



**Week 1 – Monday 30<sup>th</sup> March 2020**

I Can Connect is brought to you by Valley Leisure Ltd.'s I Can Therapy Centre team and aims to empower and enable you to keep moving, mobile and mentally well during times of self-isolation and social distancing.

Each week we are going to share ideas with you to support you during these challenging times.

There are additional resources on our website, and you can connect with us to share your on our social media channels if you have access to the internet.

[www.facebook.com/icantherapy/](http://www.facebook.com/icantherapy/)

[www.instagram.com/icantherapy/](http://www.instagram.com/icantherapy/)

[www.twitter.com/ican\\_therapy/](http://www.twitter.com/ican_therapy/)

[https://www.youtube.com/channel/UCGtNqql4N0u2wrZsY\\_Rgw4Q](https://www.youtube.com/channel/UCGtNqql4N0u2wrZsY_Rgw4Q)

**Mental Wellness - Create your routine...**

Creating a daily routine you can stick to can help you feel grounded and able to cope with daily life. Have a think about when you will get up, when you will get washed and dressed, when you will eat, when you might need to take your medicines, when you will get some fresh air, when you might make contact with friends and loved ones, when you might do something to keep your brain active, when you will make time to relax and when you will go to bed.

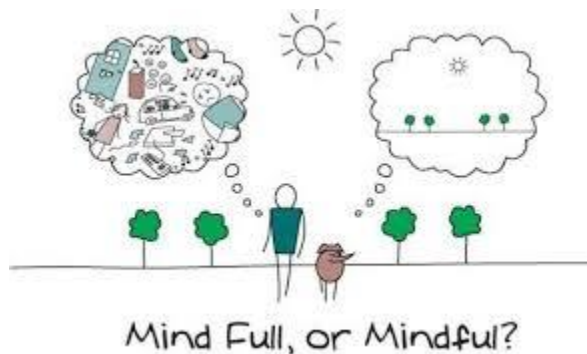
|           |                                   |
|-----------|-----------------------------------|
| Morning   | Get up, washed and dressed        |
|           | Take pills and eat breakfast      |
|           | Brain teaser / read the paper     |
| Afternoon | Have lunch, get some fresh air    |
|           | Call friends then have a nap      |
|           | Eat tea                           |
| Evening   | Relax, have supper and take pills |
|           | Go to bed                         |

For more information visit

<https://www.mind.org.uk/information-support/your-stories/the-importance-of-routine/>

## **Mindfulness – Everyday Task**

Sue Ford is a Clinical Hypnotherapist and NLP Practitioner who is passionate about Mindfulness. We're looking forward to working with Sue once the I Can Therapy Centre team reopens.



Each week Sue is going to share a Mindfulness task for you to consider and practice.

***Every day, pause... sit tall on your sitting bones and be aware of your posture...***

What do you notice, how does it feel?

If you feel your thoughts drift off, bring them back to your posture.

Practice this daily.

## **Movement – chair-based exercise**

Later Life Training is nationally recognised and provides specialist, evidence based, effective exercise training for health and exercise professionals working with older people, frailer older people and stroke survivors.

To keep you moving this week have a go at the warm-up exercises in their home exercise booklet which include the march, shoulder circles, ankle loosener and spine twists.

You can download the exercise booklet for free from their website.

[www.laterlifetraining.co.uk/llt-home-exercise-booklets/](http://www.laterlifetraining.co.uk/llt-home-exercise-booklets/)

## Brain teaser

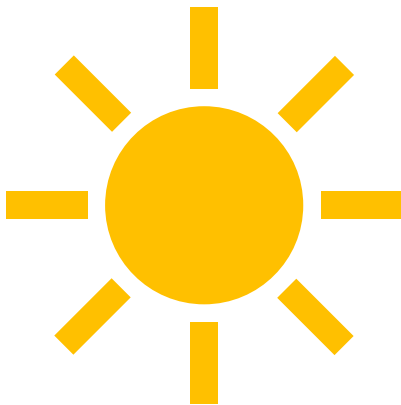
Trish Smith works at the I Can Therapy Centre on Tuesday evenings, each week she's going to share a brain teaser with you to keep your grey matter ticking over!

*You have me today,  
Tomorrow you'll have more.  
As your time passes,  
I'm not easy to store.  
I don't take up space,  
But I'm only in one place.  
I am what you saw,  
But not what you see.  
What am I?*



## Mobility – get some air

*Make the most of your space...*



Get up, open the windows, stretch, take a deep breath, get outside into the garden, sit in the sunshine and have a cuppa...

[www.icantherapycentre.co.uk](http://www.icantherapycentre.co.uk)

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