



A NEWSLETTER DEDICATED TO THE ACHIEVEMENTS  
OF JENNIFER M WHITTALL LTD - THE TEAM AND CLIENTS

# Thinking OUTSIDE THE BOX

Edition 9

## News

## Spring 2020



### **Making shopping easier for autistic Children**

Our colleague Lisa has shared a fantastic link to a news item about Asda, who now have available in over 300 of their larger stores, a colourful shopping list showing a range of shopping choices such as milk, bread etc that the child can tick off once they have been added to the trolley - it is called "Jenny's Happy Little Helpers". Check out the link below for more information:

<https://corporate.asda.com/blog/2017/09/12/jennys-happy-little-helpers-will-make-shopping-easier-for-autistic-children>

### **Specialist Residential Care Home Dedicated to Adults with ABI**

During our research we have come across "The Coach House" in Northampton, a self contained home run by Richardson Care - you can have a look at what it offers by visiting

<https://www.richardsoncares.co.uk/the-coach-house-one-year-on/>

### **Welcome to our Spring Edition.**

I think you would all agree this has been a challenging few weeks and we would like to take this opportunity to thank all of our clients, their family, care staff and fellow colleagues for their continued support. The team have adapted really well to working virtually with the help of Zoom for their ongoing virtual face to face contact.

It appears many of the issues facing not only our clients but ourselves with regards to isolation is the impact on our mental health. As Dr Lucy Atcheson (Counselling Psychologist) says "one of the main problems is that we start to miss "micro-lifts" that we normally have peppered throughout our day, without necessarily realising it". For me it would be a coffee I may pick up from my favourite coffee shop on the way to work. Dr Lucy Atcheson suggests we need to create micro-lifts - this has to be something that generates a sense of achievement - could be exercise, learning a little bit of a language, talking to someone on FaceTime or perhaps joining an online group.

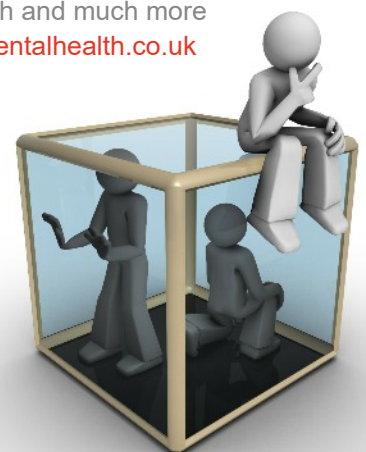
For those of us where it is challenging to get outside and perhaps walk a dog, Stephen Buckley of Mind suggests to keep your mind stimulated and engaged with nature you could look outside your window and do some bird watching.

Our fellow colleague Jodie enjoys this pastime and has shared a great link to Chris Packham's online birdwatching community  
<https://www.countryliving.com/uk/wild-life/countryside/a31807890/chris-packham-birdwatching-community/>

You could also visit Royal Society for the Protection of Birds for more ideas  
[www.rspb.org.uk](http://www.rspb.org.uk)

Likewise for those working from home, although it is important to keep routine, we should not fall into the trap of sleep, work, eat and repeat. Dr Lucy Atcheson suggests we should do something fun. For me it is baking, for my colleague Jo it is Gardening, whatever it is, it is important to have some downtime.

If you feel like you need support, whether this is taking to your child about the pandemic, ideas for random acts of kindness, tips for employers and employees to look after their mental health and much more visit [www.mentalhealth.co.uk](http://www.mentalhealth.co.uk)



## A Day in the life of the Office



### Keeping Client Teams Up to Date

COVID COVID COVID, this appears to have created an immense amount of work for the office, which has not slowed down.

We have been making regular welfare calls on behalf of the case management team, circulating policy and guidelines along with any other useful information we could find, or Links.

In addition we have become a dab hand at using Zoom for the virtual meetings we have coordinated for teams.



### New Referrals

Below are some of the recent referrals That the team have received and Working on.

- Irwin Mitchell - Physio Report for male in Manchester who has suffered multiple complications as a result of an RTA.
- Lanyon Bowdler - Case Management for a 21 year old living in Powys who has suffered a brain injury as a result of a fall
- Stewarts Law - Case Management for a 51 year old lady who had suffered serious injuries as a result of a RTA.
- Hyphen Law - Case Management For a 6 year old boy in Shrewsbury Who has quadraplegic cerebral palsay as a resultof medical negligence.



## Fun Triva?



**Q** What is the most popular drink in the world that does not have alcohol?

**A** Coffee

**Q** Globe and Jerusalem are types of what?

**A** Artichoke

**Q** Which racer holds the record for the most Grand Prix wins?

**A** Michael Schumacher

**Q** What is the 4<sup>th</sup> largest country in the world, after Russia, Canada and USA.

**A** China

Here is a list of popular free games you can download:

1. Candy Crush
2. Heads Up
3. 8ball Pool
4. Uno
5. Minecraft
6. Solitaire
7. Trivia.o
8. Clash of Clans
9. Trivia Pursuit
10. Charades

On Facebook you could try "Quiz Planet"

Or for some exercise download "Get up and Go"

Have fun!