

# The Post

13<sup>th</sup> July 2021

The latest news and announcements from the University of Bolton Social Work Centre

## INSIDE

### National Picnic Month

Eating together with our nearest and dearest is an activity we have missed.

It will be nice to experience it again.

### Update on the Make Group

We have been having tons of fun making things. Check out all that we've done so far.

### Our Relationship with Food

The Positive Mental Health and Wellbeing Group got us talking about FOOD. It was a revelation.



There's something about the summer weather that brings out the relaxed hippy in us all, and what better way to wind down after a busy day/week at work than to slip on your sandals, pack up your picnic basket and head to the outdoors with your nearest and dearest. So, get yourself outside this National Picnic Month, and with a whole month of celebrating ahead of you the culinary possibilities are Gastronomical! (Pun very much intended).

Happy National Picnic Month!

# Countries of the World

## Word Search Puzzle



I M E J Y A A M T T U R K E Y Q N  
K O G E R M A N Y L W O Q S P X S  
U N I T E D S T A T E S W N F K E  
C B R A Z I L G K J T S W E D E N  
L A R L O Q U Q S Q A D N A A F X  
B A N D L T B Z M P V P N K N M I  
T X U A R O C B X A A I A N M O T  
R D M O D S F E N A H I R N D T A  
C T P Y F A Q I N C P A N A M A L  
J Z E P C E T N J Y P I S L K I Y  
U U I T C N D D C B W R G D E W R  
L Z N E E N O I N G E O N C N A U  
Q W E G A C D A O D U L N K Y N S  
A R R L I N W U R X S A G F A C S  
G A G X B R G I W O R I M I I G I  
C N E U T E A K A F L F F B U T A  
E M U E O Q X N Y C I O Y M J M R



ARGENTINA	GREECE	PANAMA
BELGIUM	INDIA	PORTUGAL
BRAZIL	IRAN	RUSSIA
CANADA	ITALY	SPAIN
CHINA	JAPAN	SWEDEN
ENGLAND	KENYA	TAIWAN
FRANCE	MEXICO	TURKEY
GERMANY	NORWAY	UNITED STATES

# Update: What we've been making...

By Toyin Babs-Alli



Hello again. It's me **Ty**. It has been interesting these past few weeks, digging out old t-shirts and turning them into new, useful things. It is amazing how many useful items can be made out of the humble t-shirt, with just a pair of scissors, ruler, and a pencil. We have explored its versatility to make **a mask**. Everyone is wearing one these days, and we may still need to keep them on to keep ourselves, and others safe even as we look forward to the 'Freedom Day', when all restrictions to our way of life will be lifted. We made **a t-shirt tote bag** for the beach season, and for shopping veggies. The t-shirt fabric is stretchy, breathable, and forgiving, making it easy to manipulate to suit various purposes. That means that you can stuff a lot in one t-shirt bag, and veggies will keep fresh in it from the market to the house, unlike nylon bags which are generally bad for both the environment, and veggies. Last week we made **a shag rug** from t-shirt yarns. Yes! The t-shirt again. It was fun and educative. Some participants have asked if we could do a talk around tools, generally. If you are interested in learning to make simple things with whatever you've got at home, email me and I'll be glad to walk you through. There's so much we can learn, and make together. Join us every Friday. You're always welcome. Recordings of the past sessions are also available. For more information contact: [socialworkcentre@bolton.ac.uk](mailto:socialworkcentre@bolton.ac.uk) or telephone 01204 903 334



## Our Relationship with Food

The Positive Mental Health and Wellbeing Group, hosted by our Connie was an unexpected food for thought on Monday. Who knew, that exploring our relationship with food could be so wide, and deep, and insightful? The conversation delved into emotional, relational, mental and traumatic connections. The economic influence and the health implications of food, from the ground to the fork also came up for discussion. If you want to be a part of this insightful, incisive, and satisfying conversations.

Join us and meet new friends as we connect with each other. Each week is a different theme that is of interest to you on zoom on Monday 19<sup>th</sup> July at 2pm.

If you have any questions you can contact us on: 01204 903 334

Email us for the zoom link on: [socialworkcentre@bolton.ac.uk](mailto:socialworkcentre@bolton.ac.uk)

---

**WE ARE OPEN**

The Social Work Centre is open for face-to-face contact. As we ease out of lock down restrictions, we are now able to meet at the Centre on a one-to one basis by appointment only. Do feel free to contact us if you need any help or advice, and we will do our very best to support you. If there is any issue, and you are not sure who you should be contacting, or what services are available for help, we may be able to guide you.

Tel: 01204 903334

Email: [socialworkcentre@bolton.ac.uk](mailto:socialworkcentre@bolton.ac.uk)

You can also contact us and follow us on



@UoBSWCentre



@boltonSWcentre



UOB Social Work Centre

“We aim to provide a high standard of support to bring positive change for communities, families and individuals.”