

We hope that the last month has been a great one for you all. It's been particularly exciting for the Living Well team as we have finally been able to reopen our Living Well services. Please bear with us while we are finding our feet! It has been very lovely seeing you all in person rather than on a screen!

Below is our Virtual Wellbeing Timetable, these are all our available virtual open access groups that you are welcome to attend. Although we are now live and face to face with you all, we are still encouraging the use of Zoom wherever possible for you, if you so wish. These hybrid sessions are particularly exciting as these allow you to still join in some of your favourite groups from the comfort of your own home!

If you are interested in any of these groups or simply would like some more information, then please contact the Living Well / Wellbeing Team. Or call us on 01474 320007.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|---|---|--------|
| Chaplain's inspirational messages! (daily) https://www.facebook.com/ellenorcharity | | Music Therapy Session 11am - 11.45pm | | |
| Mindfulness and relaxation Group 11am - 12noon | | Therapies for the Senses 3pm - 4.30pm | Live Seated Exercise Session https://www.facebook.com/ellenorcharity 11am - 12noon | |
| | | | Arts and Craft Session 2pm - 2.40pm | |

To be sent an invitation to these groups, or for more information please call our Wellbeing team on 01474 320007.

Smiles, friends and time together

Below is how we have found Living Well reopening since the 1st week being 19th July

It's been amazing to see patients back in Living Well. There's a real buzz in the air with chatter, laughter and smiles. Many members of staff and visitors have said that there's a lovely feeling of energy during the day.

New patients meet our existing patients who remember their time prior to the Pandemic and are getting to know each other, sharing stories to help settle them in.

Whilst we were excited (and tested!) with Zoom and the possibilities it meant for us; nothing beats seeing everyone's faces in person. Many of our groups and activities have been a great success, especially Seated Exercise, Flower Arranging and arts.

Who knows what new things Living Well will bring for us now as we go forward!



A little snippet of our first week of re-opening! Featuring of course, Sid!

Living Well's Memorial Event
Ribbon tying and memory jars

Like everyone, the Pandemic and its many Lockdowns has been hard going. Living Well have been working hard throughout, supporting you and the rest of our patients with regular calls and further support virtually.

Unfortunately, during this time, sadly we experienced many losses. A lot of our patients expressed a need for remembering their loved ones and fellow patients, of course, this was difficult especially with the lack of face-to-face support.

We wanted to give our patients hope that their friend's stories will live on, and their memory will comfort them as our patients go forward.

There are many comparisons to grief and bereavement feeling as though it's a stone that you carry around with you. But overtime, eventually with time and storytelling about them; sharing their memory the "stone" gets worn down and smoothed into something that becomes small enough to fit inside your pocket. It's always with you.

We wanted to reassure our patients that even though they're living with a terminal illness, their story will live on, and they won't be forgotten.

Oftentimes, we take so much for granted; we always think we have forever to tell the people we love exactly how we feel about them... until we don't.



We consider yourselves, our patients, as a family and you have been an inspiration to us, in many many ways – in the life lessons you've taught us, the love you've shared and all the lives that you've touched.

Poets Corner!

Our poet, Judith Crane has sent us a very funny poem about her new role as gardener.

I love my pretty garden.
It's a picture all year through:
Though I haven't got 'Green-Fingers,'
I knew exactly what to do.

Through catalogues of bulbs and
seeds
I'd browse for many hours...
And then I brought a gardening book
Of plants and shrubs and flowers.

I noted all the problems;
Learned to recognise at sight,
The symptoms of a plant that fails
Through some bacterial blight.

I read of fertilisers,
And how to plant and sew,
And how to use a Strimmer
Without detaching my big toe.

I planned a gay profusion
Of colour all year through.
With patriotic borders
Of red and white and blue.

Night scented stocks and roses
With their fragrance so divine.
And Pinks and Honeysuckle
And perennial Columbine.

And then I read the final chapter
Listing every garden pest:

And...
The earwigs,
Worms,
The slugs,
The snails,

Sent shivers through my chest.

So... Now... On concrete patio
With Astro – Turf, (No need to
mow)

My plastic flowers, in plastic tubs
And bonsai trees instead of
shrubs,

Ensure my garden's *Insect Free!*
(Which is a garden ought to be!)



All things bright and beautiful!

Launch of our Flower Arranging Group which occurs fortnightly on a Monday.

With the re-opening of Living Well, we are delighted to announce the new flower arranging group.

We are very fortunate to have volunteer Pauline (who also works on our reception Host desk) who has offered her floristry skills on alternate Mondays from 13.30pm – 15.00pm.

Pauline provides all the equipment required for each session. To date, the group have made buttonholes and a small table decoration.

If you are interested in coming along, please contact the Living Well department on 01474 320007

No previous experience required!



FLOWER POWER!

Puzzles for you to enjoy related to flowers...

See how many words you can find!

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- ALSTROMERIA
- ASTER
- BUTTERCUP
- CALLA LILIES
- CARNATIONS
- DAISIES
- GARDENIAS
- GERBERA
- IRIS
- MARIGOLD
- ORCHIDS
- PEONIES
- PERIWINKLE
- PETUNIA
- RANUNCULUS
- SNAPDRAGON
- SUNFLOWERS
- TULIPS
- VIOLET
- ZINNIA

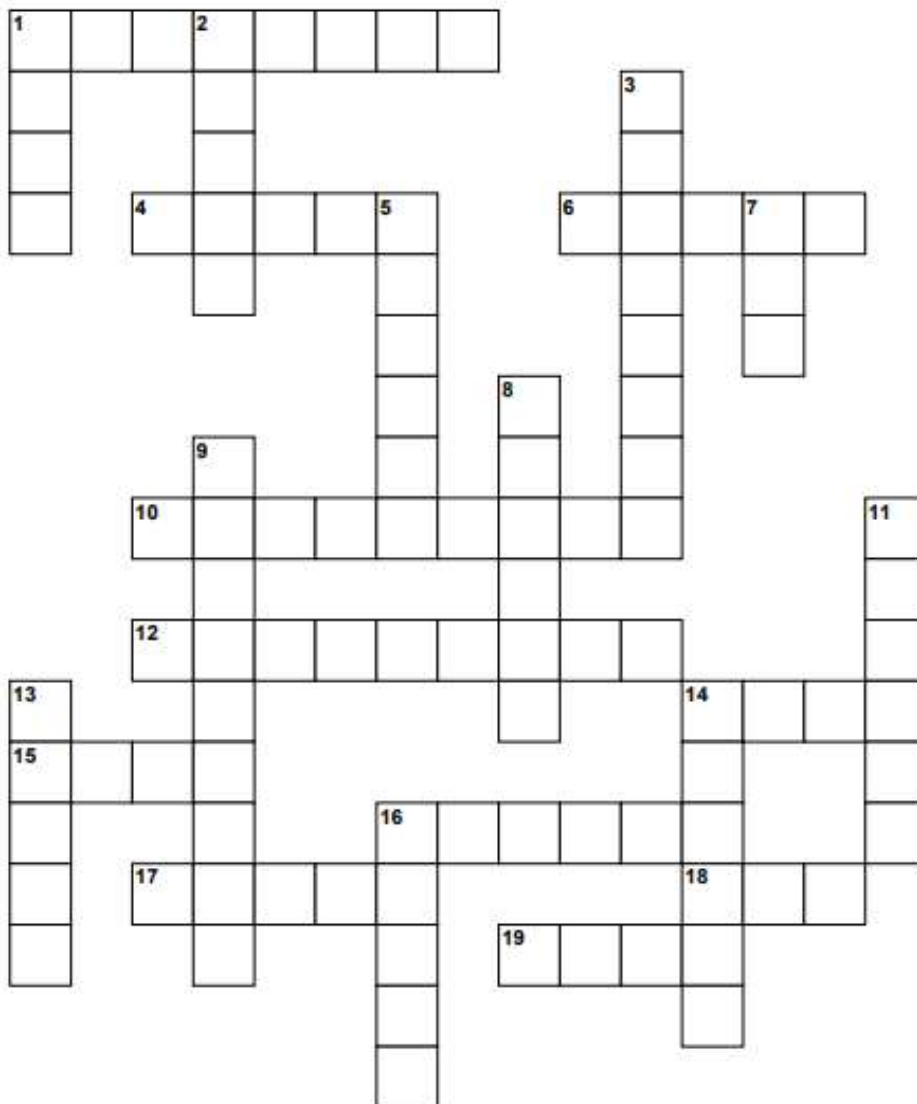
FLOWER POWER!

Puzzles for you to enjoy related to flowers...

GARDENING

DOWN:

- 1** Earth
- 2** Bush
- 3** Tool used to trim hedges
- 5** Long-handled scoop used for digging
- 7** Garden tool with flat crosswise blade and long handle
- 8** Plant that completes life cycle in one year
- 9** Having a cycle of more than 2 years
- 11** Hand tool with broad curved blade used for scooping dirt
- 13** Green plant with narrow flat leaves and jointed stems
- 14** Area of land used for cultivating plants and flowers
- 16** Edible plant product



ACROSS:

- 1** Bright light of the sun
- 4** Decomposed plant matter in soil
- 6** Period between sunset and sunrise
- 10** Any young tree or plant
- 12** To sprout
- 14** Become larger
- 15** Precipitation
- 16** Blossom
- 17** Transparent, tasteless, and odourless liquid
- 18** Period between Sunrise and Sunset
- 19** Perennial woody plant consisting of roots, trunk and branches

Comedy Corner!

A delightful selection of jokes, sent in by Maria and John Hughes...



Johnny came back from his summer camp and said to his mum, "Mum, you forgot to sew my name on all the labels! Everybody was calling me '30% cotton'!"

A nurse asks a newly arrived patient, "Have you got pyjamas?". He responded, "No nurse, I have jaundice."

A man comes into a GP showing him a big bump on top of his head. "Doctor, a spider sat on my head!"
"And he bit you this hard?"
"No, he didn't have time because my brother killed him with a spade."

An annoyed grandmother walks into her grandson's room saying, "I have been trying to call you for the last hour, why didn't you answer me?" Her grandson said, "But granny, I didn't hear you call". The grandmother said, "Well, you could have at least told me you couldn't hear me."

Two students are talking:
"You know, sometimes a feeling comes me telling me that I should get down to studying."
"And what do you do then?"
"I wait until it passes."

In a court a judge asks the accused:
"You hit this man in the head twice"
"Yes, I did"
"Do you want me to add anything to that?"
"No, I think twice is enough."



Going Bananas!

Here are some interesting facts about bananas...

Bananas contain 3 natural sugars – Sucrose, Fructose and Glucose combined with fibre. A banana gives an instant, sustained and substantial boost of energy.

Research has shown that 2 bananas provide enough energy for a strenuous 90-minute workout.



200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas breakfast, break, and lunch in a bid to boost their brain power. Studies show that bananas (packed with potassium) can assist learning by making pupils more alert.

A recent survey undertaken by MIND amongst people suffering from Depression, many people felt much better after eating a banana.

Bananas contain Tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Did you know that the expression, “Going bananas” is from the effects of bananas on the brain?

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach, while the honey builds up blood sugar levels; the milk soothes and re-hydrates your system.



Potassium is a vital mineral, which helps normalise the heartbeat, sends oxygen to the brain and regulates your body’s water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

This time in history....

1st August 1994 –

Michael Jackson marries Lisa Marie Presley.

5th August 1962 –

Marilyn Monroe was found dead in her bedroom in Los Angeles. She was found lying nude on her bed, face down, with a telephone in one hand. Empty pill bottles (used to treat her depression) were scattered around the room.

6th August 1965 –

The Beatles release the album "Help" in the UK.

31st August 1888 –

"Jack The Ripper" kills his first victim.

We would like to wish a very happy birthday to...

- Juan G
- Valerie W
- Pamela P
- Nicki L
- Kenneth T

And a future happy birthday for September to...

- Appanah P
- Christopher B
- Elaine D
- David H
- Rosina K
- Jacqueline C
- Victoria Z



We hope you enjoyed the August 2021 edition of our Living Well Newsletter. If you have anything at all that you would be willing to share with us to go in future editions, we would be beyond grateful! All we would need is a few words about what you've done or send us the song, poem, recipe, etc. And a photo with your name if you would be comfortable with that!

We will gratefully receive any contributions to future editions. Until Living Well can reopen, we are here to support you and your families.

We would be very pleased to see you in person while in attendance to Living Well please contact the Living Well / Wellbeing Department for further information. And the groups on Zoom for our hybrid sessions. For more information about Zoom, please see www.zoom.us

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