



Hello everyone, my name is Christopher Porter and I am the self-advocate co-chair of the North Yorkshire Health Task Group. The last few months have been a very hard and lonely time for us all and I miss seeing everyone.



Having good mental health means being able to think good thoughts and feel good about yourself and your life. It is important that you speak to someone you know well if you feel very unhappy or sad.



There are many things you can do to make sure you stay mentally well and keep yourself busy and well during the lockdown.



Natasha told us about easy sensory ideas to help people relax. She said you can put fairy lights, in different parts of the house or put them in a vase or a bottle or a jar to make a sensory light.



Make a glitter jar, or a gel pack made with everyday items. For more ideas, visit this website to find free apps, have fun, learn new ideas and stay calm
www.sensoryapphouse.com



You might also find these websites helpful if you have an ipad or smart phone

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>



As we can't meet up yet, we thought you would enjoy this mental health and well-being pack with puzzles, questions and mental health advice.



I have enjoyed the KeyRing quiz on Tuesday afternoons and talking to people through Zoom has been great. It is not the same as meeting our friends in person and I look forward to the time when we can all meet up again safely.

Keep safe, look after yourself and everyone around you

Best wishes

Christopher Porter