

Going Up

'Times Like These'
BBC Radio 1's all-star
charity single claims
No. 1. Proceeds will
be split between
Children in Need &
Comic Relief



Bucks Mind have
received lots of letters
and drawings from
young people in
Bucks, following our
request for items to
send to older adult
service users 😊



Pakistan has created
more than 63,000 jobs
by relaunching the
nation's 10 Billion Tree
Tsunami campaign.
"Nurturing nature has
come to the economic
rescue of thousands
of people."



The TV show *Parks
and Recreation's*
original cast came
together for a reunion
episode for COVID-19
relief. The special has
raised more than \$3
million.



Weekly Wellbeing

Keep Learning

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges! We hope you enjoy reading - Bucks Mind CYP Team

Why Keep Learning?

We often think about learning as important to children; ensuring they develop skills, knowledge and experience to help them on their journey into adulthood. Research also shows that if we keep learning throughout adulthood, this can have a positive impact on maintaining and improving our mental health and wellbeing.

Learning has been shown to have many benefits to our sense of wellbeing and life satisfaction:

- Increases our self-esteem
- Encourages social interaction
- Provides a sense of hope & purpose
- Better ability to cope with stress



Learn and Re-coup!

It is important to keep learning and be productive – some of the time. It is also equally important to use this extra time we have been given to wind down.



https://www.youtube.com/watch?v=-58sfrZy_Eo

Quote of the Week

"The beautiful thing about learning is that no one can take it away from you"

- B.B King



Not even social isolation and lockdown!

Quiz!

Lockdown has seen the rise of the virtual group quiz. This is a great way to **keep learning!** Try our quiz below:

(Answers at the bottom of the page)

Q1: How long is the Great Wall of China? (miles)

Q2: What was the name of the character played by John Travolta in the film 'Pulp Fiction'?

Q3: The logo for which popular app consists of a white telephone in a white speech bubble on a green background?

Q4: Which metal has the chemical symbol Pb?

Q5: Which London Underground line has the most stations?

Pick Me Up

'You've now entered the jurisdiction of the ministry of silly walks'...



<https://www.youtube.com/watch?v=M6U-RLAh8NwQ>

Quiz Answers:

A1: 4000 miles, A2: Vincent Vega, A3: Whatsapp, A4: Lead, A5: District Line (60 stations)



Weekly Wellbeing

Keep Learning

Mood board, Project Poster, Powerpoint?

A task for the kids, to do together as a family or just for yourself.

Choose anything that you're interested in learning more about, not because you have to for work or school, but because you want to! You could share it with someone else so they can learn too!

For example: make a poster with pictures and facts about your favourite animal, an online moodboard of different recipes or crafts to learn, or a PowerPoint about chocolate!



Learn About The CYP Team!

What Advice Would you Give your Younger Self?

Grace: You are stronger than you know 😊

Kat: Always stand up for what you believe in, even if it's scary!

Delphine: Do what makes you happy and what makes you feel good instead of what you think you 'should' be doing or what other people expect you to be doing.

Alice: Do not stress over things you can't control – it won't change the outcome!



A Fact About You

See everything at an opportunity to learn something new.

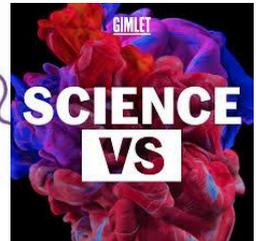
Grace: My all-time favourite food is chocolate!

Kat: My favourite colour is coral as it makes me think of summer sunsets.

Delphine: My favourite season is Spring; warm April evenings and the way nature comes alive again after a long, cold winter.

Alice: My favourite breed of dog is a Hungarian Vizsla.

Personal Recommendation... 'Science Vs' Podcast



I have been listening to the 'Science Vs' podcast. There is a backlog of many different episodes on a broad variety of topics. Some episodes are 40 mins, some are 10. I enjoy selecting an episode that looks of interest to me, and listening whilst out walking, cooking dinner or cleaning the house. The content is informed by research and evidence, making it educational, whilst also being interspersed with humour, making it an easy and enjoyable listen.



Information, Support and Advice

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most because childhood can't wait.



<https://www.home-start.org.uk/Pages/Category/things-we-can-help-with>



Please complete our brief feedback survey to help us improve our resources

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzslrNkWUuWHRbLXGI7yvfHBe1x5Bovajyxv7VzJUODIXRUIIEUVRskZTTkZNMDBQWjFKQ0JNNC4u>