



CENTREPOINT: CHALLENGE ACCEPTED

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Challenges, Activities and
Resources from the Centrepoint
Engagement Team



#CentrepointChallengeAccepted

CHALLENGES: ROUND 9

20/07/2020

centre
point

SPORT



FiiT NINJA SQUAT CHALLENGE

Special FiiT flexibility & yoga challenge - how low can you go?!

ARTS



PICTURE PERFECT

Create or adapt a piece of art which sums up how you are feeling.

FOOD



SPEED TEST!

What is your speediest recipe? You have 5 minutes... GO!

Remember to document your challenge attempt with a photo or video!
See the next page for the best ways to share your work with us.

HOW DOES IT WORK?

TAKING PART IS EASY

- 1. A new challenge will be released every other Monday.**
Keep an eye on our social media accounts for the launch!
Will you accept the challenge?
- 2. Complete the challenge within two weeks.**
You've got a 14 days to plan your attempt and give it your best shot! We'll showcase the best of the challenge attempts every other Monday before the new challenges launch.
- 3. Send it in!**
Once you're happy, share on social media or submit a photo/video of your challenge. We can't wait to see how you get on!

Make sure to tag [@CentrepoinUK](#) and use [#CentrepoinChallengeAccepted](#)*

JOIN IN ON SOCIAL MEDIA!

You can find us on:

Facebook	www.facebook.com/centrepoin.charity	@centrepoin
Twitter	www.twitter.com/centrepoinuk	@centrepoinuk
Instagram	www.instagram.com/centrepoinuk	@centrepoinuk
Tik Tok	www.tiktok.com/centrepoinuk	@centrepoinuk

Not into social media? No problem.

WhatsApp us: [07725 221 072](tel:07725221072) Email us: challengeaccepted@centrepoin.org

**After you've sent in your challenge we might contact you asking if we can feature your photo/video on a Centrepoin social media page. We'll contact you to ask if we can use it, and you can then say yes or no. We won't share anything without your permission.*



HEALTH & WELLBEING

As mentioned earlier, we know that looking after our physical and mental health is more important now than ever. Alongside our weekly challenges, here are a few other activities focussed on health and wellbeing:

RUNNING OR WALKING

At the moment, government guidelines allow for people to leave their house or building once a day to exercise. If you can, you should use this opportunity to get outside and run or walk, always observing correct social distancing protocol. Spending time in green spaces in particular can benefit both your mental and physical wellbeing. If you can't get outside, then you can still get some of the positive effects by spending time with the windows open, or even just allowing natural sunlight into your room.

YOGA

Yoga does not have to be complicated, and it is a great way of stretching out your muscles and relaxing your mind, especially if you are not getting as much exercise as usual, or if you're feeling tense.

All you need is comfy clothes and a small amount of floor space. You can find lots of free yoga videos on YouTube and many are quick stretches under 10 minutes.

Yoga with Adriene on youtube has lots of suitable videos, for different parts of your body, including videos for people who haven't ever tried yoga before.



BREATHING EXERCISES

It can feel strange to do a mindfulness exercise for the first time, but take a moment to give one of them a try and you might just find out if it's for you. Sometimes it just takes a little practice. Many people find that when they are tense or their thoughts are racing, slowing down and focusing on their breath has a very calming effect.

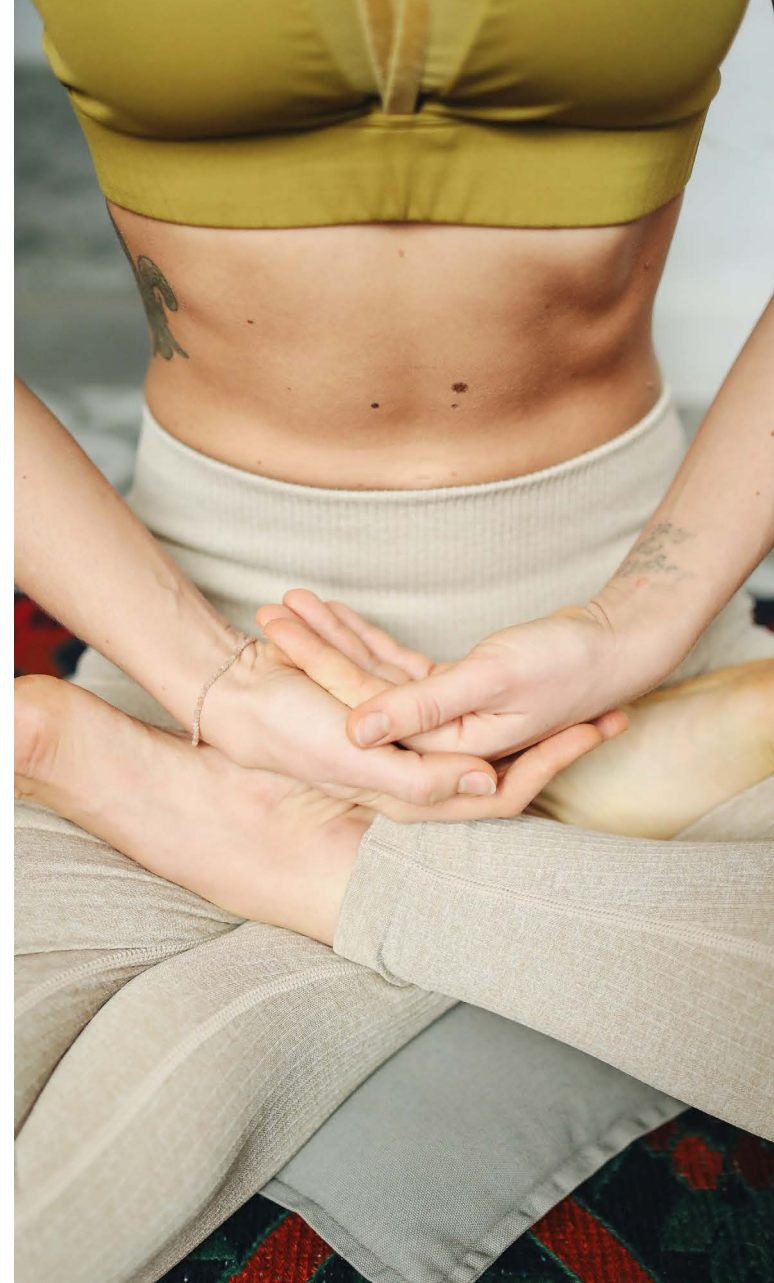
There are lots of resources online for relaxation techniques, such as these by Mind: www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips. There are also many free and easy to use apps which you can download to your phone or tablet, such as [Headspace](#) and [Pacifica](#).

OTHER IDEAS

Even you're less able to move around freely, there's still lots that you can do to keep active. For example, using a comfortable chair, you can do some easy arm stretches, use nearby objects to lift and move muscles safely, and leg lifts to keep the blood flowing. And if you don't have the time or ability to do a full workout, simple stretches can go a long way.

There are plenty of free apps available, which are suitable for varied fitness levels and abilities. A list of some of these resources can be found at the end of this pack.

For more support or information, please speak to your keyworker about the Centrepont Health and Wellbeing offer and other services available in your area.



Government guidance on the mental health and wellbeing aspects of coronavirus can be found online at
[www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/
guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19)

OTHER USEFUL RESOURCES

GENERAL RESOURCES

Wide range of free online learning resources from Chatterbox	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home
Mind advice on taking care of your mental health and wellbeing	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsed500b
Young Minds advice on looking after your mental health	https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/
Advice from Youth Work Support on how young people can stay connected	https://youthworksupport.co.uk/stay-connected/
NHS advice for all on coronavirus	https://www.nhs.uk/conditions/coronavirus-covid-19/



SPORTS RESOURCES

Sport England advice on staying active indoors.	https://www.sportengland.org/stayinworkout#get_active_at_home
Football Freestyles	https://www.off-pitch.academy/basics
Joe Wicks "The Body Coach"	https://www.youtube.com/user/thebodycoach1
The Running Charity	https://www.therunningcharity.org/
Strava! Running App	https://www.strava.com/mobile

ARTS AND CULTURE RESOURCES

Free Online Concerts	https://miss604.com/2020/03/free-concerts-to-watch-at-home-during-covid-19-distancing.html
Stay at Home Fest	https://www.stayathomefest.com/
Virtual Museum tours	https://www.travelandleisure.com/search?q=virtual+musuem+tours

COOKING RESOURCES

Jamie Oliver – Keep Cooking and Carry On	https://www.youtube.com/user/JamieOliver/videos
The New Foodie	https://thehappyfoodie.co.uk/articles/all-of-the-store-cupboard-and-self-isolation-recipes-and-resources-you-need
SuperCook	https://www.supercook.com/#/recipes