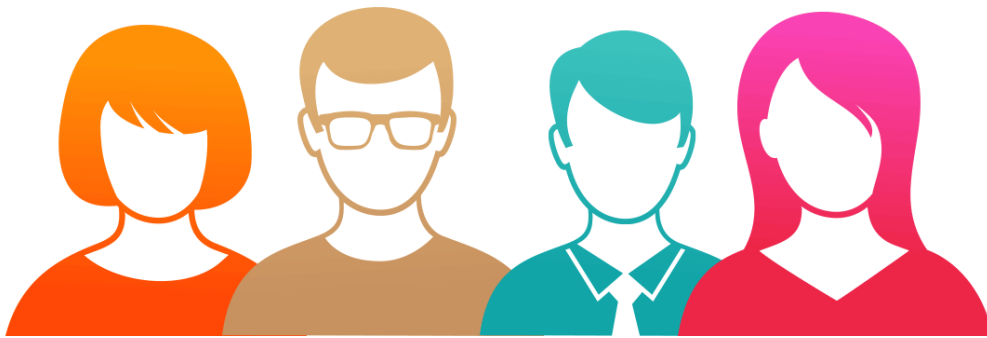


Keeping you Connected



We have put together this information and activity pack to support you in this unusual time.

The Irish Wheelchair Association will continue to support you as best we can.

We hope this pack will give you some good information and give you something to do while at home.

Important numbers

Day centre: — —



EIRCODE®

Do you know your Eir-code, If not it might be important if you need people to find you— please contact your local Irish wheelchair Centre and our staff would be happy to help you get your code.



INSIDE THIS ISSUE

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Important information

The HSE is spreading this Public health advice to support everyone around the coronavirus.

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

What Should I Do?

I've been to an affected region in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP phone 112 or 999

I DO NOT HAVE symptoms
For advice visit www.hse.ie

I've been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP phone 112 or 999

I DO NOT HAVE symptoms
For advice visit www.hse.ie

Affected Regions

Check the list of affected regions on www.hse.ie

Symptoms

> A Cough > Shortness of Breath > Breathing Difficulties > Fever (High Temperature)

How to Prevent



Wash
your hands well and often to avoid contamination



Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid
touching eyes, nose, or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces

For Daily Updates Visit
www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with **WHO** and **ECDC** advice



Rialtas na hÉireann
Government of Ireland

Good hand washing

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your

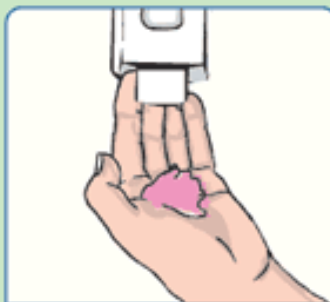
hands to stay healthy.

- ✓ [Wash your hands properly and often.](#)
- ✓ Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.
- ✓ Put used tissues into a bin and wash your hands.
- ✓ Clean and disinfect frequently touched objects and surfaces.
- ✓ Avoid close contact with people - keep a distance of 2 metres (6.5 feet) between you and others.
- ✓ Avoid crowded places, especially indoors.

FIGHT GERMS BY WASHING YOUR HANDS!



1 Wet your hands



2 Soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap



6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Coughing and sneezing



To reduce the risk when coughing and sneezing :

- wash your hands often with warm water and soap
- cough into your elbow to stop germs getting on to your hands and spreading to other people
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

Local Info:

Online supports



Kris Saunders, Wheely Good

Fitness's Facebook page, he has good video content of home workouts suitable



Here's a short YouTube

video with some little bits of good news and

also maybe a few ideas for

<https://youtu.be/VMdUqJfceRE>



For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet.

Explore the collection, select a title and start



Quiz night -online Facebook quiz with tickets at

<https://www.tickettailor.com/events/bigscreenquiz>

If you love quizzes watch this video and buy a tickets on link above.



Boccia on line

Great APP on line , if you love boccia and miss it, you can now play it on line



You may be missing out on your weekly service, this website show different religious service online



Mind your Head



Resilience during challenging times

Resilience is the speed in which we recover from adversity. This is a challenging time for everyone, but we can get through this in the best way possible by learning some helpful habits. The good news is resilience can be developed as a skill through practicing these habits.

Below is a 3-Step model for developing resilience: The 3 R's of Resilience:

Reframe- rethink stress- if you can't change it, change how you think about it

Reach out –together we are stronger Respond – focus on helpful habits

Reach out –together we are stronger

Respond – focus on helpful habit

Reframe According to Professor Tom Cox, from the Institute of Work, Health and Organisations "Stress occurs when an individual perceives an imbalance between the demands placed on them and their ability to cope". Your perception about your stress really matters. Research conducted in Harvard suggests that instead of treating stress as the enemy we should treat it as a useful response to a challenge. In other words, it's normal to feel fearful and have physical symptoms of anxiety right now but we can acknowledge this as the body's response to help us rise to the challenge.

We can develop helpful thinking patterns and we can change our mindset when it comes to stress and resilience. A mindset is a belief you have about yourself and your abilities Caro Dweck, (2006). Henry Ford's quote captures this: 'Whether you think you can or whether you think you can't you're right'

We can display a growth mindset when we use a stressful situation for learning and constructive action. One way to do this is to ask: What can I learn from this?

What can I do to help myself here? What's going well? As human's we all have a bias towards the negatives. This negativity bias helps us to survive but it kicks in when we don't need it also. Often unhelpful and negative thoughts impact how we feel and behave.

Learning to reframe thoughts to focus on our strengths and resources can help us to get through difficult times more skilfully.

Unhelpful thoughts	Reframe to helpful thoughts and ac-
<p>Dwelling on the negatives, Catastrophizing and blowing things out of proportion</p> <p>E.g: I can't cope with Covid 19, I'll never get through this</p>	<p>This is difficult and I can cope, what's a small step I can take? What's the smallest thing I can do to make me feel better?</p> <p>Focus on what's working well, what's right? Reduce times you spend on social media and watching the news</p> <p>Put it in perspective: what's changeable? What can I control? What's unchangeable?</p> <p>What's the best that could happen?</p>
<p>Thoughts are just thoughts, they are often not facts, just because we think something does not make it true.</p>	

Another useful tip when it comes to worrying is to set yourself a time every

Reach out

One of the best ways to cope with difficulty is to reach out to others. We often set goals for work and personal achievements, yet we rarely set them around the most important aspect of wellbeing, relationships. Psychology has found that we falsely predict that we will have more time for what really matters in the future than we have today. One way to ensure that the people you care about get your attention is to set daily or weekly goals ensuring you connect with them, it's that simple and one of the most important ways to happiness. This is more challenging but even more important during this crisis because of social distancing.

We can connect by phoning people regularly and using social media or online communication. Try to talk to a least one person every day, preferably more. We know from research that connecting helps us through difficult times as well as helping the person we connect with.

One thing to be careful of is make sure that discussing Covid 19 endlessly does not hijack precious connection time with others. It is important to talk about your fears and thoughts about it but also to focus on other aspects of life and what's going well. This can also be a good time to buddy up with a friend to help each other make positive change and develop habits of wellbeing. You can discuss progress and encourage each other by phone.

The only thing that really matters is our relationship to other people George Valliant- Harvard study

The only thing that really matters is our relationship to other people

George Valliant- Harvard study

Respond with helpful habits

There are many things you can do that will help you throughout the coming weeks. Think of the things you enjoy doing, write them down and commit to trying to make a habit of them. Try to develop a routine in this uncertain time to give your day a sense of structure. Here are some habits that research has shown to benefit our wellbeing:

- Try the STOP technique below
- 7/11 breathing: take a slow breath in for a count of 7, hold it, then breathe out slowly for count of 11, do this often throughout the day to create a calm feeling ✓ Savour positive emotions- find moments of joy in your surrounding
- Mindfulness-meditation increases attention- try a beginner's meditation from the resources- see 3- minute breathing space below
- Generosity- do small acts of kindness to improve mood, boost your immune system and support others
- Exercise - 20 mins improves mood x 12 hours ✓ Spending time talking to friends on phone/online
- Focus on what's working well- write down 3 good things every evening
- Get lost in a good book, film or online Ted talk, there are many interesting ones
- Focus on what's working well, write 3 good things that you did or that happened every evening, this helps to shift your attention to the positives
- Try a hobby you have been thinking about such as: cooking, art, learning a new language, playing music etc
- Check out the website/apps in the resources for lots of other tools

The STOP Technique

Stop Take a few deep breaths

Observe what's happening

Proceed with something helpful

1 Minute Stress Break

Body check	Check into your body to see how it is, are you: Tired? Stiff? Sore? Tense?
Mood Check	Notice how your mood is right now, are you: Stressed? Anxious? Overwhelmed? Depressed
Breathe in	Slowly & deeply
Hold	Relax
Breath out	Slowly. Let go. Relax, drop shoulders, repeat the breathing several times
Re-Focus	Ask what I need right now? perhaps to: Change position, change activity Change thoughts or change plan

Apps Healthyminds program – free app designed by world expert on wellbeing

Websites <https://drchatterjee.com/> lots of fantastic resources on 5 minute habits that make you feel better from GP, DR Chatterjee <https://www.drharrybarry.com/> Excellent video to understand anxiety and panic <https://www.bangor.ac.uk/mindfulness/audio/index.php.en> www.actionforhappiness.org. Great resource for wellbeing habits <https://www.tarabrach.com/> Nice meditation to help calm coronavirus fears

Videos on you tube/ Ted Talks Dr Jud Brewer MD- Coronavirus anxiety daily update you-tube Coronavirus anxiety daily update very calming short video with tips Kelly McGonigal-

Libra Coaching & Training Services. Contact : Brenda Roche

brenda@libracoaching.com

www.libracoaching.com

Activities



Free Printable Word Search Puzzles

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

IWA Countdown Conundrums

With the following, rearrange the letters to make a word. The letters should all spell out one word but you can also try and see how many smaller words can be made from the letters also. You can set a timer also to make more difficult - 60 seconds.

Example: N R T T I I E Y G Answer: Integrity Also: gent, tent, rite, grit, gritty

LETTERS:	WORDS:
M M N Y I T U O C	
Y I I R V T D S E	
Y Y V E E D B O R	
I I U E V C N S L	
S S R E E I T T N	
A E O R R P G M M	
R R V O P E S D I	
E E E E R N C F R	
S S R R E E U C O	
U C U T R T R S E	
P R T N O S R A T	
A A T T S S S I N	
N N T S O I O A D	
A A I N C G S P M	

Answers on last page

Reminiscing Game

Read each prompt and try to think about a time in your life that corresponds to each.

- A place where I enjoyed living
- A favourite teacher or someone I looked up to
- A childhood game
- A birthday memory
- A family tradition
- My favourite animal as a child
- My favourite colour as a child
- A time I misbehaved
- A school memory / memory of a friend
- An embarrassing moment
- A memory of a relative
- A place where I worked
- Something I am proud of
- A gift I received
- A gift I gave
- A place where I travelled
- Favourite movie or tv show
- Favourite celebrity or public figure
- Favourite song
- Favourite sport
- A memory of a sporting event or achievement
- Memory of a special occasion

Sudoku

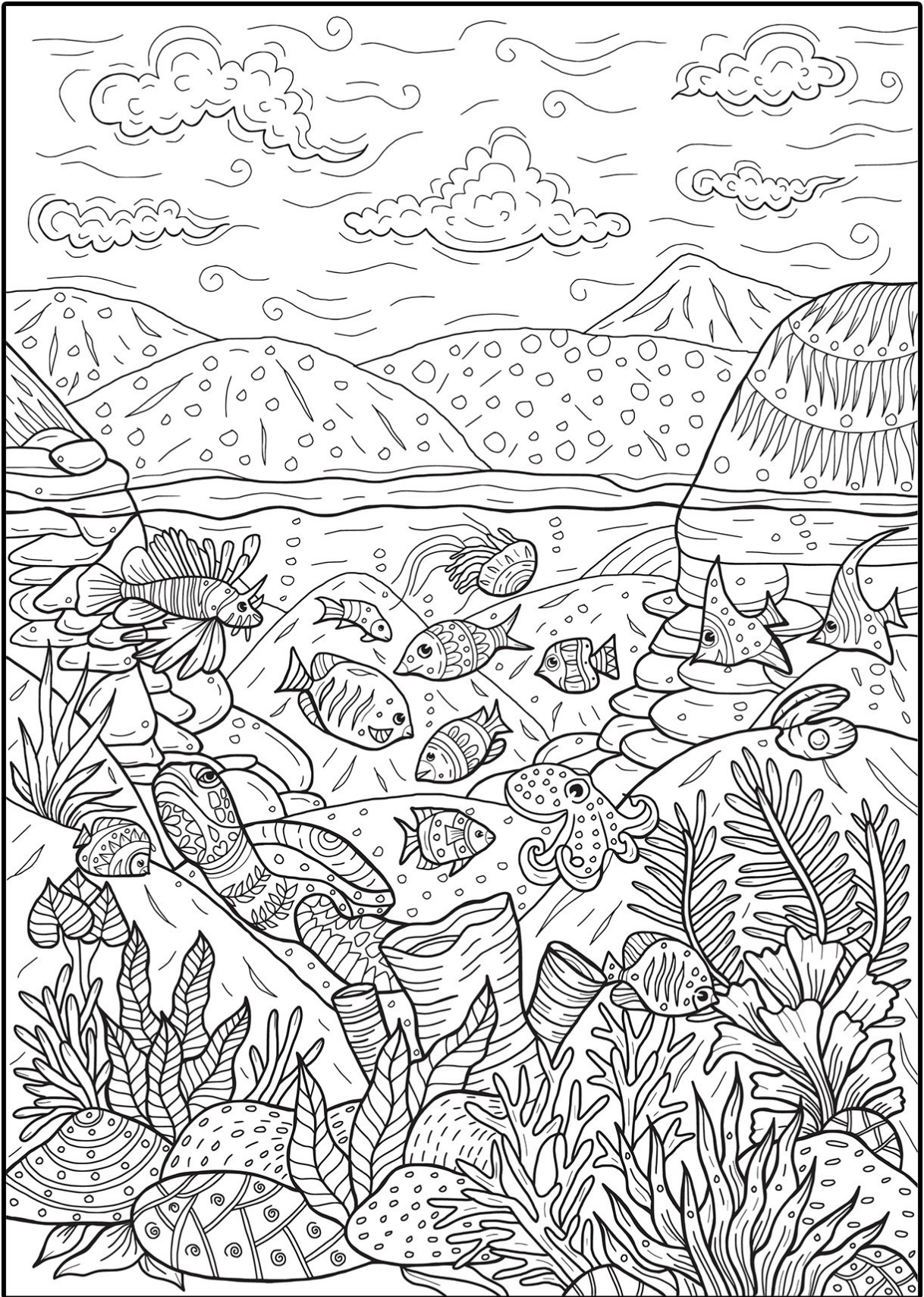
4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7

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

Adult Colouring

If you have a computer and printer, you can also download and print colouring pages from www.justcolour.net

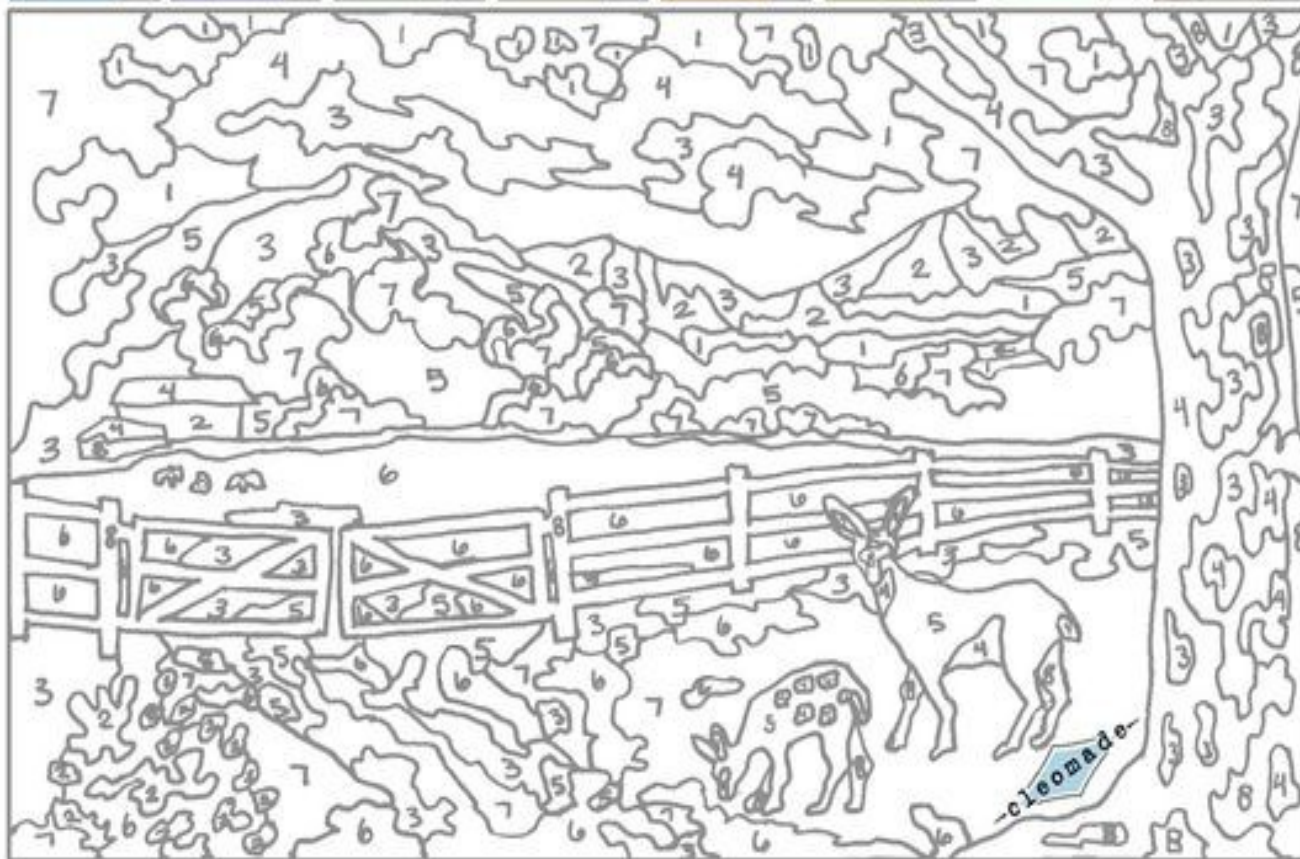




Island Dreams - Return to Paradise

Coloring Book for Adults and Children

www.JuliaRivers.com



Crosswords Time

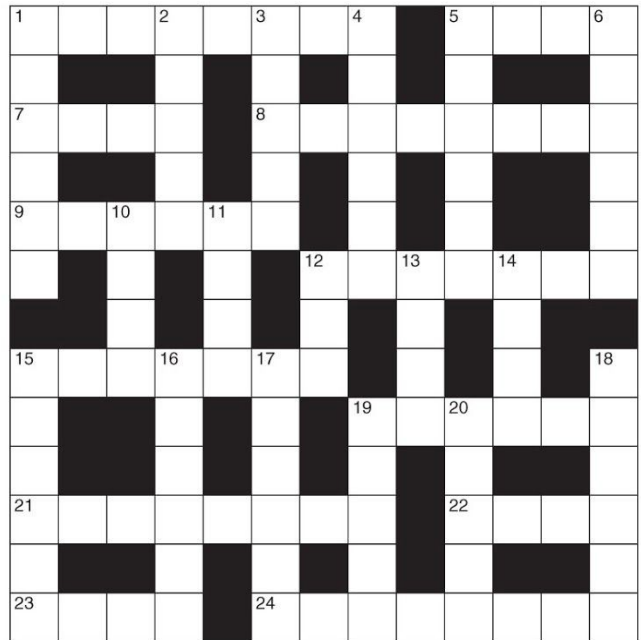
Around The World

ACROSS

1. US volcano, Mount ... (2,6)
5. Supersonic planes
7. Taj Mahal city
8. Cambridge & Oxford universities
9. Treeless Arctic zone
12. Coniferous tree found in Europe
15. Vienna is there
19. Croatian capital
21. Peninsula in southwest England
22. Manchurian river
23. Central attraction of Piccadilly Circus
24. Region that includes Japan, China and Korea (4,4)

DOWN

1. Roughly built settlements, ... towns
2. Large African antelope
3. Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
4. Underground train system
5. City of northwest India
6. People from Stockholm
10. Scotland's monster lake, Loch ...
11. German industrial region
12. Washington-based spy group (1,1,1)
13. Italy's Leaning Tower of ...
14. Kuwaiti ruler



15. Native American tribe
16. Sport played at Wimbledon
17. Earth's glacial period (3,3)
18. Portugal and Spain
19. Bantu peoples of Natal
20. West African nation

20

LOVATTS LARGE PRINT CROSSWORDS

The puzzle experts™

21

IWA COUNTDOWN CONUNDRUMS 9 LETTER SOLUTIONS

1. COMMUNITY 2. DIVERSITY 3. EVERYBODY
4. INCLUSIVE 5. INTERESTS 6. PROGRAMME
7. PROVIDERS 8. REFERENCE 9. RESOURCES
10. STRUCTURE 11. TRANSPORT 12. ASSISTANT
13. DONATIONS 14. CAMPAIGNS



An Post have a form that can be used by a person who is in receipt of the DEASP Benefits, to temporarily nominate another (Not an IWA staff member) to collect their pension, thereby saving them from going to the PO themselves. This applies to those who collect their pension weekly, as opposed to having it lodged to their bank account.

The form is available from the Post Office, Here is the link:

<https://www.anpost.com/AnPost/media/PDFs/Appointment-of-Temporary-Agent.pdf>

We have also included a copy at the end of this Pack

Take care and keep safe!