

# Going Up

'Caring In Bristol' are providing restaurant-quality meals to the homeless during the Covid-19 lockdown, aiming to feed up to 600 people per day.

Care homes in Surrey are inviting people to "adopt a grandparent" by holding video calls with its residents during lockdown. – Thousands of volunteers have signed up.

Stansted airport carpark has turned into a drive-in Covid-19 testing centre for NHS staff.

Here's an operating doctor keeping spirits up at Newham hospital in London; "Music can heal the wounds which medicine cannot touch"

<https://twitter.com/istatus/1247523120497348508>

# Weekly Wellbeing



## Giving

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges!  
We hope you enjoy reading - Bucks Mind CYP Team

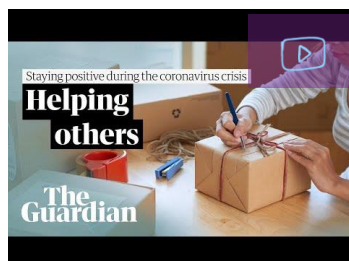


Parting with material things (e.g. money and gifts), or immaterial things (e.g. our time, skills, knowledge, enthusiasm, passion and kindness). Examples: supporting a friend, donating items to charity, volunteering your time for a good cause, making time for the people that you care about.

### Why?

When we give to others, we strengthen relationships. By showing the people around us that we care, we increase our own positivity about the world and those around us. It can help us gain a *healthier perspective* about the world by helping us think about other people and see the 'bigger picture'.

Evidence from neuroscience suggests that giving activates the brain's 'reward' area; we experience good feelings when we give to others.



How to help others during the coronavirus crisis

### Quote of the week

"We make a living by what we get. We make a life by what we give."

- Winston Churchill



### Giving to local NHS staff

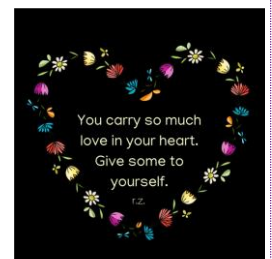
[https://www.justgiving.com/campaign/BH\\_TCOVID19Fund](https://www.justgiving.com/campaign/BH_TCOVID19Fund)

By following the link above, you can contribute to supporting the wellbeing of NHS staff in Bucks.



### Give yourself some love!

When giving to others, at what point do we need to step back and consider our own needs? This article from 'Happiful' discusses how we can support others, without putting our own wellbeing at risk.



<https://happiful.com/how-to-support-friends-without-sacrificing-mental-health/>

Give the gift of your smile

### Pick Me Up



# Weekly Wellbeing

## Give Treats!

### Caramelised Onion Chutney

They say, 'the way to the heart is through the stomach'. Making edible gifts is a great way to practice giving. This recipe can keep for up to 12 months, so it can be prepared in advance of the lockdown being lifted, sent in the post or conveniently left on a friend's doorstep!

#### Ingredients

- 3 tbsp olive oil
- 1.5kg onions, thinly sliced
- 300g dark muscovado sugar
- 200ml red wine vinegar
- 3 tbsp balsamic vinegar
- 3 garlic cloves, crushed
- 1 tbsp wholegrain mustard
- ½ tsp paprika
- ¼ tsp crushed chillies



#### Method

- Heat the oil in a large, heavy-based saucepan and gently fry the onions over a medium-low heat for 25-30 mins, stirring regularly. The onions should be softened but not browned and reduced by about half.
- Stir in 3 tbsp of the sugar, increase the heat, and cook for 7-10 mins, stirring occasionally, until the onions are just starting to colour. Lower the heat, then add the remaining sugar, ½ tsp salt and all the other ingredients.
- Simmer, uncovered, so it bubbles gently on a medium-low heat for 30-40 mins, or until the chutney has reduced and thickened to a dark caramel colour, stirring occasionally to check it isn't sticking to the bottom of the pan. To test if the chutney is ready, drag a wooden spoon across the bottom of the pan – it should take a few seconds for the juices to re-cover the bottom of the pan.
- Spoon the hot chutney into cooled, sterilised jars\*, then seal and label. The chutney will keep for up to 6-12 months.

<https://realfood.tesco.com/recipes/caramelised-onion-chutney.html>

## Information, Support and



### Advice



24/7 Mental Health Helpline in Oxfordshire and Buckinghamshire: "Our trained mental health advisers will be able to make sure people get the care that is right for them."

<https://www.oxfordhealth.nhs.uk/news/24-7-mental-health-helpline-replaces-111-in-oxfordshire-and-buckinghamshire/>

Adults: 01865 904997.  
Children and young people:  
01865 904998.

WE ARE BETTER  
**TOGETHER**  
The Oxfordshire Mental Health Partnership



## Reminder...

... MISS THINGS THAT AREN'T NORMALLY A BIG DEAL  
... PONDER IF OTHERS FEEL THE SAME SAD WAY  
... ENJOY THE AMOUNT OF ALONE TIME YOU HAVE  
... WORRY WHETHER YOU SHOULD WORRY MORE  
... BE GRATEFUL FOR THIS WORLDWIDE PAUSE  
... STRUGGLE TO MOTIVATE YOURSELF EACH DAY  
... REMAIN OPTIMISTIC IN THE FACE OF FEAR  
... FEAR GOING OUTSIDE YOUR SAFE SPACE  
... WONDER IF SOMETHING GOOD COULD HAPPEN  
... GRASP FIRMLY TO ANY LITTLE SIGN OF HOPE  
... TAKE A BREAK FROM CONSUMING NEWS  
... WEAR SWEATS OR PAJAMAS ALL DAY LONG  
... FIND COMFORT IN GATHERING FACTS AND DATA  
... COPE IN A WAY OTHERS DON'T UNDERSTAND  
... FOCUS YOUR ATTENTION ON SILLY DISTRACTIONS  
... THRIVE CREATIVELY DURING DARK TIMES  
... FEEL GUILTY FOR ORDERING SOMETHING ONLINE  
... BE ANXIOUS ABOUT YOUR CAREER PLANS NOW  
... CREATE NEW AND UNUSUAL ROUTINES  
... RECONSIDER WHAT YOU FIND VALUABLE  
... SENSE STRONGER CONNECTIONS WITH OTHERS

Please complete our brief feedback survey to help us improve our resources

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfhBe1x5Bovajvxy7VzJUODIXRUIIEVRSkZTtkZNMDBQWjFKQ0JNNC4u>