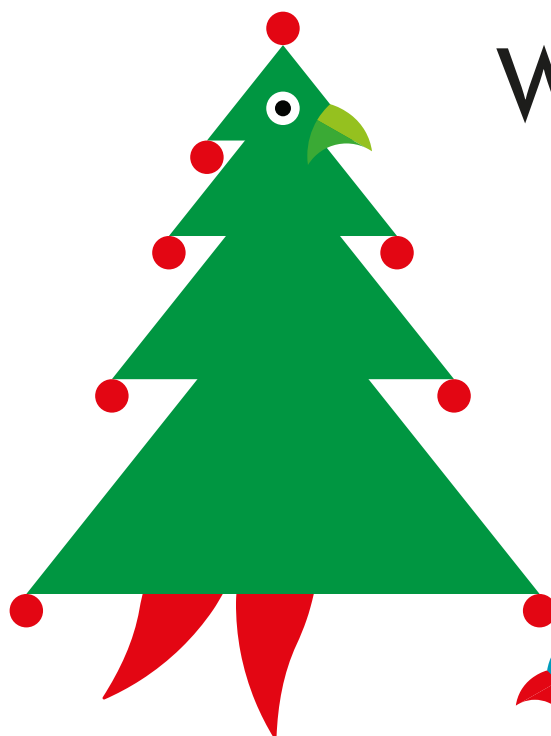


# PIGGEON

Our vision for Hackney is a society where we support each other to flourish — socially, economically, in our health and in our wellbeing.



## Hello Hackney!

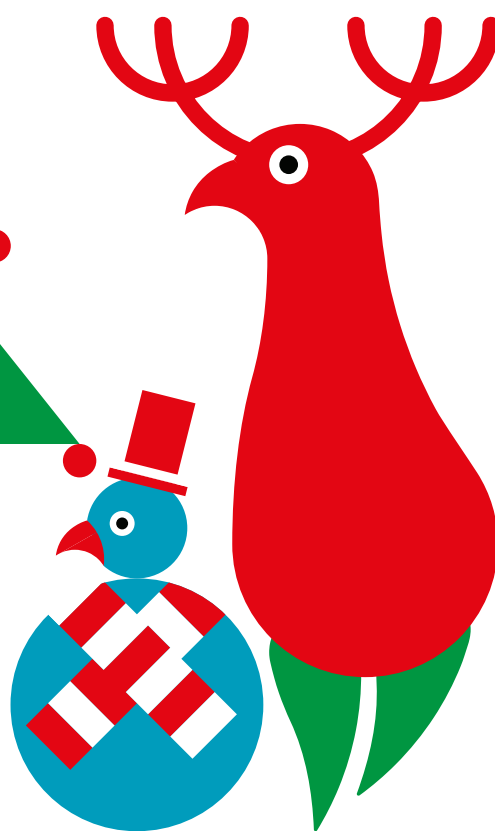
Welcome to The Pigeon, Shoreditch Trust's magazine for all of our friends in Hackney and the City.

Shoreditch Trust works with and supports communities to take charge of their health and wellbeing, develop social networks, build skills and access opportunities.

You may know us for providing support, meals, exercise groups and wellbeing classes or have visited our Healthy Living Centre where we run activities and provide space for hire, you may have eaten at WaterHouse Restaurant, our social enterprise training restaurant or work from one of our workspaces.

You can find out more about all of these in the coming pages, along with advice from people in Hackney, a write up of recent events and a special thank you to our volunteers. With love from the team at Shoreditch Trust.

## Walk like a Norwegian



She found that people's feelings about winter had profound impacts on their mood but also on their physiology, such as heart rate and blood pressure.

People who thought about winter as a special time to appreciate the wintery scenery, focus on different outdoor pursuits, the cooking of comforting foods, and time spent snuggling with warm drinks, fared better.

Kari Leibowitz talks about the role of 'active coping' strategies in explaining psychological resilience in the face of harsh conditions. She found that people who saw winter as a 'challenge', focusing on the opportunities it presented and putting in place strategies suited to the challenges, coped better than those who focused on the threatening aspects of winter and responded passively.

Of course, a change in mindset is not a cure-all for the anxieties we face. Our appraisal of whether this winter feels like a threat or an opportunity will depend on our circumstances and resources to handle the challenges of the season. And 'active coping' will not eliminate our understandable anxieties about coronavirus; potential illness and job loss. The aim is not to deny the difficulties we face or suppress emotions, but rather consider our options in the face of them.

This winter, perhaps more than ever, it's important to take active steps to help keep our mood buoyant and our bodies healthy. Perhaps this is the time to make a personal commitment to undertake some daily gentle exercise, make time to stay in touch with the people we love, and eat nourishing food. Focus on small actions and positive habits, rather than piling pressure on ourselves to take on big tasks like learn a new language!

As we hunker down for winter, there are some lessons to be drawn from parts of the world that are used to coping with harsh winters. The accepted wisdom is that the low energy and mood associated with the short days of winter have a purely biological basis — lower levels of serotonin from the sunshine which boosts our mood. However, studies with residents in cities like Tromsø, Norway, which receives no direct sunlight between mid-November and mid-January, have found that citizens' wellbeing barely changed across the year.

Health psychologist Kari Leibowitz has focused on understanding the role of mindset on life satisfaction and wellbeing in parts of the world experienced with the long 'polar night'.

**Shoreditch Trust** is a registered charity (1086812) based in Hackney, east London. We support people who are facing challenging situations to create a happier, healthier future for themselves. Our work helps people make positive life changes, overcome challenges and build connections with our amazing community of clients, volunteers, staff, partners and supporters.

We are proud to be **#HackneyPigeons**

**If you, or someone you know in Hackney or the City, needs support, please get in touch.**

Shoreditch Trust works together with some great organisations in the borough who are ready to help people find their way to activities and services, from lighter touch to more intensive support.

If you are a resident looking for help to find community activities or support, we can point you in the right direction or offer some time to talk through your needs, interests and help you get connected.

Professionals looking for support for a client, or keen to find out more about community navigation services, please get in touch.

Prefer to navigate independently? The London Borough of Hackney Find Support Services map is a great starting point for people who are digitally connected. <https://hackney.gov.uk/find-support-services>

### GET IN TOUCH

by email: [info@shoreditchtrust.org.uk](mailto:info@shoreditchtrust.org.uk)  
by phone: 020 7033 8501 or 020 7033 8587

### OTHER WAYS YOU CAN GET INVOLVED

#### Volunteer:

All volunteer efforts are being centrally coordinated by Volunteer Centre Hackney, to join team Hackney visit: [www.vchackney.org](http://www.vchackney.org)

#### Donate:

We are currently fundraising to deliver meals to people who are unwell or struggling. Please help if you can: [www.bit.ly/ShoreditchTrust](http://www.bit.ly/ShoreditchTrust)

#### More information:

[www.shoreditchtrust.org.uk](http://www.shoreditchtrust.org.uk)

**Shoreditch Trust**

# Social Enterprise

We believe social enterprise can play a significant and important role in helping us to recover from the pandemic — because it puts people at the heart of business.

Hackney has social enterprise at its core — it is officially registered as a social enterprise place with Social Enterprise UK. Shoreditch Trust supports its innovative programme through income from its social enterprise portfolio.

Our social enterprises provide income as well as space to deliver our programme, whether that is training young people as Chefs in Waterhouse Restaurant, or providing meeting space for new mothers to support each other, as well as drawing an income from sales and hire of space to invest directly in delivery of our programmes.

### SHOREDITCH TRUST SPACES

#### WaterHouse Restaurant

Making lunch and changing lives, WaterHouse is Shoreditch Trust's flagship social enterprise. The restaurant, open Monday to Thursday 9-3, serves take away food and drinks, provides catering, and will eventually get back to being hired for great value weddings, parties and business events. Most importantly, WaterHouse trains young people as chefs and bakers, through our Blue Marble Training programme. It supports young people to build skills, gain confidence and develop careers. If you would like to tap and take away for coffees or lunch, simply visit: <https://waterhouse-restaurant.square.site/>

#### Healthy Living Centre

A community and civic hub, the Trust's Healthy Living Centre in Hoxton is home to many of our cooking classes, exercise groups, creative sessions, and 1-2-1 support. It is also home to our Civic Innovation Hub programme — putting people in the lead through citizen-centred design processes to deliver systems change. The low cost meeting rooms, conference facilities and a community kitchen can also be hired by local groups. Contact us — by email: [workspace@shoreditchtrust.org.uk](mailto:workspace@shoreditchtrust.org.uk) by phone: 020 7033 8500

#### INDUSTRY

Workspaces for local social enterprises, charities and businesses. Some are small, low cost spaces helping companies taking their first steps and charities keeping costs low, others are large offices filled with thriving companies of architects, fashion and music.

*"We've been a tenant of Shoreditch Trust for the past five years. Having an ethical, locally-focused landlord that is a social enterprise is hugely important to our organisation and especially so through the challenges of 2020. We're delighted that our rent contributes to Shoreditch Trust's wider work supporting people in Hackney."* — Dezeen, [www.dezeen.com](http://www.dezeen.com)

#### Moving to the future

Shoreditch Trust is proud to have held our values — equality, compassion, flexibility, connection and independence — close, as we navigated the challenges and opportunities, making sure the approaches we take hold the charity's key aims at the heart.

As Hackney emerges from this pandemic, we believe social enterprise will have a central role in supporting people and especially young people who will be at the core of the rebuild programme — providing key services and ensuring residents are supported.

Everyone in our society must have access to opportunities and must influence the delivery of our vision of Hackney as a place where we support each other so we can flourish — socially, economically and in our health and wellbeing.

Walé Sanusi is our Social Enterprise Operations Manager. With nearly a decade of experience in property, across the commercial & residential sector, Walé now specialises in leasing & tenancy management. A born-and-bred Hackney man, he is delighted to be working in his home borough.

*"Growing up in Hackney has meant I've been able to witness the borough's development first-hand. Seeing constant change all around me was the driving force that inspired me to pursue a career in the industry. I'm proud to be from Hackney and to now be in a position where my work helps my fellow local residents."* — Walé Sanusi

#### AFFORDABLE EAST LONDON WORKSPACES

To enquire about, view and lease affordable office and studio spaces in Hackney, from 200 to 1600 sq ft, contact Walé and his team: by email: [workspace@shoreditchtrust.org.uk](mailto:workspace@shoreditchtrust.org.uk) by phone: 020 7033 8500

#### More information:

[www.shoreditchtrust.org.uk/our-spaces/workspace/](http://www.shoreditchtrust.org.uk/our-spaces/workspace/)

# Neighbourhood Conversations — The Power of Community Action

Each of the eight neighbourhoods of City and Hackney have unique and diverse communities, supported by equally diverse voluntary organisations, community groups and social enterprises; from small resident-run groups to larger long-established charities.

Over recent challenging months these groups have mobilised and worked tirelessly and creatively to support people to get through crisis, including those who have needed to stay at home without social connections, access to food, energy and other essentials.

Since March, Neighbourhood Conversations throughout the borough have been bringing people and communities together to talk about, and take action on, the shared challenges of the pandemic. Important themes have emerged including the impact of social distancing on connections between people, on health and wellbeing and on ability to find services and support.

Connections between groups have been strengthened and there have been more opportunities to work together, to make links and to recognise the incredible upswell in community action and mutual support.

With input from Hackney Council, Public Health, the NHS, Healthwatch Hackney, City and Hackney Clinical Commissioning Group, Volunteer Centre Hackney and Hackney Council for Voluntary Service (Hackney CVS), Neighbourhood Conversations have helped groups to keep up to date with the changing information and guidance affecting support on the 'front-line' as well as helping to bring attention to issues that need a quick and coordinated response to provide essential support to residents.

### Neighbourhood Conversations in Shoreditch Park & the City

Shoreditch Trust has been working together with Hackney CVS Neighbourhoods Team and The Social Innovation Partnership to facilitate Neighbourhood Conversations in the South of the Borough.

Shoreditch Park & the City Neighbourhood Conversations are a really exciting opportunity for all those living, working and providing services in the neighbourhood to come together in a large cross-sector community meeting — groups, organisations, activists, health, council, including City of London Corporation and VCSE (the voluntary, community and social enterprise sector) in the City — and take next steps towards a VCSE and Resident Led Partnership.

Together we will identify practical, local, and community owned steps, using our combined skills, experience and understanding of community needs of the neighbourhood, to respond to, and recover from, the impact of covid-19 and to build a forum that will support our neighbourhood going forward.

Please contact us if you would like to attend future meetings or invite anyone you think would be interested.

Contact: [katieb@hcvs.org.uk](mailto:katieb@hcvs.org.uk)  
Find out more and join the Neighbourhood Conversations: <https://hcvs.org.uk/neighbourhoods>



# Doreen's Festive Mincey Bakes!

Doreen runs our baking programme for young people, and just for you she has put together some delicious festive mincey alternatives to the standard mince pie — hot from the WaterHouse kitchen and a merry feast for your minces!

Every school term we run 7-week blocks of 'Introduction to Baking' workshops at WaterHouse Restaurant. Workshops will resume again from 15 January 2021, 10am–1pm. To find out more about the workshop programme, email: [referral@shoreditchtrust.org.uk](mailto:referral@shoreditchtrust.org.uk)

## MERRY MINCE SAMOSAS

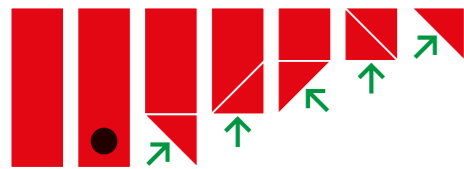
makes: 10 merry samosas  
time: prep 15 mins / cooking 20 mins

### ingredients:

150g currants.  
150g sultanas.  
150g raisins.  
150g cranberries.  
75g mixed peel.  
1 cooking apple, grated.  
100g suet or butter cut into cubes — you can also use vegan butter if you like.  
200g muscovado sugar.  
½ tsp ground cinnamon.  
1 tbs ground mixed spice.  
1 lemon zested.  
50g blanched almonds roughly chopped.  
125ml brandy/sherry/rum (optional).  
1 pack of filo pastry.

### method:

1. Add all ingredients into a saucepan (apart from the alcohol & pastry!). Gently bring to a boil and then simmer for about 12 min, stirring occasionally.
2. Once the fruit has fluffed up add the alcohol and turn the heat off.
3. The mince should be cold before using it as filo pastry is quite delicate. Take the pastry out the pack and place a damp cloth over it so it doesn't dry out.
4. Take 2 sheets of pastry and place them on top of each other on a chopping board and cut them in half. You should be left with 2 rectangle strips.



5. Spoon a tablespoon of the mince on one end of a strip then fold the pastry over at that corner to make a triangle just covering the mixture. Keep folding over in triangles until you get to the other end. Tuck the last bit of pastry into one of the folds. You should have a triangular samosa pocket!
6. Preheat oven to 180C / gas mark 5.
7. Place samosas on a tray and bake for about 10 mins or until golden brown.
8. You can dust them with icing sugar if you fancy. Serve with whipped cream, custard, ice cream, or by themselves! They won't last long.

## MINCE & SWIRL BUNS

makes: 6 swirly buns  
time: prep 40 mins / bake 35 mins

### ingredients for the dough:

160ml milk.  
25g cold butter.  
250g strong white flour.  
4 g dried yeast.  
1 tbsp light brown sugar.

### ingredients for the festive mince filling:

1 tsp ground cinnamon.  
50g brown sugar.  
50g soft butter.  
50g currants.  
50g raisins.  
Zest of an orange.  
1 tsp of mixed spice.

### ingredients for the citrus glaze:

75g cream cheese.  
75g icing sugar.  
Juice of ½ lemon.  
Zest of ½ lemon.

### method:

1. Warm the milk until steaming but not boiling, remove from the heat. Add the cold butter until melted. Cool slightly.
2. Mix the flour, dried yeast and sugar to in a bowl. Add ½ a tsp of salt and mix.
3. Pour the milk into the dry ingredients, combine and mix until sticky. On a lightly floured surface knead the mix by hand until it feels stretchy and soft.
4. Put the dough in a lightly oiled bowl and cover with clingfilm. Allow it to rest and rise for 2 hours or until the dough has doubled in size.
5. Make the mince filling by mixing all its ingredients until well combined.
6. On a lightly floured surface roll out to a rectangular shape. Spread the fruity butter mix all the way to the edges.
7. From the longest side, roll the dough tightly into a sausage then cut into 6.
8. In a lined baking dish, arrange the buns cut side up, with a little space in between. Cover the tray with a cloth or loose cling film and allow to rise again for 30 mins to 2 hrs, until they have puffed up.
9. Bake in a preheated oven at 180C / gas mark 5 for 35 mins, they should be golden brown and well risen.
10. Leave to cool on a wire rack.
11. For the glaze, mix the zest and juice with icing sugar and then combine with the cream cheese, spread over the buns — and serve!

## CHEWY MINCEY COOKIES

makes: 12 chewy cookies  
time: prep 10 mins / bake 10-12 mins

### ingredients:

150g softened butter.  
80g light brown sugar.  
75g castor sugar.  
1 tsp of ground cinnamon.  
2 teaspoons vanilla extract.  
1 egg.  
225g plain flour.  
½ teaspoon of bicarbonate of soda.  
¼ teaspoon of salt.  
5 tbsps of fruity mincemeat.

### method:

1. Preheat oven to 180C / gas mark 5.
2. Line 2 baking sheets with baking paper.
3. Cream together the butter and sugars until light and fluffy then add the vanilla and egg.
4. Add in the mincemeat and mix together.
5. Mix the dry ingredients together then add to the wet mix and combine well.
6. Spoon 6 blobs of the mix onto each baking tray, keeping 2 fingers of space between each.
7. Bake for 10 mins. Check that the cookies have become firm at the edges but still soft in the middle. Take out of the oven and allow to cool and enjoy!

*"The process of baking is very rewarding and life affirming. Our involvement with Shoreditch Trust has been a positive one and we are pleased to be able to provide financial support and expertise as a way of supporting the baking sector going forward and helping disadvantaged young trainees have an introduction to a possible trade.*

*During the pandemic, we have been able to provide delicious fresh bread and buns to add to the food parcels from Shoreditch Trust. We believe it is very important to help those in food poverty."*

— Christopher Freeman,  
Master of the  
Worshipful  
Company  
of Bakers

*"As a baker for all my working life, I still feel a great sense of achievement whenever I take a selection of ingredients and turn them in to tasty quality products. My involvement with Shoreditch Trust began following a conversation with Paul Morrow, past Master of the Worshipful Company of Bakers. I took some ingredients along to WaterHouse Restaurant to produce some bread with the young trainees. It was great to see their reaction when the bread came out of the oven... Delicious! I look forward to continuing to support in the future."*

— Andy Hooper, baker



# Made with Love

Shoreditch Trust believes that meals are a way of passing on love and knowledge to those we care about, and we have been delivering to residents in Hackney throughout the summer and now into winter through our Community Table programme.

This love comes from the busy kitchen at WaterHouse Restaurant, the Trust's social enterprise restaurant on the canal in Haggerston, where young people from our local neighbourhoods are training to become the chefs, bakers and foodies of tomorrow.

In the spring, Shoreditch Trust transformed WaterHouse into a 'meal made with love hub.' Community Table delivers free prepared meal parcels on a Tuesday and Thursday. Each contains two meals with two courses for everyone in the household, along with staples such as bread and fruit.

### A Hackney Effort

Preparing and delivering the meals is a real Hackney effort, local, national and international companies and people have all donated funds and resources to the programme.

These donations include ingredients from supermarkets and shops, supplied by the Felix Project ([www.thefelixproject.org](http://www.thefelixproject.org)). Dunn's, a local bakery, is providing loaves of fresh bread and hot cross buns.

The meals are cooked at WaterHouse Restaurant by young people training as chefs, with careful guidance from their professional teachers.

### Connecting with people

An amazing team of Trust volunteers deliver the meal parcels — making over 400 deliveries across Hackney each week, rain or shine.

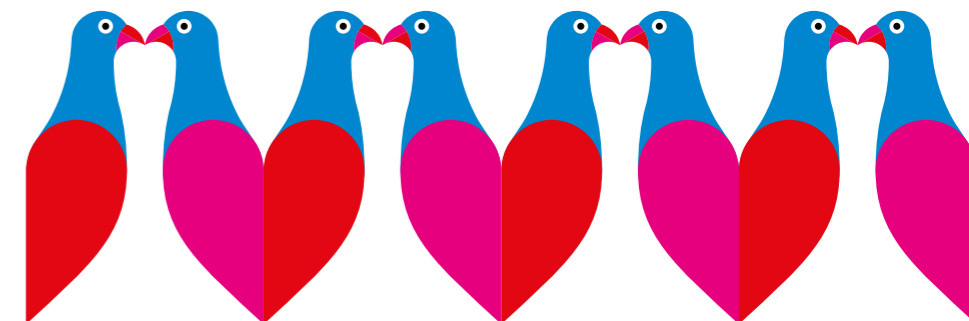
*"It's been a rewarding opportunity to support and connect with the local community and to be of some greater use, particularly for more vulnerable people. The positive power of connection is reciprocal and invaluable."* — Chris, volunteer

Many of the volunteers have been delivering meals across Hackney neighbourhoods for a number of months and deliver to the same people each week, enabling them to make sure they're ok and have a brief chat on the doorstep.

*"I hoped and trusted that we were providing a useful service, but I hadn't anticipated how much I would get out of doing the deliveries. Meeting so many interesting people and hearing their stories has made me see my neighbourhood quite differently — I feel more connected to my area. I've been recommending it to lots of people in the hope that they can share this valuable experience."* — Becca, volunteer

Shoreditch Trust's Community Table meals will continue throughout winter. If you, or someone you know needs support with food, call 020 7033 8501 or 020 7033 8587

If you would like to volunteer to help with delivering the food in the community please email [food@shoreditchtrust.org.uk](mailto:food@shoreditchtrust.org.uk)



### COMMUNITY KITCHENS ARE ZOOMING!

We have taken our popular free food and cooking courses online! Do you enjoy good food? Would you like cheap, simple, tasty, healthy recipe ideas? Are you confused about all the messages about what we should and shouldn't eat? Do you want to know how to decode food labels? Would you like to meet and chat with new people?

Then come and join us online for 6 weeks to discuss topics such as food and mood, healthy fats and label reading and learn new recipes. Each session will last around 60-90 minutes.

Courses will start at the end of January 2021. For more details and to register your interest, please email: [food@shoreditchtrust.org.uk](mailto:food@shoreditchtrust.org.uk)

Have you noticed your baby likes you to stand up when holding them? The answer has everything to do with the flight response. There was a time when we had to be ready to run or risk getting eaten by very large predators. When the person holding you is standing up, they're ready to run. So it makes sense for baby to be still and calm so as not to interfere with the flight.

Most parents already know—babies are happy when you're standing or walking. They can get a little upset when you are sitting. They can even be a little miserable when you put them in a crib. Baby's heart rate slows to a relaxing lub-dub whenever their mums stand up or walk.

# The Importance of Cuddles

From our Mums and Babies who meet weekly at the Baby Buddies Group

### No such thing as too much love

There is no such thing as too much hugging, kissing, picking up and holding baby.

### Cuddling is good for baby

A lovely warm cuddle encourages calmness and relaxation, it can improve sleep pattern and reduce discomfort during teething, congestion, and emotional stress.

### Cuddling is good for mum and dad too

Physical contact releases a chemical in the brain that promotes happiness and lowers stress hormones. Cuddling and hugging can literally put you in a better mood.

If you can, visit a Hackney Park or green space for a wintery walk in the fresh air. Wrap up warm and talk to baby about the trees, the birds and the colours of winter.

If you are indoors, why not spend some dedicated time with baby and toddler in the Hackney Playbus channel – they have made some wonderful films about playing, singing and story time with babies and toddlers.

Follow this link for lots of lovely activities to do at home: [www.youtube.com/channel/UCxLCvfeVEtF-u47NnLts8SQ/videos](https://www.youtube.com/channel/UCxLCvfeVEtF-u47NnLts8SQ/videos)

### Baby Buddies Group

If you'd like to join the Baby Buddies Group or for further information about Shoreditch Trust's support for Women and Children, contact Jane Lavelle: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

We have weekly chat groups on Zoom for mums and young children.

Each week we talk about:

- Eating and sleeping
- Relaxation techniques
- Sharing tips
- Taking care of baby, and you!

# Volunteer with Shoreditch Trust

## Active Citizens

*Locally Connected, Globally Engaged*

Shoreditch Trust runs 'Active Citizens' training in partnership with the British Council. The programme trains and works with local people who want to make a difference in their community as community champions.

Active Citizens is a social leadership training programme that promotes intercultural dialogue and community led social development. It runs in countries all over the world, connecting thousands of like-minded people who want to make a fairer and more inclusive society.

The training will give you the skills to make a change right here in Hackney, and potentially affect change on a global scale.

You can undertake Active Citizens Training and then volunteer with Shoreditch Trust or another local charity, use the skills the training gives you in your work, or set up your own social action project.

To find out more visit:

[www.shoreditchtrust.org.uk/volunteering](http://www.shoreditchtrust.org.uk/volunteering)

## Bump Buddies

*Mentors*

We are looking for women in Hackney who can give a few hours a week to mentor to mothers-to-be who are struggling during their pregnancy.

Mentors provide advice, information and support, and are fully supported by our team. Mentors should be friendly and open minded, with an enthusiasm for being active in the community.

You do not need to have any special training, but you should be willing to offer support in a confidential and non-judgmental way. Our volunteers come from a variety of backgrounds and often speak more than one language.

Hours: 2 hours per week, for at least 12 months  
Location: across Hackney

To find out more, contact Jane Lavelle: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk) or call 020 7033 8524

## Community Table

*Made with Love*

Each week Community Table delivers hundreds of meals to people in Hackney who are unable to prepare their own meals at the moment. Volunteering can take as little as 2 hours. We are looking for:

### Food packing volunteers

Packing and pick up volunteers compile food parcels ready for collection, making sure each one has the right number of meals in, all the added extras, and reaches the right delivery volunteer for the route.

Hours: 2-6 hours a week  
Tuesday and/or Thursday 9-11.30am  
Location: WaterHouse Restaurant, 10 Orsman Road, Haggerston, N1 5QJ.

### Delivery volunteers

Delivery volunteers walk, pedal and drive meal parcels to people in need across Hackney, with the occasional friendly hello and distanced doorstep chat. A current DBS check and access to a car are helpful, but some routes are suitable for walking/bike deliveries.

Hours: 2-6 hours a week  
Tuesday and/or Thursday 10.30am-12.30pm  
Location: pick up from WaterHouse Restaurant, 10 Orsman Road, Haggerston, N1 5QJ, for deliveries across Hackney.

To find out more email:

[food@shoreditchtrust.org.uk](mailto:food@shoreditchtrust.org.uk)

## We Connect

*Distance befrienders*

Shoreditch Trust is looking for friendly supportive people to chat to Hackney residents who are missing friends and family, and feeling isolated because of covid-19 social distancing measures. As a Volunteer Distance Befriender, you will be matched with someone to chat to once a week by video call or phone.

You can talk about hobbies and interests, share information about local groups and activities, and most importantly be there to listen and understand, offering a friendly ear.

Hours: 2 hours per week, any day or time  
Location: any

To find out more visit: [www.shoreditchtrust.org.uk/volunteering](http://www.shoreditchtrust.org.uk/volunteering) or call 020 7033 8501 or 020 7033 8587

# A Letter to Our Future Selves

This letter was written by participants on Shoreditch Trust's 'Calm and Connect' course. It offers the advice the group wish someone had shared at the start of the pandemic, to help them get through the year. It's wonderful advice for the winter months, we hope it helps you too.

Calm and Connect is a six-week course which explores ways to maintain our wellbeing, such as relaxation, gratitude journaling, mindfulness, and eating well. To register for the next group email: [referrals@shoreditchtrust.org.uk](mailto:referrals@shoreditchtrust.org.uk) or call: 020 7033 8501 or 020 7033 8587

## Dear Friends,

We talk to you at the start of this pandemic. This is going to be different from anything we've had before (like bird flu) in our lifetimes, but these things have happened before in history to those who came before us (like the Spanish influenza). It might take a while for you to realise this! You might read about what has been happening. Trust your gut and listen to the science — don't let fear take over! Be mindful of yourself and your boundaries for information — what is going to be the healthiest for you. And don't listen to conspiracy theories!

There have been many difficult situations that have happened to London in the past major, life changing, events. What we've learned from the past, is that we will get through this and we will get back to a sense of normality. We're good at surviving!

Learn techniques to help to tell your brain to calm down, when your brain is trying to bring in the doom and gloom. Do the best you can for yourself! Remember that you are not alone.

Some things which as a group have lifted our spirits during the pandemic include: attending online groups, seeing the animals coming out during lockdown, people being kind to each other, small acts of kindness and self-care can also help.

Believe it when others tell you that you are strong! You've been through things in the past, and you can cope. We can learn from the things that other people tell us.

When you want to connect with hope, think of it like this: When you're in a rough sea, remember the light house — that is the light to follow. We can also think about lockdown as being a bit like being in a traffic jam — little moments of movement will happen which can give us hope, and slowly we can start getting back on our way.

Even though it can feel difficult being stuck in the car (kids in the back, hot, lots of other cars), we will get moving again and reach the next place in our journey.

During this pandemic, being able to connect to new people and groups on zoom meetings has helped. We've gained strength from being able to talk to people. Asking people to help us can also be helpful, and it's ok to say we're struggling. We don't need to feel helpless, because we can help others and they can help us.

Seeing the bravery of friends who have been through difficult times has taught us about positivity and not giving up: "There is always a better future, no matter how bad things look". So, we have connected with strength through other people in many ways: new people, old friends, friends and family in our lives now, and through our faith and beliefs.

Look after yourselves, live in hope and keep that flame alive!

— *Future Selves*

