



SMART

Newsletter

Edition 5—Week Starting 8th June 2020



Foreword from Amelia:

It seems like a million years and several different worlds ago that my friend and I had a crazy adventure in a kayak to raise funds for a new piano. Our beautiful piano is now here and we absolutely cannot wait to bang out a tune on it with you.

Inside these pages you will find good news stories, inspirational quotes and recognition of the people who care for others. In these challenging times it is important to seek out the good to balance things out but we can also be grateful for the challenges because it is in these fires that we have the chance to forge a better future. Whether we are marching on the streets to demand that black lives matter, preparing to remember those we lost in the Grenfell fire or insisting that the people in power follow the same rules we do, remember that we stand together; remember that we are strong together.

News, Messages and Updates

Find SMART Updates, Good News, and open messages from members here.



New SMART Piano

The piano's home! It took just over two months, but we're delighted to let you know that we've finally got the new piano where it belongs. You might have got a glimpse of it on Amelia's Day 72 Update, but if you didn't here's a quick peek:



Quote

"Soon, when all is well, you're going to look back on this period of your life and be so glad that you never gave up".—Brittany Burgunder



Quote

"We don't have to agree on anything to be kind to one another".



SMART Lockdown Challenges

The team are continuing to complete Lockdown Challenges, and most recently Tracy raised money for SMART's Distribution Service by recording two Lockdown songs for people to buy, whilst Maeve also raised money by running 5K every day for 30 days. They both did brilliantly, and the donations will all go into helping SMART to continue to support those who need it. Well done, team!

Quote

"You can, you should, and if you're brave enough to start, you will".—Stephen King



Delivering Food to Raise Money for Charity

Anthony Houlahan, a Welshman living in Singapore, has been working as a food delivery cyclist during his spare time, to keep himself active. He will donate all the money that he earns from doing this, to a children's cancer charity in Singapore. So far, he's raised just over half of his \$70,000 USD target—amazing!



Quote

"You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself".



SMART Kitchen

Bolognese Sauce

This recipe is the basic sauce we serve with spaghetti in the SMART café. You can also use it to make lasagna by layering it up with the pasta, topping with a cheese sauce and baking in the oven for 40 minutes or so.



You will need:

400g beef mince (can be substituted for sliced chicken, tuna, or non-meat alternative)

1 large onion

2 sticks celery

1 carrot

2 tins of chopped tomatoes

2 garlic cloves

1/2 tsp oregano

pinch of sugar

salt and pepper

Directions



Put mince in a large pan with the finely chopped onion, celery and carrot. Fry until the meat is browned and onion is translucent.

Chop the garlic finely and add it to the pan.

Add tomatoes and rest of ingredients with a couple of tins of water.

Stir well and bring to the boil.

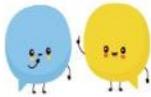
Cover and turn the heat down. Simmer for one hour stirring occasionally .

Serve with spaghetti, or another pasta of your choice.



Getting Through This:

A few things that you might find useful in these current times.
If you've got any suggestions of your own, let us know!



Talk about your feelings



Keep active



Eat well



Accept who you are



Drink sensibly

10 ways to look after your mental health



Keep in touch



**Ask for help
(if you need it)**



Take a break



**Do something
you're good at**



Care for others



Online Timetable

In order to continue to support you during the lockdown, we've taken our activities online – all of our usual classes and activities, just virtual. Go to the SMART website, www.smartlondon.org.uk to get more information, and join in.

<u>Monday</u>	Mindfulness	11.00am—12.00pm
	Yoga	Anytime
<u>Tuesday</u>	Yoga	10.00—10.40am
	Coffee Catch-Up	11.30am
	Mindfulness Colouring	2.00—3.00pm
<u>Wednesday</u>	Chair Exercise	10.00—10.40am
	Music Online	2.30pm
	Knitting	4.00—5.00pm
<u>Thursday</u>	Meditation	11.00–11.20am
	Art Online	Anytime
<u>Friday</u>	Reading Space	2.00—3.00pm

Support and Information



Our usual services have stopped for now, but SMART is still here to support you. We are doing this by making essential food and toiletry deliveries; regular telephone calls to find out how you are, and if you need help with anything; providing activities for you to access online and; exploring different ways of getting in touch, and keeping connected.

You can call us on: 020 7376 4668 or 07341 560625

Email us: info@smartlondon.org.uk

Visit our website: www.smartlondon.org.uk

Follow us on our Facebook, Instagram, Twitter & YouTube channels.

OTHER SERVICES

SPA

Advice and guidance in a crisis.
Call 0800 0234 650, or
18001 0800 0234 650
(Typetalk)

Samaritans

Available to listen.
Call for free on: 116 123,
or Email: jo@samaritans.org

Shout

24/7 Text chat service.
Text Shout to 85258 to get started

NHS 111 Online

Online medical advice.
111.nhs.uk

If you feel that there is an immediate risk to yourself, or someone you know, please call 999 or your local accident and emergency department, immediately.