

# SMART Newsletter

Edition 8—Week Starting 29th June 2020



## Foreword from Amelia

Whatever life throws at us you can guarantee that the Sun will rise on a brand new day, with the chance to try again and do a little better. I find that quite reassuring and comforting. The sun is, obviously, fundamental to life on Earth and should remind us that we are reliant on nature and connected to it (but living in London makes it easy to forget that). Circadian rhythms are physical, mental and behavioural changes that follow a 24 hour pattern and are linked to the Sun, to light and darkness – sleeping at night and being away in the day are examples of this.

Can you find a way to connect to nature this week? It is a sure-fire way to improve your well-being – maybe you could soak up your daily dose of Vitamin D by having the sun on your face for 20 minutes every day, or go and walk by the river and watch the tide turn. When was the last time you wiggled your bare toes in some dirt? It is so easy to get caught up in things that are not important and grounding yourself in the very basic, fundamentals of life can help stop that. So this week enjoy the sun on your face and the wind in your hair

# News, Messages and Updates

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



## Yoga Sessions Going Live

Starting today, Tanya's sessions will be run live, every **Monday, at 1.30pm**. If you haven't tried out our Yoga sessions before, why not start now? The sessions are gentle and relaxing, and can help to increase your strength and flexibility. You can find all the information on our website.

## One Community Radio

CNWL has launched an online radio station for everyone—from patients, to staff, to carers, and the wider public. It's hosted by Cate Latto (service user engagement lead) and Anna Allan (service user volunteer) and goes out each **Friday from 1pm to 2.15pm**.

The aim of the station is to help you stay connected, and take care of your mind, with practical wellbeing ideas, feel good poetry, music, gardening and more.

The station regularly hosts different guests, and this week, will be celebrating the NHS' 72nd birthday!

Tune in here: <https://www.cnwl.nhs.uk/news/one-community-radio-join-us-nhs-birthday-special-edition-3-july-1pm-215pm>





### Quote

“If today gets difficult, remember the smell of coffee, the way sunlight bounces off a window, the sound of your favourite person’s laugh, the feeling when a song you love comes on, the colour of the sky at dusk, and that we are here to take care of each other”.—Nanea Hoffman

### Captain Tom’s Ongoing Legacy—Tony Hudgell

We continue to be amazed by how much Captain Tom Moore has inspired others—from Dabirul Choudhury, to Private Joseph Hammond, and now five year-old Tony Hudgell.

Tony suffered abuse as a baby, that resulted in both of his legs being amputated. Recently, Tony has been learning to walk with new prosthetic legs and crutches.

Motivated by Captain Tom, he decided to walk 10km throughout June, while raising money for Evelina London Children’s Hospital, which has cared for Tony since he was a baby.

So far, Tony has walked just over 8km, and raised just over £1m pounds—Go Tony Go!



# SMART Kitchen

## Satay Sweet Potato Curry

This meal is easy to make, adaptable, and has two of your five-a-day.



### You will need:

- |  |  |
|--|--|
| 1 tbsp coconut oil                               | 1 onion, chopped                       |
| 2 garlic cloves, grated                          | 400ml can coconut milk                 |
| 3 tbsp Thai red curry paste                      | 1 tbsp smooth peanut butter            |
| 200g spinach                                     | juice of 1 lime                        |
| 500g sweet potato, peeled<br>and cut into chunks | thumb-sized piece of ginger,<br>grated |

## **Directions**

Melt the coconut oil in a saucepan over a medium heat, and then add the chopped onion. Allow it to soften for 5 minutes.

Add the garlic and ginger, to the saucepan, and cook for 1 minute, until fragrant.

Stir in the Thai red curry paste, peanut butter, and sweet potato.

Add the coconut milk, and 200ml water.

Bring to the boil, turn down the heat and simmer, uncovered, for 25–30 mins or until the sweet potato is soft.

Stir through the spinach and the lime juice, and season well.

Serve with cooked rice.

## **Optional extra**

For added crunch, sprinkle over a few dry roasted peanuts.

# 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!

## SUMMER SELF-CARE

©COLORMEHAPPY



colormehappii.com

# 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](http://www.smartlondon.org.uk) to get more information, and join in.

|                  |  |   |
|------------------|--|---|
| <u>Monday</u>    | Mindfulness<br>Yoga                              | 11.00am—12.00pm<br>1.30pm               |
| <u>Tuesday</u>   | Yoga<br>Coffee Catch-Up<br>Mindfulness Colouring | 10.00—10.40am<br>11.30am<br>2.00—3.00pm |
| <u>Wednesday</u> | Chair Exercise<br>Music<br>Knitting              | 10.00—10.40am<br>2.30pm<br>4.00—5.00pm  |
| <u>Thursday</u>  | Art Online                                       | Anytime                                 |
| <u>Friday</u>    | Reading Space                                    | 2.00—3.00pm                             |

# 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](mailto:info@smartlondon.org.uk)

Visit our website: [www.smartlondon.org.uk](http://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](mailto: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](http://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.