

# Weekly Wellbeing

## The Arts and Wellbeing

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



### Going Up

A digital group support service has been set up to help healthcare workers cope with emotions that have been triggered during the Covid-19 crisis

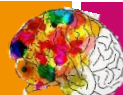
Wolverhampton artist Ed Isaacs' drawings of his vacuum cleaner and wheelie bin have driven a local art movement of daily life during lockdown



An abandoned Australian Koolie dog has been rescued and retrained to detect koalas. Following the Australia's bushfires, Bear has found more than 100 injured or starving koalas



### What is Art?



The expression or application of human creative skill and imagination, producing works to be appreciated primarily for their beauty or emotional power. The various branches of creative activity, such as painting, music, literature, and dance.

Getting involved with the arts can help to protect against a range of mental health conditions, help manage mental ill health and support recovery.

Arts can create a feeling of community, build connections, alleviate loneliness and isolation. It can help to boost confidence and make us feel more engaged and resilient.



(Mental Health Foundation)



### The Science & Research

<https://www.nhsconfed.org/-/media/Confederation/Files/Wales-Confed/Literature-review-of-arts-and-health-and-wellbeing.pdf>  
(Welsh NHS Confederation)

"There is an expanding body of evidence to support the contention that the arts have an important contribution to make to health and well-being."



### Pick me up

Overcoming obstacles for your art



[https://www.youtube.com/watch?v=Gblm7d\\_rCZI](https://www.youtube.com/watch?v=Gblm7d_rCZI)

### Unlocked in Lockdown



<https://www.bbc.co.uk/arts>

❖ Culture in Quarantine

Bringing arts and culture into your home.

<https://www.youtube.com/user/ntdiscovertheatre>

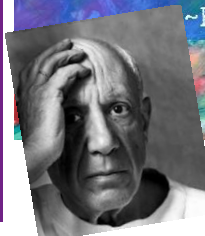
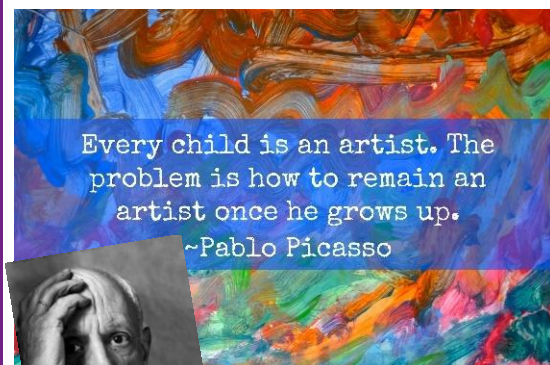
❖ National Theatre at Home

The National Theatre is sharing plays for free with the public, which go live on Thursday at 7pm each week and on demand afterwards.

<https://www.list.co.uk/article/115563-virtual-tours-of-museums-and-galleries-to-experience-on-lockdown/> - Virtual tours of museums and galleries

❖ Find out how these institutions are keeping us curious during the pandemic.

### Quote of the week





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## Get Your Art On!

Examples for adults and young people:

**Move Your Body.** Turn on the music, dance, express yourself! Watch a dance performance online e.g.

<https://www.youtube.com/watch?v=z1OT04ktYMO> – Diversity dance group



**Fashion.** Get creative with your wardrobe, draw your dream outfit, design a t-shirt, watch a fashion show.

**Images.** Try some photography, research photographers. Free draw, paint, research artists.

<https://www.nationalgeographic.com/photography/photo-tips/digital-photography-tips/> - Digital photography tips

**Go Digital.** Make a video documentary/podcast/radio show. Create a website or blog of short stories. Explore different amateur or published creative writing.

<https://www.writerscircle.net/> - creative writing stories



**Music.** Build your own instrument; elastic band guitars, empty container maracas or coffee can drum. Sing your favourite songs, explore different artists/performers/genres, write a song/rap.

<https://www.openmicuk.co.uk/advice/types-genres-of-music/> - music genres

**Theatre;** tell a story, perform a play, write a poem, watch a musical or a live performance (even if online!)



## Information, Support and Advice

Thames Valley Police have seen an increase in reports of **online sexual abuse** involving children since movement restrictions were introduced and are urging parents to have honest conversations about online safety with their children and to review privacy settings on the apps and social networks that they are using.

**Thinkuknow** - The education programme from CEOP, part of the NCA with advice and games focusing on staying safe online. <https://www.thinkuknow.co.uk/>  
To support parents during COVID-19, **Thinkuknow** are producing fortnightly activity packs, tailored to four different age groups  
<https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets>

## Inspirational, Real-Life Stories

Follow the links to read their blogs:

"It helps me when I struggle to find the words, when I'm too angry, despairing or confused to know what I think. It gives me a voice."

<https://www.mind.org.uk/information-support/drugs-and-treatments/arts-and-creative-therapies/about-arts-and-creative-therapies/>



**Trevor:**

"When I was staring through the lens of my camera and concentrating on one moment in time, all my worries faded. This gave me some much needed headspace."

<https://www.mind.org.uk/information-support/your-stories/wildlife-photography-and-mental-health/>



**Elsa:**

"Having dance classes to go to everyday gave me something to focus on. It was a place where I could let go and express myself...I suddenly felt in control of my feelings and finally felt like I had some sort of connection with myself in the dance studio"

"I would encourage anyone with a mental health illness to find something they can do that they enjoy and can express themselves through."

<https://youngminds.org.uk/blog/how-dance-helped-my-mental-health-recover/>



**Ellen:**

"For me, doing a simple painting or reading a really fun book helps me through dark times."  
"I love reading, poetry and writing my own stories. The way to you can delve into your imagination and create stories is such an amazing thing."

<https://www.mind.org.uk/information-support/your-stories/art-and-my-mental-health/>



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

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWWUuWHRbLXGI7yvfHBe1x5Bovajvxx7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>