 100 member



organisations and individuals who together support over 3000 people in the community. Members include arts and crafts clubs, a board games group, mental health diagnosis support groups, bereavement support groups and befrienders.

Members consist of groups that have existed for years and also individuals seeking support for setting up new groups. What they all have in common is that they provide activities and opportunities for people to meet and support each other, often providing a warm and inviting environment for

vulnerable people in our communities who are socially and geographically isolated. During the lockdown Mind Aberystwyth has invited network members to join the Side by Side Cymru Digital Community on Facebook to share activities and ideas for keeping in touch with group members.

Side by Side Cymru will be continuing through the summer months so if you are an individual or member of a community group, interested in joining the peer support network or setting up a group yourself then please get in touch with the Rob on 07958788172 or write to [sidebyside@mindaberystwyth.org](mailto:sidebyside@mindaberystwyth.org).



## Community Peer Support in West Wales



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**



**NATIONAL  
LOTTERY FUNDED**





# LIFE AT THE BIRDFEEDERS

*- The visitors you can have during lockdown!*

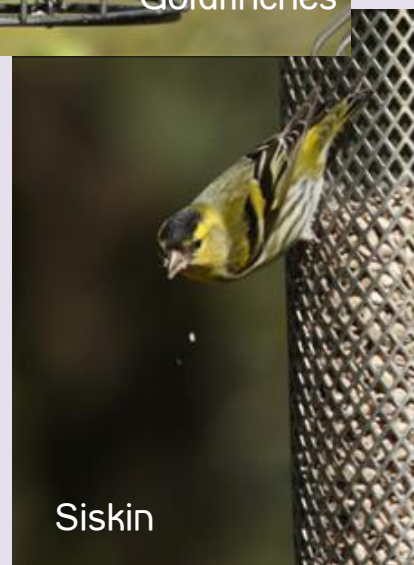
If you are lucky enough to have a garden, here are some birds you could spot visiting, especially if you have birdfeeders. If you do not have a garden there are plenty of places in around town where these birds could be spotted on your daily walks.

The **Goldfinch** is a very attractive and distinctive small bird. It loves feeding on sunflower seeds. They seem to travel around in small groups and occasionally in larger flocks known as "charms".



Goldfinches

The **Siskin** is more often found in wooded areas. I took this (rather blurry) photo of a Siskin picking seeds out of the feeder and throwing them to the ground!



Siskin

Chaffinch picking up seeds dropped by Siskin



This **Chaffinch** was picking up the seeds dropped by the Siskin. Typically very tame Chaffinches are common in parks and gardens, generally feeding on the ground, especially around park benches.

# 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.

## Mum's matter (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](mailto:info@mindaberystwyth.org).



# MEET THE TEAM

In each edition of 'Keeping you in Mind' we will feature a short profile of a member of our staff so that you can get to know us better. This edition we'll be hearing from Tarek, our Business Development and Sustainability Manager.



Tarek

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

Hi there! My name is Tarek and I'm the Business Development and Sustainability Manager at Mind Aberystwyth. It's a long title, but it basically means that I find funding for the charity by writing applications, managing contracts and reporting to funders on how we're progressing with projects. Funding comes in all shapes and sizes from all kinds of sources, so my job is pretty varied. I've worked in my role for almost seven years now and every year has been different to the last! I grew up in Ceredigion, but have also lived in Ireland and I studied English Literature at Aberystwyth University.

## **What are some of your interests and hobbies?**

I love reading and writing stories, playing videogames and board games and occasionally playing the piano. I also enjoy most things technology-related and unsurprisingly I'm quite a big sci-fi fan! Put on an episode of Star Trek (or five) and I'll be happy. I also recently learned to solve the Rubik's Cube and have cut my time down to under 3 minutes, which has been a great exercise in staying present and mindful during stressful times.

## **How are you staying resilient during the lockdown?**

It's a tough time for everyone right now so self-care is more important than ever. To stay resilient I have been exercising every day that I can (running mainly) and giving structure and goals to myself, even if it's just getting something done in the garden or reading another chapter of whatever book I have on the go. I've also started writing a gratitude diary to remind myself of the positive things in my life, as it can be easy to feel overwhelmed by all the bad news during this time. Finally, I try to phone or video call with friends or family at least once a week and keep those social connections going.



# THAT'S ALL FOLKS!

We hope you've enjoyed the first 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 'KINDNESS'.

Please submit your work to [emma@mindaberystwyth.org](mailto:emma@mindaberystwyth.org) by Monday 10<sup>th</sup> May or post to Mind Aberystwyth, The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ

**Brainteaser Answers:** 1. Key 2. Deck 3. Trunk 4. pupil (exam and private are also possible) 5. Case 6. Bank 7. Sheet 8. Tank 9. Racket 10. Mummy 11. Pipe