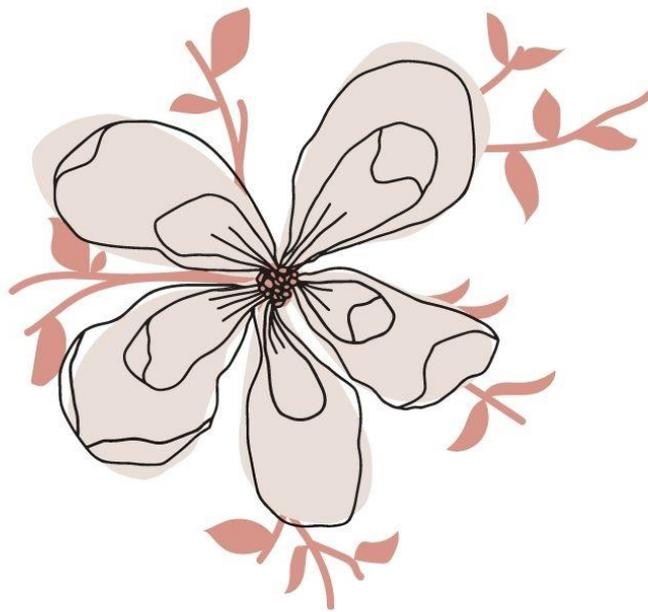


Small Steps Together



Wellbeing pack 1



Remember to warm up and stretch afterwards

	Beginner	Intermediate	Advanced
Monday	10 star jumps	20 star jumps	30 star jumps
Tuesday	15 second plank	20 second plank	30 second plank
Wednesday	10 min walk	10 min run	20 min run
Thursday	Rest day		
Friday	10 high knees	20 high knees	30 high knees
Saturday	10 squats	20 squats	30 squats
Sunday	Try some yoga – use some online videos		

Easy Recipe Idea!

Tortilla Pizza's

Ingredients:

- ✚ 1 large tortilla
- ✚ 100g passata or tomato puree
- ✚ 30g grated cheese
- ✚ Optional toppings – meat or vegetables



Method:

1. Grease a baking tray and preheat oven to 240C/200C fan/Gas mark 8
2. Spoon the passata or tomato puree onto the Tortilla – use the spoon to spread to edges
3. Sprinkle on the cheese
4. Add any optional toppings
5. Put tortilla on the baking tray and cook in the oven for 5 minutes



Relaxation

(Five to Thrive - Relax)



Simple Visualisation Exercise

This exercise involves using an image as a way to focus the mind.

Create in your mind an ideal spot to relax. It can be:

1. real or imaginary
2. somewhere you will find restful, calming safe and happy
3. a place you would want to return to whenever you feel you need to relax



Imagine it in as much detail as you can – use your senses to make it as real as possible – and see yourself comfortably enjoying this place.

Now close your eyes and take a slow, regular breath in through your nose. Become aware of your breathing. Focus on your relaxation place in all its detail and breath out through your mouth.

Do this exercise for 10 to 20 minutes.

Activity

Create a Gratitude Jar

1. Find a jar
2. Decorate it and name it
3. Get a pen and paper
4. Write notes of what you are thankful for. Try to write one a day. At the end of the week look over what you have written.



Try using the following to help you write your notes:

- ✚ 'Today I am grateful for...'
- ✚ 'I am happy today because...'
- ✚ '...makes me smile/laugh'
- ✚ 'I love...'
- ✚ 'Today I was reminded about...'

This is something the whole family can use.

Photo Challenge



We are challenging you to take a picture of a specified object

This challenge:

A flower



Six tips to taking a good photo:

1. Be in the moment and prepare for the unexpected
2. Pay attention to what most people don't: reflections in puddles, windows, mirrors etc.
3. Think about light. Lighting dictates shapes, texture, contrast.
4. Frame your picture or make use of lines. An open door or window, branches of a tree etc.
5. Think about composition. Objects don't always have to be in the centre of the photo.
6. Practice and try again. Take lots and keep the best.

Organise your Day

Having a to-do list helps to give you a sense of achievement, as well as keeping you grounded. It also gives your day structure and purpose.

Sometimes getting out of bed can be a real struggle, so breaking your day down into smaller, bite-size chunks can make the day seem less intimidating.

Use bullet points or lists to focus and visualise what needs to be done.

If you don't complete everything on your list it is ok, its very normal not to always get everything done you plan as other things come up unexpectedly.

Remember to reward yourself with treats or things you enjoy as you go along, you will need to recharge in order to continue your day.

- Have breakfast
- Brush teeth
- Wash clothes
- Have lunch
- Go for a walk

Podcasts & Useful Apps

Happy Place Podcasts by Fearn Cotton:



<https://officialfearnecotton.com/news/2018/2/26/happy-place-podcast>

Feeling Good: Positive mindset app (from the NHS)
Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.



Baby Rhyme Time

(Five to Thrive – Talk)

Try a new nursery rhyme with your baby:

I had a little turtle:

I had a little turtle, his name was Tiny Tim
I put him in the bathtub to see if he could swim
(Swim action with arms)

He drank up all the water and ate up all the soap
(hand to mouth action)

Now he's in bed with bubbles in his throat
BUBBLE BUBBLE BUBBLE.....POP!

(make a bubble shape with your hand getting bigger and bigger, then clap your hands together on 'POP')

<https://youtube.com/watch?v=09bf-phvFH4>

Not everyone is a fan of nursery rhymes and any types of music is great to interact with your baby. Try these songs and dance around the living room or sit them on your lap facing you and sing along.

The Jackson 5 – ABC: The song includes letters, numbers, and a great beat to dance to.

Pharell Williams- Happy: A feel good tune that you can clap along to your baby will love the beat and to see your expressions of fun. Any music of your taste is great for all the family to have a kitchen Disco. The physical benefits are an added bonus!



Baby Activity

(Five to Thrive – Play)

Your baby does not yet

understand the concept of a reflection, but babies love looking at human faces. Stand in front of the mirror with your baby and talk about the different parts of your face and theirs, pointing to the different body parts e.g. eyes, nose, mouth. Look at their expression. You could also involve other family members and watch your baby's reactions.



Useful Contacts

GP's Surgeries –

The Riverside Practice, March:

01354 661922

Mercheford House, March:

01354 656841

Cornerstone Practice, March:

01354 606300

Wimblington Surgery: 01354 740311

Doddington Surgery: 01354 740311

Manea Surgery: 01354 680774

George Clare Surgery, Chatteris:

01354 695888

New Queens Street Surgery, Whittlesey:

01733 204611

Jenna Health Centre, Whittlesey:

01733 206210

Health Visitors Duty Desk:

0300 029 50 50 option 3

Fenland Community Midwife Team: 01354 644366

Housing Associations –

Circle Housing Roddons: 0800 111 6447

Clarion Housing: 0300 500 8000

Fenland District Council: 01354 654321

Citizens Advice line: 03444 111 444

Child & Family Centres –

March: 01354 656581

Chatteris: 01354 697739

Whittlesey: 01354 750185

Mind: 0208 215 2243

Emergency Contacts

Crisis Team: 111 option 2 for Mental Health

Samaritans: 116 123

Police: 999 or 101

Social Care Contact Centre: 0345 045 5203

Domestic Abuse Organisations -

Refuge National Domestic Abuse Helpline: 0808 2000

247 or visit <https://nationaldahelpline.org.uk>

For more information on the service offered or how to refer please contact...

Louise Garner on 07867 385136

Email: sst@ormistonfamilies.org.uk

Visit our Website: www.ormiston.org

Facebook:

<https://www.facebook.com/ormistonfamilies>

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Registered Company No. 2769307**