



scottish sports futures

Scottish Sports Futures,
The Legacy Hub,
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15/05/2020

Hello,

We wanted to send home a letter to say hello and provide you a list of things you can be doing to stay connected, active and positive throughout this strange time. We hope this helps!

A message from our CEO Kirsty McNab:

We know how hard this time is and want you to know we miss you all and can't wait until we can start activity face to face. Until then, keep following all the advice, keep in touch with us and we hope all these hints and tips and ideas help a wee bit to stay active and connected. See you all soon hopefully!

A message from our Young Leader Coordinator Alistair Neil:

“Hi everyone, we are all super committed to continue to support you through this difficult time and working hard to try and do this as best we can. We know how strange this all is and how its difficult to adapt to but if we all keep in contact and supporting each other we can definitely get through it and be back to normal as soon as possible. I hope your all keeping well and in contact with friends, family and look forward to seeing you all soon”

A message from Youth Advisory Panel Member Holly:

“Its so important tot keep not only your physical self fit but also your mental health fit too! I've been doing this by going on daily runs and using online hoe workouts and meditations!”

We have included a list of useful websites and phone numbers that we have been using throughout this time for any support, guidance and advice:

<http://wellbeing-glasgow.org.uk/help/mind>

Scotland Action for Mental Health - <https://www.samh.org.uk> or call 0344 800 0550

Glasgow Action for Mental Health - <https://www.gamh.org.uk/resources> or call 0141 552 5592

Citizens Advice Scotland - <https://www.cas.org.uk>

NHS 24 - <https://www.nhs24.scot> or call 111

Food package support:

Celtic Foundation - 0141 551 4354 or 0141 551 4340

FARE - 0141 771 9151

PEEK - 0141 554 3068

North East Food bank Glasgow - 07745 242738

Our SSF Youth Advisory Panel have been working hard to put together a list of different activities for you all to be doing to keep you going throughout this difficult time. Here are there recommendations!

“10 Wellness Tips” from Ahmed

Watch a motivational *TED Talk*.

Write a *Letter* to your future self.

Find & Listen to a good *Podcast*.

Set some *Goals* for yourself.

Work on what your *Talents*.

Of course, *EXERCISE*.

Do some *Yoga* and/or try *Meditation*.

Go *Airplane Mode*: take a break from technology for a little while.

Spend the time *Connecting* with the people you are living with.

Call to a *Long-Distance Friend*.

Holly’s Best TV series

Tiger King
Netflix
Certificate 15

Friends
Netflix
Certificate 12

Manifest
Sky One
Certificate 12

Heathers Top Films

Inside Out
Disney+
Certificate Universal

Step Brothers
Netflix
Certificate 15

Spider-Man Homecoming
Netflix
Certificate 12A

Victoria Sponge Cake Recipe

Main Ingredients

200g Caster Sugar

200g softened Butter

4 Eggs, beaten

200g Self-Raising Flour

1 tsp Baking Powder

2 tbsp Milk

For the Filling

100g Butter, softened

140g Icing Sugar, sifted
drop Vanilla extract (optional)

Half a 340g jar of good-quality
Strawberry Jam (Tiptree Little
Scarlet)

Icing Sugar, to decorate

Method - 40 minutes approx.

1. Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper.
2. In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
3. Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.
4. Bake for about 20 mins until golden and the cake springs back when pressed.
5. Turn onto a cooling rack and leave to cool completely.
6. To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it).
7. Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.

Preeti's Yoga

Before doing each pose, find a quiet space to sit (preferably on the floor), close your eyes and inhale for 6 seconds and then exhale for 6 seconds.

Repeat 6 times only focusing on your breathing.

Choose 4 yoga poses from the image.

Whilst continuing your breathing, hold each pose for 30 seconds.

Take a 15 second rest before going into the next pose

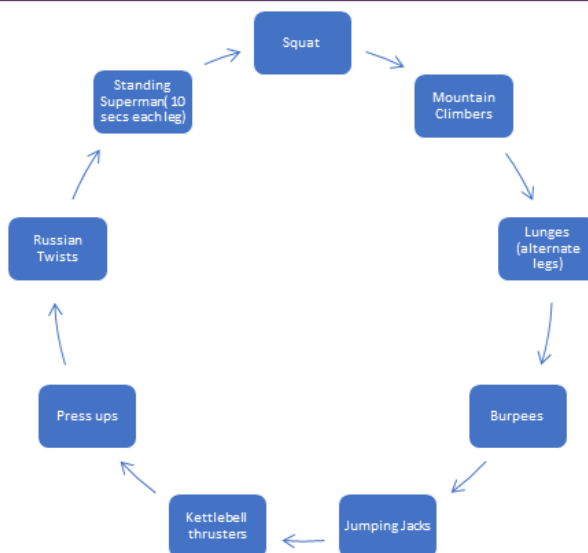
For all of the poses it is important to keep your core (tummy) engaged, this will help with your balance and will help strengthen your core (tummy) muscles



Dylans Workout Session

Choose your workout!

Workout for 20 seconds with a 10 second rest in between.



Katie's Games to play with Friends or to Challenge your Friends

Block Puzzle
Helix Jump
Full Code
Temple Run
Drag 'n' Merge
Ink Inc
AntiStess
Brain Test
Mario kart
Bit Life
Frankly
Amaze
Property Brothers
Flip & Dive
Heads up
Candy Crush
Phyisc
Draw it
Subway Surf
Colour Number

We hope this has helped to give you some ideas of ways to keep you busy during this strange period. And as we said we are working our normal hours so if you need a chat or some advice you know where to find us. We can't wait to see you all again and get back to running our services as normal.

Keep safe and we will see you all soon!

Yours faithfully,

The SSF Team.