



SMART

Newsletter

Edition 6—Week Starting 15th June 2020

LONELINESS

Understanding loneliness one conversation at a time

LONELINESS AWARENESS WEEK

Foreword from Amelia:

This week is Loneliness Awareness Week which seems particularly relevant right now! As we all try and keep our physical distance we have to find different ways to connect and that's even more challenging when battling mental ill-health. There is so much going on right now that can trigger difficult feelings from the Covid-19 pandemic to the Grenfell Anniversary and the Black Lives Matter movement. If you are struggling with these feelings please let us know - you may feel lonely but you are not alone.

One of the ways we can connect is through music and it is World Music Day on Sunday so we are asking you all to share a piece of music you love and to listen to something new that someone else has contributed. I can't wait!!!

News, Messages and Updates

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

Quote

“Know that even if you feel alone, you are not alone. I, for one, am connected to you because I’m thinking of you, all of you. I’m connected to you because I too have suffered in similar ways. We have shared pain, shared hopelessness, shared loneliness”.—Leo Babauta



World Music Day

Sunday 21st June will be World Music Day, and of course, SMART has to celebrate it!

We’ll be doing this by sharing our favourite pieces of music, and listening to the music that other people have shared also. Feel free to tell us about your favourite piece of music, or send us an audio file or Youtube link, if you can, and we’ll put everything together.



Quote

“Kindness is having the ability to speak with love, listen with patience, and act with compassion.” – RAKtivist



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

SMART Kitchen

Spicy Sausage & Bean One-Pot

Here's a quick and filling recipe that you can make using just one pot. You can add in more vegetables if you like, and serve with cous cous or mashed potatoes, if you want to make the servings go a little further.



You will need:

1 tbsp vegetable oil

1 onion, thickly sliced

8 Cumberland sausages (can be substituted for beef,
chicken, or non-meat alternative)

1 fat garlic clove, crushed

2 x 400g cans kidney beans in chilli sauce

2—3 sprigs of curly parsley, chopped

Directions

Heat the oil in a large frying pan.

Cook the onion and sausages over a fairly high heat for 8–10 mins, turning the sausages often so that they brown all over.

Add the garlic to the pan with the kidney beans and their sauce.

Half-fill one of the kidney bean cans with water, swirl, and then add this to the pan.

Stir everything together and bring to the boil.

Turn down to simmer and cook for 10 mins, or until the sausages are cooked through.

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Season and sprinkle with the parsley.

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!

Creative Writing

You may remember that we previously talked about writing as a means of expressing yourself, and boosting your mood.

Here are two beautiful haiku poems, written by two friends, to one another.

*The sun is shining
But you are not here
with me*

Dreaming of happy

By Hele C

*Beauty, Hummingbird
Butterfly, ladybird, All
Remind me of you!!*

By Maria P

Deep Belly Breathing

When you're feeling overwhelmed by negative or stressful thoughts and feelings, practice deep belly breathing.

When you breathe in, imagine, clean, pure, fresh air and positive thoughts filling your lungs. And when you breathe out, imagine blowing out and letting go of dark and cloudy air and watching those negative thoughts float away.

Tips and Ideas

Creative Writing 2

Here's a third piece of inspiring poetry:

COPE—*by Dawn*

COPE * having the strength to COPE

COPE * and control the great feeling of ANXIETY

COPE * with LIFE changes we or no one can control as human beings on this earth

COPE * with PAIN, physical exhaustion, weakness

COPE * the emotions upside down

COPE * that awful uncontrollable GUT feeling deep deep inside stomach turning

COPE * what should one do feeling useless and helplessness, restlessness

COPE * WAITING * WATCHING * WORRYING * WONDERING
COPE Ah

COPE * Years, weeks, days, hours, minutes, seconds, cope

COPE * Can I - Can U - We can, we do, we will COPE

COPE * the PAIN of the mind as it RACES going round, hold your head COPE

COPE * Eventually coping with it all

There is no choice - COPE

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.