

25th June 2020

KEEPING YOU IN MIND

This issue:

- How to reflect: a simple guide
- Have I Got Newts for You
- Start a reflective journal
- Brainteaser



Reflection



Plus symmetrical
drawing and meet our
new CEO!

How to think
objectively about
your feelings and
thoughts

Welcome to the 5th 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 this edition is: REFLECTION



HELLO
/
SHWMIAE

Put simply, reflection is the ability to think objectively about your feelings and thoughts and those of others.

It's important for us to see how we can make improvements and adjustments, so that we can continue to learn and grow as individuals. When life is overwhelming, reflection can help you to manage things.

Reflection also helps us learn more about ourselves, by showing us a full picture of our experiences, where we've gone wrong and how we can make things better.

EVERYONE makes mistakes and they can be a valuable learning tool, but unless we understand why we have made them, then we can repeat the same ones endlessly!

Without using reflection as a tool, we are also more likely to focus on the things we fail rather than the things we could be successful at, or not even recognise that we are.



How to Reflect: a Simple Guide

1 Make the time and space:



Ideally when the mind is calm, but you can do it anywhere, at any time. Try taking time during daily tasks or errands to reflect if you cannot commit to a longer period. Otherwise, you could try it before you go to sleep, in the shower or during your commute.

2 Be still:



Let yourself relax, sit and breathe mindfully, and try to block out any surrounding distractions.

3 Reflect on yourself:



You may need to direct your thoughts, as there is often an initial rush of anxiety when you become still. Try asking:

- who you are, and what kind of person you are (try to be objective and not overly critical)
- whether you've challenged yourself to grow by questioning your thoughts, beliefs, and notions about your own life.

4

Analyse an experience from the day:



5

Try and change the way you think:

If you take the time to reflect each day on what an experience meant right after it happened, it can be easier to process the event and your reaction to it.

- How do you feel the experience went? Does that match how you anticipated the experience might go? Why or why not?
- Did you learn anything from the experience? Is there anything you can take away that will help you better understand yourself, other people, or the world around you?
- Does the experience you had affect the way you think or feel? Why, and in what way?
- What can you learn about yourself from the experience and the way you reacted to it?

It's easy to lapse into "auto-pilot". If you reflect regularly, it will become easier to actively assess your situation and reappraise it so that you feel more positive and in control.

- Stressful or otherwise difficult situations are often the hardest to feel positive about. However, many difficult situations will ultimately benefit us.
- Instead of feeling anxious or upset about uncontrollable situations - like the current one - try to reframe your perception to reflect on a positive change that could result from it eg. having more time to invest in yourself.



BRAINTEASER

There are only ten countries in the world whose names comprise of just 4 letters. Can you name all 10?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Answers on page 24

CHITCHAT FROM THE CAT

#5 A moment of reflection



Written on behalf of Billybob by
his mum, Pat Griffiths

I cannot believe that this is the 5th time I am writing for you dear reader(s). Perhaps it IS time to reflect

So instead of telling you the latest on Next Door's Dog (NDD), the Growing Project, the biscuit tin, the tanning...I shall tell you a story. And we can reflect on the meaning behind it. This was told to me by my mum as she was fitting me for my new collar. With bell. It is called , " Belling the cat". Ha! Some of you have spotted the link, well done.

Belling the cat

Once upon a time there was a handsome, slimline, silky cat. (I may embellish my retelling , of course.) In the house where the cat lived, there was also a large multi-generational family of mice

(I should add, this is not MY house). And guess what...yes, you're right, they could all speak! Look at that. Makes it so much easier to tell stories doesn't it.

One fine day, Mother Mouse said to her family, " Oh dear! Alas my lovely little mice, I am so anxious about you all as we have to share our house with the cat. I am SO worried that you might be eaten, which makes it such a challenge to plan and prepare balanced meals, if the numbers keep changing".

You may appreciate her distress.

So, they all got in a huddle (and were not 2 metres apart you understand as this "is once upon a time"). No ideas. Grim. Another day and night passed with unfortunate consequences..... A meeting. Nothing. Etc etc.....Anyway, finally Grandma Mouse suggested an Ideas Box.

The Grand Opening of the box came the next weekend.

There was a small slip of paper in block capitals, with no name. Typical.

This is what it said -

WHY NOT HANG A BELL AROUND THE CAT'S NECK ?

Well, here's a thing, they all thought it was such a good idea.

Miraculous.

This, dear reader, was IT. A Plan. So Mother Mouse said , “ Excellent, now we all agree that this is the way forward, all we need is a volunteer to carry it out, I can supply the collar and bell. Who's in ?”

A great silence followed.

One by one the mice excused themselves, they were going swimming, having a coffee with friends, going to the library etc. (remember this is clearly not a true story). So, no one was left to do it. And Mother Mouse said, “ Well, I'm certainly not doing it : I do everything else around here” (perhaps this statement has the ring of truth for you??)

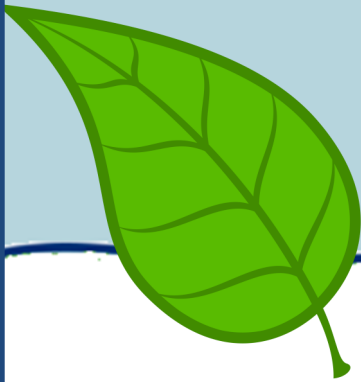
So, that was that. A great idea, but no one willing to do it.

Remind you of anyone, friends??

Next time- Keeping you in touch with The Latest.



Have I got Newts for You!



Join local ecologist Holly Schelkens in taking a glimpse into the fascinating reflected world of newts!

After spending the winter hibernating under rocks and in crevices, these small semi-aquatic amphibians will travel to ponds for their elaborate mating rituals. The male newts will perform a special dance under the water, waving their tails around and wafting pheromones towards the females. After mating, the females will lay eggs which they wrap up inside the leaves of pond plants. Newt tadpoles will grow limbs after around 5 weeks – forelegs before hind legs, unlike frog tadpoles. After 4 weeks the eggs will hatch and the tadpoles will spend the next few months maturing in the water before venturing onto land as young newtlets!



Smooth Newts

The smooth newt is the only newt native to Ireland and is found everywhere from the UK to Siberia! During breeding season, male smooth newts will develop vivid colours and a crest along their back. They have a distinctive yellow or orange belly with dark spots. These little guys have a big appetite and will eat anything from earthworms to snails to plankton.



Palmate Newts

The palmate newt has a higher tolerance for dry areas and so will wander farther from its pond than smooth newts. Like the smooth newt, they have a yellow or orange belly, but unlike smooth newts they have an unspotted throat, a filament at the tip of their tail and webbing on their back feet.



Great Crested Newts

These are Britain's largest newt, growing up to 15cm in length, and have dark 'warty' skin. Their most distinctive feature is the large, spiky crest that gives them their name. Great crested newts also have dark blotches on their orange underbelly and each pattern is as unique as a fingerprint. They are much more particular about their habitat than smooth or palmate newts, so their presence is a great indicator of a healthy pond!



Activity: Night-Time Torching

Newts are nocturnal and so the evening is the best time to see them in action, and all you need is a torch! From dusk onwards, try shining your torch beam into the water. You should see newts start to emerge from the shrubbery and to swim around in the pond. Please remember to be safe near any body of water and always keep children under close supervision.

ACTIVITY:

REFLECTIVE JOURNAL



Writing a journal not only helps you keep track of important events or experiences, but also develops your writing skills. It can also be very therapeutic; when writing only for yourself, you can express feelings you might not feel comfortable sharing with anyone else. This in itself can make the journaling process a meditative experience.

Here are 10 writing prompts to get you started - use a different page for each prompt.

What makes you unique?

Name someone that means a lot to you and why?

Write a letter to your younger self.

What is something you can do to focus more on your health and well-being?

What makes you feel at peace?

List 10 things that make you smile.

What does it mean to live authentically?

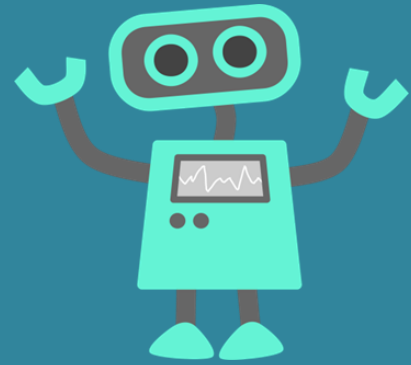
What is your favourite animal, and why?

How do you maintain your physical/mental health? What can you do to improve the methods of recovery?

List the things that you want to achieve this week.

Tyler and Tarek's

TECHNO- BABBLE



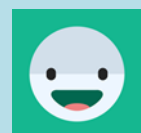
Hi everyone! Tarek and Tyler your resident techies here with some technology resources to help you stay well, entertained and connected. During this difficult time many of the positive benefits of tech are becoming more apparent as we discover new ways to stay in touch with people, look after our wellbeing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

Staying Well: Journey (various platforms), Scrivener (Windows, MacOS)

Tarek: Writing can be a wonderful way to self-reflect and get in touch with our feelings, whether you enjoy keeping a journal, writing stories or poetry, or even just writing about things we like and enjoy in our daily lives. *Journey* is a diary app that lets you store notes and entries, images, videos, music and even links your entries to a map so you can keep journals of places you've been. You can even just keep photo journals if you prefer. One great feature is that you can lock your journal entries with a password to keep them private. It's a very flexible little tool with free and paid versions.



Tyler: If you're looking for a neat way to keep track of your moods, *Daylio* is a great free app for keeping track of how you're feeling throughout the weeks. Each day, you tell it how you've been feeling on average, and the app keeps track for you with charts and graphs. It's really useful for noticing patterns and cycles in your mood and for reflecting. You can even record various activities you've done during the day to help you look for patterns.



Tyler: Health apps on both android and iOS can help you track your physical activity throughout the day by counting your steps! On apple devices, it's called "*Health*" and on android you can use *Google Fit*. The apps also offer tips on health and wellbeing so it's worth keeping an eye on them if you're reflecting on how to keep yourself physically well!



Did you know?

In 1833 a man by the name of Charles Babbage invented all the parts that are now used for a modern computer. But it was only 120 years later that the first 'modern' computers were invented.

Tarek: *Scrivener* is a fantastic piece of software that lets you organise all of your work so you can focus on writing what you want rather than the hassle of handling lots of files and notes. It's great for any kind of writing as it's largely up to you how you make use of the tools it offers. You can divide your work up into different sections, organise notes, research and even store images for inspiration. It's a paid application, but comes with a free trial so is definitely worth a look if you enjoy writing of any kind!



Jargon Buster

WiFi stands for Wireless Fidelity and means access to the internet without requiring, well, a wire! It can be compared to a radio, in that when we want to connect, we tune into a frequency – if we move away from that, then our connection becomes scratchy and unstable. It's the same with the signal from a WiFi router.

Tarek: For those who like the strange and mind-bending art of M.C Escher, the very relaxing and cute indie puzzle game *Monument Valley* will be both relaxing and delightful. You control a cute little character that you must guide through an abstract and impossible environment, uncovering hidden paths and optical illusions as you go. The game is very contemplative and relaxing!

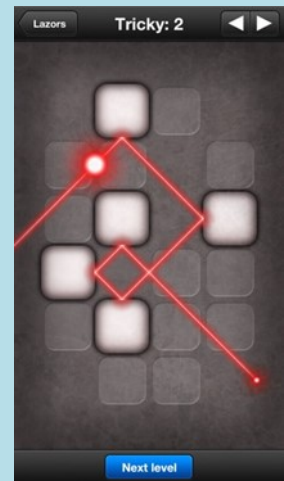


Staying Entertained:
Lazors (various platforms), *Monument Valley* (iOS, Android, Windows Phone)

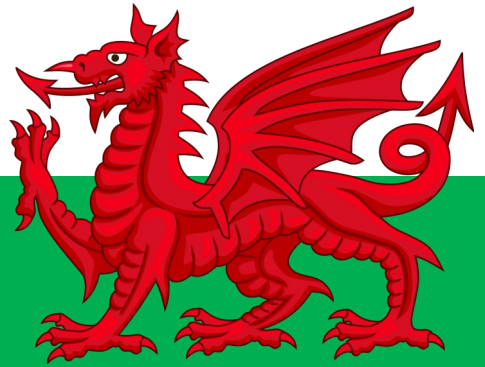
Jargon buster

What's a Hard Drive?
A Hard Drive (HD) or Hard Disk Drive (HDD) is a data storage device used to store and retrieve digital information. It uses magnetic disks or platters to store data; they spin very fast and a small 'arm' inside the Hard Drive reads and writes data from and to the disks. Modern Drives are called Solid State Drives (SSDs) and don't use mechanical parts or magnetic disks – they're more like much larger USB memory sticks!

Tarek: Puzzle games are always a good way to distract ourselves and the reflective game *Lazors* is a fun way to kill time that can either be very easy or fiendishly difficult depending on what you're in the mood for. You have to move reflective blocks around a grid with a laser shining over it. When the laser hits one of the blocks it bounces off. The goal is to direct the laser to the target to complete the level, but it can get very tricky!



Cornel



Cymraeg

Gair i gofio/Words to remember

syniad

suh-knee-ad

idea

meddylgar

meh-thul-gah-r

thoughtful

trafodaeth

trah-vod-eye-th

discussion

myfyrdod

muh-ver

sewing

nofio

noh-vee-oh

swimming

cerdded

keh-r-thed

walking

Ffaith difur

Ogof Ffynnon Ddu (ger Abercraf) yw'r ogof ddyfnaf ym Mhrydain. Mae ganddo dros 30 milltir o lwybrau, felly hwn yw'r trydydd hirach ym Mhrydain hefyd.

Fun fact

Ogof Ffynnon Ddu (near Abercraf) is the deepest cave in Britain. It also has over 30 miles of passages which also makes it the third longest in Britain.

Pwy ydw i? Who am I?

ARNY SIGGG

Awgrym: Chwaraewr pêl droed enwog yn enedig o Gaerdydd

Hint: Famous Cardiff born footballer

Atebion ar tudalen 29/Answers on page29

ACTIVITY:

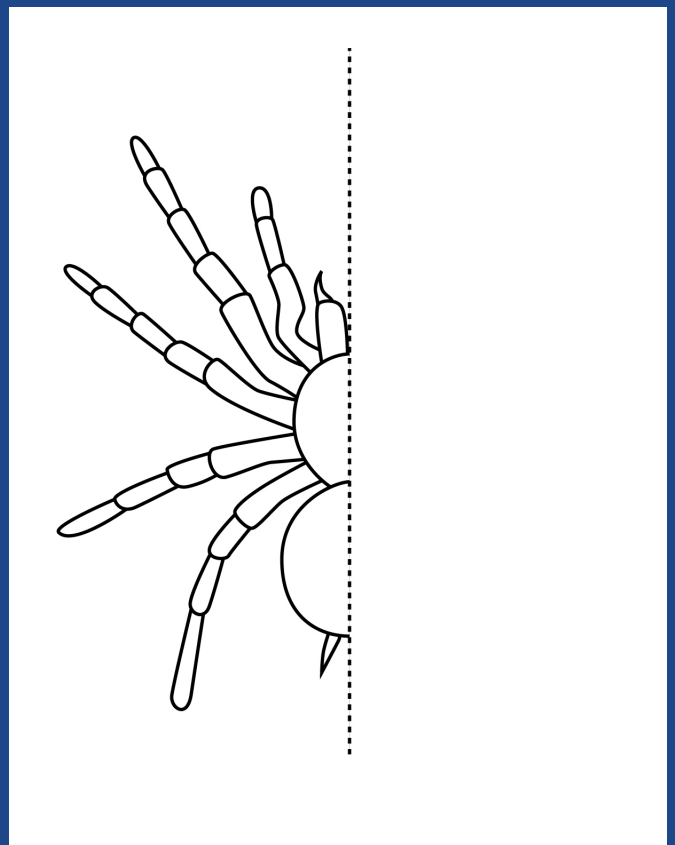
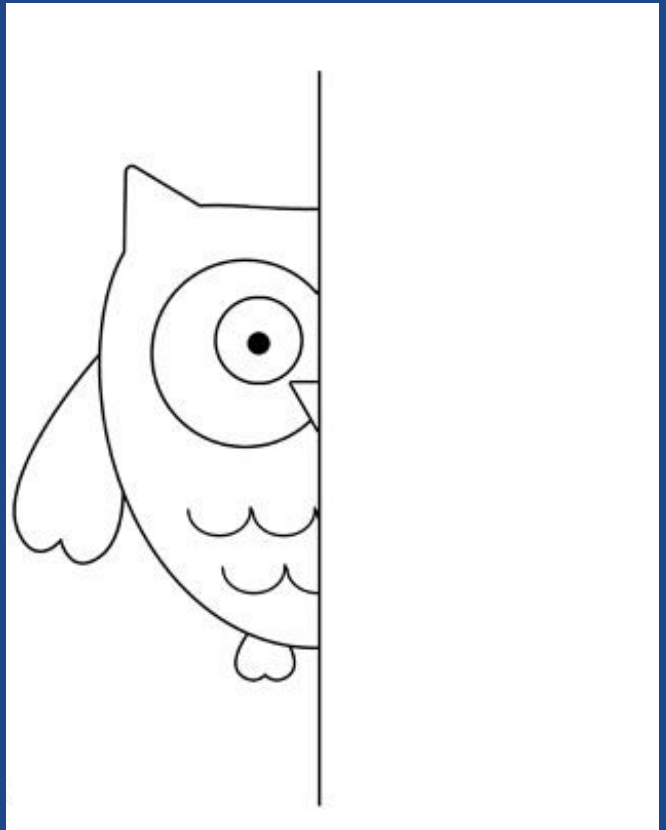
SYMMETRICAL DRAWING

Symmetry can be found throughout nature including the human body, the shape of leaves and the wings of a butterfly.

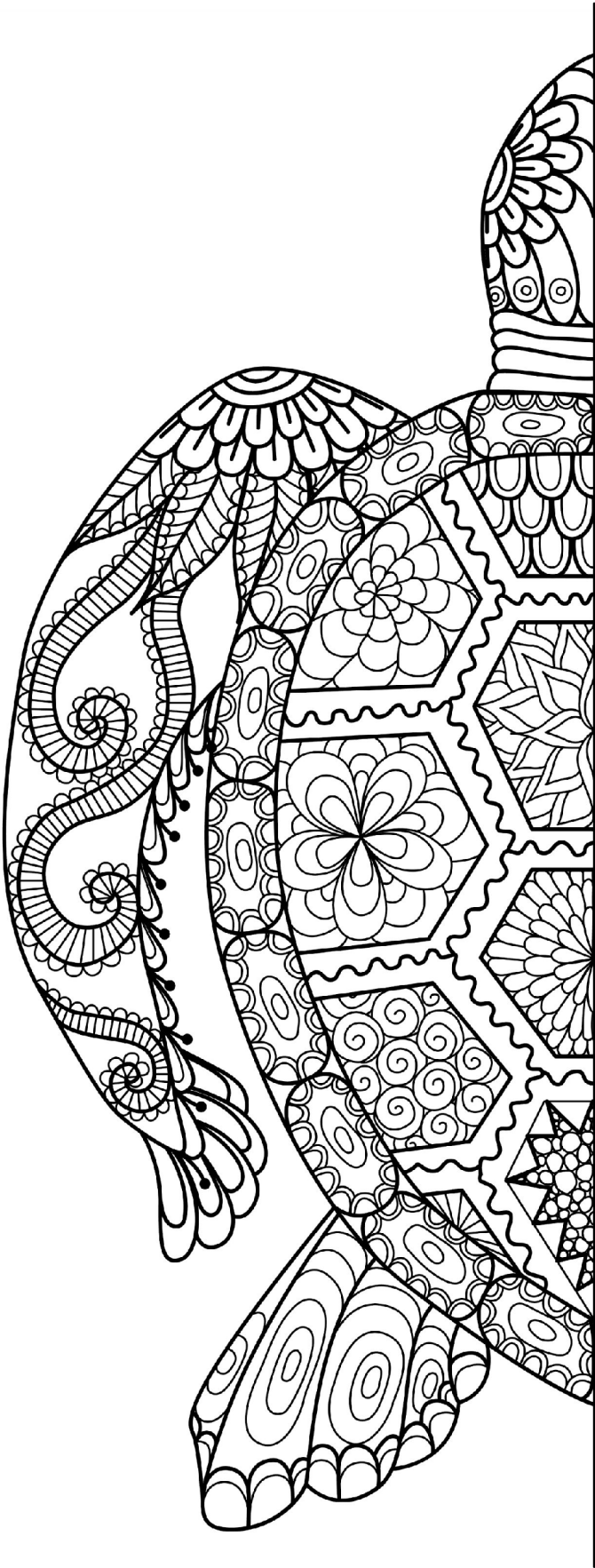
We've cut some pictures in half in a bid to combine Maths and Art!

See if you can draw the opposite side to make one complete picture!

Warning! Each picture is more challenging than the last!







What have you been doing?

Moth shares with us some pictures of a Native American dream catcher and his own rendition of it, plus a beautiful photograph of the dun peeking through Aberystwyth Castle!

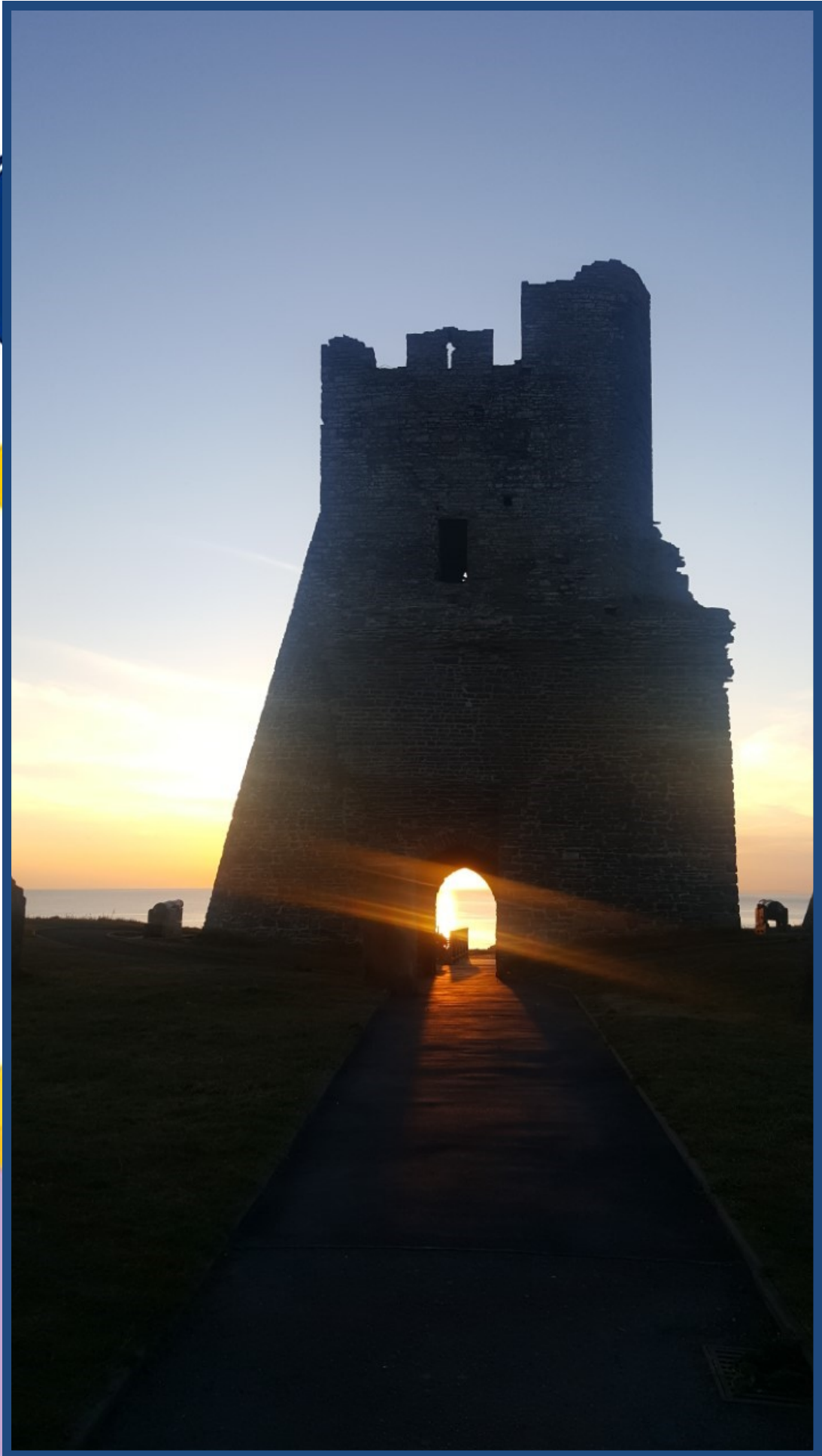
Thanks Moth!



Original

Sketch





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

Mum's 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.



Active Monitoring



A 6-week guided self-help programme. We'll give you materials to help you better understand and manage your feelings, and will call you regularly to support you through the process.

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 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.

MEET THE TEAM:

Say hello to
our new CEO!



This edition we'll be hearing from
Stuart, our new Chief Executive Officer!

Stuart

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

Hi my name is Stuart and I am the Chief Executive Officer (CEO) here at Mind Aberystwyth. I have only just joined the organisation and due to the lock-down I have yet to meet any of my new colleagues in person, having only ever spoken to them via Zoom and similar digital platforms – it is a very weird beginning to a new role I can assure you.

I have been a senior manager in the charity sector for just shy of 30 years having mainly worked for Citizens Advice, but I have spent quite a few years working in the wider social care sector, including charities delivering services to people living with mental health issues. My home is Talybont

just north of Aberystwyth, where I live with Joy (who very kindly agreed to marry me some 35 years ago), and I like to think I played a small part in helping to raise our daughter Elizabeth and several other kids too whilst working as a foster parent.

Mind Aberystwyth have been without a permanent CEO for some years now – although the interim CEO has done a fine job in steering the organisation through some difficult times. My role over the next few years will be to take Mind Aberystwyth forward alongside my new colleagues, both staff and volunteers, making sure that Mind Aberystwyth is providing the services and facilities that the voices of people living mental health issues are asking us to provide them with. I can't wait to start in earnest on that journey and I am look forward to talking and getting to know so many of you along the way.

What are some of your interests and hobbies?

I read a lot; mainly non-fiction ("boring books" according to Joy). Subjects vary from History, Politics, Social Sciences etc. but I also read some fiction too. I tend to "box-set" read a particular author for example, I am currently about 2/3rds of the way through the novels of John le Carré.

I work as a labourer for Joy in "her" garden cutting grass, hedges and generally digging wherever I am told to dig. We also have a dog – a black Labrador call Molly who is 5 years old and I spend a lot of time on the many foot paths around our locality (currently averaging 8 miles a day due to a combination of lock-down, long days and little else to do now the garden is in such a well-tended state).

In addition to the above I am a keen watcher of sport these days. I used to play both rugby and football as a younger man, and I have an ageing MG in my garage waiting for me to resurrect it to full working order (Did I mention I am a fully trained mechanic – 10 years man and

boy 1973 - 1983) Yes I am that old I have a Bus Pass now.

How are you staying resilient during the lockdown?

The weather has helped enormously; had we been locked-down during a season of constant rain and gales I think I would have had an entirely different sense of wellness.

Covid-19 has touched my family, Joy contracted the virus and was quite ill and I had an Aunt in a care home in the midlands who sadly died of the virus. Not being able to take my Dad to his sisters funeral left us all a bit nonplussed I think.


Things do appear to be improving, so fingers crossed that they stay on the same downward trajectory not least because I have two Easyjet flights to Zante booked for August and I would like to go and see my Greek friends for a few weeks as I normally do!


So that's a little bit about me and, as you are reading this, you clearly have an interest in the work of Mind Aberystwyth so I do hope to get to know and hear from some of you over the next few months and years.



THAT'S ALL FOLKS!

We hope you've enjoyed this edition of Keeping You In Mind.

 For Issue 6, we have decided to focus on your experiences during lockdown, particularly on how it has effected your mental health.

If you would like to tell your story (good, bad or indifferent) then we would love to feature it. It can of course be anonymous if you wish and preferred length is between 250 and 300 words. Please submit your work to emma@mindaberystwyth.org by Sunday 5th July or post to Mind Aberystwyth, The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ 

Brainteaser Answers: Chad, Cuba, Fiji, Iran, Iraq, Laos, Mali, Oman, Peru, Togo

Cornel Cymraeg: RYAN GIGGS