



THE REJUVENATION

**CREATIVE IDEAS AND INSPIRATIONAL SUPPORT
FOR CARERS**

**"That best portion of a man's life - his little,
nameless, unremembered acts of kindness
and love." — William Wordsworth, poet**



Sunset at Galmpton, Devon - taken by Maggie

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CARLY DAY
(THE CART SHED)**

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SALLY NORTHCOTT**

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**MINDFULNESS AND HAIKU
POEMS
KAREN ROBERTS**

PLUS LOTS MORE

It's Carers' Week **Let us think about** **Wellbeing & Mindfulness**

and start with this simple activity:

Find and gather things that help you to feel calm, or that engage your senses. You might choose a scented candle, your favourite magazine or book or a piece of needlework - a CD or you could even capture your favourite music by writing down some of the lyrics . Put your objects into a special box so you can come back to them any time you want to relax and feel calm. You could add other objects to your box as the month goes on!



My name is Carly and I'm a carer as well as an Occupational Therapist. I attended some of the first Rejuvenate! sessions as a participant before I started working full-time and have also been along to one session to talk about what an Occupational Therapist does and to discuss local services that could be useful to carers, including The Cart Shed where I currently work. The Cart Shed is a charity that provides therapeutic support to individuals in an outdoor setting through a combination of green wood and willow craft activities, groupwork interventions and individual mental health support. We use the **5 Ways to Wellbeing** to underpin a lot of our work and so Maggie, who has been to The Cart Shed to talk about Rejuvenate! to our participants, asked me to put together something for this edition of The Rejuvenation on the **5 Ways to Wellbeing**.

You can think about the **5 Ways to Wellbeing** as a mental health equivalent to the dietary advice to have '5 a day' fruit and veg for physical health. The idea is that if we make small, achievable changes in each of the 5 Ways we will see improvements in our mental health and wellbeing. No one size fits all and these need to be changes that are meaningful to us and that fit in with our lifestyles, responsibilities and circumstances. The **5 Ways to Wellbeing** are all interlinked and making changes in one area will also have positive impacts in other areas.



CONNECT is particularly important in the current situation, especially for those having to self-isolate. Connect is about building stronger, wider social connections with friends, family, the local community and support services in order to help us feel more secure, part of something bigger than ourselves and to act as a buffer against mental ill health. It is part of our 'safety net'. Some ideas to try:-
• Make use of technology such as social media, Skype or FaceTime to stay in touch with friends and family you can't currently see in person:-
• Make a card or write a letter to send, maybe including a hand-made gift or special message.
• Join an online group such as a weekly quiz or bingo night, or set up your own online version with friends and family.
• Check-in on neighbours (whilst maintaining social distancing!)
• Make sure you have contact details for local services that you and the person you care for can tap in to and use for support, advice and information, and use them!

BE ACTIVE can be challenging at the moment with restrictions on how often we can go out. Most of us recognise that being active is not only great for physical health and fitness but can have a positive impact on depression, anxiety and other mental health conditions too. Being active is about finding physical activities we already do or those we enjoy doing and fitting more of them into our daily lives. Some ideas to try: ·
• If you are going out, use this time to get in some exercise by walking to the shops or taking the dog out.
• Gardening (and housework!) can both be great for increasing the amount of physical activity we do so try to include some each day.
• You don't need to go to the gym to exercise, stretch or do yoga as there are so many online classes, YouTube videos or downloadable information sheets that you can tap in to.
• Dance! Put on your favourite music and dance around the house.
• If you are working from home, make sure you take regular breaks to move about and stretch.

TAKE NOTICE is about taking notice of the world around us, slowing down and 'stopping to smell the roses' so to speak; and about taking notice of ourselves and what we need to nourish ourselves and stay healthy. Paying more attention to the present moment (being mindful) - to our own thoughts and feelings, and to the world around us - can strengthen and broaden our awareness and improve our mental wellbeing because it can positively change the way we see ourselves and our lives. Some ideas to try: ·
• Notice the beautiful and unusual. Spring is the perfect time to take notice of nature and the changes that are taking place all around us. Take pictures as this means you stop and focus.
• Practice a mindfulness, meditation or breathing technique. There are so many you can find online so you are bound to find something that works for you.
• Keep a journal and use your creative skills to make it beautiful. Acknowledging and reflecting on situations, thoughts and feelings is a very valuable part of taking notice.
• Try at least one new healthy recipe each week as part of nourishing yourself.
• Include some 'me time' away from your caring responsibilities every day, even if this is just 10 minutes, it is really important.

KEEP LEARNING can boost self-confidence and self-esteem, help build a sense of purpose, and enable us to feel a sense of achievement. It doesn't have to mean getting more qualifications (although it can!) It's about trying something new, rediscovering an old interest, taking on a new responsibility, setting a challenge that will be enjoyable to achieve and so on. There seems to be a lot of pressure at the moment to come out of lockdown having achieved miracles with your home and garden, having become a home educator (for those of us with children at home) and having learnt a whole range of new skills! You may be up for those challenges but for many of us it's about being gentle with ourselves and Keep Learning in this sense can be simple activities that are supportive of your wellbeing and enjoyable. Some ideas to try: · Do something mentally stimulating such as a crossword, wordsearch or Sudoku puzzle each day to keep your mind active. · Have a virtual tour of a museum or gallery you have never visited in person - there are so many now available online. · Look up some new recipes to try. · Learn the names of the plants and flowers in your home, garden or local area. · Watch a documentary about a subject that interests you.

GIVE Most people would agree that giving to others is a good thing both for those we give to and how it makes us feel about ourselves. Small acts of kindness towards other people such as doing something nice for a friend, or a stranger, thanking someone or smiling at someone can make us feel happier and more satisfied with life. Larger acts of kindness such as volunteering can link us to the wider community and give us a sense of purpose. Some ideas to try: · Share your skills, knowledge and experience with a friend or family member to help them complete an activity (for example a DIY project or baking a cake). If you're not with them in person you could talk them through it on the phone. · Give your time fully, without distraction, to a family member, friend or even a pet. You could even nurture a plant. · Thank those that help and support you. Everyone appreciates this but now more than ever, letting people know they have made a difference is extra important. · Give to charity - this could be your time in a practical way, a financial donation, sharing their information with others to spread the word, or contributing information and advice to discussions. · Send a letter, card or small gift to a friend.

**I love the 5 Ways to Wellbeing and use them all the time in my personal life. I hope there are some ideas here that appeal to you, but if not here are so many more online you could explore. The key is finding ideas that work for you. Stay safe and well
Carly 😊**

VISIT THE CARTSHED WEBSITE ([HTTP://WWW.THECARTSHED.CO.UK/](http://www.thecartshed.co.uk/)) OR EMAIL: [INFO@THECARTSHED.CO.UK](mailto:info@thecartshed.co.uk), WHO ARE CONTINUING TO RUN COURSES ONLINE AND SUPPORT PARTICIPANTS REMOTELY DURING THIS TIME

Marion's butterfly and bee



**This is my pattern done on the Happy Colours App!
Might be a suggestion for Carers who may not have materials. No outlay, fun to do and a great stress reliever.**

Enjoy a few Moments of Mindfulness with Marion

**"Must be feeling rejuvenated. Why? We recently found a bee with an injured wing, working so hard whilst collecting pollen along a flower border. I wrote down a few words -
Big, Beautiful, Bumble Bee, Boris, Balancing, Beavering, Between, Botanical, Bedding border, BLESS!!"**



**Now may be a good time to think about making a mask
(thanks to Sally Northcott for instructions and photos)**

You will need:

One piece of tightly woven cotton fabric 8"x16"

**4 pieces of twill tape about 20" long,
or 4 pieces of cotton fabric 20"x 1½"**

**Sewing machine, thread, scissors, pins, ruler,
garden wire and insulating tape**

Fold the long pieces of fabric in half lengthwise and then into the centre again on each long side to make 4 long ties about 3/8" wide. Stitch each one near the edge.

On the two short edges of the large piece of fabric fold over about ½" twice to hide the raw edges, wrong sides together. Press and stitch. Fold this in half, right sides together. Place the folded and stitched edges at the top and stitch just underneath the folds from the edge in towards the centre for 1½".

Press this open at the stitching, and line this opening up at the bottom. Pin two of the tapes at the corners of one side (inside) and stitch a ¼" seam. Tuck the two ties completely inside the pocket and then the other two, pinning at the other two corners. Stitch a ¼" seam. Turn it right sides out and press.

Turn it so that the opening is at the bottom, face down and pin three pleats (pointing down on the outside). It's easy to do it by eye, making the pleats about ¾" deep and keeping them even across the width. Sew down both edges with a ¼" seam allowance.

Make a pocket for a nose wire by stitching ¼" away from the very top, from each edge 2" towards the centre.

Bend a piece of garden wire into shape, approximately 4" long and fold a piece of insulating tape around it securely to neaten it. Push this up inside the mask and into each end of the pocket. You can then mould this to your nose, but take it out before laundering the mask.

Inside the larger pocket you can put a piece of coffee filter paper, or kitchen paper or a dried out baby wipe. I hope that the photos help!

A video showing how to make the mask is available on the Good Housekeeping website on - <https://www.goodhousekeeping.com/health/a31902442/how-to-make-medical-face-masks/>



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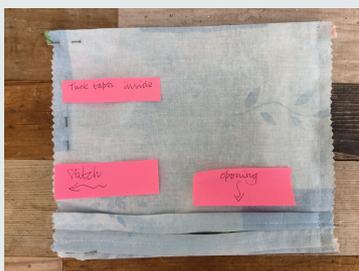
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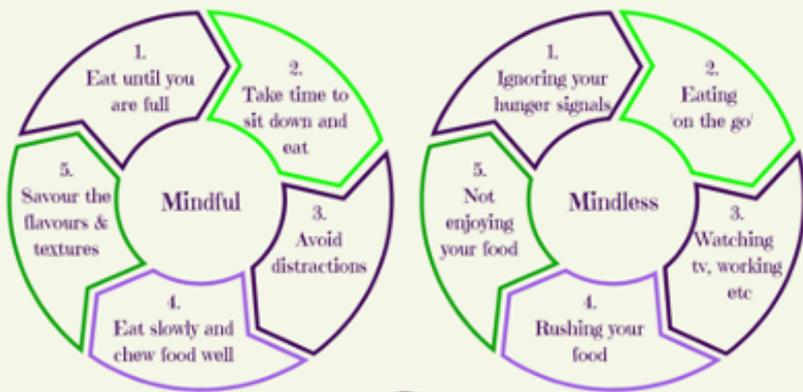
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Mindful Eating

be aware, be present, be kind to yourself



THANKS, ONCE AGAIN,
TO YVONNE RICHARDS

'MINDFUL EATING'

AND A DELICIOUS
RECIPE ON THE NEXT PAGE

"Calories don't count if you eat them from some-one else's plate" This is up there with "all the calories escape if you break a biscuit", which of course, no-one actually believes to be fact, however much we wish otherwise. However, have you ever actually considered just how much food you consume without really thinking about it?

Preparing dinner:-

- How many chunks of raw veg do you eat as you chop?
- How many 'tastes' do you need to make sure the flavour is ok?
- Is it really the chef's privilege to eat the skin from the roast chicken? (or is that just me?!)

Feeding young children:-

- Again, do you pick at the ingredients as you prepare?
- Are you eating the odd spoonful, as you test the temperature?
- Do you eat the sandwich crusts that they just won't eat (don't they make your hair curl?!). Are you finishing off their meals so it 'doesn't go to waste'?

Habit:-

- Cup of tea – better have a biscuit, maybe 2 or 3?
- Motorway driving requires an expensive snack when you pop in the services, surely?
- Movies are crying out for crisps / popcorn / sweets. Ever opened a big bag and before you know it, the bag is empty?
- You open the fridge and eat what you see, just because it's there? (You only went in the get the milk!)

Mindful eating.....

Is maintaining an in-the-moment awareness of the food and drink you put into your body, observing rather than judging how the food makes you feel and the signals your body sends about taste, satisfaction, and fullness

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Walk around your home and think about how the arts contribute towards making your house a home. Walk around slowly, stopping to look at things you may never have considered before. At the same time, stop to think about the various ways in which you have incorporated creativity into your day-to-day life at home - this may not be obvious.

Having spent some time on this exercise, did anything surprise you? Did any thoughts or emotions arise? Perhaps something caught you off-guard, or made you connect better with people or the environment around you?

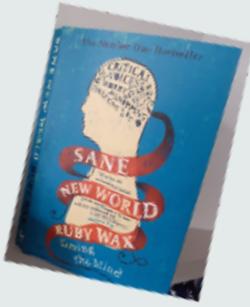
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## A MINDFUL WALK AROUND YOUR HOME



We hope you enjoy this book review by Trish

## SANE NEW WORLD by Ruby Wax



I was first introduced to 'Mindfulness' six years ago at the Hay Festival. The speaker at one event was Ruby Wax. Being familiar with her work as an actress, comedienne and television presenter I was expecting to be entertained and to leave the event laughing. Well, I was entertained and did have a good laugh. I also left feeling calm, uplifted, enlightened, relaxed and with a huge sense of joy and wellbeing. That evening Ruby Wax had introduced me to 'Mindfulness'. The next day I bought her book "Sane New World".

The book is underpinned by Ruby Wax's own experiences which she recounts with blunt honesty. It is peppered with lots of amusing and sometimes sad little anecdotes which she uses to illustrate the points she makes. There is so much in the book that resonates with our own experience, particularly the 'voices in our heads', always nagging, always pointing out the negative, rarely, if ever, congratulating. The book is divided into sections. 'The Beginning' is a brief description of how she went from a life in showbusiness, to returning to university and obtaining a degree in psychotherapy and a masters in mindfulness. Part One then looks at how many of us are racing through our lives at a phenomenal rate of knots, always on the go and looking towards the next goal. (Obviously this was written pre pandemic, so things may be rather different now?) Part Two looks at depression, anxiety and compulsiveness e.g. over eating, drinking, shopping etc. The good news at the end of both of these chapters is that things can change. In Part Three there is an explanation, (in layman's language and with amusing diagrams), of how the brain, mind and hormones all work and interact. While this is covered in some detail, it is a fascinating read. It helps us understand what is going on in our heads, so that we understand, in Part Four of the book, how 'Mindfulness', what she also refers to as 'taming your mind', can help us to self-regulate our thoughts and emotions and so find peace. In the final chapter she acknowledges that there are alternative ways to finding inner peace and gives her view on them. I would recommend this book to anyone interested in mindfulness or seeking to find another way of dealing with 'life'. This is one of those books you can read quite quickly, (except perhaps the chapter on the brain,) but it is one you will keep going back to, especially the exercises, and each time your understanding will deepen. It is immensely readable, funny and informative and a breath of fresh air in its honesty.

IN THE NEXT ISSUE  
WE ARE  
INTRODUCING

*Maggie's  
postbox*

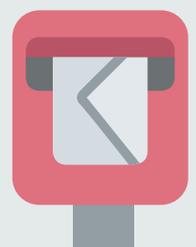
We look forward to receiving your emails

Did you try Yvonne's recipe ?

Have you made your own face mask ?

The next issue is

'Around Herefordshire'





## EGGY BAKE

### Ingredients

4 / 5 eggs (depending on their size)  
275ml cream / milk (or a combination of both)  
Grated cheese (a few good handfuls)

### Additional ingredients

These can be anything you'd normally eat in a quiche, just remember to cook everything beforehand!

- Roasted vegetables
- Roasted butternut squash / beetroot and feta cheese
- Bacon and leek
- Salmon and broccoli / asparagus
- Ham and mushroom

### Method

- Grease an ovenproof dish and preheat the oven to 180°C.
- Mix the egg and cream / milk together, then add the grated cheese and salt and pepper seasoning
- Place the additional ingredients into the dish and pour the egg mixture across the top.

### Cooking

Bake for approximately 30 to 40 minutes, until it's set all the way through.

### Enjoy!

This can be enjoyed hot or cold and it's great for breakfast, lunch or dinner and even better for picnics!

If you slice the bake into smaller portions, you can also store them in the fridge or freezer.

This recipe, and others, is now available in video format on the WISH Herefordshire website. If you would like to check them out visit <https://www.wisherefordshire.org>



# Mindfulness and Haiku

My name is Karen Roberts and I first learnt about the Rejuvenate! group when I was working for the Royal Voluntary Service. My role was to help local people to set up safe and legal groups that benefitted the local community. I attended a few of the sessions at the Courtyard and was really inspired by the wonderful atmosphere of carers supporting each other and exploring their creativity. I even found a little creativity myself - thank you! Although my role at the Royal Voluntary Service ended last year - I now work part-time as an Engagement Officer for the Herefordshire Wildlife Trust and spend the rest of the time working on my 6-acre garden which we hoped to open to the public earlier this year (before Covid hit!) - I have kept in touch with Maggie and receive the Rejuvenate! posters and The Rejuvenation! newsletters. I had hoped to come along and visit the group in person to introduce a form of poetry - Haiku - that I enjoy reading and writing, but instead take this opportunity via the newsletter to inspire you to have a go at this art form.

Haiku is a lovely form of Japanese poetry, capturing a 'moment in time'. It is formed of 17 syllables comprised of 3 lines of 5 syllables / 7 syllables / 5 syllables. A classic example is this poem by Basho who, interestingly, was writing in the 17th century:

An old silent pond  
A frog jumps into the pond  
Splash! Silence again



Because the Japanese have more syllables in their language than we do, modern English language Haiku tends to use fewer syllables. And sometimes writers use different forms. For example:



blackbird - keeping his balance - windows rattle  
(Karen Roberts)

Spending time noticing what is around you, whether nature or human interaction, can lead to writing a great Haiku! Looking through poems I have written takes me straight back to the moment I experienced them - moments I may have forgotten otherwise. Although classically Haiku is written to capture a 'noticed moment' (as above) some writers also use the poetry to focus in on feelings:

fading memories  
of his sunshine smile  
- photograph album  
(Karen Roberts)

Have a go yourself - there are no rights and wrongs, just a chance to explore words. And why not illustrate your poems, too - perhaps dedicating a special notebook to these cherished moments.

Stay safe, keep your distance and be kind and patient with one another - Maggie

**THANKS TO ALL THE REJUVENATION TEAM**  
**Lisa, Lindsay, Trish, Karen H, Karen P, Marion and Sophie**