

MINDforYOU ACTIVITIES 26th May 2020



WELCOME

Thank you, for the poems, mindfulness pictures and photos of your seeds we have received. You've all been keeping yourselves busy! Several of you have also been online to try Christine's exercise video and Qi Gong. This months leaflet is all about birds and we have included a variety of things for you to try and enjoy. My personal favourite is the bird feeder that Helen has found. My husband recently bought a bird feeder, we will definitely be seeing how many birds we can spot and maybe even try to take a photo of the woodpecker we see in the mornings! As ever, we would love to see what you have been doing whether its bird related or just something you've been enjoying which you would like to share to make us smile. Enjoy the sunshine and get ready to find out more about birds! Bye for now.

Carol x



SPOT THE BIRDS IN YOUR GARDEN



One of the things we at MindforYou have all enjoyed during lock down is hearing all the wonderful bird songs. Most of you will probably remember trying to spot all the weird and wonderful birds when we played Bird Bingo on our holidays. We thought

we would put together a sheet so you can see which the different birds you have in your garden and how often they visit. I know when my husband bought a bird feeder I wasn't too sure, but we sit and watch the birds each morning while we are having our breakfast. For those expert bird watchers maybe you can teach us a thing or two, tell us what other birds you have seen in your garden and maybe even take a photo too!

MAKE YOUR OWN BIRD FEEDER

Just to make sure you manage to see as many birds as possible in your garden we thought you might need a bird feeder. Helen searched the internet to see if she could find one that you could make at home yourself with things you should have at hand during lockdown. Low and behold she found one from the Royal Society for Protection of Birds which uses the humble apple, some sunflower seeds, a couple of sticks and some string. Follow our step by step instructions to create your very own bird feeder. Then all your have to do is find the right spot to hang it up so you can watch all the birds coming and going. Enjoy!



COME FLY WITH ME

We thought we would tell you about one of our Joy Inside Events, all about birds. Two MindforYou staff present to a group of up to 6 homes, all connected via ZOOM. In 60 minutes we have a variety of 5-10 minute segments all about birds, with at least half a dozen pieces of music. It's super seeing everybody singing, dancing and sometimes whistling to the music. There is also the opportunity to share stories, just like we do round the table on our holidays. Always fun, and a great way to get to know people. For free we are offering 30 minutes to connect you to ZOOM, a 60 minute holiday event and a weekly carers event. Why not give it a try? Book your free connection or event on www.mindforyou.setmore.com

BIRD WATCHING ON LINE

We always like to give you something to do on the internet and this time I thought I would speak to somebody who is a keen bird watcher and ask her for some good sites to recommend to you to do some bird watching from your very own home. Most of you have met Caty on our holidays and it's her



Mum Mandy who has put together the fantastic list of different websites included in your pack. Take a look and try the different sites and do some of your own real life bird watching. The good news is you won't have to stay quiet and you can sit and enjoy a cup of tea and a biscuit while catching up on the latest in your bird community.

BIRD MINDFULNESS COLOURING



We have seen some of your Mindfulness Colouring and have included templates to create your bird master pieces. Go on, get those pencils sharpened, get colouring and relax.



SHARPEN YOUR BIRD KNOWLEDGE



By now I am sure many of you will have watched more than enough television, so we thought we might introduce you to some bird quizzes. To start with we have included a bird search for you to stretch those brain cells with! Then, if you are game to go on the internet, you can try out your knowledge of bird song with an interactive quiz. I am afraid the address is a bit long, but it will be well worth it when you start. You will be able to go in your garden and recognise who is singing. <https://www.youtube.com/watch?v=RHnzqKfxSQw&t=57s>

KEEP IN TOUCH

Now more than ever we want to keep in touch. We would love to hear from you, so pop us something in the post, send us an email or pick up the phone. We're posting regular activities on facebook and our booking platform is now up and running to book your ZOOM connection or you Joy Inside event www.mindforyou.setmore.com



mindforyou.co.uk/activitycentre



MindforYou1



01509 351008



info@mindforyou.co.uk