

Richmond wellbeing booklet



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This booklet has activities for you to work through with your tutor in your lessons. There is also a section on services in Richmond to support your health and wellbeing.

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Understanding health services

Task 1: Where to go for help

Look at pages 21–22. Can you match where you need to go or what you need to do for the following symptoms or situation? The first one has been completed for you as an example.

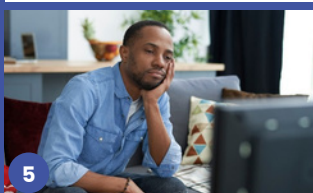
	Sore throat	Self-care
	Stressed	
	GP surgery closed	
	Toothache	
	Runny nose	
	Depressed	
	Backache	
	Choking	

Self-care
Pharmacy/ Chemist
111
Dentist
GP
Emergency services
Mental health services

Understanding health services

Task 2: Choosing health services

- a. Look at the pictures below and guess the symptom. Write it on the first line.
b. Look again and choose the right NHS service. Write it on the second line.
The first one has been completed for you as an example.

			
1 Broken arm	2	3	4
Accident and Emergency			
			
5	6	7	8

Task 3: Sentence completion

This task is based on the symptoms in Task 2. Complete the sentences – matching the symptom to the health service. The first one has been completed for you.

- If I break my arm, I should call 999.
- If I graze my knee, _____.
- If I feel stressed, _____.
- If I vomit, _____.
- If I feel bored, _____.

Understanding health services

6. If have a headache, _____.
7. If someone is unconscious, _____.
8. If someone is very depressed, _____.

Task 4: Calling the GP for medical advice

Read the dialogue with your tutor.

GP: Hello, you've reached the health centre.
How can I help you?

Katia: Hi, I don't feel well. Can you help me?

GP: Yes, I can help. What is your name?

Katia: My name is Katia Maktari.

GP: Can you spell that?

Katia: Yes, it's K-A-T-I-A M-A-K-T-A-R-I.

GP: What is your date of birth?

Katia: 5th September 1980.

GP: Nice to meet you, Katia. What is wrong?

Katia: I've got a stomach ache.

GP: I'm sorry to hear that. Do you have any other pain?

Katia: No, just a stomach ache.

GP: Have you eaten today or drunk any fluid?

Katia: Yes, I had a salad and some water.

GP: Have you been sick?

Katia: No, I haven't.

GP: Okay, rest, eat plain food and drink water. If you feel worse give us a call back. If you develop any new symptoms such as a headache, chest pain, or can't breathe, call 999.

Katia: Thank you for helping me.

GP: You're welcome. Get well soon. Bye.



Understanding health services

Task 5: Read the dialogue again and answer the following questions

1. Why did Katia call her GP surgery?
 - a. She was hungry
 - b. She has a stomach ache
 - c. She has been sick

2. What has Katia eaten today?
 - a. Nothing
 - b. Salad
 - c. A sandwich

3. What did the GP say Katia should do?
 - a. Go to the hospital
 - b. Go to the pharmacy
 - c. Rest, eat plain food and drink water

Exercise

Context task

- Do you exercise regularly?
- What kind of exercise do you do?
- Why is exercise important?

Exercise relaxes our body and mind.

Exercise lowers stress and helps us to sleep better.

Task 1 – How you can exercise

What exercise is free and easy to do? Which one would you like to do?



Look at the pictures above and match them to the activities below. The first one has been completed for you as an example.

7	Put on music and dance		Go for a run		Use an outdoor gym		Do a free online class
	Stretch your body at home		Take the stairs, not the lift		Walk in the park		Join a free local exercise class

Read the activities again and fill the gaps with the verbs. The first one has been completed for you.

Exercise

Walk _____ in the park. ----- the stairs, not the lift. ----- for a run. ----- a free local exercise class. ----- a free online class. ----- an outdoor gym. ----- music on and dance. ----- your body at home.	Go Put Use Join Walk Take Do Stretch
---	---

Task 2 - Benefits of exercise

		
1	2	3
Physical (body)	Mental (mind)	Emotional (feelings)

Choose if each statement below is either physical **(1)**, mental **(2)** or emotional **(3)**.
 The first one has been completed for you as an example.

strong muscles	1	more energy	
feel happy		relaxed	
feel more positive		better sleep	
lower stress		strong heart	
better concentration		strong bones	
better memory		flexible joints	

Exercise

Task 3 – Read about exercise

Read the text and answer the questions. The first one has been completed for you.

Exercise is good for your body, mind and emotions. When you exercise, your heart gets stronger, and you have more energy. It helps you sleep better and lowers stress. Exercise can also make you feel happier. Regular exercise helps you stay healthy and can even help you live longer. Try to find an activity you enjoy and make it a regular part of your weekly routine. Try to exercise 5 times a week, for at least 30 minutes.

	True	False
Exercise does not have many benefits.		X
Exercise gives you energy.		
Exercise lowers stress.		
Exercise makes you sad.		
Exercise helps you stay healthy.		
You should exercise once a month.		

Healthy eating

Context task

Look at pictures A and B.
Which shows healthy food and which one shows unhealthy food?



Task 1 – Types of food

Match the vocabulary to the definitions and examples. The first one has been done for you.

Vocabulary	Definition/examples
poultry	produced, manufactured
pulses	chicken, turkey, duck
grains	healthy eating plan
processed	beans, lentils, chickpeas
balanced diet	wheat, rye, oats, bulgur

Task 2 – Food groups



Look at the plate and read about the main food groups. They show a healthy balanced diet. The plate shows how much of each food you should eat.

Image adapted from **The Eatwell Guide** from Public Health England

Healthy eating

FV Fruits and vegetables	C Carbohydrates	P Protein	D Dairy	F Fats	UPF Ultra processed foods
fruits vegetables salad	bread pasta rice potatoes	meat eggs nuts lentils	milk yoghurt cheese	butter oil ghee	biscuits crisps fizzy drinks bacon

Sort these food items into the correct food group. The first example has been done for you.

 1	 2	 3	 4
FV			
 5	 6	 7	 8

Task 3 – Healthy eating guidelines

Complete the sentences with words from the box. The first sentence has been done for you.

- You should **eat** five pieces of **fruit** and vegetables every day.
- You _____ eat meat, eggs and _____ for protein.
- You should _____ a lot of water.
- You should eat 3 regular meals _____ day.
- You should not eat much processed meat like _____ or sausages.
- You should not use too much _____ or fat.
- You should not eat too much sugar or _____.
- You should eat healthy _____ such as brown bread and rice.

carbohydrates	butter	should	every	eat
bacon	nuts	fruit	salt	drink

Sleep

Getting enough sleep helps your body and mind. According to the NHS, one in every three people in the UK do not get enough sleep.

Task 1 – Sleeping vocabulary

Match the word or sentence to the picture. The first one has been done for you.

 1	 2	 3	 4
pyjamas			
 5	 6	 7	 8
 9			

I sleep well	snore	nightmare	pillows	bed
I can't fall asleep	dream	pyjamas	yawn	

Sleep

Task 2 – Guide to better sleep

	Don't use your phone, laptop or tablet before you go to bed. You can relax with some music or a book.
	Set a routine. Try to sleep at the same time every day.
	Make your room darker. Turn off the lights and close the curtains.
	Exercise during the day. Exercising during the day can help you sleep better.
	Eat well during the day. It's better not to eat a big meal before going to bed.
	Don't drink coffee or tea late in the evening.

Task 3 – Questions about a good sleep routine

Answer the following questions. The first one has been done for you:

- | | | |
|---|-----|-----------|
| 1. The lights must be on before I sleep. | YES | NO |
| 2. I should listen to loud music. | YES | NO |
| 3. It's good to read a book before sleeping. | YES | NO |
| 4. It doesn't matter what time I sleep every day. | YES | NO |
| 5. I should not use my phone before bed. | YES | NO |
| 6. Watching YouTube videos can help me sleep. | YES | NO |
| 7. I can drink coffee at 9pm. | YES | NO |

Task 4 – Breathing exercise

You can try square breathing. This will help you feel calm and may help you sleep better.

- Find a comfortable position.
- Take a few deep breaths to settle into the exercise.
- Breathe in for a count of four while creating a square with your hand.



Task 5 – Reflection

Can you think of 3 things that you can change to improve your sleep?

1. _____
2. _____
3. _____

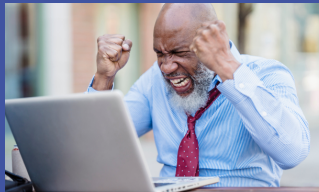
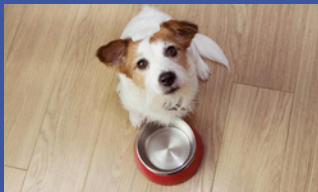
Scan the QR code to watch a short film about getting a good night's sleep.



Feelings

Task 1 – Feelings vocabulary

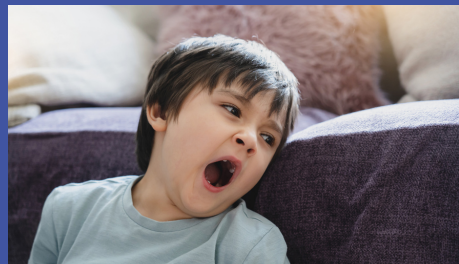
Match the word or sentence to the picture. The first one has been done for you.

			
tired			
			
			

scared	sad	angry	bored
worried	tired	happy	hungry
sick	stressed	thirsty	

Task 2 – Sentences about feelings

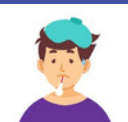
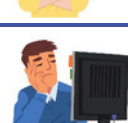
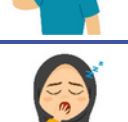
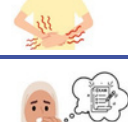
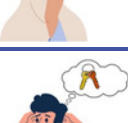
Look at the pictures from Task 1 and form sentences. The first one has been done for you.

	He is tired
---	-------------

Feelings

Task 3 – How do they feel?

Write the correct word. The first one has been done for you.

	How are you today, Laura?	I am <u>sad</u> . My brother is going back home.
	Happy birthday, Rabya!	I am _____ I got some amazing presents.
	How are you today, Mark?	Oh, I am still very _____ I have a high fever.
	How are you, Kelly?	I am _____ My friend is late again.
	How are you, Pablo?	I am _____ I am alone at work today.
	Hello, Ethan. How are you?	I am _____ I have been for a run.
	How are you feeling, Aliya?	I am feeling _____ I didn't sleep well last night.
	Hello, Elena. How are you?	I am _____ I want to eat a big burger and chips.
	Hi Amadou, are you okay?	No, I am very _____ My exams are tomorrow.
	How are you, Ali?	I am _____ today. I cannot find my keys.
	Hi, Gurpreet! How are you?	I am _____ I saw a big spider.

Feelings

Task 4 – Checking feelings

Read Task 3 again and circle the correct answer. The first one has been done for you.

1. Is Laura happy?	Yes, she is.	No, she isn't.
2. Is Rabya happy?	Yes, she is.	No, she isn't.
3. Is Mark sick?	Yes, he is.	No, he isn't.
4. Is Kelly angry?	Yes, she is.	No, she isn't.
5. Is Pablo bored?	Yes, he is.	No, he isn't.
6. Is Ethan thirsty?	Yes, he is.	No, he isn't.
7. Is Aliya tired?	Yes, she is.	No, she isn't.
8. Is Elena hungry?	Yes, she is.	No, she isn't.
9. Is Amadou worried?	Yes, he is.	No, he isn't.
10. Is Ali stressed?	Yes, he is.	No, he isn't.
11. Is Gurpreet scared?	Yes, she is.	No, she isn't.

Task 5 – Time to relax

Sometimes we need to relax. Here are two activities you can try alone or with your teacher. When you feel that things are getting too much, take a few minutes and try to think of:

5 things you can see **4** things you can touch **3** things you can hear
2 things you can smell **1** thing you can taste

Creating happy moments

Thinking about the things that you are thankful for is called **gratitude**. Thinking about those things regularly can help you feel happier.

Can you think of one thing that you are thankful for? Ask yourself this question every day in the morning, or before you go to sleep.

Helping others – volunteering

Context task – Volunteering discussion

What is volunteering?



Helping others and working without getting paid.

Task 1 – The benefits of volunteering

Read the vocabulary and definitions.

wellbeing	feeling good in body and mind
to socialise	to meet new people and make new friends
skills	things you can do (e.g. use the computer, speak English, bake cakes)
community	people who live in your area

Read the sentences below.

1. With volunteering, you can help people in your community.
2. With volunteering, you can learn new skills.
3. With volunteering, you can socialise and meet new people.
4. With volunteering, you can feel happy and active.
5. With volunteering, you can be part of a team.
6. With volunteering, you can practise English.

Helping others – volunteering

Match the verb to the sentence. The first one has been done for you.

1. With volunteering you can help people in your community.
2. With volunteering you can _____ new skills.
3. With volunteering you can _____ and meet new people.
4. With volunteering you can _____ happy and active.
5. With volunteering you can _____ part of a team.
6. With volunteering you can _____ English.

learn	be	practise	help	socialise	feel
-------	----	----------	------	-----------	------

Task 2 – What you can do as a volunteer

Look at the pictures. Talk about where these volunteers are and what they are doing. Use the words below to help you.

food bank – work	charity shop – work	rubbish – clear
at nursery – help	older people – help	gardening in park – do



Helping others – volunteering

Task 3 – Read about a volunteer

Read the text and answer the questions about Maria.



This is **Maria**. She is from Ukraine.

She is a volunteer at a **food bank**. She helps people who do not have enough food. Every **Saturday**, Maria works at the food bank from **9am to 3pm**. She **gives food to families**. She **smiles and talks to them**. Maria feels **happy** because she helps people. She **works with other volunteers**. They are a team. Maria **likes volunteering because she is helping her community**. She gets training. She learns how to **pack boxes** and **uses the food bank telephone**. She **practises English**.

1. Where does Maria volunteer?
2. Which day and time does Maria volunteer?
3. What does she do at the food bank?
4. How does she feel?
5. Does she like volunteering? Why?
6. What skills is she learning?

Task 4 – Volunteering website

You can find volunteering opportunities online.
Look at this website on your phone, tablet or laptop.
What volunteering jobs can you find?
Which ones interest you?



Health and wellbeing services in Richmond

	What is the matter?	Where to go	More information
	Grazed knee Sore throat Cough	Self-care	Find out about health conditions at www.nhs.uk
	Diarrhoea Runny nose Painful cough Headache	Pharmacy/ Chemist	If you feel unwell and need advice or medicine, visit your local pharmacy.
	Unwell? Unsure? GP surgery closed? Need help?	111	Call 111 or visit www.111.nhs.uk You can tell the person who answers your call that you need an interpreter.
	Toothache Bleeding gums	Dental health	www.nhs.uk/service-search/find-a-dentist or call 111 . You can tell the call handler that you need an interpreter.
	Vomiting Ear pain Stomach ache Backache Long term health problems	GP	Anyone in England can register with a GP surgery to access NHS services regardless of accommodation or immigration status. It's free to register. Get information about www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery on the NHS website. You can ask your GP for an interpreter.

Health and wellbeing services in Richmond

	What is the matter?	Where to go	More information
	Serious illness or injury Choking Chest pain Passing out Blood loss Life is at risk	Emergency	In an emergency call 999 or go to A&E . You can tell the person who answers your call that you need an interpreter.
	Bored Sad Unwell	Self-care	Self-care Wellbeing tips: www.nhs.uk/every-mind-matters/
	Stressed Depressed Worried	Mental health	First speak to your GP . If you need more support contact NHS Talking Therapies. 
	Feeling unsafe or in emotional distress	Urgent mental health support	Call 0800 028 8000 . If someone's life is in danger call 999

If you have an illness or are worried but not sure where to go call **111** or visit www.111.nhs.uk

The British Red Cross is a charity that helps people in the UK and around the world. They have made an app to help you learn first aid to support people in an emergency. Download the Red Cross First Aid app here.



Local services and activities

Feeling unsafe

If you feel unsafe or feel like you are in danger you can call **999** and ask for the police.

If you don't feel safe in your household and need support you can contact:

- The National Domestic Abuse Helpline 0808 200 0247
- Richmond One Stop Shop: Drop-ins Friday 10am to 12pm
Location: Citizens Advice, 94-102 High Street, Hampton Hill, TW12 1NY
- In an emergency call **999**.
- If you need to talk to the police but it is not an emergency call **101**.



Worried about housing

Speak to your local council housing department if you are worried about housing or rent. Find places to help here:

- Richmond Council:
https://www.richmond.gov.uk/services/housing/homelessness/preventing_homelessness/your_housing_options
- Citizens Advice Richmond: <https://www.citizensadviserichmond.org/>



Finding it difficult to pay your bills

Speak to Citizens Advice Richmond. They can help you with your money by helping you to apply for benefits, save or apply for support.

<https://www.citizensadviserichmond.org/get-advice/money-debt-advice/>

Free or low-cost food can be found here:

https://www.richmond.gov.uk/cost_of_living_food



Local services and activities

Visit the library

- The library is a place where you can borrow books, magazines, newspapers and music, or use a computer for free.
- Anyone can visit the library to sit, study and keep warm.
- Sometimes they have activities to help you find a job, learn a new skill or have fun with your family.

You can join the library by asking the staff when you are there. Or you can join online at

https://www.richmond.gov.uk/services/libraries/joining_a_library

You will need proof of who you are and where you live to join the library. If you don't have this you can still go inside the library and read books.

There are 13 libraries in the London Borough of Richmond and they have different opening times. Find out where they are at:

https://www.richmond.gov.uk/services/libraries/branch_libraries

Find a park near you

- Richmond has lots of parks and great places to walk. Going outside is a good way to help your body and your mind feel better.
- The park might have places where you can do sports or a playground where children can play.
- Most parks are free. There will be a sign at the entrance with information about the park.



Richmond Park is a big and beautiful green space in London, known for its ancient trees, and herds of deer. You can find out more about the park and watch a video [here](#).



Local services and activities

Join in sports activities

There are many ways to keep fit in Richmond.

- You can go for a walk, a run or play football in the park.
- You can also visit a leisure centre where you can join classes, go to the gym or have a swim. There will be a charge to take part in the activities at the leisure centre. If you get benefits, or are 60 or over, you can get a discount at different leisure centres. To find out more, visit:

https://www.richmond.gov.uk/services/sports/sports_and_fitness_centres

- You can find free outdoor activities in Richmond at www.ourparks.org.uk



Learn something new

Museums and galleries are places you can go to learn new things. The places below are free and open to anybody. Find out when they open, go in and have a walk round.



Museum of Richmond: This museum has information about Richmond and its history. They often have talks and activities for children.

www.museumofrichmond.com

Orleans House Gallery and Gardens: This is an art gallery that hosts regular free exhibitions, events, and workshops.

www.orleanshousegallery.org

Marble Hill House: This is an elegant 18th-century villa set beside the River Thames. Surrounded by peaceful parkland, it's a great place to visit that offers history and nature.

www.english-heritage.org.uk/visit/places/marble-hill/

Local services and activities

Meet other people

There are places in Richmond that offer a warm place to meet, have a cup of tea and talk to other people. These places are free.

The Vineyard Community Centre

Offers hot meals, showers, laundry services, and access to advice on housing, employment, and benefits.

2a The Vineyard, Richmond TW10 6AQ

<https://www.vineyardcommunity.org/>

Multicultural Richmond

Offers social clubs, health walks, cooking & art sessions, women's groups, and English lessons.

111a Kneller Rd, Twickenham TW2 7DT

<https://multiculturalrichmond.org.uk/>

Richmond EAL Friendship Group

Hosts a coffee morning every Friday morning 9:30 – 11:30

Whittaker Ellis Suite, Richmond Old Town Hall, TW9 1TP

<https://richmondeal.org.uk/>



Scan the QR code to find out more about things you can see and do in Richmond.



Local services and activities

If you have children

- Children's Centres are places for families with children under 5.
- They are great places to play with your children, find out more about how to help them and to talk to other people.
- Most of their activities are free.
- There are three Children's Centres in Richmond.

Find out more here: <https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/children-centres/children-s-centres-in-richmond>

- If your children are over 10, they can visit a youth club.
- Youth clubs have different activities for young people. They can play football, go on trips or make art. Most activities are free.
- As they are for older children, parents do not join their children.

Find out more here: <https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/children-centres/children-s-centres-in-richmond>

Find other activities for children and young people:
www.visitrichmond.co.uk/events/childrens-events



Finally... five ways to wellbeing



Connect

Talk to someone new.

Ask how someone's day is and really listen to the answer.

Be active

Go for a walk at lunchtime.

Take the stairs (not the lift).

Take notice

Look at the world around you.

Walk a different route to the shops.

Keep learning

Learn a new word each day.

Try a new recipe.

Give

Be kind.

Help others.