

FRIENDS IN NEED

April 2020 Newsletter

Hello Everyone,

We hope you're keeping safe and well during this uncertain and challenging time.

We want you to know that we are missing you and we are looking forward to connecting and seeing you again once the lockdown restrictions have been lifted.

As most of you know, we have been delivering some fantastic online peer support via our closed Facebook group and zoom. We thought it would be nice to put together a FiN newsletter to keep everyone updated and connected to the exciting things we've been doing. We've also created a buddy system for FiN members, and we are in the process of setting up a telefriending service. So please let us know if you'd like to receive a buddy or telefriend phone call ☺

We also want to say a big thank you to all our wonderful peer volunteers and members. Your commitment, support and generosity are greatly appreciated! We know it's challenging time for you all and it has been wonderful seeing you connect and support each other. You really are brilliant!

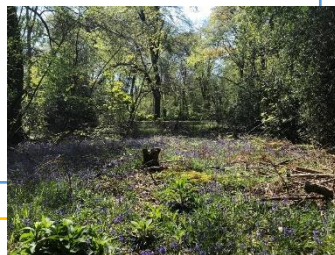
Warm wishes from your FiN team: **Debbie, Ansa, Charlene, Sufia & Kara**

Technical Support

Facebook, Zoom, Computer support etc.

For anyone needing some technical support or a hand in setting up zoom or Facebook, please contact our lovely Owen Spencer at Bucks Mind. Feel free to get in touch with Owen for some guidance and support or let us know and we can put you in touch with him. His details are as follows:

Owen Spencer
Buckinghamshire Mind
07508 022097
owen.spencer@bucksmind.org.uk



Active, Notice, Connect

Walk with Me Wednesday & Exercises with JuJu

Kara videos her walk and shares this with members. This has been cleverly adapted from a dog walking project where wellbeing is measured before and after. So far, we have seen bluebells, sheep and llamas. You can walk with Kara or watch the video from the comfort of your home. Great for those who don't have easy access to green spaces!

How lucky are we that we have a professional PT instructor called Juju to help us stay active from our living rooms!

Updates:

- 2,019 x Facebook Live views by members
- 490 occasions members have taken part in 10 x Mindfulness sessions
- 465 occasions that members have taken part in 5 x Arts and Crafts sessions
- 176 occasions that members taken part in 5 exercise sessions
- 36 x Facebook Live videos made by FiN for FiN
- 27 x new Facebook members
- 24 occasions that members have taken part in 3 x Mind the Note singing sessions

Connect, Learn, Give

Facebook & Zoom Check-ins

Although, we used our closed Facebook group somewhat, it has become a completely new activity platform.

Zoom is working brilliantly, and a cuppa and a chat is available 5 days a week for all members.

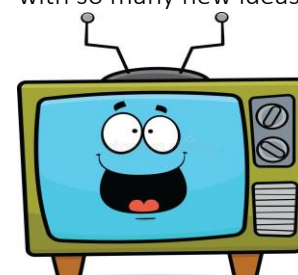
It's also been great to see members from all areas connect and have a chat with each other.

Join: Friends in Need East Berkshire and Buckinghamshire (closed Facebook group)
<https://www.facebook.com/groups/128815250860939/>

Learn, Connect, Give, Active, Notice

TV club with Charlotte via Zoom

Charlotte is a new member who is creatively getting involved & has come up with so many new ideas such as a TV Club.



Where Am I?

Take a guess and see if you know where I am.

1)



5)



9)



2)



6)



3)



7)



4)



8)



Answers below:

1. Stonehenge, Wiltshire
2. Rio De Janeiro (Christ the redeemer)
3. Golden Gate Bridge, San Francisco
4. Taj Mahal, India
5. Colosseum Rome
6. Brandenburg Gate, Berlin
7. Downing Street, London
8. Angel of the North, Gateshead
9. Petra, Jordan

Give, Connect, Notice

Survey

Thank you to everyone who has completed our online survey via SharePoint. If you haven't managed to do it yet, please let your coordinator know so that we can help you if needed.

Link:

https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzLrNkWUuWHRbLXGI5ObrkSzJAtCnmJRXzZT1MVUOVlaNk04RTIEOU42VUs3VzhHTVBYRExBMMy4u&fbclid=IwAR2SuLXkiGZfiCzZuGDPjUW1w-lPm_vP7ta4O8WYdcC1ZybzUgIGNOM5MM

Learn, Connect, Give, Active, Notice

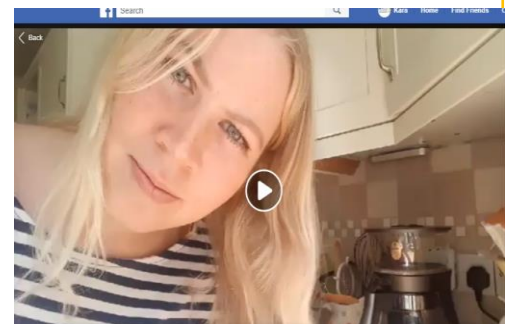
Baking rock cakes with Kara

BBC Good Food Recipe:

https://www.bbc.co.uk/food/recipes/rock_cakes_03094

Ingredients

- 225g/8oz self-raising flour
- 75g/2½oz caster sugar
- 1 tsp baking powder
- 125g/4½oz unsalted butter, cut into cubes
- 150g/5½oz dried fruit
- 1 free-range egg
- 1 tbsp milk
- 2 tsp vanilla extract



Method:

1. Preheat the oven to 180C/160C Fan/Gas 4 and line a baking tray with baking parchment.
2. Mix the flour, sugar and baking powder in a bowl and rub in the cubed butter until the mixture looks like breadcrumbs, then mix in the dried fruit.
3. In a clean bowl, beat the egg and milk together with the vanilla extract.
4. Add the egg mixture to the dry ingredients and stir with a spoon until the mixture just comes together as a thick, lumpy dough. Add a teaspoon more milk if you need it to make the mixture stick together.
5. Place golf ball-sized spoons of the mixture onto the prepared baking tray.
6. Leave space between them as they will flatten and spread out to double their size during baking.
7. Bake for 15–20 minutes, until golden-brown. Allow to cool for a couple of minutes, then turn them out onto a wire rack to cool.



Learn, Connect, Give, Notice

Training with Sophia Hobbs from Bucks Mind.

Join our lovely Sophia Hobbs every Monday from 10.00 – 12.00pm via zoom for some free training.

This week we learnt about coping mechanisms and created our very own coping mechanism toolkit. Next week will be learning about managing difficult emotions.

The 9 coping Styles

- **Humour.** Pointing out the amusing aspects of the problem at hand, or "positive reframing," is thought to help deal with small failures.
- **Seeking support.** Asking for help, or finding emotional support from family members or friends, can be an effective way of maintaining emotional health during a stressful period.
- **Problem-solving.** As described, problem solving is an instrumental coping mechanism that aims to locate the source of the problem and determine solutions. This coping mechanism is often helpful in work situations.
- **Relaxation.** Engaging in relaxing activities, or practicing calming techniques, can help to manage stress and improve overall coping.
- **Physical recreation.** Regular exercise, such as running, or team sports, is a good way to handle the stress of given situation. This may involve yoga, meditating, progressive muscle relaxation, among other techniques of relaxation.
- **Adjusting expectations.** Anticipating various outcomes to scenarios in life may assist in preparing for the stress associated with any given change or event.
- **Denial.** Avoidance of the issue altogether may lead to denying that a problem even exists. Denial is usually maintained by distractions, such as excessive alcohol consumption, overworking, or sleeping more than usual.
- **Self-blame.** Internalizing the issue and blaming oneself (beyond just taking responsibility for one's actions), leads to low-self-esteem and sometimes depression.
- **Venting.** An externalizing coping technique, venting is the outward expression of emotions, usually in the company of friends or family. In moderation it can be healthy, however, ruminating on the negative can lead to strained relationships over time.

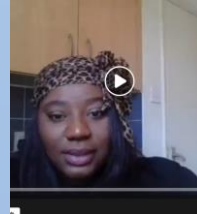
Semel Institute for Neuroscience and Human Behaviour

Connect, Notice

Self-care with Charlene

Join our lovely Charlene via Facebook Live for self-care tips.

Wed 29th 14.00 – 15.00pm



Notice

Create your self-care tips:

MY SELF-CARE CIRCLE



Create a self-care timetable or circle and keep yourself well.

Yoga for when you feel stuck

Here is a 15-minute yoga workout from Adriene to help you when you feel stuck (never more relevant – am I right)!



Active, Notice, Connect, Give, Active

New Activities



Mind the Note (Every Wednesday)

Join our wonderful singing group led by Michael on a Wednesday evening via Zoom.

Time: 19.00 – 20.00

Reiki with Carole (Every Saturday)

Welcome back to Reiki Practice. Join Carole every Saturday from 12.00 – 13.00pm for some Reiki Healing via Zoom.

Quiz Night with Sharon (Every Sunday)

Join our wonderful quiz master Sharon every Sunday from 18.30pm via Zoom for a Friends in Need Quiz Night.

Join Zoom Meeting

Meeting ID: 834 8943 201 4

<https://us02web.zoom.us/j/83489432014>

QUIZ
NIGHT

Learn, Connect, Notice, Give

Art with Jo & Crafts with Yvonne

Jo and Yvonne's Arts and Crafts sessions are extremely popular and it's great to see members proudly posting photos of their own masterpieces!

Art with Jo, every Monday 12.00 – 13.00 via FB live

Crafts with Yvonne, every Tuesday 14.00 – 15.00 via FB Live



Connect, Notice

Jokes from our members

Chris: I got an email from Google Earth saying we read maps backwards....

I replied "That's just spam."

Charlotte: What's the best Christmas present in the world? A broken drum, you just can't beat it

Linda: Crime in a multi-storey car park : it's wrong on every level!

Richard: There was a fellow who couldn't rest because of a bad back. The doctor said Try resting on magazines. He said " I've got back issues".

Keith: I wanted 2 go to visit a freind but I ran outa Shell.

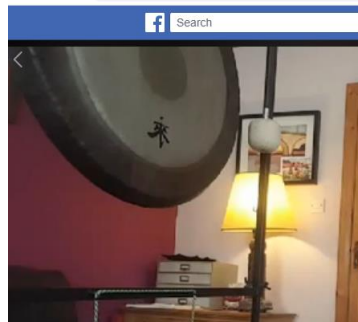


Notice, Connect, Learn, Active

Mindful Meditation with Linda C

Linda is our trailblazer! She was the first volunteer to deliver her session via Facebook Live, assisted by her partner.

If you're feeling stressed, tensed or anxious join our wonderful Linda via Facebook Live/Zoom on a Tuesday evening (21.00 – 21.45pm) or Friday afternoon (14.00 – 15.00pm) for some relaxing mediation with gongs.



Notice

Ground techniques - 5,4,3,2,1 Technique

What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in.

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

What is 1 thing you can taste? Carry gum, candy, or small snacks for this step.

Need a pick me up?

Watch this baby donkey who is so pampered he thinks he is a dog!

