

SMART Newsletter

Edition 2—Week Starting 18th May 2020



Foreword from Amelia:

Hello everyone! Well Boris Johnson has said we can take more exercise but that's about it so it looks like we'll be in lockdown for quite a bit longer. How are you coping and is there anything we can do to make it more bearable? I've got some ideas but I really want to hear from you. Also let us know what SMART is doing well and what we can do better. I'm really enjoying this newsletter and hearing from you all so please do keep sending ideas, pictures and articles our way.

This week is Mental Health Awareness Week and the theme this year is Kindness. Remember to be as kind to yourselves as you are to others - don't beat yourself up but spend some time recognising all the good in you.

Best wishes, Amelia

News, Messages and Updates

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



SMART Lockdown Challenges

The team are continuing to complete Lock-down 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!

SMART's Mental Health Awareness Week Activities

Aside from our usual activities, we'll be sending out tips and suggestions on how we can all be active, and kind to ourselves, as well as one another. Let us know what you're getting up to, and any ideas you have!



SMART Annual General Meeting (AGM) 2020

The AGM will be taking place on **Wednesday 27th May, at 17:30**. This is a business meeting to review the SMART finances and delivery against our charitable objects, as well as elect the Trustees. Let us know if you would like to join by Zoom and we'll send the link.



Talking Therapies Webinars

The local Talking Therapies team will be providing webinars to help you cope with lockdown. The sessions will cover isolation, anxiety, depression and managing your long-term health condition. Please let us know if you're interested by emailing

admin@smartlondon.org.uk, or by leaving a message on our answering machine.

Pebble Selling for the NHS

Lots of people are doing great things to raise funds for the NHS at the moment, and 7 year-old Betsy Morrison is one of them—**she's selling her collection of painted butterfly and slug bug pebbles** to her classmates for donations—what a great way to support the NHS!



Keeping the Isolated & Vulnerable Connected

Connect the Love (CTL) is an organisation helping people in care homes, the isolated, and the vulnerable, to stay in contact with their loved ones during the lockdown, by providing devices to people in care homes and hospitals across the country. Their work is helping to keep people connected, reduce **loneliness, and boost people's wellbeing**—lovely!



SMART Kitchen

Dahl

Here's a simple dahl recipe from the SMART Kitchen. The grated carrots add a bit of sweetness, and you can add some coconut milk, if you have some, to boost the



nutrition, flavour, and creaminess, but it's not essential.

You will need:

- | | |
|---|-------------------------|
| 2cm root ginger | 1 vegetable stock cube |
| 1 large onion | 2 tablespoons veg oil |
| 150g lentils | 1/4 tsp chill powder |
| hot water | salt and pepper |
| 2 garlic cloves | 1/4 tsp turmeric powder |
| 2 medium carrots | juice of 1/2 a lime |
| 1/2 tin of chickpeas | 1/2 tin of coconut milk |
| 1-2 teaspoons curry powder or equivalent of coriander/cumin/mustard seed + garam masala | |
| Few chopped stalks & leaves fresh coriander (optional) | |

Directions

Put the oil in a large pan. Chop the onion finely and fry gently over a low heat until soft.



Chop the garlic and ginger and add to the pan.

Grate the carrots and stir them in with the lentils.

Add all the remaining ingredients including the coconut milk if you have it, and enough water to cover the lentils.



Bring to the boil and turn down the heat to low.



Simmer for between 30-40 minutes, stirring frequently and topping up with water when necessary so the mixture **doesn't dry out or burn**, until the lentils are soft and creamy.

Stir in the chickpeas and fresh coriander if using.
Serve with rice.

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!



Breethe App

Sharon recommends downloading the Breethe App, to help you relax.

SMART Coffee Catch-Up

SMART's now holding a Virtual Chat & Coffee

Catch-Up every **Tuesday, from 11.30am**. If you can, why not pop in for a cuppa (or beverage of your choice!) and catch up with the team, and other members of the community.



Shower Meditation

Do this when you have a shower:

- Visualise washing away your stress and anxiety
- Concentrate on the feel of the water upon your skin
- Envision the power of the water washing away your negative thoughts
- Feel sadness, regret, anger, and depression washing right off you.
- Let it all go down the drain, and start to feel lighter and clearer.



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.