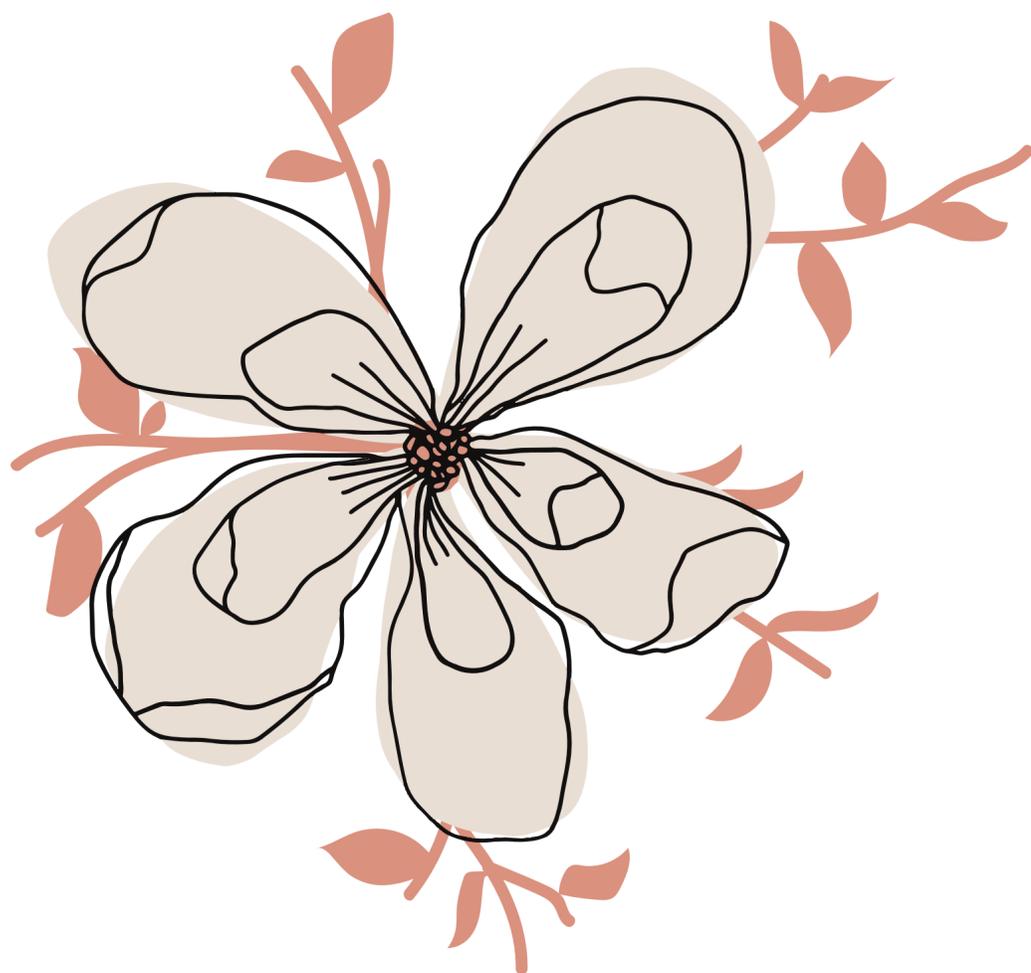


Small Steps Together



Wellbeing Pack 4

Exercise Challenge



Complete this cycle once a day for 6 days and rest on day 7.
For more of a challenge complete 2 cycles of the above.

Recipe Idea!

Sausage Pasta



Ingredients:

- 8 sausages (Pork or vegetarian option)
- 1 large onion, chopped
- 2 garlic cloves crushed
- 1 teaspoon of chili powder (optional))
- 400g can chopped tomatoes
- 300g pasta (about half a bag)
- Oil to make the sauce

Method:

1. Put the water onto boil.
2. Grill the sausages until golden brown all over and cooked through. (Keep them warm in the oven)
3. Add some oil to a frying pan and heat, then add the onion and garlic and cook until softened.
4. Add the tomatoes and chili to the pan, bring the sauce to the boil then turn down the heat and let it bubble for about 10 minutes while the pasta cooks.
5. Put the pasta in the boiling water and cook until soft then add to the sauce.
6. Cut the sausages into chunks and add to the sauce
7. Mix it all in together and serve immediately with crusty or garlic bread.



Relaxation

(Five to Thrive - Relax)

Body Scan Meditation



This is a type of meditation that focuses your attention on various parts of your body. Like progressive muscle relaxation, you start with your feet and work your way up. But instead of tensing and relaxing muscles, you simply focus on the way each part of your body feels, without labelling the sensations as either "good" or "bad".

- Lie on your back, legs uncrossed, arms relaxed at your sides, eyes open or closed. Focus on your breathing for about two minutes until you start to feel relaxed.
- Turn your focus to the toes of your right foot. Notice any sensations you feel while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for three to five seconds (or more).
- Move your focus to the sole of your right foot. Tune in to any sensations you feel in that part of your body and imagine each breath flowing from the sole of your foot. After one or two minutes, move your focus to your right ankle and repeat. Move to your calf, knee, thigh, hip, and then repeat the sequence for your left leg. From there, move up the torso, through the lower back and abdomen, the upper back and chest, and the shoulders. Pay close attention to any area of the body that causes you pain or discomfort.
- After completing the body scan, relax for a while in silence and stillness, noting how your body feels. Then slowly open your eyes and stretch, if necessary.



Activity

Go Love Yourself! Write down...



Photo Challenge



We challenging you to take a picture of a specified object

The challenge:

Water



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



Baby Activity

(Five to Thrive - Play)



Hand and Foot Prints

You will need:

- paper
- baby safe paint
- sponge
- Poem for the middle



Some times you get discouraged because I am so small and always leave my fingerprints on furniture and wall

But everyday I'm growing I'll be all grown up some day and all those tiny handprints will surely fade away

So here's a little handprint just so you can recall exactly how my fingers looked when I was very small

Two little feet with 10 tiny toes isn't it strange how quickly time goes? Footprints so small but this will not last You change every day, you'll grow up so fast These two little footprints will help you recall! how little you were when your feet were so small!



This isn't just a butterfly, as you can plainly see. I made it with my feet, which is apart of me!



Podcasts & Useful Apps



Joe Wicks Podcasts. He speaks to a range of famous people about how they keep fit and how they look after their mental health

<https://www.bbc.co.uk/sounds/play/p08k6352>

My Possible Self: The Mental Health App

Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.



Baby Rhyme Time

(Five to Thrive - Talk)

Incy Wincy Spider



Incy Wincy spider climbed up the water spout, (finger and thumb for the spider crawling up)
Down came the rain and washed poor Incy out! (fingers wiggling downwards for rain)
Out came the sunshine that dried up all the rain, (fingers wiggling making a circle shape for the sun)
So Incy Wincy spider climbed up the spout again! (finger and thumb for the spider crawling up)



Incy Wincy spider went climbing up a tree, (finger and thumb for the spider crawling up)
Down came the snow and made poor Incy freeze! (fingers wiggling downwards for snow)
Out came the sunshine and melted all the snow, (fingers wiggling making a circle shape for the sun)
So Incy Wincy spider had another go! (finger and thumb for the spider crawling up)



If nursery rhymes are not your thing, dance around with your baby to your favorite types of music! Here are some feel good suggestions. We would love to know yours!

- This is me! - by Keala Settle
- Watermelon Sugar - by Harry Styles



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

Mind: 0208 215 2243

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

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>

Registered Charity No. 1015716
Registered Company No. 2769307

