



WELLBEING PACK

Barons Court Project

69 Talgarth Road London W14 9DD

TABLE OF CONTENTS

I. INTRODUCTION

Words from us **2**

II. ACTIVITIES

Sudoku **3**

Crosswords **5**

Wordsearches **7**

Wordladders **9**

Wordnumbers **10**

Anagrams **11**

Hubwords **12**

III. CREATIVTIY

Drawing Techniques **14**

Colouring **15**

Pictures of Nature **19**

Drawing Space **20**

IV. WELLBEING

Mental Health Tips **24**

Creating a Journal **27**

Note taking Space **28**

Inspirational Quotes **29**

Poems **30**

I. SUPPORT & THANKS

How we can support you **33**

Contributors **34**

We are all living in exceptional times, when our normal routines and interactions have ceased. We at Barons Court Project are deeply sad not to be able to provide our regular services at the project and welcome our guests to our community. We are however working out how we will be able to open up soon and look at new ways of being together.

We wanted you to know are not forgotten and even though we may not be able to see you face to face we wanted to offer a pack that might just give you something to do and think about.

We are grateful to Homeless Link who gave us the idea and all our friends who have contributed to this booklet with activities, poems, pictures and puzzles which we hope you will enjoy.

The pack will be on our website and is free to download and we hope that it will bring some respite and enjoyment to anyone who would like it.

We long for the day our centre will be open again and in the meantime hope you stay safe and well.

KIND REGARDS,

Barons Court Project

www.baronscourtproject.org

services@baronscourtproject.org

02076035232



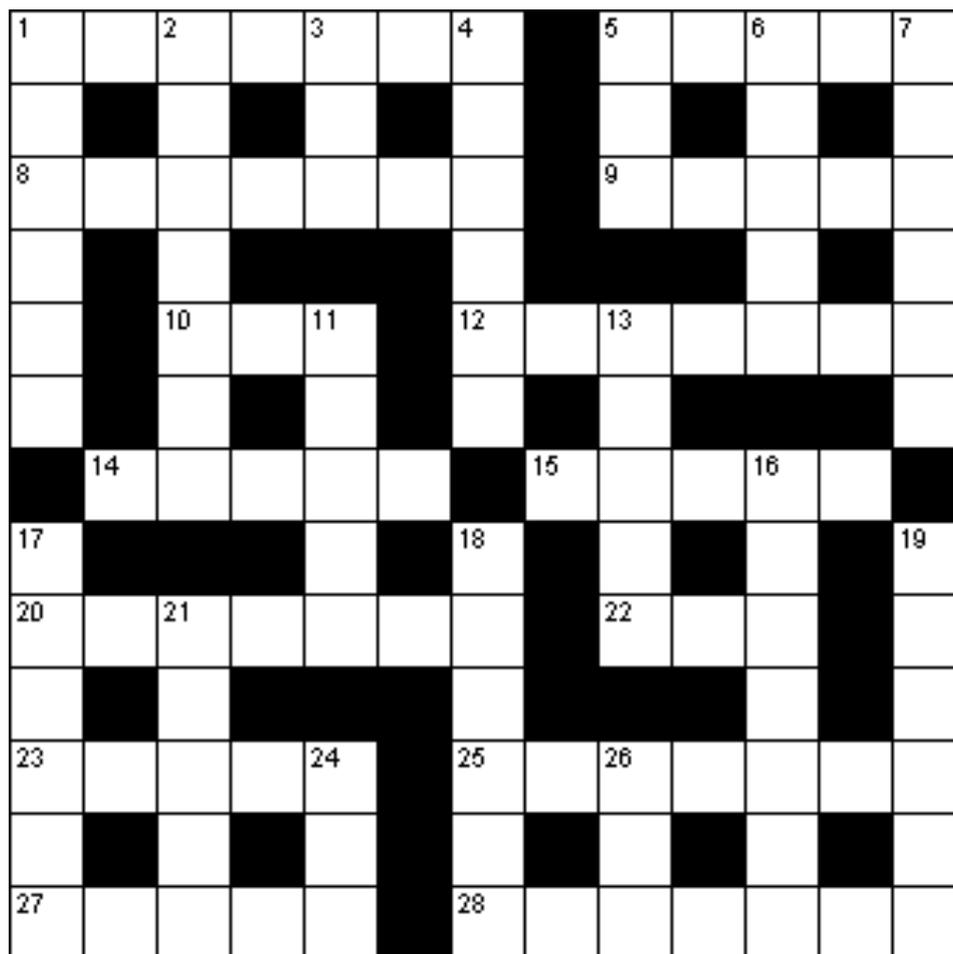
The rules of Sudoku are simple. Place a digit from 1 to 9 in each empty cell so every row, every column, and every 3 x 3 box contains the digits 1 to 9.

	7					8		
			2		4			
		6					3	
			5					6
9		8			2		4	
	5			3		9		
		2		8			6	
	6		9			7		1
4					3			

			3				4	
5		6						
				2				7
8					7			
		5		6		9		3
	2		9				8	
	3			7				5
9			4		1		7	
		2				6		

			5				6	
1		3						
				4				2
	5			2				1
9			6		7		2	
		4				3		
8					2			
		1		3		9		5
	4		9				8	

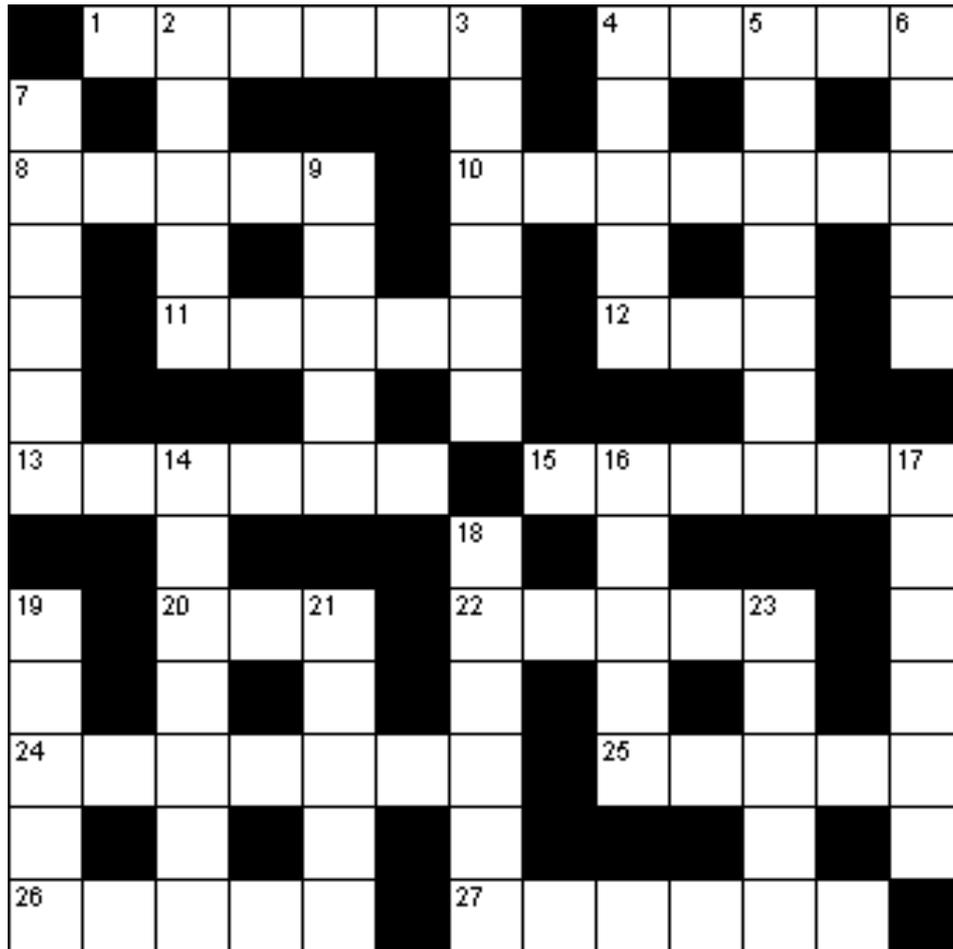
		1		7			5	
	7		4		2	9		
8								6
	4		5					
						1		8
		7		6				
					7	3		
9		5		8				1
	3		9				6	

**Across**

1. ___ speak louder than words (7)
5. Pieces of ___ (5)
8. Trade ___ (7)
9. The Holy ___ (5)
10. ___ the lion (3)
12. Lead by ___ (7)
14. A little rough around the ___ (5)
15. Last but not ___ (5)
20. Time is of the ___ (7)
22. Tic-Tac- ___ (3)
23. A ___ playing field (5)
25. Sorely ___ (7)
27. ___ your bets (5)
28. Many happy ___ (7)

Down

1. Question and ___ (6)
2. ___ pink (7)
3. The ___ and only (3)
4. You can't beat the ___ (6)
5. Chicken and ___ (3)
6. ___ the nettle (5)
7. Fortune ___ (6)
11. A drop in the ___ (5)
13. Secret ___ (5)
16. Helter ___ (7)
17. Health, ___ and happiness (6)
18. ___ late than never (6)
19. Jack of all ___ (6)
21. ___ by the bell (5)
24. Let sleeping dogs ___ (3)
26. ___ his match (3)

**Across**

1. Every cloud has a ___ lining (6)
4. ___ and carry (5)
8. Growing ___ (5)
10. Cold ___ (7)
11. Hand in ___ (5)
12. Nest ___ (3)
13. ___ and ladders (6)
15. A ___ in time saves nine (6)
20. ___ of the iceberg (3)
22. Left on the ___ (5)
24. Lead by ___ (7)
25. A ___ of cards (5)
26. Time ___ time (5)
27. Ready, ___, Go! (6)

Down

2. The ___ on the cake (5)
3. Rages to ___ (6)
4. A ___ fatale (5)
5. Food for ___ (7)
6. Pet ___ (5)
7. Thrills and ___ (6)
9. There's no ___ without fire (5)
14. Opposites ___ (7)
16. Armed to the ___ (5)
17. ___ for courses (6)
18. ___ and liabilities (6)
19. A laughing ___ (5)
21. A ___ chase (5)
23. Lost and ___ (5)

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.



AUSTRIA, BELARUS, BELGIUM, BULGARIA, CROATIA,
 CZECH REPUBLIC, DENMARK, ENGLAND, ESTONIA, FINLAND,
 FRANCE, GERMANY, GREECE, HUNGARY, ICELAND, IRELAND,
 ITALY, LATVIA, LIECHTENSTEIN, LITHUANIA, LUXEMBOURG,
 MACEDONIA, MALTA, NETHERLANDS, NORWAY, POLAND,
 PORTUGAL, ROMANIA, SCOTLAND, SLOVAKIA, SPAIN, SWEDEN,
 SWITZERLAND, UKRAINE, WALES

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.



BOTTICELLI, CANALETTO, CEZANNE, CONSTABLE,
 DALI, DA VINCI, DEGAS, GAINSBOROUGH, GAUGUIN,
 GOYA, HOLBEIN, KLIMT, MANET, MATISSE, MICHELANGELO,
 MONET, PICASSO, POLLOCK, RAPHAEL, REMBRANDT,
 RENOIR, TURNER, VAN GOGH

"Trust the timing of your life"

A word ladder is a sequence of words formed by changing just one letter each time eg CAT -COT - DOT - DOG. Can you find the missing words? Use the clues if you get stuck.

7. Chase

Catch

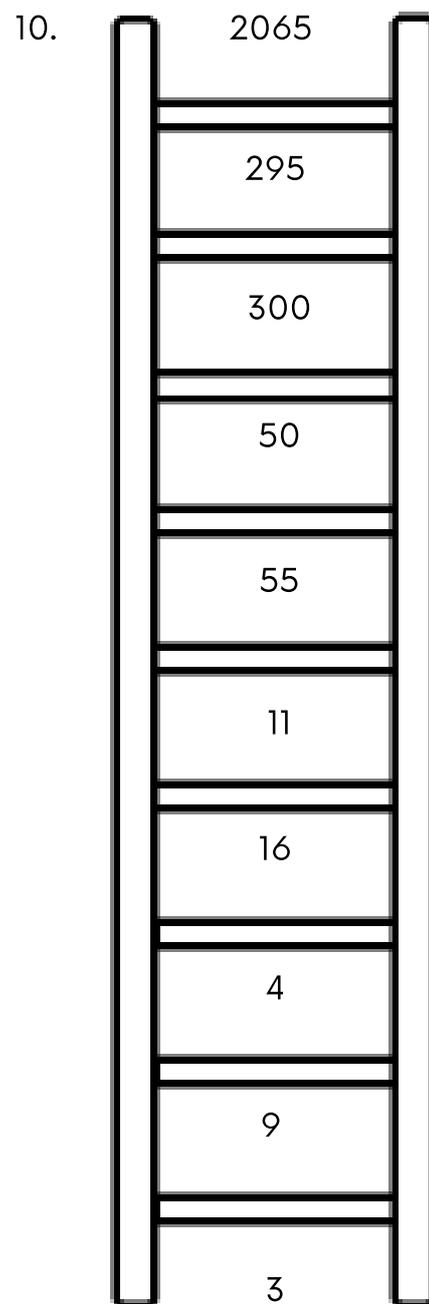
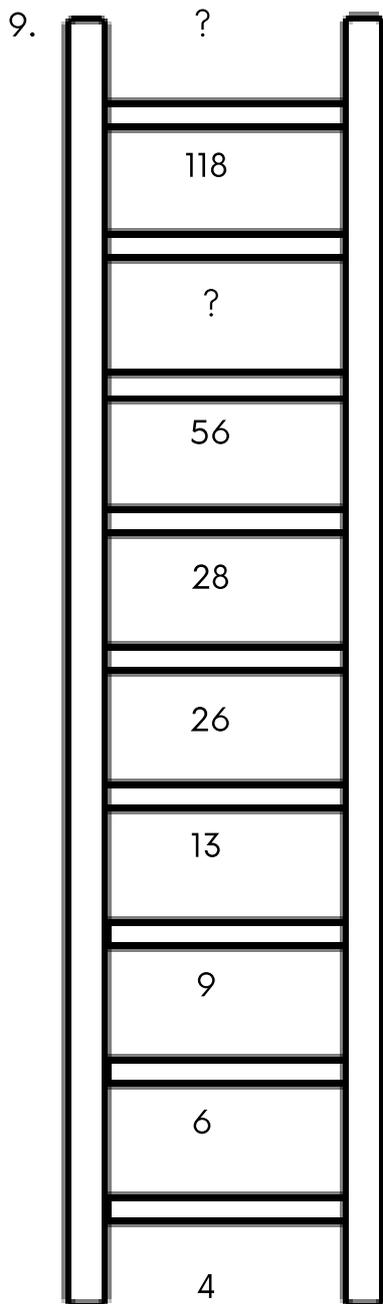
- Clues**
- Discontinue
 - Charter
 - Lead
 - Percolate
 - Fruit
 - Roost
 - Sear
 - Mend

8. Acorn

Trees

- Clues**
- Contempt
 - Result
 - Ambit
 - Gradient
 - Swill
 - Failures
 - Ice Masses
 - Runs Away
 - Liberates

Can you climb the ladder and find the missing numbers?



"Take the next small step, don't worry about the staircase"

Can you unscramble the letters in each word to find ten world cities?

11. HAHASIGN
ONERUMBLE
HAILPAIDHELP
ANIMAL
ANTISAGO

NOTEDMOVIE
EASIERBONUS
NILTUBAS
GINJIBE
PUBDATES

12. NEARCRAB
EVINCE
NEWPART
ACATCULT
PAIRS

NOVACURVE
AVENGE
RIPETARO
HASTEN
SERIOUSBEAN

13. BADUPSET
BEHINDRUG
STUBNAIL
OKTOY
MADMASTER

OPENCHANGE
LOWGAGS
REALBACON
SAWWAR
SHINLIKE

No vowels are shown below the remaining letters have been jumbled.

14. SMRTMD
TSPBD
CLNBR
NDNL
NLM

SSSBRL
SPR
WGGSL
PLSN
NVC

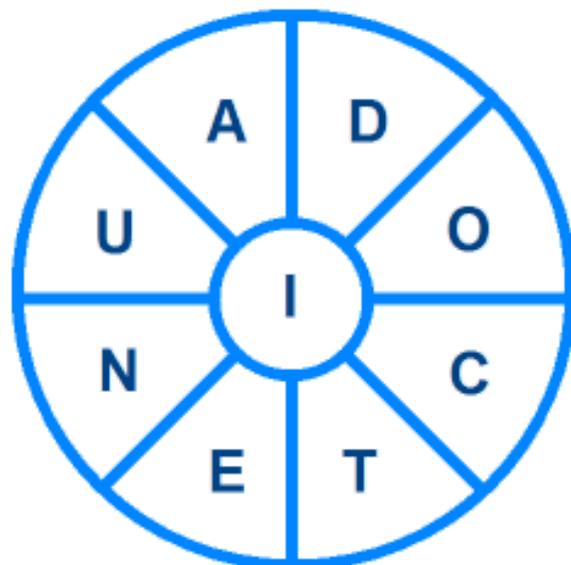
How many words can you make from the letters in the wheel? Each word must contain the hub letter H. Can you find a 9-letter word and at least 15 other words of five letters or more avoiding proper nouns?

15.



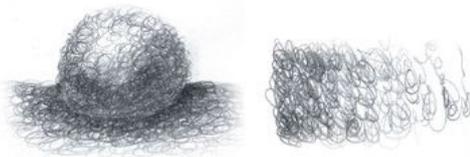
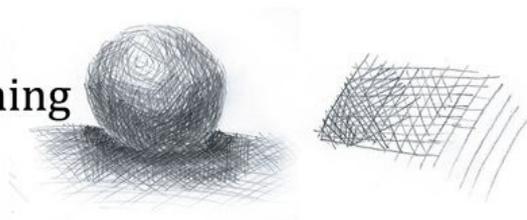
How many words can you make from the letters in the wheel? Each word must contain the hub letter I. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?

16.



**CREATIVITY IS
ALLOWING
YOURSELF TO
MAKE MISTAKES.
ART IS KNOWING
WHICH ONES TO
KEEP**

Scott Adams

Stippling**Scumbling****Shading****Smudging****Crosshatching**

Drawing Techniques

Drawing is a great way to exercise your creativity. There are lots of different techniques you can use to create different effects.

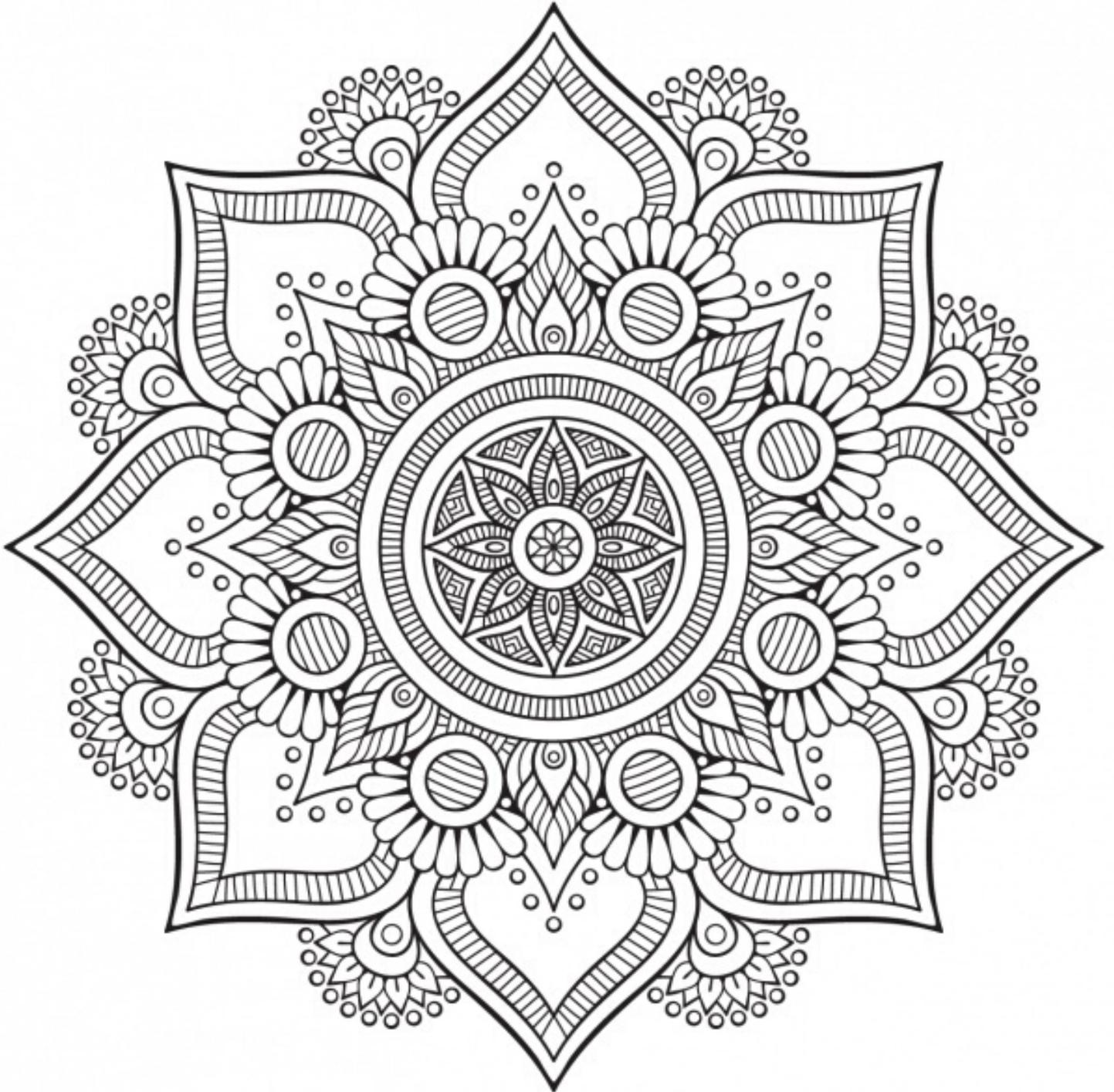
Mark making describes the different lines, dots, marks, patterns and textures created in a drawing.

It can apply to any drawing materials. It can be loose and expressive or controlled and neat. The results will depend on your choice of media, tools and techniques.

Line Drawing

While lines form the basis of all drawing styles, line drawings use contours without shading to create memorable sketches. If you really want to exercise your drawing skills, try continuous line drawing. In this exercise, the pen or pencil never leaves the sheet of paper, so the end result is formed from one single line.

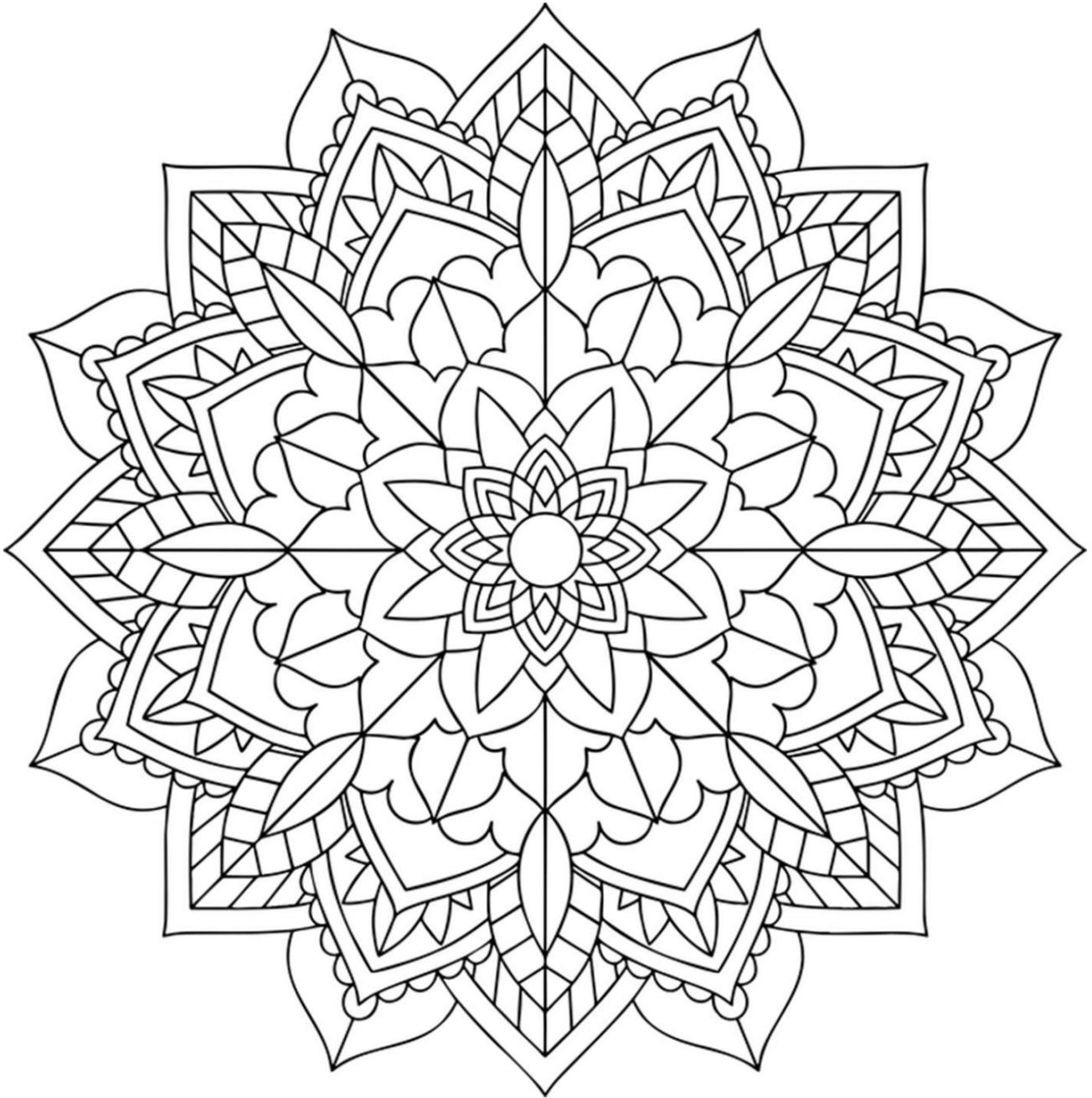




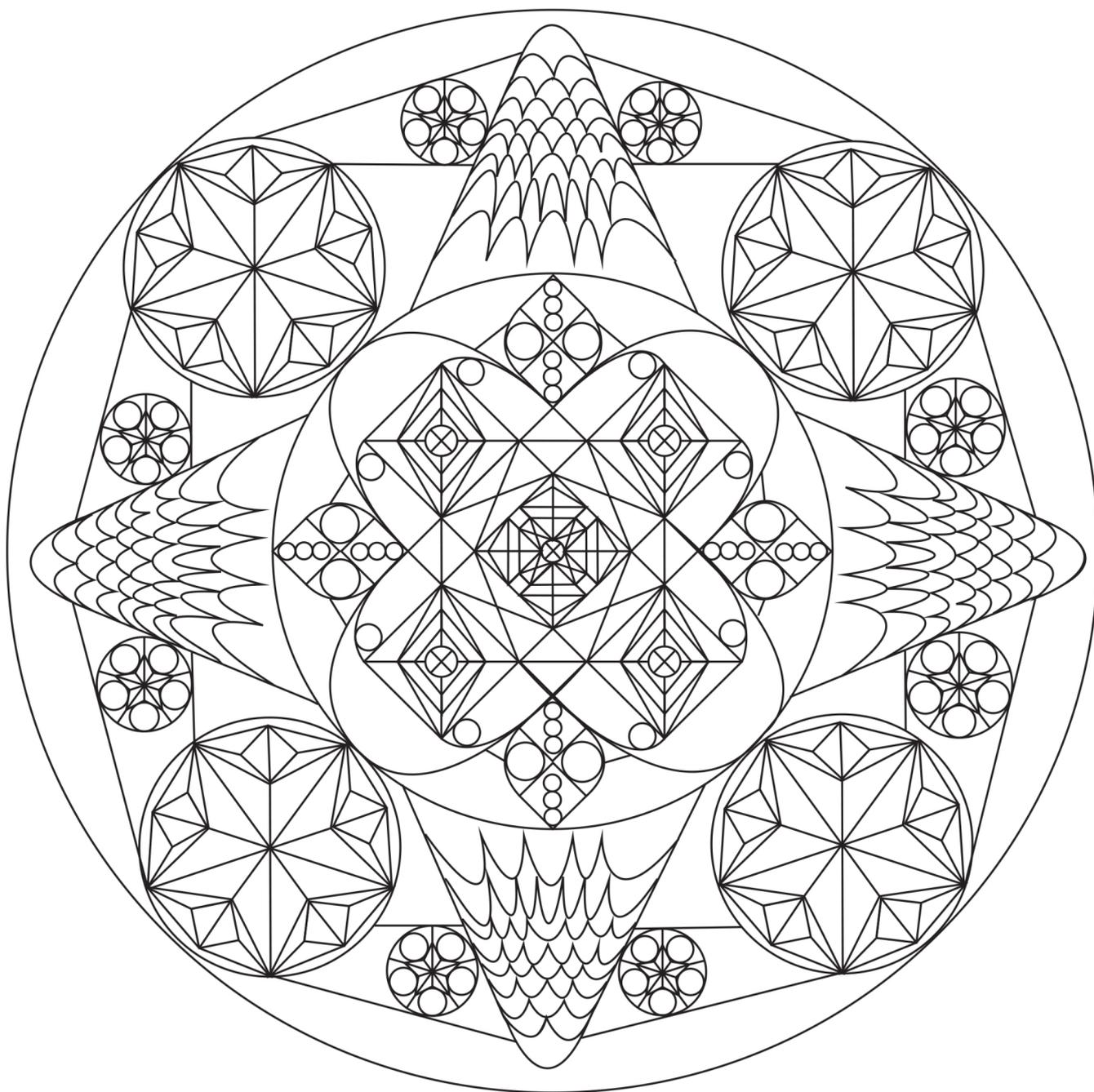
"Time heals everything, give time a bit of time"



"Take a deep breath every now and then"



"Strength grows in moments when you feel you can't go on but you keep going anyway"



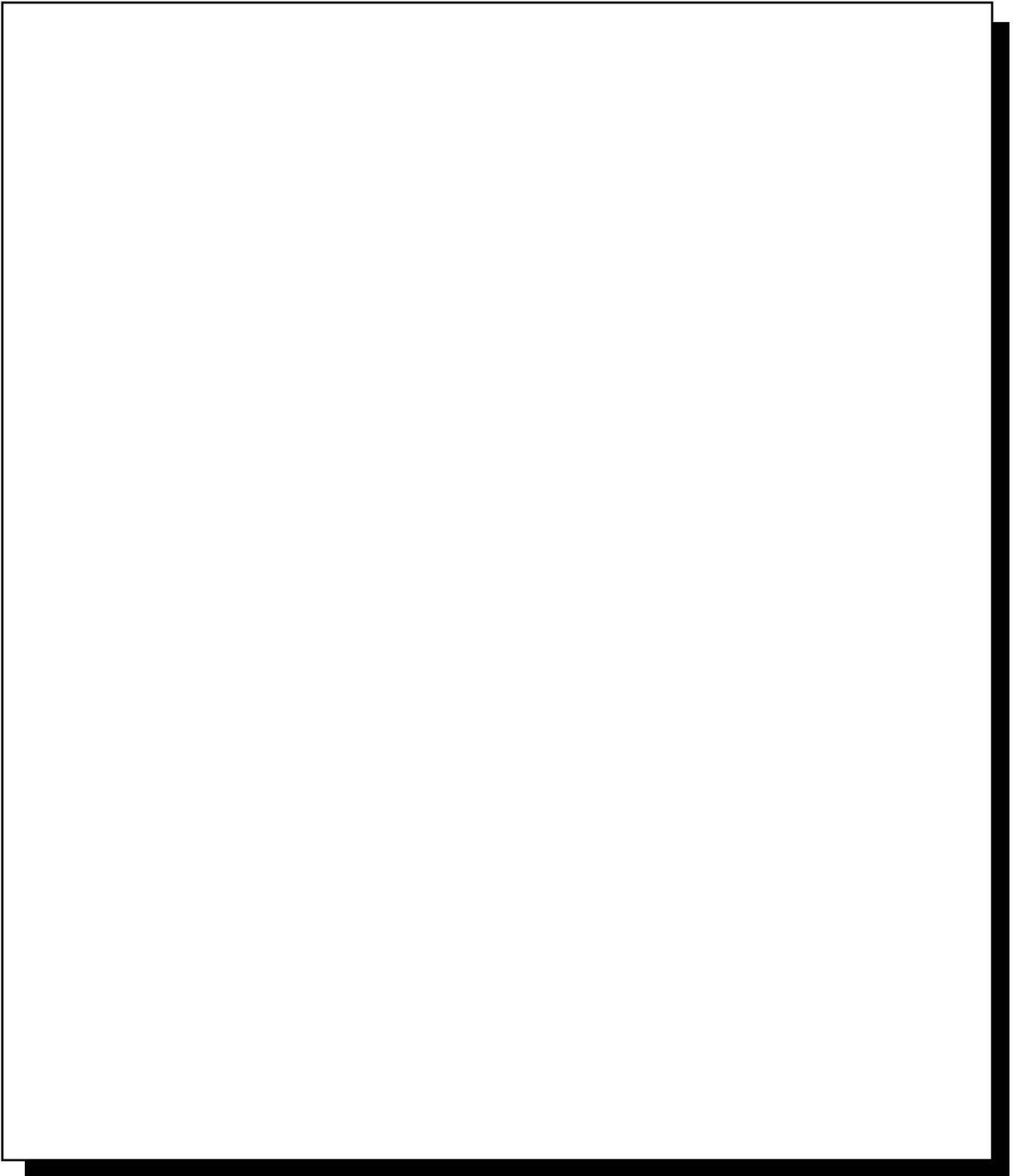
"We rise by lifting others"



Courtesy of Fiona Rivaz

Use this space to express yourself and practice your drawing. You can use the pictures on the previous page to create your own nature scene, or you can draw whatever comes to mind.

TITLE	
-------	--



Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources

Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of the virus.

Source:
World Health
Organization

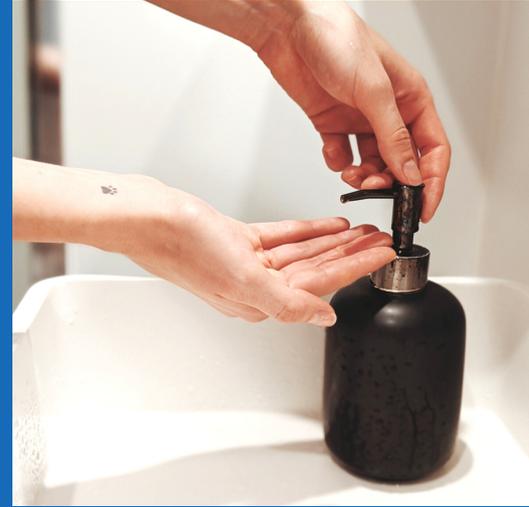
01

Wet your hands before applying soap.



02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



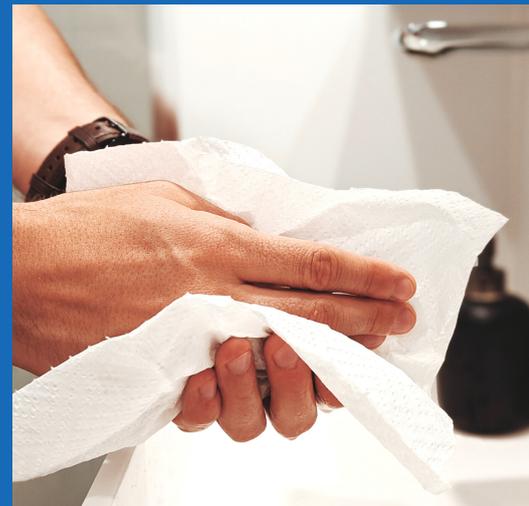
03

Wash your hands for at least 20 seconds.



04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.



**MENTAL
HEALTH**

IS JUST AS IMPORTANT AS

**PHYSICAL
HEALTH**

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19). You may feel bored, frustrated or lonely.

You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. It's important to remember that it is OK to feel this way and that everyone reacts differently.

Remember, this situation is temporary and, for most of us, these feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it. The tips and advice here are things you can do now to help you keep on top of your mental wellbeing and cope during this period.

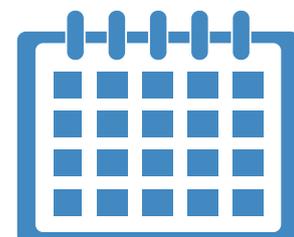
Find out about your employment and benefits rights

You may be worried about work and money while you have to stay at home – these issues can have a big effect on your mental health. You're welcome to get in touch with us where we can guide you as well as make referrals to other agencies for further support. Knowing the details about what the coronavirus outbreak means for you can reduce worry and help you feel more in control.



Plan practical things

Continue accessing treatment and support for any existing physical or mental health problems where possible. Let services know your circumstances, and discuss how to continue receiving support. If you need regular medicine, you might be able to order repeat prescriptions by phone, or online via a website or app. Contact your GP and ask if they offer this.



You can also ask your pharmacy about getting your medicine delivered, or ask someone else to collect it for you.

Stay connected with others

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with those around you – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends.

Lots of people are finding the current situation difficult, so staying in touch could help them too.



Look after your body

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly.



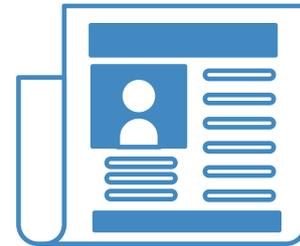
Stay on top of difficult feelings

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life. Try to focus on the things you can control, such as how you act, who you speak to and where you get information from. It's fine to acknowledge that some things are outside of your control, but if thoughts about the situation are making you feel anxious or overwhelmed please contact us, we can be a listening ear and offer you support during this period.



Do not stay glued to the news

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone. You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day. Use trustworthy sources – such as GOV.UK or the NHS website – and fact-check information from the news, social media or other people.



Look after your sleep

Good-quality sleep makes a big difference to how we feel, so it's important to get enough. Try to maintain your regular sleeping pattern and stick to good sleep practices.



Keep your mind active

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting. Whatever it is, find something that works for you.



Source: www.nhs.co.uk

Take a deep breath
Count to 10

Your Journal

A journaling technique that can help improve each day.

Many of us never address those pesky cobwebs inside our heads: background thoughts, old emotions and silenced experiences. So, too often we're left wading through daily life lacking focus, feeling misunderstood, and even disempowered. This can especially be the case during self-isolation.

A journaling ritual can help change this. It requires a pen, paper, and at least 10-minutes a day, and consists of writing three simple paragraphs to yourself:

1) "I am grateful for..."

Write about what you're grateful for, to access your appreciative present. Gratitude has been widely studied and has been shown to have positive effects on happiness and well-being. Your daily choice could be small or big. For example, "I am grateful for a sunny day, because....".

2) "I am proud of..."

We rarely pat ourselves on the back or acknowledge our little victories. These words can be a warm hug in a safe space, something everyone needs. You could highlight an achievement or a choice you made. For example, "I am proud of exercising my body and going for a walk because...".

3) "I am excited about..."

There's something magical about being eager about something. What's more, it encourages you to talk in a positive and optimistic way about your experiences to come. Share anything that stimulates you on the given morning. For example, "I am excited about reading the next chapter of my book, because...".

Why not try it? And persevere, because any new practice takes time to get used to. Remember not to overthink it too; you can write for as long as you like, from short paragraphs to big chunky ones. As long as you focus on noting how you feel, because this encourages you to be authentic with your words, and will have a greater effect on your well-being.

I hope you find it gives you more clarity, and improves how you feel each day ahead.

Courtesy of Savraj Kaur

Inspirational Quotes

ART ENABLES US TO FIND
OURSELVES AND LOSE
OURSELVES AT THE SAME
TIME – THOMAS MERTON

*Art is not what you
see but what you
make others see -
Edgar Degas*

Every Artist was first an amateur -
Ralph Waldo Emerson

**Art simply makes me
feel better**

Stay
Inspired

Good things
take time

THE BLANKET

*"Little holes appeared unnoticed at first
 Memories started falling through them
 Happy dreams slipped through the fabric
 Tiredness came
 Sunlight left
 Clouds made tears fall into pools too small to swim
 in
 Then the sun came out
 You walked in it's rays and smiled
 And green shoots appeared, unnoticed at first
 You found yourself again and in finding yourself, you
 found friends
 And as you laid your head on the crisp blue pillow,
 safe in the knowledge that you were being saved
 You realised that new friends are the threads that
 repair holes in our lives
 And your blanket was being mended"*

Sharon Dunscombe - Volunteer



*Some of the hand made
 blankets sent to us that we
 handed out as part of 67
 Blankets for Nelson
 Mandela Day.*

BUTTERFLY

*"And just when the darkness
 became too much to bear
 and the struggle too hard,
 the light broke through
 and the caterpillar emerged
 a butterfly
 delicate but unbroken,
 wild and gentle,
 finally free to spread its lovely wings
 and fly away on the wind"*

L.R. Knost

1.

2	7	9	3	1	6	8	5	4
3	8	5	2	7	4	6	1	9
1	4	6	8	5	9	2	3	7
7	2	4	5	9	1	3	8	6
9	3	8	7	6	2	1	4	5
6	5	1	4	3	8	9	7	2
5	9	2	1	8	7	4	6	3
8	6	3	9	4	5	7	2	1
4	1	7	6	2	3	5	9	8

2.

2	1	7	3	8	6	5	4	9
5	4	6	7	1	9	2	3	8
3	8	9	5	2	4	1	6	7
8	9	1	2	3	7	4	5	6
4	7	5	1	6	8	9	2	3
6	2	3	9	4	5	7	8	1
1	3	4	6	7	2	8	9	5
9	6	8	4	5	1	3	7	2
7	5	2	8	9	3	6	1	4

4.

4	7	2	5	8	3	1	6	9
1	6	3	2	7	9	4	5	8
5	8	9	1	4	6	7	3	2
7	5	6	3	2	4	8	9	1
9	3	8	6	1	7	5	2	4
2	1	4	8	9	5	3	7	6
8	9	7	4	5	2	6	1	3
6	2	1	7	3	8	9	4	5
3	4	5	9	6	1	2	8	7

3.

3	9	1	8	7	6	2	5	4
5	7	6	4	1	2	9	8	3
8	2	4	3	9	5	7	1	6
1	4	9	5	3	8	6	2	7
6	5	3	7	2	9	1	4	8
2	8	7	1	6	4	5	3	9
4	1	8	6	5	7	3	9	2
9	6	5	2	8	3	4	7	1
7	3	2	9	4	1	8	6	5

5.

A	C	T	I	O	N	S		E	I	G	H	T	
N		I		N		Y		G		R		E	
S	E	C	R	E	T	S		G	R	A	I	L	
W		K						T			S	L	
E		L	E	O		E	X	A	M	P	L	E	
R		E		C		M		G				R	
	E	D	G	E	S		L	E	A	S	T		
W				A		B		N		K		T	
E	S	S	E	N	C	E		T	O	E		R	
A		A						T			L	A	
L	E	V	E	L			T	E	M	P	T	E	D
T		E		I		E		E		E		E	
H	E	D	G	E			R	E	T	U	R	N	S

6.

	S	I	L	V	E	R		F	E	T	C	H		
S		C						I		E		H	A	
P	A	I	N	S				C	O	M	F	O	R	T
I		N		M		H		M		U			E	
L		G	L	O	V	E		E	G	G			S	
L								K		S			H	
S	N	A	K	E	S			S	T	I	T	C	H	
		T						A		E			O	
H		T	I	P				S	H	E	L	F	R	
Y		R		A		S			T		O		S	
E	X	A	M	P	L	E				H	O	U	S	E
N		C				E		T			N		S	
A	F	T	E	R				S	T	E	A	D	Y	

7. SHANGHAI MONTEVIDEO 8. CANBERRA VANCOUVER
MELBOURNE BUENOS AIRES VENICE GENEVA
PHILADELPHIA ISTANBUL ANTWERP PRETORIA
MANILA BEIJING CALCUTTA ATHENS
SANTIAGO BUDAPEST PARIS BUENOS AIRES
9. BUDAPEST COPENHAGEN 10. AMSTERDAM BRUSSELS
EDINBURGH GLASGOW BUDAPEST PARIS
INSTANBUL BARCELONA BARCELONA GLASGOW
TOKYO WARSAW LONDON NAPLES
AMSTERDAM HELSINKI MILAN VENICE
11. CHASE, CEASE, LEASE, LEASH, LEACH, PEACH, PERCH, PARCH, PATCH,
CATCH
12. ACORN, SCORN, SCORE, SCOPE, SLOPE, SLOPS, FLOPS, FLOES, FLEES, FREES, TR
EES
13. $4(+2)=6(+3)=9(+4)=13(\times 2)=26(+2)=28(\times 2)=56(+3)=59(\times 2)=118(+4)=1$
22
14. $3(\times 3)=9(-5)=4(\times 4)=16(-5)=11(\times 5)=55(-5)=50(\times 6)=300(-5)=295(\times 7)=20$
65
15. 9-letter word - EDUCATION
Some other words of five letters or more containing the hub letter I:
actin, adieu, antic, audio, audit, canid, cited, coati, cutie, dicot, dicta,
edict, indue, nicad, tenia, tonic, tunic, unite, untie, action, atonic, auntie,
coined, detain, induce, induct, notice, united, untied, aconite, auction,
caution, conduit, noctuid, noticed.
16. 9-letter word - PARACHUTE
Some other words of five letters or more containing the hub letter H:
chart, cheap, cheat, chert, chute, earth, hater, heart, parch, patch, peach,
perch, ratch, reach, retch, teach, theca, preach, chapeau, chapter, chateau,
trachea.

We would like to provide as much support available to you during this period.

There are a number of things we can do. From referrals to other services, applications for grants to help find accommodation, access technology such as phones and laptops to help with living costs.

We can provide 1-2-1 employability workshops, coach and get you ready to for work.

We are a listening ear, here to support your wellbeing ensuring you are not alone.

We are to help.



Areas we can support you with

Housing

Employment

Benefits

Refferals

Mental Health

1-2-1
Phone Support



Thank you for taking the time to read through this pack. We hope you've enjoyed and that it's helped in some way.

Special Thanks to

Michael Crossan, Ru Pearce from Growing Happy, Sharon Dunscombe, Fiona Rivaz, Bridget Van Oerle and Savraj Kaur for your contributions towards this pack, your support is hugely appreciated.

To find out more on the ways we can support you, give us a call on **02076035232** or you can email us at services@baronscourtproject.org

Join in the conversation at:

-  @baronscourtproject
-  @BaronsProject
-  @baronscourtproject

Barons Court Project

69 Talgarth Road
London
W14 9DD
Registered Charity: 296034

*“It is almost impossible
to watch a sunset and
not dream”*

Bernard Williams

*We look forward to the
day when Coronavirus
will not dictate our
lives, when the sun will
rise on a new dawn,
and we will share a
brighter future*

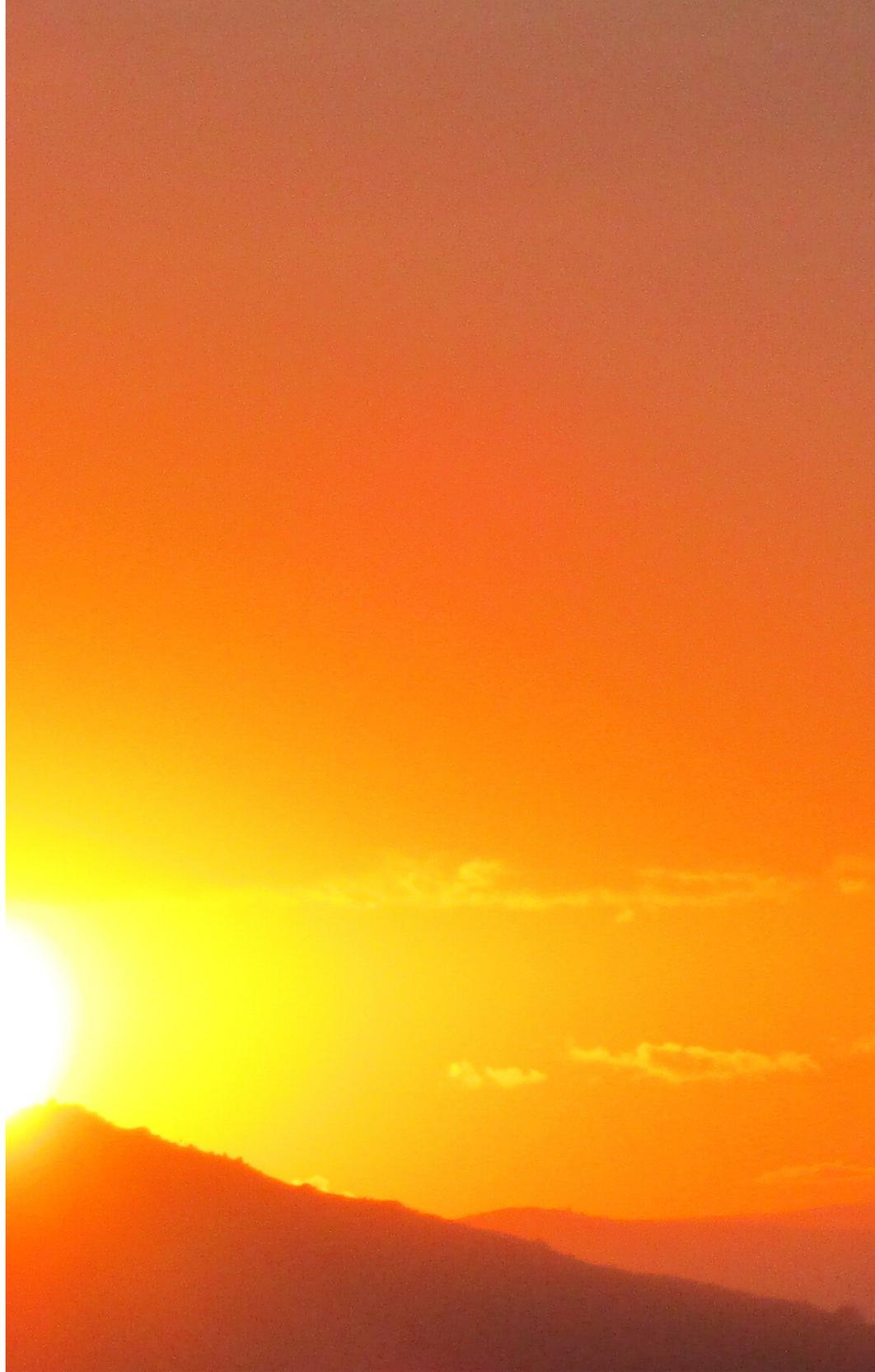


Photo courtesy of Michael Angus



WELLBEING PACK

Barons Court Project

69 Talgarth Road London W14 9DD