

Reconnect



over coffee



#MentalWellbeingNI2020

Reconnect over coffee

We are all getting used to the 'new normal' and maybe it's a while since we socialised but it is really important keep up our connections. 'Connect' is one of the '5 steps to wellbeing' and evidence shows that good relationships - with family, friends and our wider communities - are important for our mental wellbeing.

Few things are as enjoyable and relaxing as getting together with family friends or colleagues for a nice cuppa and a chat.

Why don't you make the first move and reach out to someone you haven't heard from for a while. This may just be one person or perhaps get a group together – social distancing permitting! They'll probably be very grateful to hear from you.

We hope this booklet will inspire you to get 'reconnecting'. This can be done anytime that suits you. If you wish to organise an event to celebrate World Mental Health Day on 10th October we have included a poster which you might like to use.

When it comes to our wellbeing, other people really do matter.



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

Take5

steps to wellbeing

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.



South Eastern Health
and Social Care Trust



Health Development
Department

Reconnect over coffee

When arranging to reconnect over coffee it is essential to adhere to the restrictions that have been put in place due to the coronavirus (COVID-19) outbreak. All the latest guidelines are available at: www.nidirect.gov.uk

If meeting face to face is not possible alternative options may include:

Connect digitally - smartphones, computers and tablets allow you to interact with people face-to-face, even if it's a screen-to-screen version. Most platforms are free or have a free version.

Make a phone call - Just hearing someone's voice can be enough to lift both your spirits. Asking someone how they're doing can also be all it takes to be honest about feeling isolated and lonely. Even if a call ends up being a voicemail, you've let someone know you were thinking about them, which is always good medicine.



Food safety

Allergens

You should be aware which of the 14 allergens are present in the food that you are providing. You can do this by checking the ingredients list on the label of the food if it is bought pre-packed from a shop or by asking the person you buy the food from if it is bought loose, for example from a local bakery. It is a good idea to keep the labels or write down the allergens that are present and keep it safe until after the event. It is important that you never guess what allergens might be in food as mistakes can be fatal.

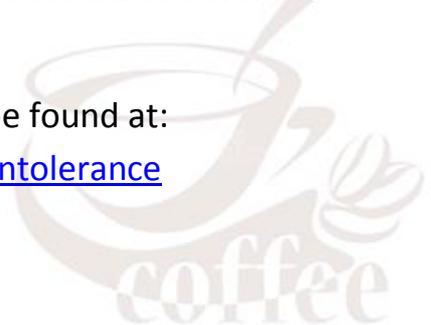
If you are making fresh sandwiches or cakes for your event, make sure that you check the ingredients list for allergens of each individual ingredient.

The 14 allergens that are required to be identified in foods are:

- celery
- cereals containing gluten – including wheat, rye, barley and oats
- crustaceans – such as prawns, crabs and lobsters
- eggs
- fish
- lupin
- milk
- molluscs – such as mussels and oysters
- mustard
- tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- peanuts
- sesame seeds
- soybeans
- sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)

Further information of allergies and intolerances can be found at:

<https://www.food.gov.uk/safety-hygiene/allergy-and-intolerance>



Reconnecting ideas

Below are some examples of ways to reconnect with others to build stronger and closer relationships.



World Mental Health Day 10 October 2020

Coffee & Reconnect



Help us celebrate World Mental Health Day by joining together to enjoy a cuppa and chat, while reconnecting with others to share stories and laughs

Please join us for a cuppa

Where:

When:

Time:



For more information contact:



World Suicide Prevention Day

10 September 2020

Coffee & Connect



Help us celebrate World Suicide Prevention Day by joining together to enjoy a cuppa and chat, while connecting with others to share stories and laughs

Please join us for tea & coffee

Where:

When:

Time:

For more information contact:



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