

THE VOICE

JRH Support Staff Newsletter



ACTS OF KINDNESS

Kindness is an important quality for all support workers, but what do we actually mean when we say someone is kind? I recently asked a good friend of mine what kindness meant to her, and she thought for a moment and then replied "Someone putting their own feelings to one side and doing something nice for someone else."

Literally 30 seconds later her partner walked into the room wearing some shorts, and without missing a beat my friend turned to him and said "You're not seriously going out like that with those legs are you?" Which I suppose shows that just because we know what kindness is, doesn't mean we always act kindly.

Chatting with other friends about this gave pretty similar definitions:

- Someone going out of their way to do something for you.
- Offering to do something for someone else because you want to, rather than because you have to.
- Doing something for someone and not expecting anything in return.

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What struck me about all of these responses was they required an action. Clearly being kind isn't a passive state, but requires us to 'do' something.

So I decided to read up a little on the psychology of kindness and discovered two different types:

- The random act – where we see someone in need or in pain and without thinking we respond and offer help.
- The intentional or planned act – where we know someone needs support so we send them a gift or call them for a chat.

From a mental health and wellbeing perspective, the research confirms that these acts of kindness benefit both the giver and the receiver. For example, think how great it feels to give someone a gift you know they're going to really love, or how you feel when you've let someone in at a road junction and they smile and wave a 'thank you' towards you, or when you support a service user to do something they've always wanted to do. Feels good doesn't it?

What's more, it seems the impact of a kind gesture goes on long after the initial act and can become contagious, meaning kindness has a ripple effect and encourages more kindness.

Finally, don't forget how important it is that as well as being kind to others, we should be kind to ourselves. Whether that's going for a walk, dancing in the kitchen, singing to the radio, treating yourself to a little luxury or having a nice long bath, we need to remember to look after our own mental health so we can continue the kindness ripple and the profound impact it can have on everyone around us.

Paul Battershall



AMBER'S

MEME OF THE MONTH

meme

noun

- an image, video, piece of text etc., typically humorous in nature, that is copied and spread rapidly by internet users, often with slight variations..



MOTM

SELF-CARE RITUALS

Paul Battershall

Self-care rituals are activities that you do to take care of your physical, mental, and emotional health. They can be anything that makes you feel good and helps you relax and de-stress. Some common self-care rituals include:

- Taking a bath or shower
- Lighting a scented candle
- Reading a book
- Listening to music
- Spending time in nature
- Exercising
- Eating healthy foods
- Getting enough sleep
- Practicing mindfulness
- Journaling
- Talking to a friend or therapist

There's no right or wrong way to do self-care. The most important thing is to find things that work for you and that you enjoy. Self-care is an ongoing process, and it's important to be patient with yourself. It may take some time to find what works best for you, but once you do, it can make a big difference to your overall wellbeing.



Tips:

Make time for self-care every day. Even if it's just for a few minutes, taking some time for yourself each day can make a big difference.

Don't feel guilty about taking care of yourself. Self-care is not selfish. It's essential for your wellbeing.

REMEMBER... WHEN YOU TAKE CARE OF YOURSELF, YOU'RE BETTER ABLE TO TAKE CARE OF OTHERS.



Movie Premiere

In July we had the movie premiere of 'A Day in the Life of JRH', a short film we made with service users about our supported living service.

All the service users who appeared in the film got together to watch it for the first time, and we then had an awards ceremony where everyone received an 'Oscar' for their part in the film, followed by drinks and lots of cake! **To view the film visit the JRH Support YouTube page.**





Emily

Summer

Sarah

Heather

Amber

Ellie

Hayley

Race for Life 5K

They did it!

On 22nd July, Sarah, Summer, Ellie, Amber, Heather, Emily and Hayley from **#teamjrh** got pretty muddy and raised a massive **£465** for life-saving cancer research!



ELLIE'S FUN FACTS

Of the month

1. The original name for the search engine Google was Backrub.
2. Octopuses have 3 hearts.
3. Psycho was the first movie to show a toilet flushing.
4. Your feet typically produce half a pint of sweat every day.
5. Wind chimes are made from the metallic bones of robots that tried to overthrow us.

I SAID IT'S
A FACT!



OK, the last one might
be made up ;)

FAITH & CULTURE GUIDANCE



A person's religion and culture is central to their very being, and will have a direct effect on their needs, their behaviour and often on their attitude towards care and support.

Because of this it's important that we have a good understanding of different religions and cultures so we can support people of all different faiths. The staff section of the JRH website has comprehensive guidance on a large number of different faiths, but we will use the JRH Newsletters to focus on some of the more well known ones.

JUDAISM

Background

Judaism is a monotheistic religion, meaning it believes in one god. It is not a racial group, but individuals may associate or identify with Judaism primarily through ethnic or cultural characteristics.

Jews have lived in many different countries around the world through the centuries.

UK Community

There are over 260,000 Jews in the UK, making it the fifth largest Jewish population in the world.

Beliefs

Jews believe in one God, all-powerful, but remote from the world. Every morning and evening Jews recite a prayer declaring that there is only one God.

Places of Worship

The word “Synagogue” comes from the Greek and means “meeting place”. Traditionally, it was a community centre as well as a place of worship. Synagogues are built so that they face towards Jerusalem.



Prayers

Prayers are held three times a day in the Synagogue. Additional services are held during festivals. The prayers said in the Synagogue follow set forms according to ancient tradition, but Jews believe that they can pray to God anywhere and at any time. The Sabbath (Shabbat or Shabbos) is the Jewish day of rest. It begins at sunset on Friday and lasts until Saturday night.

Religious festivals

Rosh Hashanah (New Year). This is celebrated over two days by Orthodox Jews, and on one day by Reform Jews, in September or October.

Yom Kippur (Day of Atonement). This occurs 10 days after the New Year,

and is the most important festival in the calendar. Many people fast for 24 hours (so there is a risk of people fainting).

Succot (Fast of Tabernacles). This is a very joyful festival and occurs five days after Yom Kippur, which lasts for seven days.

Shmini Azeret and **Simchat Torah** are the last days of Succot.

Hanukkah (Festival of Lights) occurs over eight days near Christmas time.

Diet

According to Jewish dietary law, food is either Kosher (acceptable) or Treif (unacceptable). Treif foods include pork, shellfish and foods which have not been prepared according to the dietary law. All meat and fowl must be slaughtered in a way which removes as much blood as possible. Preparing, cooking or eating meat and milk or milk products together is forbidden and separate sets of utensils are kept for each.

Greeting

The Hebrew word ‘Shalom’, (Peace) is used as a greeting by some Jewish people. ‘Shalom Aleichem’, (Peace to you) is used as a welcome. Orthodox Jewish men will not shake hands with a woman, and vice versa.

STAFF WELLBEING



GETTING SUPPORT

Sometimes it can be difficult to balance the pressures of work with the needs of home life, and we recognise help is sometimes needed to deal with the challenges you may face in life, both practical and emotional.

We have purchased a confidential support service that is **FREE** to use for our staff and the immediate family members who live with them.



jrhsupport

**FREE 24 HOUR TELEPHONE
COUNSELLING**

0800 047 4097



We're talking to Service Manager Sarah Sutton.

Tea or coffee?

Coffee

Dogs or cats?

Dogs

If you could meet anyone in the world (dead or alive) who would it be?

Freddie Mercury

Are ghosts real?

Yes!

What's the best thing you've ever won?

£1000 at bingo!

What's the first thing you do when you get in from work?

Take my bra off

What did you have for tea last night?

Potato Salad and Chicken Tikka

WE'LL GIVE YOU

£100

IF YOU REFER A FRIEND TO WORK AT JRH

**DON'T
FORGET!**

If you refer someone to apply for a job at JRH and they are recruited, we'll give you **£100** when the person successfully completes their probation period!

Just ask them to put your name in the relevant part of the application form.





life hacks

life hacks

Lick your wrist and smell it. This is what your breath smells like to others.

life hacks

Drinking 2 cups of water before meals can make you lose an average of 4.5 more pounds within 12 weeks.

life hacks

If a shirt or jumper has static cling, put a safety pin in it. The static will instantly go away.

life hacks

To cook bacon perfectly, put it on tin foil, heat the oven to 200 degrees and bake it for 12-15 minutes.

life hacks

Put old newspaper at the bottom of your kitchen bin to absorb food juices.

life hacks

Chill your wine without diluting it by sticking some frozen grapes in your glass instead of ice cubes.

What's Going On in Nottingham?

29th AUGUST

Proud to be supporting
When you wish upon a Star
Dream making for sick children

Charity Beach Party

Celebrate the bank holiday with us.
Meet **WISH BEAR** and special guests from our charity
When you wish upon a Star!

There's **plenty of activities*** to keep the kids occupied: **face painting, glitter tattoos, hair braiding, lots of delicious treats** from **DOUGHNOTTS** and **so much more!**

FREE

Nottingham Beach City-by-the-sea

*Our event is free to attend, we are asking for donations for the activities & treats to raise money for our chosen charity.

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023
COURTESY OF MONEY SAVING CENTRAL

ASDA
Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

TESCO
Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURY'S CAFES
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK
Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELLOGE
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE
Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA
Kids get a meal from 95p daily from 11am

MORRISONS
Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS
2 Kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS
Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS
Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI
From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...
M&S and Farmhouse Inns

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Back to School Uniform Parcels

Save money and our environment one uniform item at a time by requesting a uniform parcel from us via:

FACEBOOK Messenger or
EMAIL: uniformproject@hotmail.com.

WHAT WE DO?

- Collect uniform donations from various schools across Nottingham.
- Save and clean high-quality pre-loved uniform, reducing clothing landfill waste.
- Use our stocks to provide families struggling with the cost of living crisis with FREE school uniform.

Please be aware due to limited stocks. Green and Purple Jumpers and our small collection of secondary uniforms are available by referral only.

This referral must come from your child's/children's school, registered charitable organisations, such as food banks, or social services.

Jellyfish Theatre presents

Jungle Book

FREE
Age 3+

Joyful Family Theatre Show
free refreshments, stalls and activities
7 to 11 August 2023
Bring a blanket to sit on
For accessibility tools, visit:
www.jellyfishtheatre.com
BSL Inclusive


@jellyfishtheatre









Jungle Book




Scan me for more info:

Performance Dates:

<p>Bulwell Hall Park N6 8BE Mon 7 August, 11-2pm (show time: 1.2pm)</p>	<p>Evolve Strelley Social Club, N68 6JZ Tues 8 August, 5-8pm (show time: 6pm)</p>	<p>Forest Recreation Ground Gregory Blvd, Forest Fields, Nottingham N67 6HB Thurs 10 August, 1-6pm (show time: 4pm)</p>
<p>Bridlington Street Playground Bridlington St, Nottingham N67 5B6 Mon 7 August, 3-6pm (show time: 4pm)</p>	<p>Vernon Park Vernon Road, Old Basford, Nottingham N66 0AF Weds 9 August, 11-2pm (show time: 1.2pm)</p>	<p>Woodthorpe Park Woodthorpe Dr, Woodthorpe, Nottingham N65 4HA Fri 11 August, 11-2pm (show time: 1.2pm)</p>
<p>Marmion Park Braeton Drive, N63 2LN Tues 8 August, 11-2pm (show time: 1.2pm)</p>	<p>Queens Walk Recreation Ground N62 2HQ Weds 9 August, 3-6pm (show time: 4pm)</p>	<p>Colwick Woods N63 7FS Fri 11 August, 3-6pm (show time: 4pm)</p>
<p>Nonsuch Studios 92 Lower Parliament Street, Nottingham, N61 1EH Tues 8 August, 2.30pm (performance only)</p>	<p>Clifton Flower Park 15 Swansdowne Dr, Clifton, Nottingham N61 1 3HU Thurs 10 August, 11-2pm (show time: 1.2pm)</p>	<p>This project is partially funded by the UK Government through the UK Shared Prosperity Fund and supported by local ward Councillors.</p>



Graphic design by Leila Credland




Summer Holiday Clubs

Open to all children aged 3 to 11 years

FREE places are available (including lunch) for all children (age 4-11 years) in receipt of benefits related free school meals. Children must be school aged and already attending Primary School.

Radcliffe On Trent Infant and Nursery School
St Peter's Primary, East Bridgford
St Edmund Campion, West Bridgford
Jesse Gray Primary, West Bridgford
Banks Road Infant and Nursery School, Toton
William Lilley Infant and Nursery School, Stapleford
Lantern Lane Primary School, East Leake
Westdale Juniors, Mapperley
Hawthorne Primary, Bestwood Village
South Wilford Primary
Stanstead Primary, Bestwood
Radford Academy

These are all open for booking and are open to all children (you don't have to attend the school to go to the holiday club).

To book please visit www.rattleandrollperformance.com and select the clubs that start with the code HF for the funded places.

You will have received a voucher code if your child is eligible for a funded place.

Free places for children in receipt of benefit related free school meals



This summer at Stonebridge

We are open everyday from 10am-4:15pm

WEDNESDAY 2ND AUGUST

Pirate Day All Day

TUESDAY 8TH AUGUST

Rainbow Stripes 11am-12pm

WEDNESDAY 9TH AUGUST

Superhero Day All Day

TUESDAY 15TH AUGUST

Rainbow Stripes 11am-12pm

SATURDAY 19TH AUGUST

Global Roots Festival All Day

TUESDAY 22ND

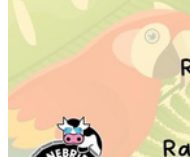
Rainbow Stripes 11am-12pm

WEDNESDAY 23RD

Robin Hood Day All Day

TUESDAY 29TH

Rainbow Stripes 11am-12pm



Summer Reading Challenge 2023



Presented by The Reading Agency.
Delivered in partnership with libraries.

Nottingham City Libraries Summer Programme

Join the superstar team and their mascots as they weave their way through a fictional obstacle course! Explore the powers of sport, games and reading!

The challenge is totally free and will feature amazing books and awesome rewards. It is suitable for children of any age, pop into your local library to find out more.

- Read 6 books and collect stickers as you go
- Finish the challenge to receive a certificate and an invite to a medal ceremony
- Enter a prize draw if you read more than 6 books



Look inside to
find out about all
the summer
activities!

For more details: www.nottinghamcitylibraries.co.uk/src