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Where we are:  
University of Bolton Social Work  
Centre  
Queens specialist building  
Queen Street  
Farnworth  
Bolton  
BL4 7DX  
01204 903334

**UNIVERSITY OF  
BOLTON SOCIAL  
WORK CENTRE  
NEWSLETTER**

| January 2021 |

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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

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Weekly Quiz nights coming soon.....

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Opening hours are Monday -Friday 9am -5pm

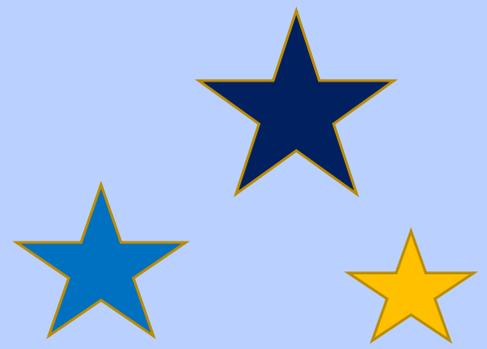
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Contact us on 01204 903334 or email [uobsocialworkcentre@gmail.com](mailto:uobsocialworkcentre@gmail.com)

Tel: 01204 903334

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

# Seven steps to Mindfulness Meditation



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## 1. Create time and space.

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

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## 2. Set a timer.

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

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## 3. Find a comfortable sitting position.

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

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## 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.

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## 5. Take deep breaths.

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

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## 6. Direct attentions to your breathe.

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

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## 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.

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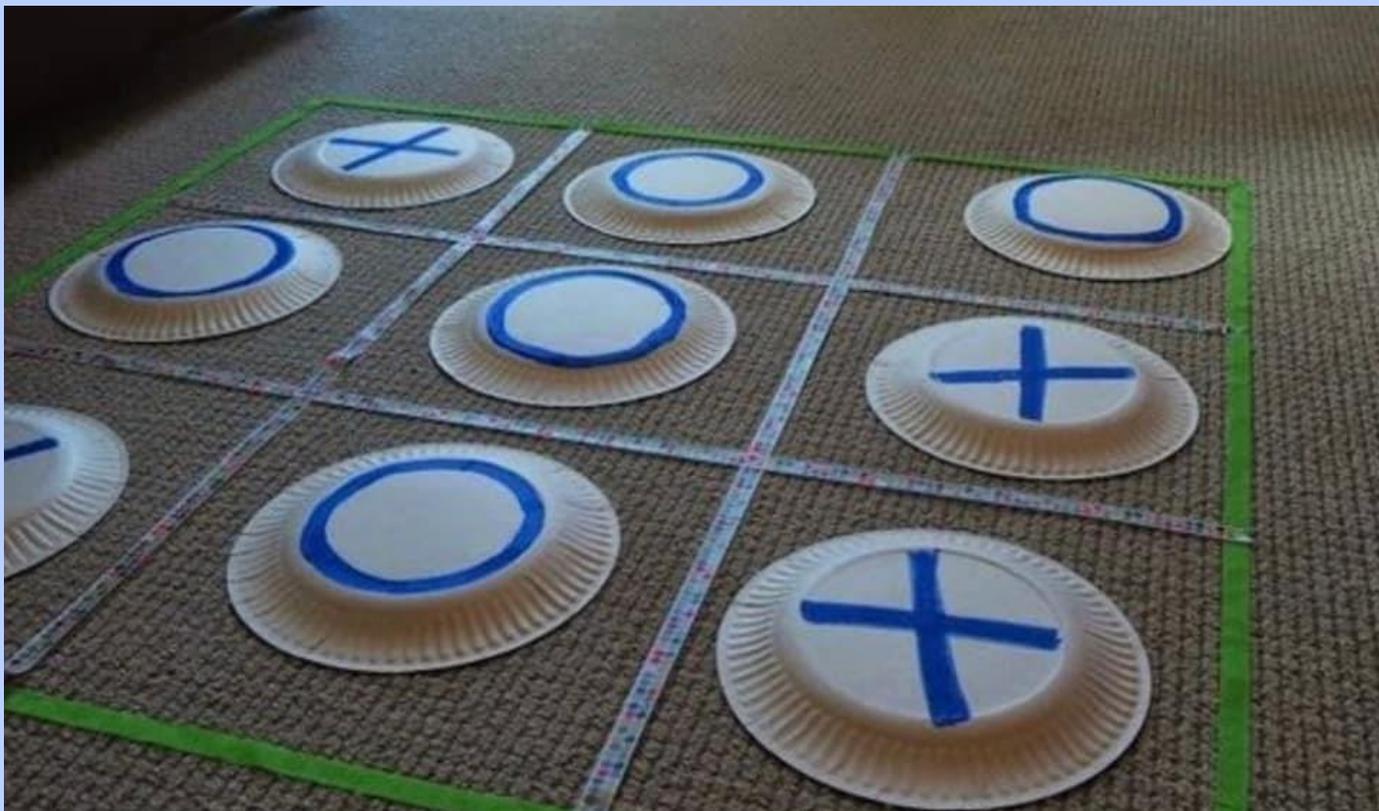


Can you create your own games at home to test your problem solving and physical skills?

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

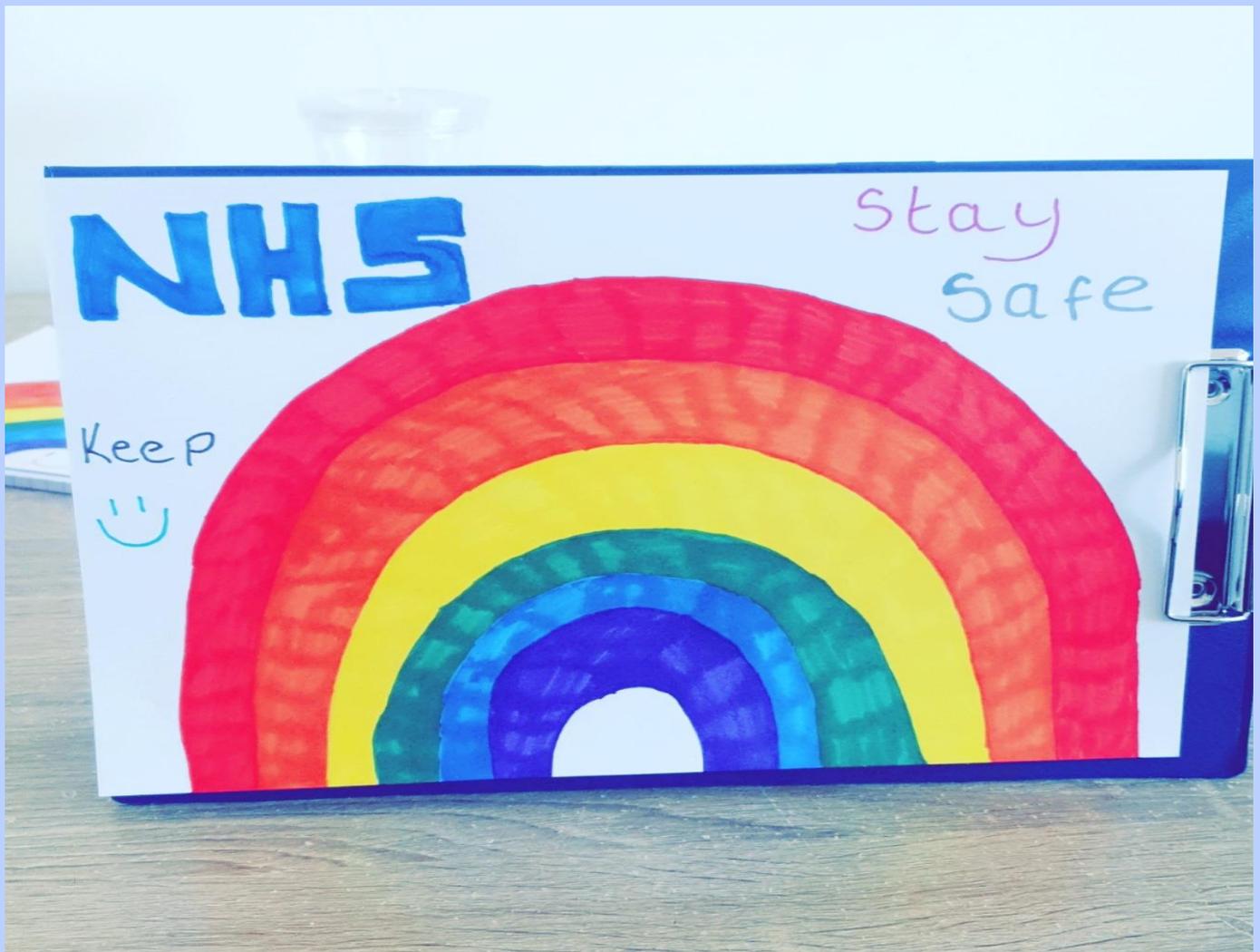




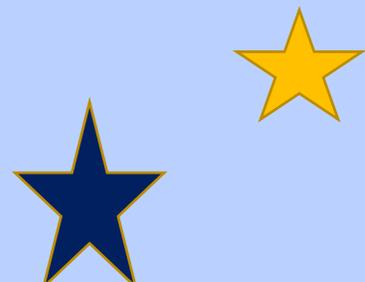
As we enter the 3<sup>rd</sup> National lockdown our NHS and frontline workers need our support even more.

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

Here is a photo of my rainbow



Send your rainbows in to us at [uobsocialworkcentre@gmail.com](mailto:uobsocialworkcentre@gmail.com) and maybe you will see yours displayed in our next newsletter.



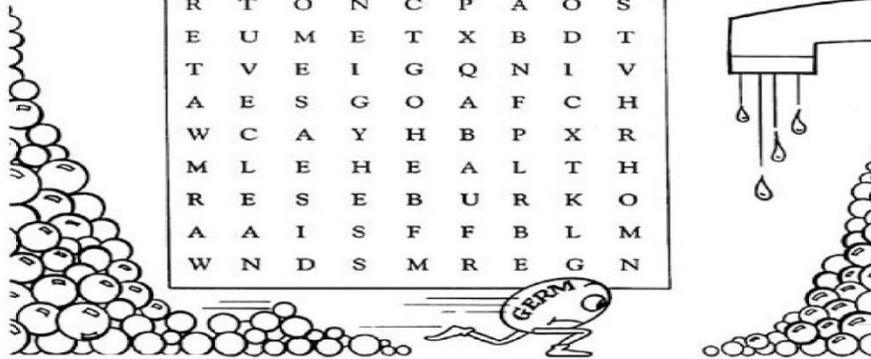


### HAND WASHING WORD SEARCH

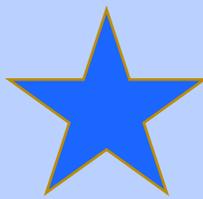
Find and circle the eight words in the puzzle below.

GERMS                  DISEASE                  SOAP  
 WASH HANDS        WARM WATER  
 HYGIENE              CLEAN                  HEALTH

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



	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

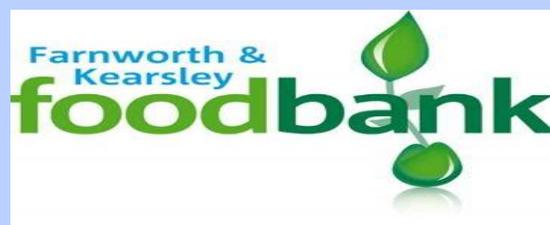
Illness, disability, family breakdown or loss of a job can happen to any of us

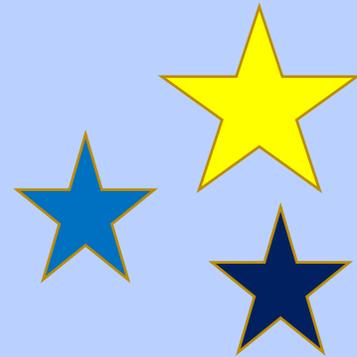
Foodbanks provide the best possible emergency food and support to people in a crisis.

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





Is your child/ren off school due to the lockdown?

Is homeschool proving difficult?

Did You Know the BBC Bitesize are offering free lessons online to children of all ages

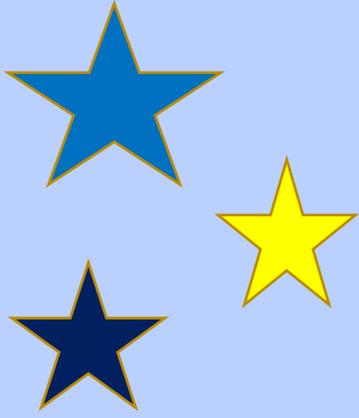
Go to [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

Here is this weeks lockdown learning starting at 9am each morning

**BBC Bitesize** **Lockdown Learning**  
Mon 11 - Fri 15 Jan

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

**Continue your learning at [bbc.co.uk/bitesize](http://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

