

Introduction

Welcome to the May edition of our Mental Health and Wellbeing newsletter. The newsletter seems to be getting longer and longer at the moment, but we are trying to ensure that any helpful information is shared as widely as possible during the current pandemic. As we enter the second month of the lockdown, when many people are feeling the effects of isolation, separation, and a general dislocation from our normal lives, it seems a particularly apt time for **Mental Health Awareness Week** which will be later this month.



The theme for Mental Health Awareness Week 2020 was to have been Sleep: promoting the key role sleep plays in our mental health and general wellbeing and, acknowledging the significant problems that poor sleep can cause. However due to the pandemic a decision was made to change the theme to **Kindness**.

Kindness is the quality of being friendly, generous and considerate and one of the most important aspects of relationships and positive interactions. Acts of Kindness not only bring benefit to the receiver but bring benefit on both sides, research has shown that using our resources to help others brings **a more lasting sense of wellbeing** than simply for our own benefit. History is full of incredible acts of kindness, from Harriet Tubman risking her life to free slaves in the 19th century in the USA to Raoul Wallender who helped save the lives of thousands of Jewish people in Hungary during the second world war.

Some of the enduring memories people will have of this pandemic we are living through are the countless staggering acts of kindness that we hear of every day: the retired healthcare staff returning to risk their lives to care for others; the staff at a number of care homes; who have left their families to move into the care home to try to protect their residents lives; and Captain (now Colonel) Tom whose laps of his garden have inspired the generosity of many around the world to give millions to support the work of the NHS.

As we all know, it's not just these nationally acclaimed acts that are happening, **it's the millions of small random acts of kindness** that are happening every minute of every day; people giving their time; such as the wonderful volunteers who take calls from vulnerable people on our helpline every night; people contacting those they know live isolated lives; the people getting food for their isolating neighbours; and the person in my street who once a week brings out an amplifier and speaker and takes musical requests via WhatsApp for the street to enjoy.

Kindness is good for our mental health, and **while it can be difficult to see any positive aspects of the current situation**, it has brought out the best in people and showed us the true importance of this human quality. Hopefully this is one of the aspects of the current pandemic which will endure as our society reconstructs itself.

Tom Hore, Director





We're now on YouTube!

New short, supportive videos from Bristol Mind: <http://tiny.cc/bmyoutube>

The team at Bristol Mind have been busy putting together short free videos from a variety of local trainers and experts, packed with advice and support to help us all look after our wellbeing and mental health during the current Coronavirus outbreak.

There's a lot of great written information out there on the internet around looking after ourselves at this time, but we know that sometimes a friendly face and voice can make all the difference - so we hope that you'll find our experts knowledgeable, and their advice on how to support yourself helpful and accessible. All of the videos are around 10 to 15 minutes long, so it's easy to dip in and out!

A handful of videos are available already, but our library of videos will be growing each week - so please subscribe to get updates on our most recent content. You can also view the videos on Bristol Mind's website: <http://www.bristolmind.org.uk/training/videos>.

At the moment, you'll find:

- A series of videos on Mindfulness, from Mindfulness teacher and practitioner Wendy Francis <https://www.youtube.com/watch?v=b31Nf5luiW0&list=PL1fQTJ6otnQJEkw15xRQeyAdTSDglca05>
- Tips on managing stress and anxiety during COVID-19, from Claire Plummer <https://www.youtube.com/watch?v=2o3wMyH5ibw&t=1s>
- Tips for Managers on supporting your staff remotely, from James Maher <https://www.youtube.com/watch?v=Zo7KEM1bBIE>

A whole range of videos are being put together, around different areas such as perinatal mental health, self harm, working from home, ongoing anxiety, and LGBTQ+ issues, and many more; so please do subscribe and share the channel with your networks: <http://tiny.cc/bmyoutube>

Take good care,
Lisa Foote, Training Coordinator



Coronavirus Information Newsletter

From Bristol City Council

Bristol City Council have started a brand new Coronavirus Information and Advice Email Newsletter, which is an easy way to get official advice and guidance around COVID-19. We strongly recommend that you sign up for the newsletter by [clicking here](#), but we've reproduced some useful information from the latest edition below. You can also visit Bristol City Council's official Coronavirus website [here](#).

Worried about Buying Food?

Thousands of Bristol households are under real pressure to feed their families, and referrals to foodbanks have tripled in the last two weeks. The council is delivering emergency food packages, and four new emergency foodbanks have been set up.

If you or someone you know needs help you can call the We Are Bristol Helpline for free on **0800 594 0184** - the line is open 8:30am - 5:00pm Monday to Friday, and 10:00am - 2:00pm Saturdays, Sundays, and Bank Holidays.

How can I help?

Bristol City Council are looking for people to **volunteer their time**. If you're interested, register on Can Do Bristol (<https://candobristol.co.uk/>) and you'll be matched with someone in need of support.

If you have food that you want to donate, or you're a business or community group who can help to distribute food, email coronavirus@bristol.gov.uk.

Working from Home

If you have to work from home due to COVID-19, you may be able to claim tax relief for some of the bills you pay as a result - like business telephone calls, or extra electricity for your work area. Find out more on the government's website, [here](#).

Protecting Children during Lockdown

We all have a role to play in ensuring that children are protected from harm. If you're worried about a child's safety, you can call Bristol's Children and Families Services on **0117 903 5444** (Monday to Friday, 8:30am to 5:00pm) or call the NSPCC, anonymously, 24 hours a day on **0800 800 5000**.

Supporting your Child's Education

While staying at home due to coronavirus, parents and carers may be worried about their children's development and the impact of missing school or nursery.

No-one expects parents to act as teachers, or to provide the activities and feedback that a school could, but the government has provided useful online advice and educational resources [here](#).

Support for Smokers in Bristol

Public Health England have launched a new **#QuitforCovid** Campaign to support those who would like to give up smoking during the lockdown. You can learn more at NHS Smokefree, [here](#).

The Council have a new free service for pregnant women or those with long-term conditions made worse by smoking. The service includes telephone support and free stop smoking medication. For more information call **0333 005 0095**.

Key Information for Muslim Communities

Ramadan 2020 takes place between 23 April and 23 May. Muslims around the world fast during daylight hours, meaning they abstain from eating, drinking or engaging in sexual relations for the duration of their fast. Young children, pregnant women, the old, the sick, and travellers are examples of those who are exempt from fasting.

In 2020, Ramadan is expected to prove a very different experience for Muslims due to the COVID-19 pandemic. The Muslim Council of Britain have put together a pack with guidelines, advice, and signposting resources to help Muslims in Britain make the most of the blessed month, as well as to offer information for friends, neighbours, and colleagues of Muslims. You can find out more by clicking on <http://www.mcb.org.uk/ramadan> or by clicking on the image, below left.

There are a number of resources out there to support Muslim communities during the Coronavirus Outbreak. The flyer, below right, from the British Islamic Medical Association offers some helpful tips on managing stress and anxiety while staying at home during COVID-19 - click on the picture to enlarge. There are also some helpful guidelines from Islamic Portal [here](#).

We also know that a lot of Muslims are concerned about bereavement and burial during the pandemic. You can find more information from mend (Muslim engagement & development) at <http://burial.mend.org.uk>, or from the British Islamic Medical Association at <https://britishima.org/ghusl-covid-19/>.



RAMADAN 2020

RAMADAN AT HOME

STAY HOME, SAVE LIVES

"The month of Ramadan (is the month) in which the Qur'an has been sent down as guidance for mankind containing clear signs which lead (to the straight road) and distinguishing (the truth from falsehood).. [Quran 2:185]

mcb.org.uk/ramadan
@muslimcouncil
@muslimcouncil.uk
@muslimcouncil.uk

MCB
The Muslim Council of Britain



BRITISH ISLAMIC MEDICAL ASSOCIATION

MANAGING Stress & Anxiety While Staying at Home

DURING THE COVID-19 (CORONAVIRUS) PANDEMIC

Be in tune with your emotions
If you are feeling overwhelmed, remember to turn to Allah.

Help Yourself!
Be aware of stress levels
Recognise symptoms of anxiety early.
Limit media consumption
Limit time spent on the news. Focus on credible sources - NHS, WHO, GOV.UK
Keep to a routine
Try to make a habit to wake up, shower, eat and sleep at REGULAR times. Routine helps lessen anxiety.
Engage in mindfulness
Spend time engaged in muraqabah. Spend time in a quiet place, clearing your mind & reflecting on
Try listening to the Quran
This can be very relaxing, there are many Qari to choose. Improve your qirat, one ayah at a time.
Maintain healthy diet & stay hydrated
Prophet's ﷺ favourite foods: honey, dates, turnip, olives, black seed. Drink plenty and keep hydrated. If available, drink ZamZam.
Exercise
It is not only from the sunnah but also relieves stress. Try some simple exercises at home using online videos.
Engage in Du'a
Speak to Allah about what worries you.
Make time to do things you enjoy
As we need to STAY at home, why not try things you always meant to do but didn't have the time.

Stress can manifest in different ways
Changes in sleeping patterns & habits
Loss of appetite or change in eating habits
Difficulty concentrating
Lack of interest
Increased irritability
Feeling overwhelmed
Racing heart, feeling tense & anxious

Help Others!
Connect with friends & family
Support the elders & vulnerable
Reassure & remind those around you
Help the mosques from home
If you are struggling then you can call your GP or the helplines below:

help!
Inspired Minds
myh muslim YOUTH helpline
MCAPN
SAKOON

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْخُزْنِ، وَالْعَجْزِ وَالْكَسَلِ وَالنَّخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ وَغَلِيَةِ الرِّجَالِ
"O Allah, I seek refuge in You from worry and grief; from incapacity and laziness, from cowardice and miserliness; from being heavily in debt and from being overpowered by men." [Al-Bukhari]



Getting Your Point Across: Advocacy for You

Advocacy is about having a voice, and our **Outreach Advocacy Team** can help you get your views, needs, and wishes heard in order to get services and gain your rights. We can help you represent yourself to the authorities - whether this is a housing provider, mental health services, your GP, or any other official body. Our volunteer advocates can make phone calls, write formal letters and emails, and **now that we can no longer meet face to face, we can do group phone calls and video conferencing.**

We are here to help you resolve practical issues - such as a change in medication or diagnosis, support at a benefits assessment, or putting your case to the Council for a move to new accommodation.

The Bristol Mind Outreach Advocacy Service works with people who live in the community rather than those who are in hospital. You do not have to have a formal mental health diagnosis to use our service, but **you do need to be resident in the City of Bristol**, as we are not funded to work with people who live in South Gloucestershire, North Somerset, or other areas.

Our service is free and can provide ongoing support for particularly complex cases. We do have a short waiting list for this type of advocacy at the moment, but can usually do something more immediately on a “one-off” basis. Do contact us either by phone, email, text, or letter (see below), and we will respond as quickly as possible. During busy periods it may take a few days to get back to you.

The service is staffed by Claire Barnard, Coordinator (07534 433811), and Neil Ashmore, Mental Health Advocate (07534 433581). We have a small team of volunteer Advocates who do a lot of the casework. We work part-time, so if we cannot respond straight away please do leave a message and we will get back to you. **We cannot reply to missed calls, as there may be a confidentiality issue if we do, so please do leave a message.**

We usually run face-to-face Advocacy Drop-ins, but are not able to do so during the Coronavirus outbreak.

Other ways to contact us:

Landline telephone (with answering machine): 0117 980 0376

Email: advocacy@bristolmind.org.uk

Text: 07497 744531

Letter: Outreach Advocacy, Bristol Mind, 35 Old Market Street, Bristol, BS2 0EZ

This is Talk Club.

The idea of Talk Club came about during the filming of the documentary "*Steve - Saving men from suicide*". Ben Akers had lost his childhood best friend Steve Yates to suicide, and he wanted to do something to help: to try to stop the next Steve - and reduce the statistic that Suicide is the biggest killer of men under 50 in the UK.



Filming took him all over the country. After a section (called The Round Table) where Ben talked to his best friends honestly about their feelings, meeting Luke Amber and hearing about Andy's Man Club, and then Simon Gunning of CALM about their "Best Man Project", Ben and Co-Producer Neil Harrison chatted about creating a mental ill health prevention movement. They wanted to get men to look at their mental health the same way we are told to look at our Physical health. So after talking to Danny Sculthorpe (again in the film), Ben, Neil, and the other producer, Claire, started talking about *Mental Fitness*. If you can get men thinking differently about their mental health - by reframing it as Mental Fitness - then perhaps you can get men to talk earlier, prevent ill health, and reduce suicides.

The aims were clear: getting men to take responsibility earlier; to understand that talking about their worries make them mentally fitter. They hoped they might be able to take the pressure off the more front line charities and services. During the filming Ben, Claire, and Neil met Tom Watson (founder of Get a Grip) and Blue O'Connor (of Kings). Both men were local and on the same mission, so Ben asked them to join forces - the lineup was nearly complete. They had ideas, fitness, entrepreneurship, but were still missing one piece of the puzzle: someone who knew about talking - a therapist. Ben's mum Pam Nell is a therapist with decades of experience so she was there when they needed her. But Gavin Thorpe was the final piece; he'd done the music for the film, but was also in his final year of training to be a therapist. The Talk Club team was now complete.

At the Premiere of *Steve* - at St Georges Hall in Bristol in March 2019 - the world was introduced to Talk Club.

With a simple premise - "*How are you? Out of 10?*" - men are asked to give their number, then explain why. This leads on: what are they happy about? How are they going to look after their mental fitness that week? Finally, they're asked for their number again, to see if they're feeling better.

From the first meeting in the back of the Bristol Beer factory in Southville, Talk Club has grown to a private online community of nearly 1200 men globally. There are 32 physical groups around the world, and more are added weekly. So what is it?

"Talk Club is a talking and listening club for men. It's a male mental fitness movement. It's here to remind all men that they are not alone, that other men feel exactly the same way they do, and if we share our feelings we can become mentally strong" says co-founder Blue O'Connor.

"And since the the impact of COVID-19 we have now set up regular Virtual Talk Clubs across the world, as we know the demand for mental health support is only going to rise." adds Neil Harrison, another Co-Founder.

If you're male and over 18 and would like to be part of a positive mental fitness community, then you can sign up for updates and find out more at www.wetalkclub.com - or you can follow along on [Instagram](#), [Facebook](#), or [Twitter](#).

You can watch the documentary "Steve - Saving Men from Suicide" at www.stevedocumentary.com.

Finding Mental Health Information

It can feel harder than ever to understand the services that are available during this strange and uncertain time. Below, we've collected some resources you can use; [click the flyers to visit their website](#). You can also call our own Information & Signposting Service on **0117 980 0370**, 9:30am to 3:30pm, Monday to Friday.

HappyMaps



A website for parents and carers. Reliable and up-to-date resources on emotional health for your children.

www.happymaps.co.uk

Worried about your child's behaviour or mental health?
Not sure where to start looking for help?
HappyMaps will guide you to websites, books, videos and Apps to help you and your child, plus there is information on being referred for specialist help, how to find counselling and parent support.

Guide to local Mental Health services during Coronavirus

IMHN (Independent Mental Health Network) have created a guide which brings together information about mental health support services and organisations local to the Bristol, North Somerset, and South Gloucestershire ("BNSSG") areas, and how they are responding to measures being taken to tackle the spread of Coronavirus. National support services, and some other useful service information, is also included. New information is being continually added and updated.

You can visit the guide for yourself at <https://www.imhn.org/coronavirus/guide>.



Guide for people dealing with anxious times - in many languages!

Avon and Wiltshire Partnership Mental Health Trust have created a guide for people dealing with anxious times, such as those we're currently experiencing. The guide is available in many languages:

Shqiptar

(Albanian)

بى عربى

(Arabic)

বাংলা

(Bengali)

English

فارسي

(Farsi)

Français

(French)

普通话

(Mandarin)

Polskie

(Polish)

Română

(Romanian)

Soomaali

(Somali)

Tigrinya

Türk

(Turkish)

اردو

(Urdu)



Somerset & Avon
rape & sexual abuse support

Coronavirus Update On Services

Confidential specialist support for people who have experienced rape or any kind of sexual assault or abuse at any time in their lives

Freephone Helpline

Open to anyone

0808 801 0456
0808 801 0646

Mon: 11am - 2pm
Tue: 12noon - 2pm, 6pm-8pm
Wed: 12noon - 2pm, 6pm-8pm
Thu: 12noon - 2pm, 6pm-8pm
Fri: 11am - 2pm

Other Services

1 to 1 Counselling
1 to 1 Specialist Support

e-support

support@sarsas.org.uk

Confidential, practical and emotional support provided by trained staff via e-mail

Contact

Bristol Office **0117 929 9556**
Taunton Office **01823 324 944**

info@sarsas.org.uk
www.sarsas.org.uk

Charity Registered in England No. 1126682
Company No. 6736639

listening • believing • supporting

Bristol MindLine

Open
7 nights a
week during
the COVID-19 crisis

Are you feeling...

Anxious? Depressed?
Lonely? Angry?
Distressed?
Worried?
Suicidal?



Or are you worried about someone else?

Call our emotional support helpline

0808 808 0330

During the coronavirus crisis we will be
open every night 7pm-11pm

Here to listen when you need to talk

www.bristolmind.org.uk/mindline



Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group



For better mental health

During the coronavirus crisis...

This is a challenging time for anyone affected by COVID-19, with many of us facing periods of enforced isolation, you may be dealing with increased anxiety, depression or loneliness.

Enforced isolation with family members may also be increasing relationship pressures and conflicts at home.

We are here for you..

For the duration of the COVID-19 crisis we are expanding our free emotional support listening service to 7 nights a week 7pm-11pm.

Call us for a friendly ear, a space for you to talk if you, or someone you care about, is dealing with difficult emotions or struggling with poor mental health.

You can call us once every night for up to 30 minutes. This allows us to really listen carefully to what you have to say.



Here to listen when
you need to talk

www.bristolmind.org.uk/mindline



For better mental health

Green and Growing

This month's Green and Growing has handy tips for growing veg in small spaces, indoors and out. Read more at the Metro: <http://tiny.cc/metrogg>

For the Windowsill...

Salad: instead of buying yet another packet of half-wilted mixed leaves, spend your money on some seeds. Choose loose-leaf or "cut and come again" varieties, and fresh new leaves will grow back when they're snipped - instead of getting slimy in the fridge.

Herbs (and spice!): basil, parsley, coriander and mint are all classic windowsill plants - and at this time of year, they'd rather be inside than out in the garden! Sprinkle the seeds in pots of compost, cover lightly with soil, and keep damp. Chilli plants will bring some beauty to your indoor garden, too - but they may take a while to bear fruit.

Vegetable Scraps: a little garden magic for your kitchen: put the stumps of used celery, leeks, spring onions, and lettuces in a shallow dish of water and watch them come back to life! Pot them in soil when they start to sprout.

For a Balcony or Patio...

Tomatoes: If you only feel up to the challenge of growing one plant, tomatoes are an excellent bet. Go for a bush variety, as they don't need pruning. Sow seeds indoors in pots, then plant them in the sun (in a hanging basket or pot) next month. Water regularly and feed weekly when they bear fruit.

Leaves: Spinach, watercress, oriental greens, and rocket will all be perfectly happy in a large pot on a balcony and show results with satisfying speed. Kale, too, is surprisingly easy: sprinkle seeds into trays of compost, then after a few weeks, pick your best seedlings to plant into containers. Just watch out for caterpillars - or cover your precious plants with netting!

French Beans: Prolific and perfect for a larger container. Choose dwarf varieties, which don't need support. Sow them on the windowsill as soon as possible. In early June, take the seedlings outside for a few hours each day (bringing them in at night) to get them acclimatised, and they'll be ready to live on the patio full-time after a week.

For Keen Gardeners...

There's plenty of advice out there for your allotment or garden this May, so if you have a bigger space, take a look at these tips:

- From the **Royal Horticultural Society:** [click here](#)
- From **Gardeners' World:** [click here](#)
- From **Sunday Gardener:** [click here](#)





What does Music mean to you?

By Mark Sweeting

I've always enjoyed music, from a young age, and I usually have the radio on at home in the mornings to help lift my mood and to help me get ready for the day. The mental health benefits of music are huge: it can be so uplifting, and trigger positive memories of good times with family and friends, or key celebrations in life. You can lose yourself with the beat - listen to the first few notes of a significant song, and you're there in the moment, singing along to the lyrics!

Personally, I love 80's music - it brings me back to my teenage years on the school bus. Another of my favourite tunes is Midnight City by M83; it's an amazing track which I've listened to on various stunning beaches in the world, watching the sun come down after a day on the beach topping up the tan. I've crept into my fifties now, but I'm not quite ready to give up on the clubbing days - and I do have a bit of a reputation with people that know me for bouncing around to a good playlist!

I love popping some headphones in before heading out for a walk; it's a great way to get away from everything and give myself some time and head space. Pausing for a moment, lying in a field, and watching the clouds float by in the sky. I'm a keen cyclist, too, and really appreciate how powerful music can be to encourage movement and pace. An upbeat playlist in one ear to help keep the pedals moving, climb the hills, and stay motivated really does make all the difference!

Recently, I've delivered Silent Discos in care homes, and can honestly say it's been a magical experience - bringing music to those who wouldn't normally have access to this form of entertainment. It's all about music and light therapy, and it's an amazing tool to get people together, moving and a-grooving! I love the immersive experience the Silent Disco brings to people; they totally lose all their inhibitions and just let go, but it's a totally different experience to a normal disco. You're not stuck in a room with loud music - you can choose what you listen to by switching channels, turn the volume down a bit, or even opt out, take the headset off, and enjoy watching everyone else's reactions!

I've now delivered over 400 Silent Discos in care homes, private parties, and corporate events - as a business, we've had a total ball and received nothing but positive feedback. So why not get some tunes on, lose yourself in the music, and give yourself some of that self-love and head space that we all need and deserve?

Mark Sweeting is the owner of [Sweet Silent Disco](#).

Fundraising

Our Supporters have been getting creative, taking their challenges into their local parks and back gardens. We wanted to say a huge **thank you!** This support will help us to fund vital services for people experiencing mental health issues in Bristol and the surrounding areas. Keep reading for plenty of opportunities to get involved this Spring or Summer!



Virtual Marathon

Sign up to our [Virtual Marathon](#) to help us support our services while staying active.

You can take part by walking, cycling, or running, and the challenge is open all summer. Sign up as a team or an individual: all you need to do is set yourself a time frame and a target, then record your progress!



Bristol
mind
Virtual Marathon
2020

We're CrowdFunding...

Bristol Mind are running a [CrowdFunder](#) for our **MindLine Trans+** service. MindLine Trans+ is a national emotional support helpline for trans and non-binary people. We want to expand the line from 3 nights a week to 2, and we need to raise **£10,000** by **July 15th**. Please donate if you can!

the
2.6
challenge
Save the UK's Charities

Helping save the
UK's charities



Two Point Six Challenge

Get involved in the two point six challenge! The COVID-19 Outbreak has had a catastrophic effect for charities, with the cancellation of thousands of events and the loss of billions of pounds of income.

The **2.6 challenge** is a national initiative, inspired by the 26 miles of the London Marathon. You can sign up to fundraise for Bristol Mind [here](#), and organise your own challenge based around the numbers 2.6 or 26!

Stuck for ideas? Look no further...

Check out our new [Guide to Virtual Fundraising](#): it's full of ideas for fundraising from home, from Auctions to Zoom Bingo!

Remember, you can always [email our Fundraising Coordinator](#), Leilah King (right), if you have questions about raising money for Bristol Mind!





The **West of England Sport Trust (Wesport)** are pleased to be the official sport and physical activity contributor to the Bristol Mind – Mental Health and Wellbeing Newsletter. www.wesport.org.uk/activeworkplaces

Having a healthy mind is just as important as a healthy body!

Moving does not just improve our physical wellbeing; it also has important benefits for our mental health. Whilst the world may seem an overwhelming place right now, we must remember to look after ourselves as a whole: that includes listening to what our body and our minds need in that moment. We must then be able to bring our whole self to work.



Mental Health First Aid England have started the My Whole Self campaign which highlights that when we are able to be our whole self, we work better together and build deeper connections with others. Read more about the [launch here](#).

Some other Top Tips from us to help keep your whole self healthy whilst working from home:

- Standing meetings can still work virtually! Why not make your phone calls standing up or whilst walking around the house? This can help get our brain moving as well as our bodies!
- Schedule time in the day for some movement. Why not use the time you would usually take to commute to work to go for a walk or jog nearby? Please just ensure you are following government guidelines for social distancing in public spaces, [found here](#).
- If you are not able to go outside, there are many videos and classes on YouTube you could try - and the best part is, they're free! Some of our recommendations include:
 - Joe Wicks (The Body Coach) has some great HIIT (high intensity interval training) videos you can follow to get your heart rate up.
 - Yoga With Adrienne - Adrienne has loads of great videos for practicing yoga, whether you are a beginner or have done some yoga before. Why not try completing her 30-day challenge with someone in your household?
 - Alice Living - Alice is a personal trainer - on her YouTube channel there are some simple home workouts you could try, or maybe follow one of her stretching sessions to wind down.

If working out is not what your body or mind is telling you it needs right now, that's okay too.

With lots of new information and a change in routine, you may feel that now isn't the time to push yourself physically as well! Just make sure you are getting enough fresh air (opening the window still counts!) and moving when you can:

- Try to speak out loud as much as possible during the day. Pick up the phone instead of sending an email, the person on the other end may be grateful for the conversation too.
- If you are feeling overwhelmed or anxious, remember it's okay to take a break. Your employer understands that your mental health is important, and that this is a difficult time full of change for many.
- Perhaps you could try some mindfulness or meditation techniques to settle the mind. The Headspace app has some free guided meditation clips to follow. Mind also have some useful checklists that may help, which you can [find here](#).
- If you are well and able to, have a look at what your local community is doing to help those most vulnerable. Could you offer some time to help volunteering? This may help combat the feelings of helplessness we can sometimes feel in situations outside of our control.



The **West of England Sport Trust (Wesport)** are pleased to be the official sport and physical activity contributor to the Bristol Mind – Mental Health and Wellbeing Newsletter. www.wesport.org.uk/activeworkplaces

- It's important to be able to switch off at the end of the working day and remember to separate your work from your personal life. Try to turn off your computer and work phone at the time you would normally leave the office, and have your workstation at home away from where you go to relax.
- As well as regular movement, our bodies need nutritious food to keep healthy! Why not take the extra time indoors to learn some new recipes?

Please make sure you tag us [@WesportAP](https://twitter.com/WesportAP) and use the hashtag [#StayInWorkOut](https://twitter.com/StayInWorkOut), we would love to see what you have been doing at home, and you may inspire others to try something new too. For more ideas, visit the [#StayInWorkOut](https://twitter.com/StayInWorkOut) page.



Wesport Weekly Activity Schedule

Now more than ever, it's important for children & young people to keep active! Without the school structure and curriculum, it can be more challenging to fit in the recommended daily guidelines for children (50 minutes of physical activity each day). [Click here for more detail.](#) We have created a Weekly Activity Schedule found [here](#) which will help you and your family to achieve this. This page

will be updated each week with new and exciting activities for you and your children to try together!

Sport England #StayInWorkOut

We're all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever.

Join the Movement is a brand new Sport England campaign, funded by the National Lottery, giving you the advice and tools you need to help you do this while the country deals with the Coronavirus Outbreak. For lots of ideas about how to get active in your own home, [click here](#).



Visit our website www.wesport.org.uk/activeworkplaces and sign up to our quarterly newsletter where we share information on upcoming:

[Competitions](#)

[Training opportunities](#)

[Bespoke sport and physical activity events](#)

Tips for Employers and Leaders

During the Coronavirus Crisis

1. Share reputable sources

and follow official advice from Public Health England. Try not to share, or to encourage employees to share, other articles and information; it's best to stick to reliable sources.

2. Consider who needs information, and when

Consider carefully who needs to be involved in your workplace Coronavirus planning, to minimise gossip and / or anxiety.

3. Talk to your people

Keep in regular, possibly daily, contact with your people - both managers and employees in general.

Try to be honest, authentic, and sincere. Acknowledge the uncertainty and stress, and be prepared to say that you don't know.

4. Everyone has mental health

So consider the impact this has across the board. Whatever our circumstance, this outbreak is going to have an impact on how we think and feel about ourselves and the world we live in.

Some people are more at risk than others: when you plan your response, consider how it affects staff with protected characteristics or other challenges, and adjust accordingly.

5. Vulnerability has many faces

The current circumstances might lead people to disclose mental health problems they've previously not discussed at work. Treat new disclosures with respect and compassion.

Know your people, and do a little extra for those who are more vulnerable if you notice changes in their behaviour.

Don't forget about your managers: senior managers will feel vulnerable too in demonstrating leadership in unusual circumstances, so remind them how well they're doing.

6. Promote access to support

Make sure people know where they can get help in your organisation.

If you have an Employee Assistance Programme, make sure your staff know how to access it.

People also need to know who they can talk to internally. If you have mental health champions, allies, or mental health first aiders, make sure they have the latest information!

7. See Opportunities for Growth

Consider whether there are tasks you can do if regular business is disrupted, to increase your readiness to resume business as usual.

8. Use Technology

Provide equipment for staff to use technology for work and social aspects of work.

Provide advice for those who are uncertain, and encourage people to maintain informal conversations as well as holding regular team meetings: try video call lunches, virtual birthday celebrations, or a dedicated silly Slack channel.

9. Encourage Personal Planning and Self-Care

Encourage your people to plan for how they'll manage under self-isolation or quarantine, and let them know they can discuss it with line managers. Stay in touch with anyone staying home.

You can read the full article by our training coordinator, Lisa Foote, on our website [here](#).

Cheat's Chocolate Mousse

Probably the simplest dessert you could ever make. Serves 4.

Ingredients

600ml / 20fl oz double cream

200g / 7 oz milk chocolate, roughly chopped

Pinch of salt

Method

1. Put the chocolate in a microwave safe bowl and heat in 20 second bursts until almost melted. Stir until completely smooth.
2. Whip the double cream using an electric or balloon whisk until soft peaks form. Be careful not to over-whip!
3. Stir the cream into the chocolate until well combined, and stir in the salt.
4. Spoon between four small bowls or glasses. Refrigerate for an hour or so, until set, then serve!



Dhal Makhani

From Jack Monroe, food writer and food poverty activist. You can find more of their simple, low-cost recipes [here](#).

Ingredients

400g tin brown lentils, rinsed and drained

400g tin kidney beans, rinsed and drained

1 very large onion, finely chopped

1tbsp garlic paste

1tbsp ginger paste

2tbsp medium curry powder

pinch of chilli or cayenne pepper

400g tin full-fat coconut milk

1 tbsp vegetable oil

400g tin chopped tomatoes

salt and black pepper, to taste

cooked basmati rice and fresh coriander (optional), to serve

Method

1. Put the lentils, kidney beans, onion, garlic, ginger and spices in a large saucepan and warm through gently for a minute or two, stirring to mix.
2. Pour in the coconut milk, oil, and tomatoes, seasoning with a pinch of salt and plenty of black pepper.
3. Bring to the boil, then reduce to a simmer for 30 minutes.
4. Remove from the heat, cover, and leave to cool completely. The flavours will continue to develop.
5. Heat thoroughly to serve, and serve with rice and the coriander, if using.



Spaghetti and Anchovies (Midnight Pasta)

A very simple store-cupboard pasta dish from David Tanis at the New York Times

Ingredients

250g spaghetti

Salt

3 tbsp extra virgin olive oil

4 garlic cloves, peeled and roughly chopped

4 anchovy fillets, rinsed and roughly chopped

1 tbsp capers, rinsed and roughly chopped

1/2 tsp red pepper flakes

2 tbsp chopped parsley (optional)

parmesan for grating (optional)

Method

1. Put the spaghetti in a large pot of salted, rapidly boiling water and cook for 8 to 10 minutes.
2. While the pasta cooks, warm the olive oil in a small frying pan over medium heat. Add the garlic, cooking for one minute without browning before stirring in the anchovies, capers, and red pepper. Cook for a further 30 seconds.
3. Drain the pasta and return it to the pot, then pour in the garlic mixture and add the parsley, if using.
4. Serve, with grated parmesan if desired.





About Bristol Mind

Bristol Mind is a mental health charity for people in Bristol and surrounding areas. We promote wellbeing and recovery through a range of services. We recognize that each individual is a resource for their own recovery: many of our staff, volunteers, and trustees have themselves experienced the impact of emotional and mental distress.

Although affiliated to Mind the national charity, Bristol Mind is an independently registered and funded charity. If you would like further information on any of the services offered by Bristol Mind, please don't hesitate to get in touch, using the contact details below.

The information provided in this newsletter is for guidance only. You should contact a doctor or health professional if you need urgent help or medical advice. If you have any comments, suggestions, or questions about the newsletter, please email us at newsletter@bristolmind.org.uk

bristolmind.org.uk

t: 0117 980 0370

e: admin@bristolmind.org.uk

