

Newsletter #1

What can you do from home?

It is a special time where we have to look again at the way we can support each other. A time where loneliness is experienced by many people and especially therefore it is more than ever needed to take care of each other. Discus HVO-Querido started the international project 'Restoring dreams to tackle loneliness' 1,5 years ago. Loneliness is a global problem and a topic that is still taboo in many societies. Research shows that loneliness and social distancing are harmful to our health. With this project we want, especially now, to share tips, tricks, stories and advises about how we can fight loneliness together. Be sweet to each other and stay in touch with the people around you. We need each other.

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Be kind to each other

Write a nice postcard to your neighbours, drop a box of homemade muffins in front of the door of your loved ones, register yourself in one of the local charities and support others, bring some extra groceries for elderly neighbours or family members: it doesn't need to be complicated, a little help can already make a difference.

Go outside

Get into nature! Of course you should avoid social contact as much as possible, so busy streets and offices are a no go area at the moment. But you definitely don't have to stay locked in your home: go outside, get into nature! Visit the dunes, the forest, a (not too busy) park. Fresh air will be good for you! Make you garden or balcony spring proof
At home you can also get outside: timeto refresh your garden or balcony!
Rake your garden, scrub the old flower pots, clean your garden seats, pick weeds out of the ground and start sowing flowers. Go get green into your home and start plant cuttings. The plants at home will start to grow again when spring starts. You can start plant cuttings to 'create' new plants. With all those new plants you can make a real jungle at home or you can give a cutting to a friend.

Learn how to make a new recipe

Japanese noodles with mushrooms? Homemade brownies? Healthy oatmeal pancakes? Now that we have more time to spend in the kitchen, it might be a nice idea to try a new and tasty recipe. Our advice? Write down your favourites in a notebook, very useful for those days that you don't know what to cook or bake.



Read a book (together)

It seems maybe very tempting to switch on the television and watch your favourite series or movie, but you probably have some books at home you haven't read yet. A fun children's book, a nice novel or an inspirational book about plants or interior... Just take your time for it!

Sport

Move your furniture out of the way and do some nice sport exercises! All sportclubs and schools are closed, but fortunately the internet is full of fun sport exercises. Or turn on your favourite song and dance!

Time to have a good spring clean

Now that you have moved your furniture out of the way, you can also start with your big spring cleaning! Open your windows and let the air flow through (anyways a good idea!), wash your curtains and sofa cover, clean the floor, clean the radiators and clean your windows.

Learn how to knit

To learn how to knit you don't necessarily need a grandmother or a series of workshops. With a little bit of patience (and the help of some video's), you can teach yourself the basics of knitting. Some advice before you get started? Online editor Bente van de Wouw, a knitting fan herself, gives you her advice. She recommends not to start immediately with a scarf. A hat is a better project for a start, or socks.

Drawing

Drawing is the ideal hobby at home. You can start by using pencils, watercolour or even by using an application on your iPad or tablet. Ready to master this skill? YouTube lessons can help. No inspiration to start drawing something yourself? Get your old colour books out of your book case. Very relaxing and loads of fun! Check: www.mandalakleurplaten.nl

Puzzle

Doing a puzzle makes you relaxed, you just put pieces together in a logical way without really using your brain. You can also do this alone and it can keep you busy for hours:) You might have one in your attic or basement just getting dusty.

Writing

Writing makes you calm down. You can create your own stories or write something in your personal journal. Start a bullet journal or an art journal, write short stories or maybe go crazy and write the novel that has been on your mind for years.

