



# The Maple Quarterly

Issue 3, July 2020

## Welcome to the third issue of The Maple Quarterly, a newsletter by the Solihull Early Intervention Service (SEIS).

This newsletter is published every three months and is designed to help keep you up-to-date with information and advice. In this issue we will provide you with a summary of the latest UK Government advice about coronavirus, information about local foodbanks and some contact numbers that you might find useful during the pandemic. We've also included some information about how to cope with anxiety in this difficult time and why keeping a routine is important.

### What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Source: NHS

BBC

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### Stay Alert

The Government have announced some changes to the current lockdown in England with effect from 4th July. From then, we will be able to meet members of a different household, inside or outside.

You should still:

- ⇒ Only meet a maximum of one other household at a time.
- ⇒ Stay at home as much as possible, if you can, work from home and remember to keep washing your hands regularly (for at least 20 seconds) using soap and water.
- ⇒ Keep your distance (2 metres or 1m where 2m is not possible) when out where possible. Wear a mask when on public transport, except if you have a medical condition which means you can't wear a mask
- ⇒ Don't leave your home if you or someone in your household has symptoms.

*This guidance is correct as at 1st July 2020, and is subject to change at any time. We will endeavour to keep you updated of further changes when they happen.*

If you have any ideas, contributions or questions/concerns, contact us using the following email: [bsmhft.solihullearlyintervention.nhs.net](mailto:bsmhft.solihullearlyintervention.nhs.net)

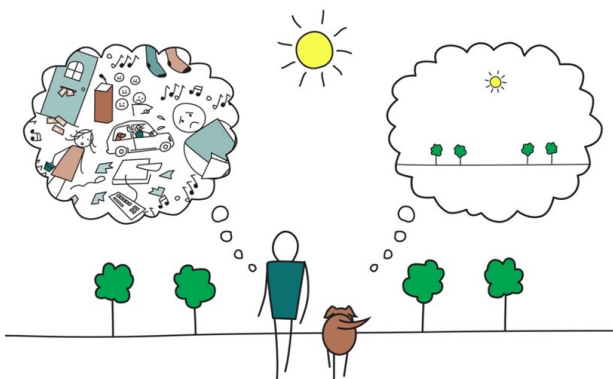
*\*Note that there is no "n" at the end of intervention!*

Due to social distancing, a lot of the groups you previously may have attended or took part in, like drop-in or the carers group, had been put on hold. In the last month, we have been in the process of enabling these groups to continue in a way that is both safe for you and the staff at SEIS. Instead of the meeting in person, these groups will now be held virtually.

## Virtual Drop-In

Starting from Thursday 2nd July at 2-3pm, Drop-In will be held every Thursday virtually on Zoom.

If you are interested in attending please speak to your care co-ordinator.



Mind Full, or Mindful?

## Mindfulness Group

In five sessions you will learn more about mindfulness and have a go at a few different mindfulness exercises.

Tuesday 7th July - 4th August,  
from 3-4pm on Microsoft Teams

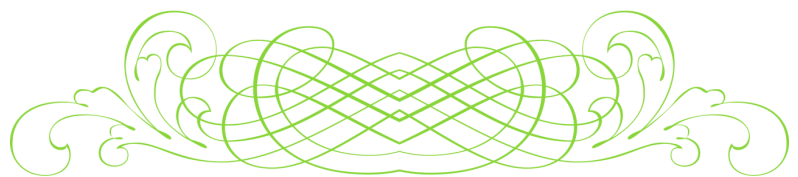
If you are interested in attending, contact your care co-ordinator for more details.

Behavioural Family Therapies and other psychological interventions are also now available virtually. For more information, speak to your care co-ordinator

## Virtual Art Group

Continuing the spirit of the previous art group, this group is a great chance to connect with other service users and be creative.

Every Wednesday from 3-4pm on Microsoft Teams. Facilitated by Sandya Rajagopal, Art Psychotherapist.

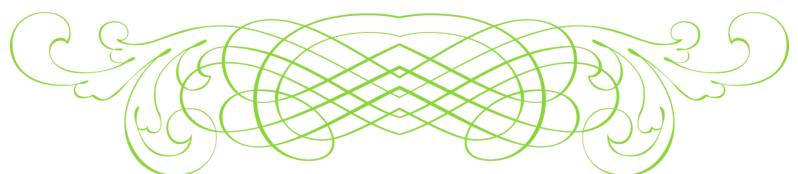


## Carers Program

Our carers educational program will now be held over Microsoft teams, from 5:15-7:15pm commencing on 29th July 2020.

Over 8 interactive, weekly, sessions we will cover things like effective communication and relapse management, as well as education about psychosis and the treatments we use in SEIS.

Ask your loved ones care co-ordinator or a member of the team for more information!



**Thank You**  
**NHS**

In honour of the 72<sup>nd</sup> Anniversary of the NHS, we would like to say a huge THANK YOU to everyone working in the NHS.

Now more than ever we are incredibly grateful for all the hard work they do to help keep us safe and well.

# Anxiety during the pandemic

Our world's are changing on a daily basis, and right now it's really hard not to worry about what Coronavirus means for you and your loved ones. Check out some of our tips and resources below that may help you manage your worries.

Try to see your anxious thoughts as guesses not facts. Your mind is trying to protect you by *predicting* what could happen, but just because something could happen doesn't mean it will. Look at the evidence: How likely is it that the negative outcome will actually happen? Is there anything good that might happen instead?



"For you" and "For Quarantine/Isolation" images courtesy of Blessingmanifesting

<https://shoutlink.info/healthanxiety> also has some really useful support and advice

It's completely natural to worry more when things are uncertain, but if you feel like you are struggling with your normal day-to-day activities or having trouble sleeping because you feel anxious all of the time, get in touch with the team for more advice and support about managing your anxiety.

## Mindfulness Activities

Your body is present.



Is your mind?

← PAST PRESENT FUTURE →

Check out the mindful activities below & ask your care co-ordinator for some more ideas!

Mindfulness can help us live in the present moment in an enjoyable way, rather than worrying about the past or being concerned about the future. This can help when we are experiencing high levels of stress or anxiety. There are three core skills to mindfulness:

1. **OBSERVE:** non-judgementally observing your environment to help you process what is going on
2. **DESCRIBE:** expressing what you have observed to let others know what is going on
3. **PARTICIPATE:** being fully focused on the activity you are doing

The best way to understand mindfulness is to practice, so get practicing!

### Quick Resources:

- ♦ Quick 3 minute Mindfulness meditation <https://www.youtube.com/watch?v=evJHBLIdMsE>
- ♦ Calm & Headspace are both apps available on Apple & Android offering free and paid meditation and mindfulness activities

Choose an activity to do mindfully throughout the day, for one, two or five minutes, for example the washing up or having a drink. Simply notice whenever other thoughts and sensations come to mind, then refocus on your chosen mindful activity.

### Smile!

Sit comfortably, with your arms at your side and your eyes closed. Slowly begin to smile.

Feel your cheeks expand and your lips stretch over your teeth. Are your lips dry or wet? Is your mouth open or closed? Which way does it stretch? Notice how your forehead moves. If you notice your mind begin to wander, acknowledge this and bring yourself back. After 5 minutes, open your eyes and notice how it felt to just sit and smile.



# Self-Soothing Box

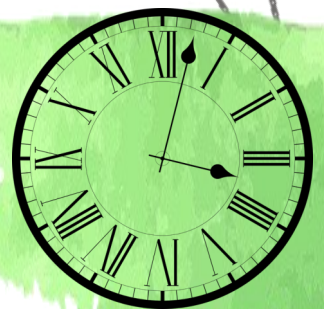
A self-soothe box is a box containing items that help you focus on the present, feel more relaxed and reduce feelings of low mood, anxiety or panic. The self-soothe box is personal to you; fill it with things that help you. You decide what it looks. Box or bag - it can be anything you want it to be! See below for suggestions on what you could put in the box. The key is to add things that work for you!



## Routine Changes

Routines help us structure our time well and feel less stressed about our everyday to-do list. For a lot of us lockdown has changed our day-to-day routine. But, it's important to keep the routine that we are comfortable and familiar with - just perhaps with a few changes:

- Try to wake up and go to bed at the same time you usually would do. If you usually had a disrupted sleep routine maybe you could use this time to start a healthier sleep routine.
- Try to fill your day with meaningful activities. Even if you can't do a lot of the things you usually would do, try to fill your day with activities you enjoy and can do at home.
- **Be kind to yourself!** Try not to be hard on yourself if you find you're not doing as much as you normally would - instead focus on the things you did do.



# Additional Support

## Useful Contact Numbers

Adult Social Services	0121 704 8007
Carer's Allowance	0121 704 8100
Child Benefits/HMRC Enquiries	0300 200 3100
Children's Social Services	0121 788 4300
Claims for ISA/ESA/IS	0800 055 6688
DLA Enquiries	0800 121 4600
General Benefit Enquiries	0800 169 0310
Housing	0121 717 1515
Existing PIP Claims	0800 121 4433
New PIP Claims	0800 917 2222
Tax Credits	0345 300 3900
Universal Credit	0800 328 5644
All Other Services	0121 704 8100

## Solihull Early Intervention Service



Maple Leaf Centre  
2 Maple Leaf Drive  
Marston Green  
B37 7JB

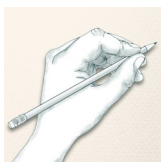
### Contact Details

0121 301 4967 Between 9-5 Monday—Friday

0121 301 5885 Between 9-5 Saturday & Sunday—ask for SEIS

0121 301 5500 Out of hours

<https://www.bsmhft.nhs.uk/our-services/children-young-people-services/early-intervention-service/>



**We Need  
YOU!**



Love getting creative? We want to see! Whether it's a drawing, photo or a painting, we would love to see any artwork that you've been creating whilst in lockdown.

You can pop them in the post, ping on an email or give to your care co-ordinator when you see them, and any submissions will be shown in the next edition of this newsletter!

## Local Foodbanks:

Name	Address	Opening Times	Delivery / collection times	Contact details
Around Again Social Supermarket	100 Chapelhouse Road, Fordbridge, B37 5HA	Tuesdays only 11:00-16:00	10 min slots between 11:00-16:00	0121 4480720 and select Option 3 for the social supermarket
Helping Hands	Renewal Family Centre, Vulcan Road, Solihull, B91 2HZ	Mon-Fri 7:00-21:00	Delivery Times 9:00-17:00	<a href="mailto:hello@renewalcc.com">hello@renewalcc.com</a> 0121 7117300
Kingfisher Foodbank (Trussel Trust)	Auckland Hall, Sunbeam Close, Smiths Wood, B36 9JR	Tues & Fri 12:30-15:30	10:30-12:00	<a href="mailto:kingfisherfoodbank@gmail.com">kingfisherfoodbank@gmail.com</a> 07902030134



THANK YOU  
NHS

For 72 Years Of Service