



SMART Newsletter

Edition 3—Week Starting 25th May 2020



KINDNESS

Foreword from Amelia:

Mental Health Awareness Week has been and gone and I've loved reading your quotes and hearing about all the acts of kindness. As people who understand the importance of mental health more than the average bear, it's really important that we continue to lead by example. As the people around us, our neighbours, friends and family, begin to feel the strain of lockdown we can provide understanding and support to help them through. We can show them how to look after themselves by looking after ourselves. Let's keep the kindness going.

News, Messages and Updates

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



Mental Health Awareness Week (MHAW)

How did you find MHAW? What did you think about our messages about kindness and activity? Thank you for sending us your quotes, and telling us about your acts of kindness—we've included some here.

We'd love to hear your thoughts about what we did, as well as continuing to hear about your acts of kindness, and quotes—so send it all in!

Quote

"Every time you smile at someone, it's an action of love, a gift to that person, a beautiful thing" – Marilyn Monroe.



UniTaskr to #Task4Help

UniTaskr is usually an app used to post freelance jobs for university students, but during lockdown, it has become a way for students with time on their hands to support vulnerable and isolated adults. They do this by carrying out delivery tasks posted online, using the UniTaskr app or website. It's a great help to people that can't go out, and a way to keep busy for students that can't do what they'd usually be doing.





Quote

“Kind words do not cost much. Yet they accomplish much” – Blaise Pascal

Our Amazing National Grid Workers

Did you know that National Grid workers have been sleeping in pods at work, for six weeks at a time, in order to keep the country’s power going? Staying at work minimises their risk of falling ill, but also means that they can’t physically see their loved ones over this period of time—another great example of the remarkable things people are doing to help others during this time.



Quote

Be kind to unkind people—they need it the most.—
Unknown

Delivering Activities for Kids

10 year-old Chelsea Phaire has sent art activity packs to more than 1,500 children in foster care and homeless shelters, to help them when they’re feeling low, and lift their spirits while in lockdown. So thoughtful!



SMART Kitchen

Tomato Sauce

This recipe for Tomato Sauce can be as simple as you like. You can just use an onion and a couple of tins of tomatoes and cooked together and poured over pasta, this will make an easy meal.



Don't forget to grate some cheese over the top if you have some. If you have other vegetables in the fridge, this is a great way to use them up.

I often find half a courgette or pepper that's seen better days in the bottom of the fridge—this is a perfect way to use them up! Chop them up small and chuck them in!

You can also add a tin of beans or chickpeas for extra protein.

You will need:

- | | |
|----------------------------|-------------------------|
| 1 or 2 onions | 1 carrot |
| 1/2 a pepper | parsley |
| 2 tbsp oil | 1 tsp sugar |
| salt and pepper | tomato pureé or ketchup |
| 2 tins of chopped tomatoes | |

Directions

Put the oil in a large pan. Chop the onion as finely as you can and add to the pan.

Finely dice the carrot and pepper, and add to the pan. Chop the parsley and put into the pan with the tins of tomatoes.

Wash out the tins and add two tins of water to the pan.

Add a good squeeze of purée or ketchup.

Add the salt and pepper and sugar.

Bring to the boil and turn down the heat.

Cover and simmer for about 30 minutes.

Serve with Pasta or rice and top with grated cheese.



Optional extras

Add any other veg you have in the fridge ... courgette, aubergine, squash etc. Or a tin of beans or chickpeas. Other herbs will taste good too – oregano or basil are perfect.

Eaten with pasta or rice, this sauce is a delicious meal on its own or you can have it with cooked chicken, fish or cauliflower and potatoes for a more substantial meal.

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

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!

Tips for Self-Care

What do I do for self-care?

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-  Get plenty of sleep
-  Enjoy sunshine
-  Cook
-  Write or draw (think out loud)
-  Talk to myself
-  Cuddle cats
-  Walk or bike (esp in a park)
-  Tidy
-  Read
-  Read about people whose lives are more complicated
-  Garden
-  Get a hug
-  Talk to select people



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.