



NEWSLETTER

Spring/Summer 2020

Welcome to our spring and summer newsletter!
In this edition we will be focusing on Kindness and Wellbeing.

So what is kindness? It is defined as “the quality of being friendly, generous, and considerate”. When we are talking about wellbeing we are talking about being kind to ourselves.

“Kindness is the language which the deaf hear and the blind can see”
Mark Twain

“If you think you are too small to make a difference, try sleeping with a mosquito”
Dalai Lama



What is wellbeing?

“Wellbeing is about feeling good and doing well in our day-to-day life. Lots of things play a part in our wellbeing, including what we do and the way we think. Other things are important too; our lifestyle, work, money, education, health and wherer we live, all play a part in how we feel”. Sandwell MBC 2020

What are the 5 ways to wellbeing?

Connect, Move, Notice, Learn, Give.

Evidence shows these are the 5 steps we can each make to improve our wellbeing and feel more positive

Here is Sandwell we use the 6 ways to wellbeing, Sandwell’s ‘FEEL GOOD 6’ as talking is more important than ever to help us feel connected and get the right support when we need it.



“Talking about your feelings, what you want to achieve and what’s going on in your life is a really important thing to do”
SMBC 2020



If you are struggling and in need of support, or just need someone to talk to during this time, you can talk to one of our team.



Call 0121 558 5555 Option 2 or email us at contactifa@idealforall.co.uk or chat online at our support group **Ideal for All - Healthy Minds**
www.facebook.com/groups/ifahealthyminds

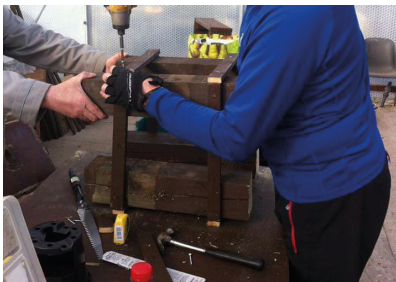
Alternatively visit www.sandwell.gov.uk/feelgood6
For more tips and ways to wellbeing.

MOVE

“Sometimes it takes only one act of kindness and caring to change a person’s life”
Jackie Chan

Whilst most of us are not the next Jackie Chan, we can all still find ways to move and get active. Have you heard of food dancing? Pop on your favourite song and get cooking. Or make cleaning your home more enjoyable. Remember moving more for just 15 minutes a day, until you feel warm and slightly out of breath is a great place to start getting active. For more exercise tips and how to keep your heart healthy have a look at the British Heart Foundation online or ask us to send you a paper copy.

Times are tough being at home and feeling isolated. The NHS is sharing lots of tips to stay positive and look after your mental wellbeing during this time. Tips and advice include connecting with other people on common ground. For example, why not share your DIY lockdown tips or latest craft project.



CONNECT

To find out more information on positive mental health and wellbeing visit

every mind matters

NHS

www.nhs.uk/oneyou/every-mind-matters

“Kindness is the connection that links us all together and strengthens the bonds within our communities, neighbourhoods and families” **Rosalynn Carter**

We asked our BRIDGES participants what kindness means to them right now.

“We make a living by what we get. We make a life by what we give.”
Winston Churchill

“Kindness to me is being friendly and respectful to others and considerate towards people and our differences. Honesty, being reliable and just showing kindness from the heart.”

“Staff showed me kindness when I told them I had no food and I asked for a parcel and they contacted the right people straight away and you got it delivered to me the next day”

“When I had no money to put petrol in my car to go to the hospital for my cancer treatment, and someone I know put 20 quid in my pocket and walked off. It made me cry”.

So many of you are generously giving your time to others and helping people around you to stay positive, in your family or in your neighbourhood.

“The other day someone gave me a load of herbs which they had dug from their own garden and offered people for free. Also I am growing sunflowers for the local kids on our road to try to cheer them up”.

Being considerate of others, showing you care and being a good listener and generosity when needed. I show it to people every time I smile and ask if they are ok. Give people the time of day.

GIVE



Finally, a huge thank you to our team who are working tirelessly to keep supporting you and others in the community. THANK YOU! ★★★★★

“When the BRIDGES team call me every week without fail to ask me if I am ok and if I have a problem, I can turn to them and feel safe and confident to have someone who cares – that’s kindness to me.

Get in touch 100 Oldbury Road, Smethwick, B66 1JE 0121 558 5555 contactifa@idealforall.co.uk www.idealforall.co.uk
Registered charity no. 1070112 Company limited by a guarantee no. 03196518

LEARN

Being kind to the environment and each other can be done in easy steps. Start at home by using up food and making a meal to share or freeze for later, reducing waste and saving money at the same time. Have a go and learn a new recipe in the kitchen; learning how to cook on a budget with our team.

Sausage & bean one-pot

Ingredients

- 1 tbsp veg oil
- 1 onion thickly sliced
- 8 Cumberland sausages or vegetarian/vegan alternative
- 1 fat garlic clove, crushed
- 2 x 400g cans kidney beans
- 2-3 sprigs curly parsley, chopped

Method

1. Heat the oil in a large frying pan.
2. Cook the onion and sausages over a fairly high heat for 8-10 mins, turning the sausages often so they brown all over.
3. Add the garlic to the pan
4. Add the kidney beans and their sauce from tin.
5. Half-fill one of the cans with water, swirl and then add this to the pan.
6. Stir everything together and bring to the boil.
7. Turn down to simmer and cook for 10 mins, or until the sausages are cooked through.
8. Season and sprinkle with the parsley to serve.



Tip – add spice to your taste, why not add some paprika with the garlic or some dried chili pepper.

“Because we all share this planet earth, we have to learn to live in harmony and peace with each other and with nature. This is not just a dream, but a necessity” **Dalai Lama**

“Kind hearts are the gardens. Kind thoughts are the roots. Kind words are the blossoms. Kind deeds are the fruits” **Kirpal Singh**

NOTICE

Take this time to pause and notice the world around you, especially the natural world. Check out our BRIDGES team connecting with people who are staying safe at home as part of national garden week. (27th April - 3rd May 2020 Royal Horticultural Society) and to share some kindness. Our learning packs have recipes, plants and instructions on how to grow and care for your plants, whilst growing your confidence and something for dinner!

