



HOURBANK'S WELL-BEING PACK

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Making Paper Flowers Workshop



Would you like to learn how to make paper flowers? Then read on!
We will be hosting 2 sessions of paper flowers making on Zoom

At 11am
Tuesday, 12th & 19th May

Tip: You can use any type of paper to make the flowers, + scissors and some glue



Please contact us if you are interested and we will send you information to access the session.
You will need to have a smart phone, tablet, laptop or computer to join these sessions.

Useful Contacts



Southwark Council - Hardship Fund

Southwark Local Support team provides emergency support to vulnerable people (including severely disabled people), who are facing severe financial hardship. This scheme is designed to help people in debt with household bills and includes; free confidential advice, information and advocacy on housing matters, including homelessness, eviction, tenancy and repairs. Also gas, electricity, water, rent and Council Tax arrears.

Hardship Fund telephone number: 020 7525 2434.

The Samaritans

Are you feeling low? Do you need someone to talk to? Whatever you're going through, a Samaritan will face it with you.

You can call them on **116 123 – Free from any phone**

Or

call them on **0330 094 5717 – Local call charges apply**

SHELTER - provides free confidential advice, information and advocacy on housing matters, including homelessness, eviction, tenancy and repairs.

Helpline: **0207 525 4365** or southwark@shelter.org.uk or check website, **www.shelter.org.uk**

STRESS-RELIEF



Mind

1. Meditate
 2. Talk to someone
 3. Do visualisations
 4. Learn some thing new
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Body

1. Find something warm
 2. Release body tension
 3. Practice Yoga
 4. Healthy diet
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Soul

1. Say no, more often
2. Practice breathing
3. Listen to music
4. Journal your thoughts



POSITIVE ACTIONS

ONE person I can call if I need someone to talk to

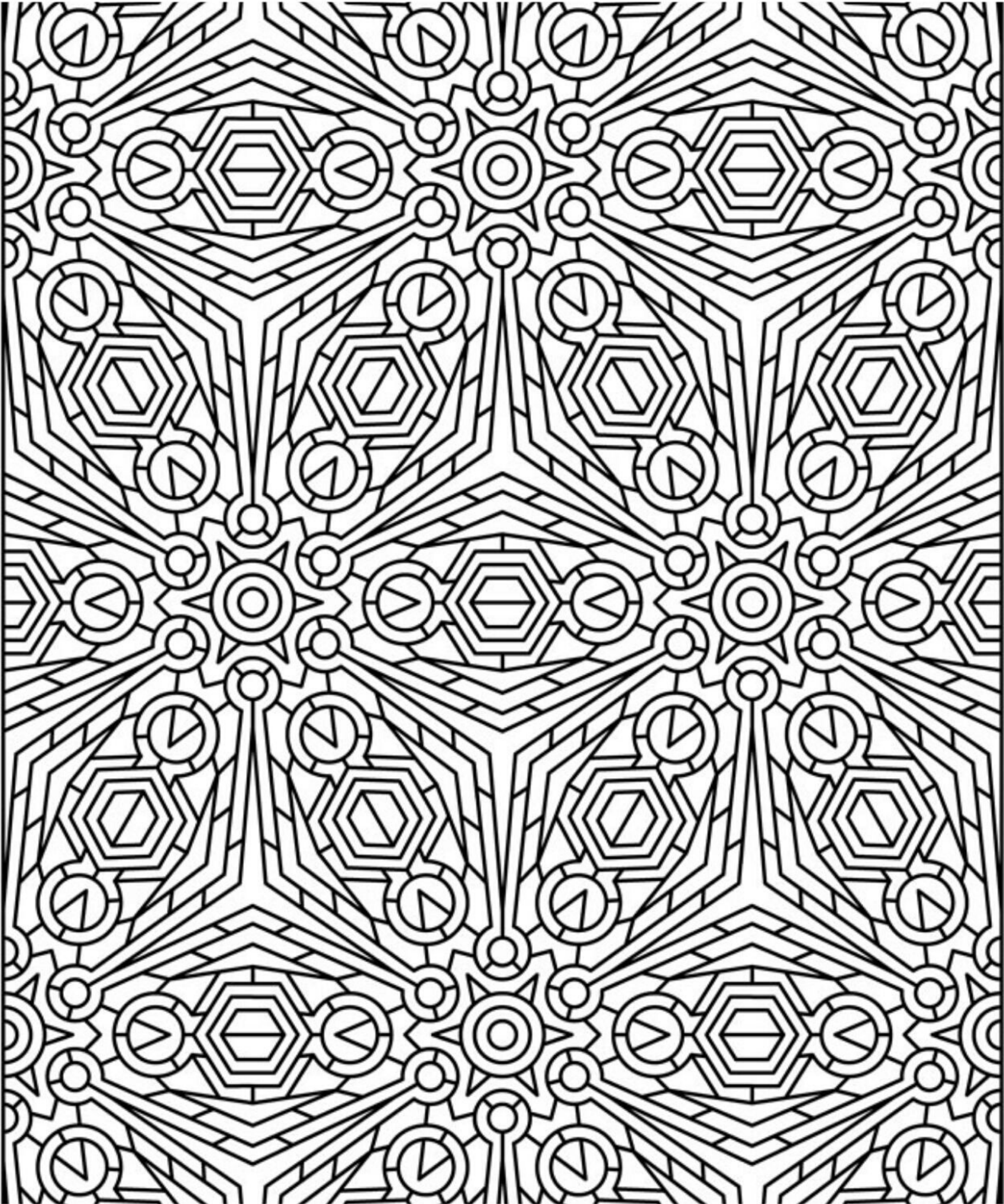
TWO things I can be grateful for today

THREE things I can do as self-care today

(self care ideas: watch a film, cook a meal, take a bath, read a book, light a candle, drink a glass of water, draw or write something, listen to your favourite song, make a hot drink)

USEFUL
PUZZLES &
COLOURING

RELAX WITH
SOME
COLOURING





Positive Attitude Word Search

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

ATTITUDE
HARMONY
LOVE
PEACE
POWERFUL
PURE
RECEPTIVE
SUCCESS
WILL-POWER

FREEDOM
HIGH-ENERGY
MOTIVATION
POSITIVE
PROGRESS
QUALITY
SELF-DISCOVERY
VICTORY
YOURSELF



WRITING FOR FUN!

Writing can be a lot of fun once you get into a flow. As with many things in life, the difficult part is making a start. That's what this exercise is about. It is simply to help you to begin.

Some tasks to choose from: You don't have to use these examples

1. Write a story you have heard before

In order to do this, you do not have to come up with a story of your own. Just re-tell a story that you have heard before. You may have heard it from someone else or even read it in a newspaper. As you write, feel free to adapt it.

2. An Incident from childhood

Can you remember an incident from your childhood? It may be something that you have talked about several times but have never written down. Try writing it now.

3. Set the scene

Compose a paragraph or two about your present surroundings. If you prefer, look at a picture, or gaze through a window. Describe what you see. Once you have set the scene, see if you can think of a story that could take place within it.

Getting started: Here are some tips to help you get started.

- a) Pull together your writing materials. Do you need a keyboard and screen, or are you happy with pen and paper?
- b) Decide which of the writing tasks you are going to complete.
- c) Here is the challenge. Once you start writing, keep writing until you feel you have produced a first draft.
- d) The purpose of this exercise is to make a start. If you do that, you have done well. Making a start is one of the hardest things about writing.
- e) Take a break Read over what you have written. Remember, your first draft does not need to be perfect. The important thing is to feel you have an idea that you can develop.
- f) What do you like about the piece you have written? What's good about it? What could be better? Could your material be presented in a better order? Does something need to be added?
- g) Now re-write it. Make it better.

FINALLY, IF YOU HAVE COMPLETED THESE STEPS, CONGRATULATE YOURSELF. YOU ARE WELL ON THE WAY TO BECOMING A WRITER. REMEMBER, THERE IS NO BETTER WAY TO LEARN TO WRITE THAN TO START WRITING!

Recipe for Vegetable Curry



Vegetable oil
1 medium red onion, chopped
1 courgette, diced
½ butternut squash, diced
100 g mushrooms, quartered
1 red pepper, diced
150 g cauliflower, broken into florets
600 ml curry base sauce
400 ml water

Method

In a little vegetable oil, fry the onion gently for 10 minutes in a large pan then add the remaining vegetables and stir together.

Add the curry base sauce and simmer gently for around 20 minutes.

Serve with rice or nan, with dollop of mango chutney

Tips & Tricks

Make use of any vegetables you have, in your store, frozen vegetables are just as good!

Don't Quit



When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit,
rest if you want but don't you quit.

Life is strange with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow-
You may succeed with another blow.

Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out-
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight, when you are hardest hit-
It is when things seems worst, that you must not quit.