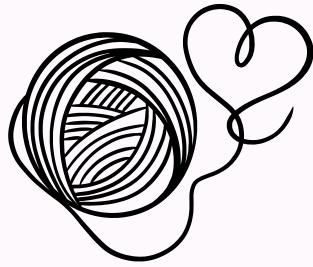


# Spinning a Yarn



## Crafts for wellbeing

### Learn something

Learning keeps our minds active and engaged and gives us a sense of achievement. There are lots of great resources online or in your local library to help you learn a new skill, and lots of groups and classes you can join - see the list at the end of the booklet!

### Connect with others

Calling a friend, going to a coffee morning or greeting a neighbour can give us a wellbeing boost. Sometimes it's hard to do, especially when we haven't been out for a while. Take a little step at a time, be very kind to yourself, and give yourself lots of praise and encouragement when you do get out and about.

### Give to others

Giving to others makes us feel good. You could give time to help a friend, give a compliment, donate clothes to charity or make something to give away.

### Move more

We know it's hard when we're feeling down or anxious, but physical exercise is a great way to boost our wellbeing and feel better. A walk in the park, yoga class, swim or bike ride are all great ways to take some gentle exercise.

### Take notice

We can be so busy with our lives we often forget to stop and notice things. Take a moment to enjoy the sunset, flowers, buildings, art, music or anything else around you – look, listen and be in the moment.

The information in this booklet is not medical advice or guidance, if you are experiencing mental health distress please contact your GP or one of the support services given at the end of this booklet. If you need urgent help, please call 999 or visit the A&E department of your nearest hospital

# Simple exercises for when you feel overwhelmed

## H.A.L.T. Your Attack

H.A.L.T. stands for hungry, angry, lonely, tired -- four feelings that bring out the worst in everyone. When anxious symptoms pop up, check in with yourself: Am I hungry? Am I angry? Am I lonely? Am I tired? Once you pinpoint what's going on, you can take steps to fix it. Have a snack, journal or talk about your angry feelings, call a friend or go to a social group, have a rest.

## Five Things

Notice five things you can see around you. Then, four things you can touch. Three things you can hear. Two things you can smell. One thing you can taste. When you stay grounded in what's going on around you, it gives your mind something better to do than focus on fear or bounce from one worry to the next

## 7-11 Breathing

When we're stressed, we start to breathe faster, which makes our heart beat faster and everything feels worse. This exercise makes us focus on breathing out using counting to slow ourselves down.

Find somewhere quiet and comfortable to sit. Hold your body upright and straight. Take a deep breath. While you breathe in, count to 7. Hold for a count of 1, then slowly breathe out while you count to 11. Repeat as often as you need until you start to feel your heartbeat slowing back to normal.

## Websites, books, Podcasts and more

Please note these are not medical or diagnostic tools. They may not be right for you as everyone is different!

### Websites

[www.mind.org.uk](http://www.mind.org.uk)  
[www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)  
[www.route2wellbeing.com](http://www.route2wellbeing.com)  
[www.healthysandwell.co.uk](http://www.healthysandwell.co.uk)



### Podcasts

The Anxiety Podcast – Tim JP Collins  
Meditation Minis – Chel Hamilton  
We Can Do Hard Things – Glennon Doyle  
Happier – Gretchen Rubin  
The Hilarious World of Depression - John Moe

### Books

Kindfullness – Padraig O'Morain  
How Not to Worry – Paul McGee  
CBT – Elaine Iljon Foreman

### YouTube channels

Julia Kristina Counselling  
Psych2Go  
Therapy in a Nutshell  
Anxiety United

### Free Apps

**Healthy Minds** - meditation and other techniques for wellbeing  
**Wysa** - Therapy chatbot who can listen to your problems and suggest ideas to feel better. Used by NHS.

# Great places to connect, give, move, take notice, learn and be creative!



You can find details of lots more wellbeing, health and creative groups and services in Sandwell on [www.route2wellbeing.com](http://www.route2wellbeing.com) and [www.healthysandwell.co.uk](http://www.healthysandwell.co.uk)

## **Albion Foundation**

[www.wba.co.uk/albion-foundation/book-now/active-greenspace-hubs](http://www.wba.co.uk/albion-foundation/book-now/active-greenspace-hubs)  
Wellbeing Walks Monday to Friday in parks across Sandwell  
[david.jones@albionfoundation.co.uk](mailto:david.jones@albionfoundation.co.uk) or call 07941 830 390

## **Bearwood Community Hub**

Bearwood Baptist Church Hall, Raglan Road  
11.30 – 3pm Wednesday Warm Welcome  
Community lunch and free shop  
Listening Ear service by appointment

## **Brandhall Community Hub**

151 Castle Road West, Oldbury B68 0EL  
Warm Welcome Monday 1pm – 4pm and Wednesday 10am - 4pm  
Art, clothing repair, mindful walks, Food Pantry

## **The Dorothy Parkes Centre**

Church Road, Smethwick B67 6EH  
[www.dorothyparkes.org](http://www.dorothyparkes.org)  
Chatty Cafe – Wednesday 10.30-12.30  
Place of Welcome – Friday 10am-12pm  
Art Work for Wellbeing  
Tuesday 10.30am – 1.30pm

## **Ileys Community Association**

Corbet Street, Cape Hill B66 3PU  
Ladies coffee morning  
Tuesday 10am – 12pm

## **Let's Chat Community Hub**

West Bromwich Bus station  
Monday to Friday 10am-2pm  
Saturday 9am to 12pm

## **Make Good Arts**

[www.makegoodarts.com](http://www.makegoodarts.com)  
Sociable arts and crafts groups  
Sewing at Thimblemill Library  
Thursday 5.00 – 7.00 in term time

## **Sons of Rest Community Centre**

Foley Street  
Wednesbury WS10 9HG  
Crafternoon Monday 12.30 – 3.30  
Ways to Wellbeing Thursday 10-12

## **Thimblemill Library**

Thimblemill Road  
Smethwick B67 5RJ  
Art, wellbeing and social activities all week

## **West Smethwick Park Pavilion**

West Park Road B67 7JJ  
[www.facebook.com/thewestsmethwickpark](http://www.facebook.com/thewestsmethwickpark)  
Art, wellbeing and social activities, cafe and park

## **Brushstrokes**

253 High Street Smethwick B66 3NJ  
Welcome Wednesday - 5-7pm

## **Help in an emergency**

If you are in immediate danger, call 999 or go to the Accident and Emergency (A&E) department at your nearest hospital

**Black Country Urgent NHS Mental Health Helpline** 0800 008 6516 24 hours

**National Suicide Prevention Helpline UK** 0800 689 5652 (6pm to midnight every day).

## **Call 111**

If there is no immediate danger to you or anyone else, you can also call 111 to get help and advice. You may be able to speak to a nurse, or mental health nurse, over the phone.

## **If you need to talk to someone**

### **NHS Talking Therapies**

Anyone over the age of 18 can self-refer to NHS Talking Therapies service for common mental health issues like stress, anxiety and depression. Visit [www.nhs.uk/mental-health](http://www.nhs.uk/mental-health) to find talking therapies near you

### **Samaritans**

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. Call 116 123 free or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

### **SANEline**

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10pm every day).

### **Campaign Against Living Miserably (CALM)**

You can call the CALM on 0800 58 58 58 (5pm–midnight every day) if you're affected by suicide or suicidal thoughts.

### **Shout**

Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help. Text SHOUT to 85258

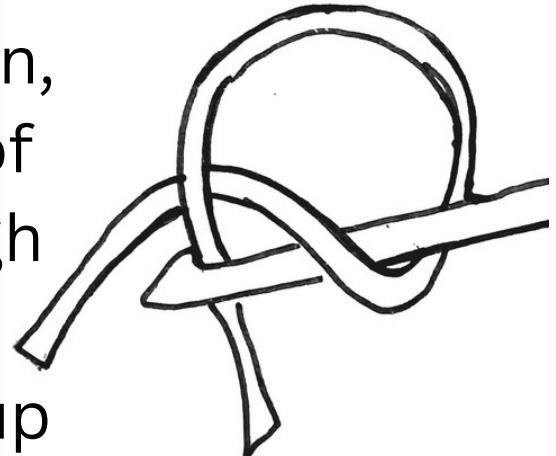
# Get started with crochet

## What you need

To start crochet, you only need four things: yarn, a crochet hook, some scissors and a sewing needle with a large eye, like a knitters or tapestry needle

## Making a slip knot

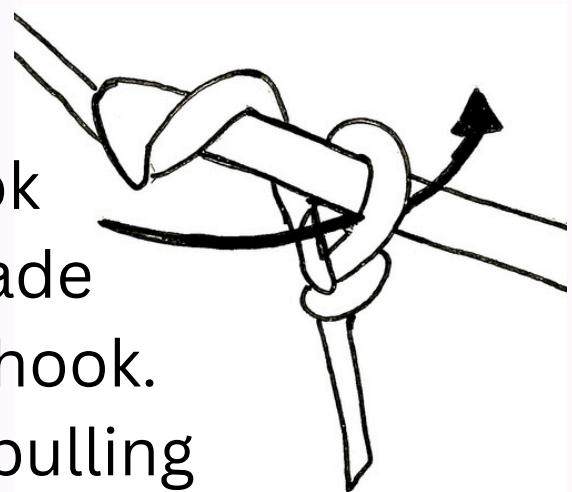
Make a big loop with the yarn, use the hook to pull a loop of the top piece of yarn through the big loop. Don't pull the end through. Pull this loop up tight until it fits on the hook.

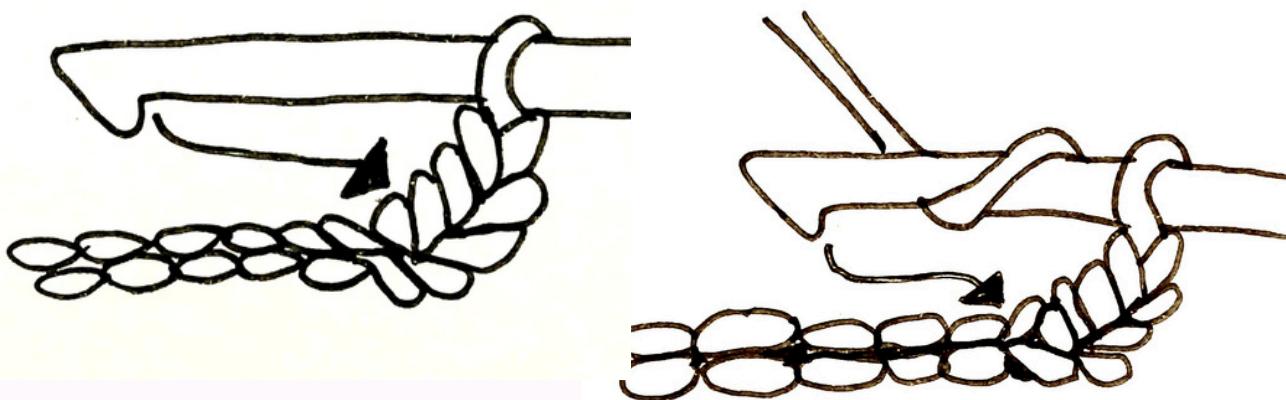


## Making a chain

Wrap the yarn round the hook (yrh), pull the loop you've made through the slip knot on the hook.

Keep making new loops and pulling them through the previous one until you've got the right number of chains for the project or pattern





## **Treble Crochet - tr**

yrh, push the hook through the third chain from the hook, yrh. Pull 1 loop through the chain. yrh, pull 1 loop through 2 loops. yrh pull 1 loop through 2 loops. You now have 1 loop on the hook and you've completed 1 tr.

## **Double Crochet – dc**

Push the hook through the second chain from the hook. Loop the yarn around the hook (yrh). Pull the new loop you've made through the chain. You now have 2 loops on the hook. Yrh again, and pull the new loop through the 2 on the hook. You now have 1 loop on the hook and you've completed 1 dc.

# Make a Granny Square

Foundation: Slip knot, chain 5, join to first chain to make a circle

Round 1 - First set: Chain 3, 2 trebles into centre of circle - in the first set, the 3 chain is instead of the first Treble. 2 chain.

Second, Third & Fourth sets: 3 trebles in centre of circle, 2 chains in between

Round 2 - into 2 chain space - 3 chain (instead of first Treble) 2 Trebles into same space, 2 chain, 3 Trebles into same space. 1 Chain to move onto next set. Sets 2-4 = 3 Trebles, 2 chain, 3 Trebles in each 2 chain space.

Round 3 onwards - Start with 3 chain in any 2 chain corner space (instead of first Treble) and 2 Trebles. Each corner = 3 Trebles 2 chain, 3 Trebles.

Each chain space on the edge = 3 Trebles, 1 chain to jump across to next corner or edge space.

# Round 1 - starting Granny Squares

5 chains joined into a circle with a slip stitch  
First round working into centre of circle

