

Where we are:
University of Bolton Social Work
Centre
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**UNIVERSITY OF
BOLTON SOCIAL
WORK CENTRE
NEWSLETTER**

| January 2021 |

Our newsletters give us the opportunity to tell you what services we provide!

Services we provide:

- ★ Help with Housing
- ★ Help with Benefits
- ★ Advocacy
- ★ Education and employment
- ★ Budgeting advice

Weekly Quiz nights coming soon.....

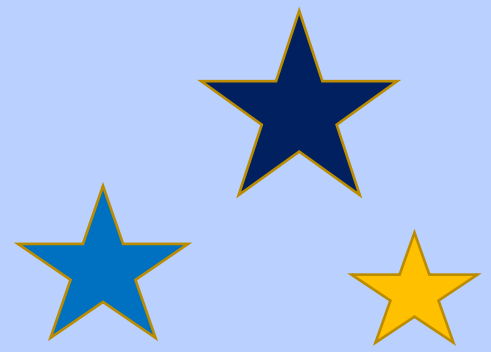
Opening hours are Monday -Friday 9am -5pm

Contact us on 01204 903334 or email uobsocialworkcentre@gmail.com

Tel: 01204 903334

Email: socialworkcentre@bolton.ac.uk

Seven steps to Mindfulness Meditation



1. Create time and space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.

2. Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.

3. Find a comfortable sitting position.

Sit cross-legged on the floor, or in the chair with your feet flat on the ground.

4. Check your posture.

Sit up straight, hands in a comfortable position. Keeping neck long, chin tilted slightly downwards, tongue resting on roof of mouth. Relax shoulders. Close your eyes.

5. Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space.

6. Direct attentions to your breathe.

Focus on a part of the body where the breath feels prominent.

7. Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders return to the breath. Let go of any thoughts, feelings, and distractions.

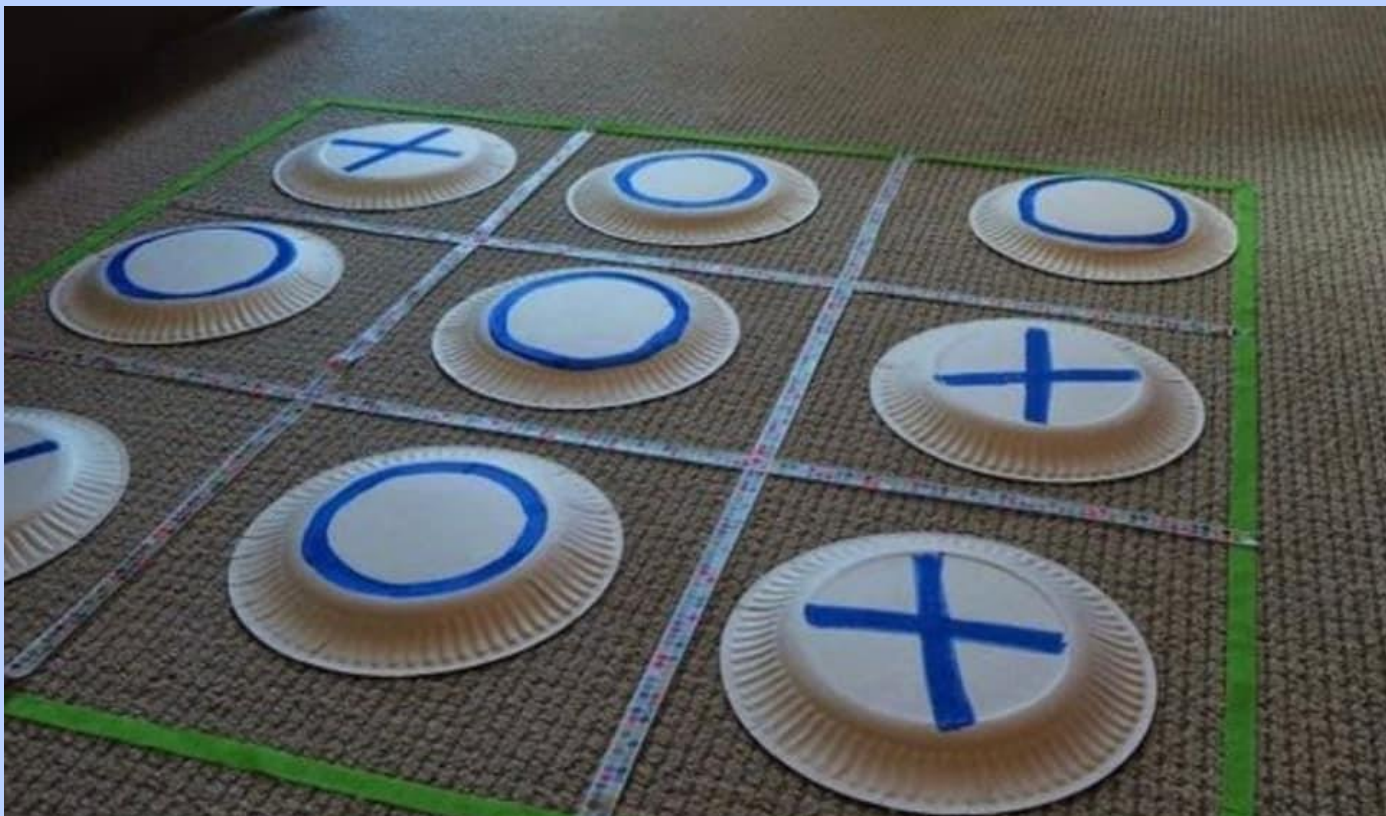


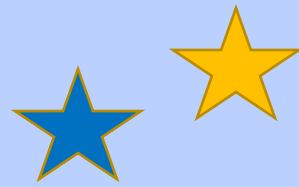
Can you create your own games at home to test your problem solving and phsyical skills?

All the family can get involved and enjoy the fun time together

All you need is

- . 9 white Paper plates
- . Any coloured Pen
- . some tape or card to mark out the outline

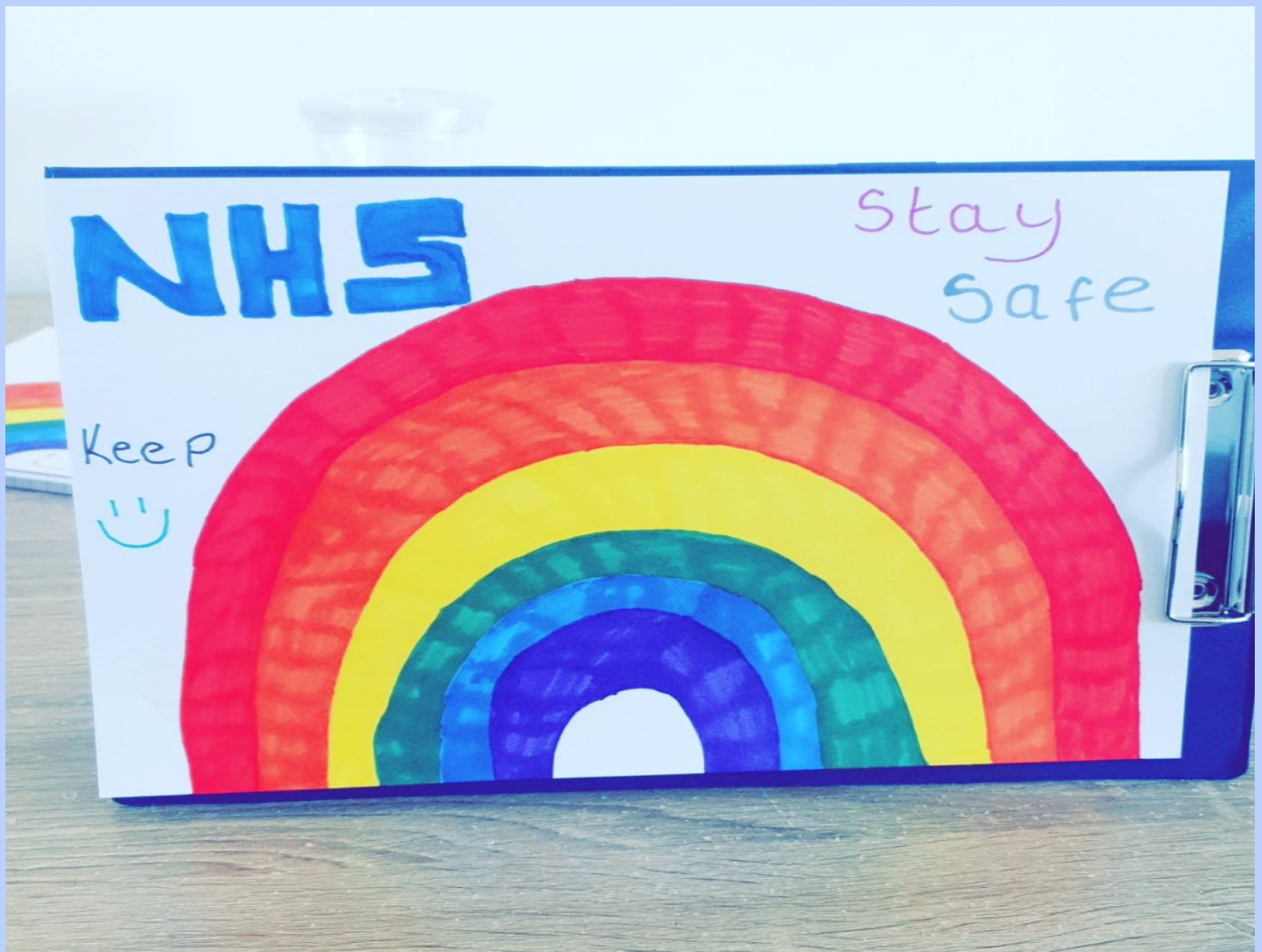




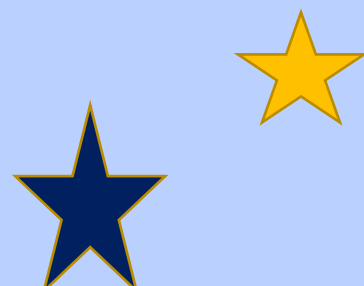
As we enter the 3rd National lockdown our NHS and frontline workers need our support even more.

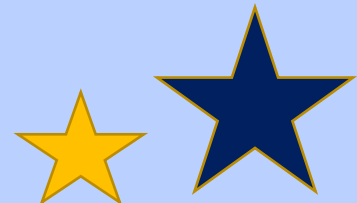
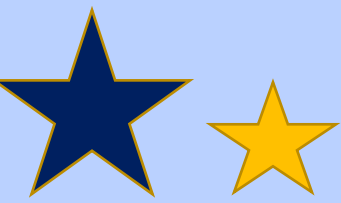
The rainbow has become a symbol of support for people wanting to show their support for the NHS and frontline workers, during the 1st lockdown displaying rainbows in windows

Here is a photo of my rainbow



Send your rainbows in to us at **uobsocialworkcentre@gmail.com** and maybe you will see yours displayed in our next newsletter.

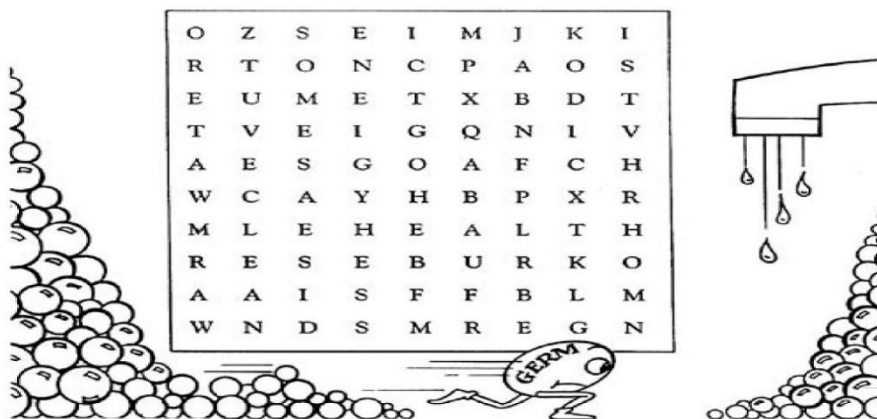




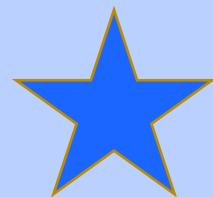
HAND WASHING WORD SEARCH

Find and circle the eight words in the puzzle below.

GERMS DISEASE SOAP
WASH HANDS WARM WATER
HYGIENE CLEAN HEALTH



	8	4		2		7		
	7	1		4		6	3	
2								5
6			7		2			
			3		4			8
3								7
	9	2		3		5	6	
		6		1		3	8	



Did you know we have a family support Group page on facebook?



Check for regular updates and support services available In your area

Illness, disability, family breakdown or loss of a job can happen to any of us

Foodbanks provide the best possible emergency food and support to people in a crisis.

The Trussell Trust offer a foodbanks at:

St Georges Church Plodder Lane, Farnworth, Bolton, BL4 0BR on a Monday 12pm-2pm

The Well Trafford Street, Farnworth, Bolton, BL4 7PQ offer a foodbank Tuesday – Friday 12pm-2pm





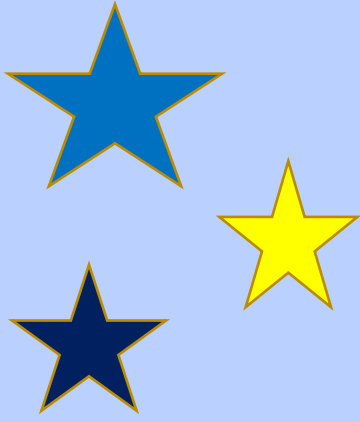
Lockdown Learning

Mon 11 - Fri 15 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
 Primary Learning on CBBC				
09:00 BBC Bitesize Daily 5-7 years Maths & History	09:00 BBC Bitesize Daily 5-7 years English	09:00 BBC Bitesize Daily 5-7 years Science	09:00 BBC Bitesize Daily 5-7 years Maths & French	09:00 BBC Bitesize Daily 5-7 years English & Wellbeing
09:20 BBC Bitesize Daily 7-9 years Maths & History	09:20 BBC Bitesize Daily 7-9 years English	09:20 BBC Bitesize Daily 7-9 years Science	09:20 BBC Bitesize Daily 7-9 years Maths & French	09:20 BBC Bitesize Daily 7-9 years English & Wellbeing
09:40 BBC Bitesize Daily 9-11 years Maths & History	09:40 BBC Bitesize Daily 9-11 years English	09:40 BBC Bitesize Daily 9-11 years Science	09:40 BBC Bitesize Daily 9-11 years Maths & French	09:40 BBC Bitesize Daily 9-11 years English & Wellbeing
10:05 Celebrity Supply Teacher Maths with Mark Labbett	10:05 Celebrity Supply Teacher English with Geri Horner	10:05 Celebrity Supply Teacher PE with Marcus Rashford	10:05 Celebrity Supply Teacher Gardening with Jeff Hordley & Zoe Henry	10:05 Celebrity Supply Teacher Food Science with Heston Blumenthal
10:15 Horrible Histories	10:15 Horrible Histories	10:15 Horrible Histories	10:15 Horrible Histories	10:15 Horrible Histories
10:45 Our School	10:45 Our School	10:40 Our School	10:45 Our School	10:45 Our School
11:05 Art Ninja	11:05 Art Ninja	11:05 Art Ninja	11:05 Art Ninja	11:05 Art Ninja
11:35 Operation Ouch!	11:35 Operation Ouch!	11:30 Operation Ouch!	11:35 Operation Ouch!	11:35 Operation Ouch!
<div>  Secondary Learning on BBC Two </div>				
- Science Week -				
13:00 BBC Bitesize Daily Secondary 11-14 years				
14:00 Brian Cox's The Planets				

Continue your learning at bbc.co.uk/bitesize

Catch up on all the shows on BBC iPlayer



You can also find us on social media:



University of Bolton



@UoB Social Work Centre



@UniBoltonSocialWorkCentre

