

# Client Development Activity Pack!

In this pack you will find challenges, exercises and activities to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.

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## Daily Affirmation;

**I am a good and worthwhile person.**

**I make wise decisions based on what I know.**

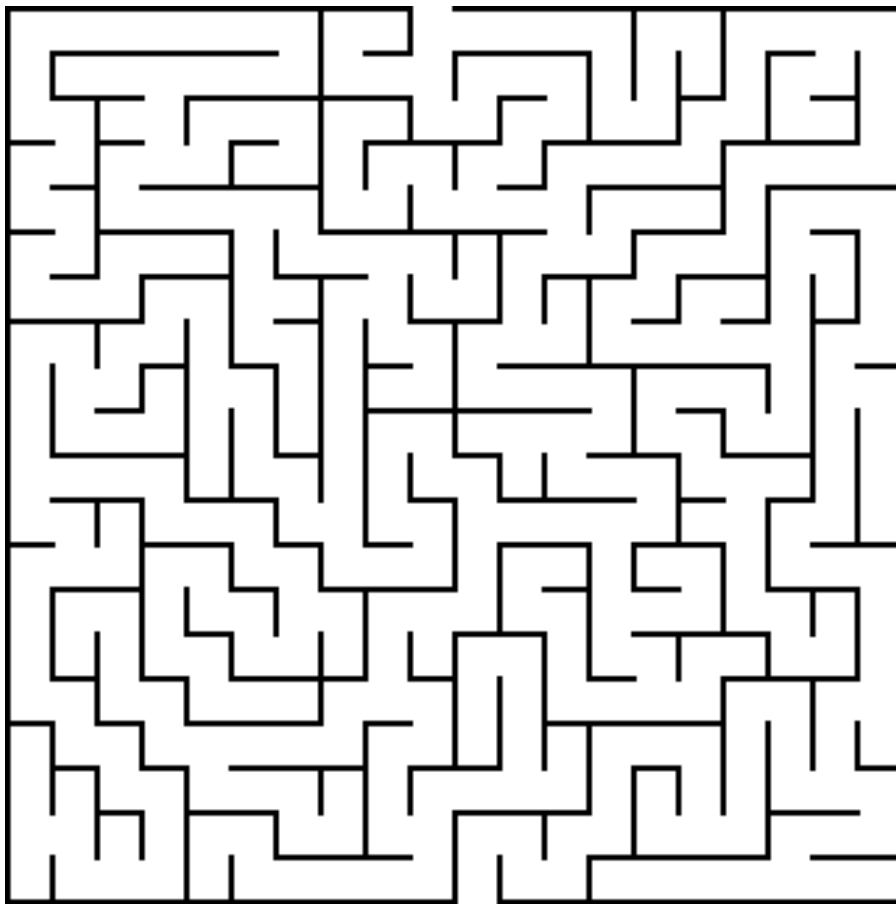


Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at [cd@dubsimon.ie](mailto:cd@dubsimon.ie).

# Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the opening at the bottom of the maze.

Start here



Finish



Dublin  
**Simon**  
Community

# Coronavirus (COVID-19) words and terms explained in plain English

Many people find health information difficult to understand, particularly at the moment. The National Adult Literacy Agency (NALA) has compiled an A-Z list of words about coronavirus (also called COVID-19) with plain English explanations. Today we are looking at 'G', 'H' and 'I'. Visit <https://www.nala.ie/covid-19-words-explained/> for the full list.

## G

<b>Gov.ie website</b>	This is a central website for government services and information.
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## H

<b>Hand hygiene and handwashing</b>	<p>Hand hygiene is a way of cleaning your hands that reduces harmful bacteria on them and stops the spread of harmful germs.</p> <p>The HSE and the Government have recommended that we wash our hands regularly using soap and water. Sing the 'Happy Birthday' song twice while washing your hands – this takes 20 seconds. Watch a video <a href="#">here</a>.</p> <p>More from the HSE on <a href="#">how to clean your hands</a> and a hand hygiene <a href="#">poster</a>.</p>
<b>Health literacy</b>	<p>Strong health literacy is important as we are dealing with a lot of health information during this COVID-19 outbreak.</p> <p>It has two elements:</p> <ol style="list-style-type: none"> <li>1) Health services and health care professionals communicate clearly and take account of possible health literacy and numeracy needs.</li> <li>2) People understand health information correctly and can make an informed decision.</li> </ol> <p><b>Source:</b> NALA <a href="#">Factsheet</a> on health literacy and numeracy</p>
<b>Herd immunity</b>	This is when a high percentage of the community is immune to a disease, usually through vaccination and/or prior illness.
<b>HSE</b>	<p>The Health Service Executive (HSE) provides all of Ireland's public health services in hospitals and communities across the country.</p> <p>They are leading the information campaign about COVID-19 and are the best source for information about Ireland.</p>

## I

<b>Immunisation</b>	This is process where a person is made immune or resistant to an infectious disease, usually by giving them a vaccine.
<b>Incubation period</b>	The time between when you are exposed to the virus and when symptoms and signs become obvious.

# Crack the Code

Each letter has an assigned number. Use the code to fill in the fun fact below.

a	b	c	d	e	f	g	h	i	j
5	2	10	16	9	6	7	26	25	1

k	l	m	n	o	p	q	r	s	t
8	11	23	15	20	3	12	17	21	24

u	v	w	x	y	z
13	22	4	18	14	19

\_\_\_\_\_

8      5      15      7      5      17      20      20      21

\_\_\_\_\_

5      15      16                      9      23      13      21

\_\_\_\_\_

10      5      15      15      20      24                      4      5      11      8

\_\_\_\_\_

2      5      10      8      4      5      17      16      21

