



As summer is slowly approaching it means we are all able to go out and enjoy the fresh air and feel the rays of the sun on our face. Here are some fun things we can do this summer, in guidance with the lockdown rules:

1. **Go on a picnic**, this can be with members of your bubble.
2. **Visit a new park**, although many activities are not going ahead as normal, the park is a great way to get out and have some fun.
3. **Water fight**, this is a great one for young children and even adults. A fantastic way to cool off and let loose.
4. **Go fishing**, fishing is an excellent activity that can be done following the social guidelines. It is a great bonding activity between children and adults.
5. **Go on a hike**, this one is an activity that you can slowly work towards. Not only is this activity fun, but it will be extremely fulfilling.

Please don't forget if you need any support with social isolation SEFF is here to help. The new **Small Items Scheme** means we are able to fund items up to £200 that can help improve social isolation. This is open to any member of SEFF, who is over 18 years and registered with the organisation in line with the 2006 Victims order to be eligible for the support. Here is some direct feedback from clients who have availed of the service.

Client 1: *'Having a walking cane that was given to be by SEFF has given me the push to get off my sofa and get out on walks, as the cane has given me the confidence I needed. So it shows how a simple thing like a cane can change your routine, and make you healthier. I have lived next to the woods for four and a half years and never went for a walk in them until SEFF kindly sent me a cane, which I appreciate very much. I now walk Monday, Wednesday and Friday,. Many thanks for the help and support SEFF has given me. Doing these walks has not only gives me exercise but mentally given me my confidence back.'*

Client 2: *'I just wanted to say thanks to Gina and SEFF for the gift of a winter coat and trainers last month. They have been a huge benefit to my wellbeing, as I am out walking every afternoon and I am neither cold or uncomfortable walking. Bless you all'*

Spring is coming and summer will shortly follow. This means the days will be longer, and the sun will be out. Meaning we are able to go outside and get fresh air and enjoy nature!



Happy St. Patrick's Day

Also, from the SEFF family we would like to say happy St. Patrick's Day. We hope you all enjoyed the day, as much as possible in lockdown.



Don't forget SEFF are hosting a range of ZOOM workshops. This is a great way to link in with other members and have a chat. If you are interested in any of the workshops and would like to know further information, please contact the SEFF office.

Self Care Tips & Tricks



SELF CARE IS NOT A ONE TIME DEAL!

It is paramount to try and implement self care as a new way of life, by replacing old negative habits. It is the constant repetition of many tiny habits, which together soothe you and make sure you are at your optimum: *emotionally, physically and mentally*. The best way to do this is to implement tiny self-care habits every day. To regularly include in your life a little bit of love and attention for your own *body, mind and soul*.

The following ideas are tiny self-care activities you can fit into a short amount of time, with minimum costs.

TINY SELF-CARE IDEAS FOR THE MIND

1. Take another route for work
2. Goof around for a bit
3. Unplug for an hour
4. Get out your comfort zone
5. Edit your social media feeds, and take out any negative people

TINY SELF-CARE IDEAS FOR THE BODY

1. Give your body ten minutes of mindful attention
2. Oxygenate by taking three deep steps
3. Stretch your body out
4. Narrow your food choices, to healthy food
5. Get fifteen minutes of sun

TINY SELF-CARE IDEAS FOR THE SOUL

1. Imagine you are your own best friend
2. Check in with your emotions
3. Write out your thoughts
4. Get positive feedback
5. Take a home spa

Here some easy and simple homemade facemasks you can try this lockdown. These facemasks are a fun and creative way to look after yourself. Please remember if you do want to try the masks, to do a patch test first.

IF YOU WOULD LIKE ANY HEALTH AND WELLBEING SUPPORT PLEASE DO NOT HESITATE TO CONTACT ANY OF THE HEALTH AND WELLBEING CASEWORKERS TO COMPLETE AN INC.

2 Ingredient Face Masks For Different Beauty Problems

StyleTips101.com



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A warm welcome to our new member: Lisa Finnikin (Clinical Coordinator)

Please join us in welcoming our new Clinical Coordinator **Lisa Finnikin** who has arrived at SEFF.



Lisa comes with a wealth of experience in the world of counselling, and we warmly welcome her to the SEFF Family.