

# Going Up



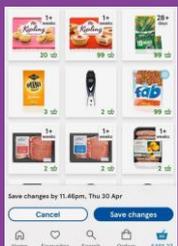
More than 200 handmade treat bags have been created for nurses at Milton Keynes Hospital.



Princess Sofia of Sweden has volunteered as a medical assistant at a Stockholm hospital during the Coronavirus pandemic.



Rihanna donated \$2 million (£1.57m) to assist domestic violence victims who may face greater danger in lockdown in Los Angeles.



4-year-old got hold of mum's phone and ordered 990 mini Peperamis and a combined 1,200 bakewell tarts and Fab ice lollies from Tesco. They even booked a delivery slot!

# Weekly Wellbeing



## Take Notice

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges!

We hope you enjoy reading - Bucks Mind CYP Team

- o Actively bringing our mind's attention and interest to the world around us and ourselves
- o Being present in the moment; observing what's beautiful or unusual in the world.
  - o Being aware of our thoughts and feelings as they arise
  - o Savouring the moment, whatever you are doing

## Why?

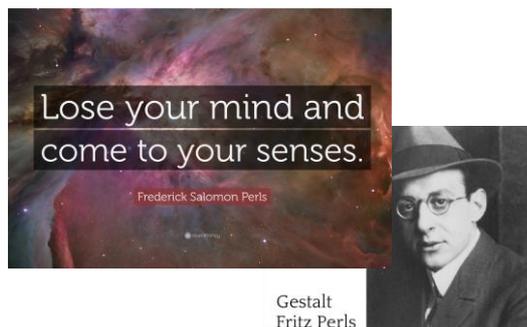
It is natural to respond to the stresses in our lives' by thinking about them. However, evidence shows that taking a break from these thoughts and focusing on the present moment can help alleviate negative thinking patterns and promote calmness, which is good for our mental health and wellbeing.



[https://www.youtube.com/watch?v=AoJ\\_mG\\_wfJU](https://www.youtube.com/watch?v=AoJ_mG_wfJU)

Simple ways to practice taking notice in everyday activities and why this is good for us

## Quote of the Week



Gestalt Fritz Perls

## Taking notice of our thoughts

A useful animation from Headspace, for both adults and children

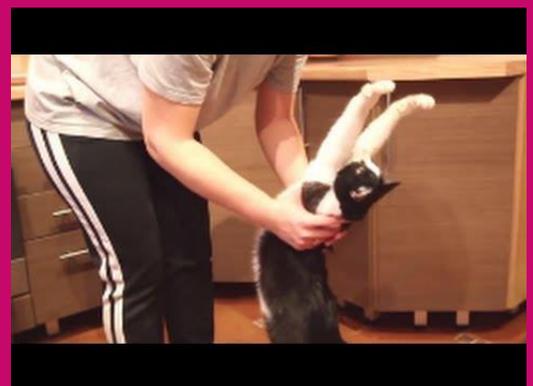


<https://www.youtube.com/watch?v=iN5g2mr0p3Q>

## Pick Me Up

Pets are fantastic for practicing taking notice. Feel their warmth/fur, listen to their breathing/purring/rustling, notice how interacting with your pet makes you feel.

If you are lucky, you'll have a willing volunteer like this loving kitty...



[https://www.youtube.com/watch?v=Ndl\\_5UfD3K4](https://www.youtube.com/watch?v=Ndl_5UfD3K4)

# Weekly Wellbeing

## Natural Stove-Top Potpourri

Notice the *SCENT*...



Natural potpourri, made from citrus peels, fruits and herbs or spices, releases a pleasant aroma when simmered in a pot of water.

1. Fill a pot halfway with water.
2. Add an assortment of naturally fragrant materials such as fresh or dried orange slices, citrus zest, star anise, cloves or cinnamon sticks. Use enough to cover the surface of the water, but not enough to stuff the pot full.
3. Heat the pot over a medium heat until the water looks as though it may boil. Turn the heat down to its lowest setting.
4. Check the pot every five minutes at first, to get an idea how quickly the water evaporates. Add more water whenever the water level gets low.

### Potpourri Blend Ideas

Check your spice cabinet, refrigerator and garden for potential potpourri materials.

**REFRESH:** Lemon slices, rosemary sprigs and a teaspoon or so of vanilla extract

**SPRINGTIME:** Simmer sprigs of lavender with slices of lemon or a teaspoon of vanilla

**WINTER:** Cinnamon sticks, cloves and orange slices

**DESERT:** Apple slices and cinnamon sticks



## Build a Routine

Practice mindfulness together at home – mealtime, bedtime, bath time?

Examples: Take notice of...

**Sight:** colours, nature, lights

**Smell:** food, candles, shampoo

**Sounds:** music, surroundings, breath

**Touch:** Fluffy blanket, tree bark, texture of food

**Taste:** sharp, sweet, salty, fresh

**Feelings:** one word to sum up your emotion, notice arising feelings



## Notice Nature!



Let's use our senses to appreciate our natural world  
Research from National Trust and the University of Derby:



### Children's connections to nature

- 90% infrequently or never watched the sunrise
- 83% infrequently or never smelled wildflowers
- 77% infrequently or never listened to birdsong
- 24% of children often stopped to look at the stars or the moon

### Adults' connections to nature

- 79% infrequently or never smelled wildflowers
- 62% infrequently or never listened to birdsong
- 57% rarely or never watched the sunrise
- 38% often stopped to look at the stars or the moon



## Information

## Support and Advice



At present the Coronavirus is the cause of much anxiety and concern for young people and families. Here are some resources designed to help cope with such stress and uncertainty at this time.

<https://www.camhs-resources.co.uk/coronavirus>

If you need advice on Universal Credit, debt, employment, benefits etc during the Covid-19 crisis you can call or email us

Call Bucks Adviceline  
0344 2451289  
Monday- Friday  
9.30-4.30



To email use our contact form on our website-

[www.chilterncab.org.uk/contact-form](http://www.chilterncab.org.uk/contact-form)

### Support from Citizens Advice:

#### Do you need a Foodbank voucher?



We now have a dedicated phone number for this-

01494 785660

Phone line open  
Mon-Thurs- 10-12.30  
and again 2-4.30  
Fri- 10-12.30

citizens advice Chiltern

Please complete our brief feedback survey to help us improve our resources

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfhBe1x5Bovajvxv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>