

Outlook

SPRING NEWSLETTER

May 2020

1 Write In

Welcome to our May newsletter. This month's theme is creative writing

2 Tutor Input

Suggestive ideas and prompts to help get your creative juices flowing

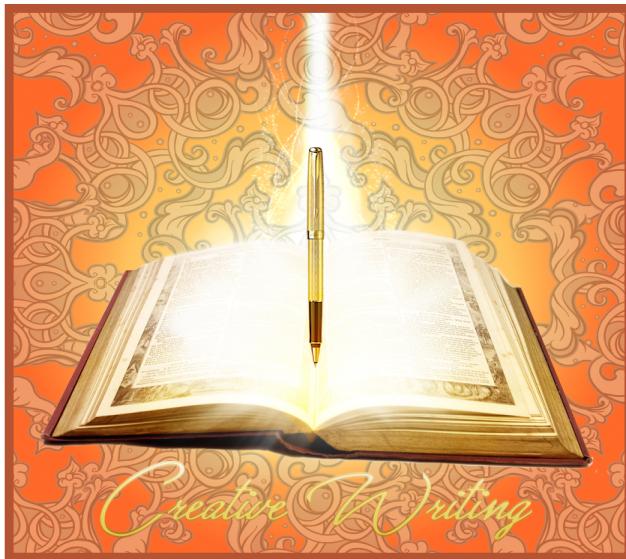
3 Activities

A cooking recipe, a creative opportunity and online learning sites

4 Services

Links, resources and contact information for Mental Health Services

1 Hi everyone, as social distancing measures continue, we hope you are keeping well in these difficult times. With Outlook classes on hold, we are continuing with our monthly newsletters. In these, we're aiming to offer a balance of practical, creative and informative content on learning, mental health and wellbeing. Fiona and I are grateful for the feedback you gave on last month's newsletter and look forward to continuing to hear your views on them. We're also keen to receive ideas you may have for classes, activities to do at home and ways in which we can offer practical support during the lock down. Also, we have decided to theme each newsletter, for May, creative writing has been chosen. We'd love to hear about any pieces you write and to receive work that you'd like to feature in future newsletters. In this month's issue, Steven Stewart has kindly submitted a poem. Submissions don't have to be solely creative writing pieces, they can be anything from art, photos, recipes to general comments. You can get in touch with us at Fiona.Dowie@edinburgh.gov.uk or Alexander.Callaghan@edinburgh.gov.uk or CLD.OP@edinburgh.gov.uk Also, if you can't email us, then someone can get in touch for you.



Looking Forward by Steven Stewart

Who would have thought the restrictions would result in opportunity,

Allow me extra time to call and to chat to those in my community,

Let us use the time to reach out and connect,

Listen deeply, share, pause and reflect,

The time will come again when we'll congregate,

Together using new ideas, refreshed vigour, we will create!

2 Tutor Input:

Juliet Wilson is an Outlook tutor who specialises in creative writing. Juliet has come up with some ideas and prompts for doing creative writing. These are around home and, acts of kindness, this year's theme for Mental Health Awareness Week. Here's a few of her ideas, more are on the info sheet. You can respond to the prompts anyway you like, it could be a poem, short story or factual piece.

A. Write about what home means to you. Think about the building where you live, your area, the people in your household and your neighbours.

B. Write about how people are being kind to one another just now. Think about your friends, family and neighbours, including the people who work in your local shops.

C. Write about an act of kindness. You may have been kind to someone else, someone may have been kind to you, or you may have observed an act of kindness without being involved. You may even write about a fictional act of kindness.

D. Sometimes it's easier to write something when it's in front of you to look at. For example, you could write about a:

- Piece of nature writing inspired by a window view or garden
- Poem about an object in your house like a picture, or gift you received. Who gave it to you, what do you like about it etc...

Juliet is happy to offer some positive and helpful feedback on your work, so please email Fiona or myself if you'd like this.

3 Activities:

Here are some links to some sites for learning, creativity, health and wellbeing. We have a detailed list of learning activities, please let us know if you'd like some particular information.

Google Art and Culture: This site has virtual tours to over 2000 galleries and museums. It also has lots of ideas on how to get creative. www.artandculture.google.com

Not Going Back to Normal: This is a project seeking submissions to design a radical manifesto on what the arts in Scotland should be like for disabled artists. Submissions can be anything from a poem to an image or a audio / video clip. For more info go to: www.notgoingbacktonormal.com

Mental Health Awareness Week: will occur from the 18th to 24th of May. The organisers are asking people to be kind to ourselves and each other as well as to be active for 30 mins each day. More info at: www.mentalhealth.org.

4 Mental Health Services

In these difficult times, there are mental health support resources and services.

Here are two key ones. We have a detailed services list. If you would like this, or for us to look into something specific related to mental health, then please email us.

Samaritans: If you feel isolated and your mental health is suffering, then you can call Samaritans and speak to someone who can listen and support you. Their freephone number is **161 123** and they are open **24 hours** a day.

Information Station: You can speak with an NHS Mental Health Professional on Thursday's between 9.30 and 4.30 by calling **0131 537 8650** and asking for the Mental Health Information Station. You can also email them at anytime with queries or to arrange a phone call. Their email address is:

MentalHealthinformation@nhslothian.scot.nhs.uk

RECIPE IDEA

Tomato and Lentil Soup

This tasty recipe was sent to us by Sam, it's cheap and easy to make.



2/3 Servings - Takes 1 Hour 15 Mins

Ingredients:

100g of dried lentils
1 tin of chopped tomatoes
1 large onion finely chopped
1 large carrot chopped or grated
1 level table spoon of vegetable oil
1 celery stick finely chopped
1 vegetable stock cube
600mls/ 1.75 mugs of hot water
salt and pepper to taste

Method:

Put the pot on a medium heat and add the vegetable oil. Give it about 2 minutes to heat. Then add the vegetables and a pinch of salt. fry for about 4 minutes. Meanwhile, put the lentils in a sieve and rinse under the cold tap. Add the hot water from the kettle and the tinned tomatoes. Add the stock cube by crumpling it with your fingers. Add the lentils. Reduce the heat and simmer gently for an hour, season, then serve.