



Lincolnshire Partnership
NHS Foundation Trust

boredom buster



staying safe doing things we enjoy

an easy read booklet made by the
experts by experience team in our
learning disability service



about this booklet

A photograph of three people sitting around a small table. One person is a woman in a red plaid shirt, another is a man in a blue shirt, and the third is a man in a blue shirt. They are all smiling and looking towards the camera.	<p>hi everyone we hope you are all staying safe and well</p>
A photograph of a group of seven people standing in a line. In front of them is a white sign with the letters 'EbyE' written on it. The people are of various ages and are dressed in casual clothing.	<p>our wonderful Experts by Experience have made this booklet for you</p>
A photograph of a group of people standing together. A large red 'X' is superimposed over the image, indicating that the content is not allowed or is incorrect.	<p>we are not going to tell you what you are not allowed to do..... we already know that</p>
A large green checkmark icon, indicating that the following content is approved or correct.	<p>we are going to talk about all the great stuff we can do while we are staying safe</p>
A photograph of a woman in a purple shirt pointing her right index finger upwards. Above her head is a glowing yellow lightbulb icon, symbolizing an idea or thought.	<p>our team have come up with their own fun ideas and have shared how they are feeling at the moment</p>
A photograph of two people, a man and a woman, sitting and talking. Above them is a thought bubble icon, indicating that they are sharing their thoughts and feelings.	<p>we hope you enjoy the ideas and the thoughts and feelings shared</p>



**Try to keep to
a routine**

My Routine Scheduled Activities



Get up



Wash hands



Get dressed



Brush teeth



Wash face



Wash hair



Wash body



Wash feet



try to keep to a routine

our expert by experience Amy talks about how important it is to still keep to a routine everyday...



- try to get up at your usual time every day
- have a shower or a bath
- have a healthy breakfast



do you have **a plan** for your day?

it might be a good idea to write down what you want to do



a routine and a plan will help you to know what to expect

my week

		
 <p>Monday</p>		
 <p>Tuesday</p>		
 <p>Wednesday</p>		
 <p>Thursday</p>		
 <p>Friday</p>		
 <p>Saturday</p>		
 <p>Sunday</p>		



Look after
your health



look after your health

Stef and her mum Sue have been working really hard at eating healthy food and exercising during lockdown.....



- now is a great time to look at what you are eating
- do you need to eat more healthy food?



you could look on the **internet** for **easy read healthy recipes**



make sure you eat lots of vegetables

try to include healthy snacks



Stef and Sue have been busy cooking healthy curries and stir fries



remember to keep hydrated too
it is important to drink 6 – 8 glasses
of water or sugar free drinks every
day



having a good sleep routine is
very important
try to limit the amount of
caffeine you drink and do
something relaxing before you
go to bed



it is great that we are having
brilliant weather
many of us are spending more
time outside



make sure you wear sun cream
and do not stay in the sun for
too long



if you are taking certain
medication be careful about
how long you stay in the sun



if you feel unwell you must
telephone your doctor's surgery

you might not have virus
symptoms

you might be ill with something
new



**you might be unwell with
something other than the virus
and it is very important that you
still telephone your doctor**



**Be active
Keep moving**



be active and keep moving

keeping active and exercising is so important because it keeps us healthy and fit and makes us feel good

it is not just good for our physical health it is really good for our mental health too



Natalie has been going for walks in her local area, Stef and Sue have been using online exercise classes and Aimee has been out on her trike

Stefanie enjoys playing swing ball

the government recommends....



try to do 75 minutes a week of **vigorous activity**

about 10 minutes each day

vigorous activity is an activity where you need to stop to be able to talk

things like running and going up and down stairs



try to do 150 minutes a week of **moderate activity**

about 20 minutes each day

moderate activity is an activity where you can still talk but not sing

things like walking and cycling

make sure you stay safe when you exercise and use the right equipment



Keep in
touch



keep in touch

not being able to see family and friends has been very difficult for many people

Natalie has found it hard not being able to spend time with her family and friends she has seen her mum on socially distancing walks but misses being able to go to her house




Stef, Aimee and David have been facetimeing family and friends you could try...

- Zoom or Skype
- writing letters
- making cards
- telephoning people or texting them



it is important to still keep in touch with people you are close to

A woman with short brown hair and glasses is smiling and holding a white sign with a blue border. The sign has the text "Keep busy" written in black. She is wearing a dark blue and pink striped long-sleeved shirt and black pants. The background is a plain white wall with a door on the left and a leather chair on the right.

Keep busy



keep busy

keeping busy and having something enjoyable to do helps us to fill our day and keep us occupied



Nadeen has been really busy making banners and bunting for events where she lives

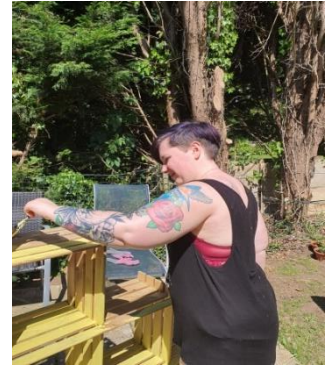


Amy has spent time painting pebbles for the garden, building Lego and working on her computer

David has been helping his parents with the garden, painting and decorating and he has been doing an online course

Natalie has been baking and using her Wii





Nadeen has been really busy with outdoor projects in the garden



David has been helping his family on the farm

Aimee has been doing lots of crafts

everyone has been helping with cleaning and tidying

there are lots of great ideas online
you tube have good videos to show you
how to do something new

look at what needs doing where you live
does your room need organising?
does the garden need tidying?



Look after
how you feel

NHS





look after how you feel



we are living in a very different way at the moment

a lot of things in our lives have changed

some of us might be feeling upset or sad that we cannot do the things we usually do

it is ok to have lots of different feelings



it is important to talk about how you feel

be honest about how you are feeling and ask for support



Amy has been keeping a daily diary to write down how she feels everyday

A woman with short reddish-brown hair and glasses is sitting on a large purple exercise ball. She is holding a white sign with a blue border that says "Learn something new". The sign is decorated with several black feathers. She is wearing a pink top and blue shorts. The background shows a brick wall, a window with green blinds, and a black leather couch with a dog on it. The floor is carpeted and there is a patterned rug under the ball.

**Learn
something
new**



learn something new

is there something you have always wanted to learn to do but haven't had the time?

now might be a good time to do it



it could be learning how to do something where you live, like doing your own washing or learning to cook a meal




you might want to sign up for a free online course like David

Stefanie just bought a fit ball and is learning how to use it



learning something new makes us feel good

it gives us a sense of achievement

A man with a serious expression stands in a wooden doorway, holding a white sign with a green border. The sign contains the text "Get out in the fresh air". He is wearing a light blue t-shirt and dark pants. The background consists of a wooden door frame and a white wall with a power outlet and a cord.

**Get out in the
fresh air**



fresh air and nature



going outside and getting fresh air helps us to feel good

Stefanie has enjoyed getting out and walking her dog

Nadeen has been out to her local beach collecting rocks and shells for a project

make sure you keep 2 metres away from other people who you do not live with





nature spotting sheet

see how many you can find on
your next walk or trip out

dandelion



butterfly



water



animal
footprint



a bird



pink flower



ladybird

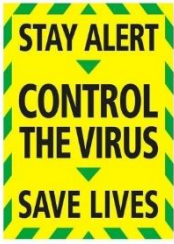


a feather

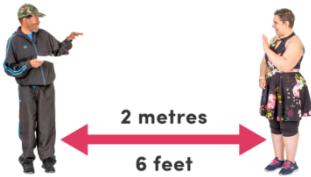


spider web





keep following the rules



stay 2 metres away from people who you do not live with



make sure you wash your hands often



if you are finding it hard to keep yourself safe talk to someone who could support you



111

if you have any virus symptoms telephone 111 and ask for advice

Quick re-cap



try to keep to a routine



look after your health



keep active - keep moving



keep in touch



keep busy



look after how you feel



learn something new



get out in the fresh air

over to you.....

write or draw your ideas in the boxes.....



keeping to a routine



looking after my health



keeping active and moving



keeping in touch



keeping busy



looking after how I feel



learning something new



getting out in the fresh air

a bit about our Experts by Experience

our experts by experience are paid to work in our service



they use their experiences from using health services to help our learning disability service be the best it can be

some of them have worked with us for 2 years



they help our nurses to train other health staff like doctors and nurses in hospitals and clinics they tell them what it is like to have an appointment

they are very passionate about promoting learning disability awareness



they wanted to make this booklet to help you all through this difficult time



other information



Lincolnshire Partnership
NHS Foundation Trust

for easy read and accessible information about the coronavirus look on our website **LPFT** and search for the **learning disability service**



our service works with service users, families, social care and health partners to enable adults with a learning disability and/or autism living in Lincolnshire to receive the right care, in the right place, at the right time



to make a referral to our service please contact **SPA**
Single Point of Access



0303 123 4000

lincs.spa@nhs.net



this booklet was made by.....

Amy

Natalie

Nadeen

David

Aimee

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Tracy

May 2020



take care everyone



made using photosymbols in line with the AIS