



# WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# CONNECTED

## *Connect to Wellbeing*



- ⇒ *Connect*
- ⇒ *Be Active*
- ⇒ *Keep Learning*
- ⇒ *Take Notice*
- ⇒ *Give*



HM Government

In partnership with

THE NATIONAL LOTTERY  
COMMUNITY FUND



## *Welcome to our Connect to Wellbeing Guide*

'Mental Health' is a phrase that describes our feelings; 'Wellbeing' broadly encompasses the physical, emotional and spiritual, so improving these gives us a better sense of living and being. In this guide, we will look at ways you can boost your mental health, energise and improve your wellbeing.

We have all had our own individual experiences during the Covid pandemic. These experiences have impacted our mental health and wellbeing, so it's more important than ever to do things that help keep us feeling well.

Our *Connect to Wellbeing Guide* is about sharing awareness and reminding everyone we need to take care of ourselves, even though times feel tough just now. Although we're into the winter months, there are now signs all around us that spring is awakening and we can look ahead toward brighter days.

*The future is not cancelled...it is just taking its time!!*

# Winter & Spring Wellbeing

Looking after ourselves is particularly important during the winter when the shorter, darker days can take their toll on our health and wellbeing. We are more likely to experience low moods due to feelings of isolation and lack of warmth and daylight.

This added to concerns about the Covid pandemic mean that it's even more important that we find some time to practice self-care.

So, give yourself a boost this winter. Here are 10 different ways you can be kind to yourself over the next few months, and beyond.



- ⇒ **Start a journal.** Jot down how you are feeling, draw pictures or make a scrap book. You don't have to do this every day but keeping some kind of record helps us to process and manage strong emotions and reflect on the things that are happening to us (see the template in the pack).
- ⇒ **Treat yourself to a new pair of warm pyjamas or fluffy socks.** Few things are more comforting in winter than keeping yourself all warm and cozy at home and wearing something soft can help us to feel relaxed (supermarkets are open and usually have a good selection of these).

- ⇒ **Light a scented candle.** Filling your room with a lovely soothing aroma can really help you to unwind and there are now lots of fragrances to choose from. Candles also give rooms a warm glow and comforting feeling.
- ⇒ **Make the most of seasonal produce.** Soups and casseroles are a great cost-effective way to get your 5 a day.
- ⇒ **Stay hydrated.** In winter it can be much more difficult to remember to drink enough because a cold glass of water is generally much more appealing on a hot summer's day. However, we still need to drink between 6 and 8 glasses of fluid each day to stay healthy and alert. If water is not your thing, try a hot mulled drink. Simply warm some fresh fruit juice – apple or orange are best – with cinnamon, a few cloves, cardamom or spices of your choice.
- ⇒ **Keep up with your hobbies.** It is important to keep our mind and body energised so whatever your interests are, set a time when you can enjoy what you do!
- ⇒ **Create a winter reading list.** The colder months make it the perfect time of year to snuggle down and catch up on some reading. A good book can offer you escapism, food for thought, new recipes or a craft to try, along with the chance to relax and unwind.
- ⇒ **Get a bird feeder and watch wildlife.** If you're looking for a peaceful way to spend some time then you could consider birdwatching. Birds are everywhere if you look for them – in gardens, parks and outside your window. If you're lucky enough to have a garden then you might want to try adding a bird feeder or bird bath to attract even more wildlife, then just sit back and enjoy watching.
- ⇒ **Stay Connected with loved ones.** The cold and dark of January and February means it is easier to feel isolated and with the Covid restrictions set to last a while longer, it is even more important that you keep in touch with people. You can give someone a call or a text, use phone apps such as WhatsApp, video calls via Zoom or Skype, send an email, or even do it the old fashioned way and write a letter!
- ⇒ **Go for a walk with a warm drink in hand.** It is easy to resist going out for a walk in the winter months because of the cold. But a mindful wintery walk can be enjoyable and invigorating if we embrace the winter scenery. So, wrap up warm, pull on a hat and some gloves and with a hot drink in a flask or travel mug, set off for a relaxing walk.

# Wellbeing Tips for Winter & Spring Homeworking

For some, working from home is a lifestyle choice, but for others the Covid Pandemic has given them little choice with Government guidance to `work from home if you can`. Either way, pat yourself on the back as you have been homeworking during one of the hottest springs and summers, with restricted movements and limited social contacts. Now we have to face winter and it can be especially attractive during the freezing and dark winter months to avoid braving the elements and not leave your home at all. To ensure you look after your wellbeing whilst homeworking, here are ten tips to keep you energised and motivated.

## Have a workday wake-up routine

When we wake up in the cold and dark it can be especially tempting not to get out of your cosy PJs, but by keeping to routines such as taking a refreshing shower and changing into comfortable clothes it will gear you up for the workday. It may seem like a small step, but it will help you to get down to business.



## Stay away from the couch

It can be tough to stay away from the couch when you're working from home, especially when you want to feel cosy and comfy in the winter. But too much sofa time and you will be less productive, more likely to feel fatigued and generally less able to concentrate. Plus it's bad for your posture and your back.

## Moving is very important

Make sure you get up and move around at least every hour, if you have stairs run up and down them a few times or ditch the dishwasher and wash your pots up whilst going up and down on your toes. This will get the circulation flowing in your legs.

## Work in colour

Colour is uplifting!  
Add something bright or sparkly to your work station, throughout your home, or even on yourself!

### **Watch your heating control**

It stays darker longer, gets darker earlier, and it is cold!! So it is important to keep warm but not too warm as this may make you feel fatigued. Using central heating is more cost effective than a single fire and you can control the temperature in the rooms you are not using during the day. You can layer up, and having it a little more crisp in your `work space` will help you stay more alert.

### **Take regular warm drinks**

Hydration is important. As well as drinking water regularly, having warm drinks will help keep the cold at bay and is a good excuse to make sure you get up and move about to go and make them!

### **Keep hands and feet warm**

Hands and feet are more prone to feeling cold, even if the rest of you feels warm. If you raise your feet off the floor the elevation will increase air flow and help them stay warmer, or you could rest your feet on a hot water bottle. Maybe try fingerless gloves, they'll insulate your hands but won't get in the way of your typing skills!

### **Communicate with your colleagues**

Keeping in contact with your work team is key, not just for productivity but it is important for motivation and your morale too! So make time to have an chat or just to check in to say hello and ask how they are over a coffee and a phone call.

### **Get Yourself Outside**

You might feel all cosy at home and not fancy going out, but getting just 15 minutes of natural daylight will increase happy hormone levels, boost your mood and immune system. Make sure to get outside at least once every day...yes, every single day! Take the dog out or just go for a walk around the block. Your body and brain will both benefit.

### **Set your boundaries**

Value your time and be kind to yourself, make sure you build in break times, use the time you would normally be travelling to and from work to treat yourself or make it your unwinding time. Make sure that once you have finished your work for the day that you step away properly and don't keep answering emails!



# WELL CONNECTED



## Make a Vision Board

- ⇒ Decide on a theme / topic for your vision board - this could be a career change, dream home, wedding, big birthday, 10 year plan ...
- ⇒ Find some magazines / newspapers / photos.
- ⇒ Choose images, words, phrases and colours that make you feel happy.
- ⇒ Cut out anything that you feel inspires you or is a match for the theme of your board.
- ⇒ Position the cuttings on a large sheet of paper or card and glue down.
- ⇒ Add texture with items like ribbon / fabric / buttons etc.
- ⇒ Finish with a heading or quote.

# *Developing Good Habits – Journaling*

## **How to get started**

A journal is personal to you. Choose how you want to write your thoughts, online, in a notebook, on video. The rest is up to you, but here are some hints and tips, general journaling ideas and concepts.

- Date your entry
- Write about what you did for the day and how you feel
- Write about what scares you. Tell the truth, it is only for you
- Journal about your goals for the next five years
- Jot down your ultimate dreams
- Write about decisions you need to make
- Write about what you will do for the day ahead
- Write a little or a lot



## *9 Benefits of Journaling on Your Health and Mental Wellbeing*

### **1. Journaling Helps us to be Mindful**

There's a solid link between being happy and practicing mindfulness. When you're being mindful, you're only focusing on the present and writing in a journal helps you be present by putting aside hardships from the past and preventing you from thinking about anxieties about the future. Journaling brings your wandering mind back to being able to focus and actively engage with the present moment and your current thoughts.

## 2. It Can Reduce Stress

Journaling works as a very effective tool to combat the negative effects of stress, along with some of the other techniques we have mentioned previously.

What's more, studies have found that expressive writing such as journaling helps enhance our mental health. Finally, writing about your feelings of anger, grief, and other difficult or stressful emotions helps reduce the intensity of these feelings. This will help you feel more calm and better equipped to handle anything that comes your way in the future.

## 3. Journaling Helps You Achieve Your Goals

We know the importance of writing your goals down on paper. Think of your journal as the blueprint for your life, where you can gain clarity on exactly what you want to accomplish and plan out what you need to do to get there. Make sure they are a mixture of long-term goals and small achievable daily SMART goals (Specific; Measurable; Achievable; Relevant; Time bound).

## 4. Improve Your Emotional Intelligence

Your emotional intelligence refers to your ability to identify, understand, and deal with your own emotions whilst also being able to recognise, comprehend and influence the emotions of other people. Because journaling is an outlet for processing emotions, this is the perfect practice to help you develop your emotional intelligence.

## 5. It Can Reduce Symptoms of Depression

If you're battling with depression, writing in a daily journal can help alleviate some of your symptoms. Researchers found that there were significant positive differences shown in people who wrote in a journal for 20 minutes, every day for a month, compared to those who did not.

## 6. It Can Help Improve Your Memory

Forgetfulness is both frustrating and time consuming. However, because journaling helps reduce unwanted disruptions to your thoughts, it also helps improve your working memory capacity.

## 7. Journaling Can Help Improve Your Sleep

There are a lot of things that you can use to help improve your sleep and journaling is definitely one of them. One study found that journaling for even just 15 minutes before bed not only improved the participants' overall quality of sleep, it also helped reduce their worried thoughts during the day. By getting your thoughts out of your brain and onto paper, you can release them from your mind.

## 8. Increases Productivity

With so many distractions and ways to procrastinate, it can be hard to keep up with all of your work. However, even if you write in a journal that is solely for your own use, research shows it can encourage you to look back on your work and your work ethic and help inspire new ideas to keep you on track.

## 9. Journaling is for yourself

Finally, remember that your journal is only for yourself. No one else has to read it so you don't need to hold back from writing about anything. Your journal doesn't have to be in line with any particular structure, and don't worry about grammar or punctuation - this writing is only for you, so be open and honest. You can also reflect and notice how you feel before and after certain activities.



# Your Wellbeing Journal

10 minutes to reflect on your day

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task - getting up, dressed, cleaning teeth..
2. Activity - work, hobby, exercise...
3. Relaxation - reading, bath, calling a friend...

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task
2. Activity
3. Relaxation

Date:

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Any other thoughts, feelings or notes you'd like to record about your week?



## Helping to Spread Kindness Through Words

Give is a local, voluntary scheme, founded early last year by Sharron Wilkinson in response to COVID-19.

[www.thegive.co.uk](http://www.thegive.co.uk)

#lettersfromtheheart

The idea of words/letters being shared with others to help reduce feelings of isolation just seems right at this present time (and really, who doesn't love a letter landing on their doorstep or a personal email sent to them?).

So if you're interested in writing a letter to help brighten someone else's day, here's how you can get involved with this scheme:

1) Register your interest by filling in a short form online here: <https://thegive.co.uk/write-a-letter/> or get in touch with Give by writing to:

**Give...a few words**  
**PO Box 209**  
**6 Queen Street**  
**Huddersfield**  
**HD1 2SQ**



2) Give will then get in touch with you and provide a person's name and let you know a little bit about their interests. If you don't have the same interests, don't worry, you can write about what you have been doing or could always do some research if you fancy (you never know you may learn something new in the process!) Feel free to be creative .....but words are just perfect!

3) Write a letter! You can submit your letter by email or post. Once received, the Give team of volunteers check all letters/emails and send them out once a week by email and post to the recipients.

"The idea of people looking out for each other in the community is really important to us. Writing letters is a great way to connect and remind each other that we're not alone"

**Vicky, Clem's Garden**

**WELL CONNECTED**

# Blueberry and Banana Power Smoothie

## Ingredients

- ⇒ 2 ripe bananas, peeled
- ⇒ 125g blueberries (fresh or frozen)
- ⇒ 300g pack silken tofu, drained
- ⇒ 2 tbsp porridge oats

## Method

Whizz all of the ingredients together in a blender with 300ml water. Drink straight away or transfer to a bottle for later, shaking well before drinking.



For more healthy and delicious smoothie recipes visit:

[https://  
www.bbcgoodfood.co  
m/recipes/collection/  
smoothie-recipes](https://www.bbcgoodfood.com/recipes/collection/smoothie-recipes)

# *How Dancing Can Improve Your Mental And Physical Health*

Moving your body to your favourite tunes whilst you are at home during lockdown, in the comfort of your own space – it's the ultimate feel-good exercise and has some surprising effects on both the body and mind. Dance is a natural outlet, and one which can do a lot to make us feel

good. Dancing at home is an instant mood-booster and keeping up the habit on a regular basis can improve our confidence, body image and wellbeing.

Research dating back to the 1980s has shown that dancing regularly can help to reduce feelings of anxiety and depression.

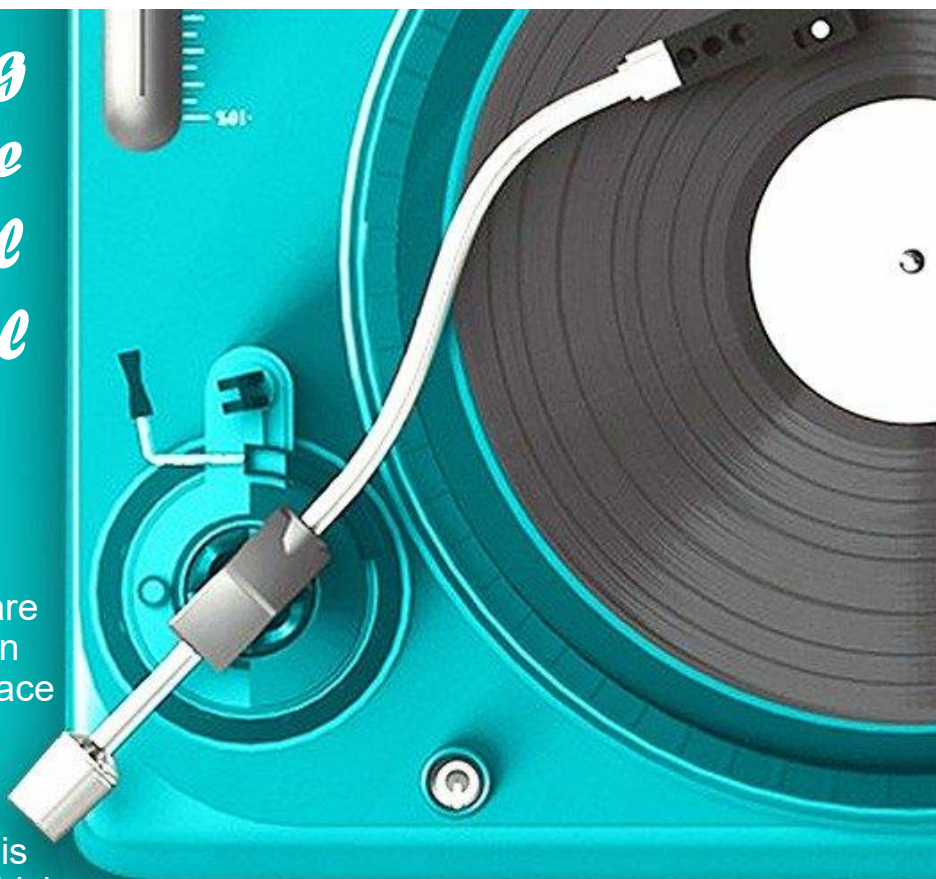
## **How to Dance Mindfully**

If the word 'dance' seems a little intimidating, then just forget that term. Think about it as mindful movement instead.

You might not automatically put the two practices together, but dancing and mindfulness go hand in hand. "An important part of mindfulness is reconnecting with our bodies and the sensations they experience". Drawing your attention to the movements of your body, the rhythm of your chosen music, how it makes you feel and your breath as you move is therefore a simple way to get into a mindful mood while you dance.

Dancing offers you a way to embrace the daily stresses of life. By being present while dancing, we can learn about ourselves and our bodies.

Moving to your favourite music is an uplifting experience and by being present in the moment, you are able to reconnect with yourself. You do not need to be a good dancer, absolutely anyone can dance!! So be brave and maybe try out an online class to learn something new and step out of your comfort zone.



# KAL Leisure Trust

KAL is your local, not for profit, charitable leisure trust. They're proud to support our community to stay active and healthy, both physically and mentally.

<https://www.kalstaysafe.co.uk/>

While leisure centres remain shut due to lockdown - KAL is offering a range of free online facilities you can access to keep active at home. You can find exercise guides through their website here:

<https://www.kalfitness.co.uk/workoutathome>

As well as the exercise guides - a whole range of live and pre-recorded workout sessions can also be accessed through the KAL app:

KAL are really excited to launch **YourKAL**; a live streaming and on-demand service, as it has never been more important to take care of your physical & mental wellbeing. All content within YourKAL is free of charge for anyone who downloads the app.



## Download the KAL App

To access *YourKAL* & *YourKAL Live* you will need the KAL app. If you're new to the KAL App you can download it through the App Store on any smartphone, if you're unsure - details of how to do this can be found here:

<https://www.kalfitness.co.uk/app>

## Once downloaded:

- Open the KAL app and go to your favourite club
- You can select your favourite club via "My Clubs" in the drop-down menu
- You will then see two tiles
- YourKAL (purple background) – this is our on-demand service
- YourKAL Live (orange background) – this is where you will find live-streamed classes

In **YourKAL Live**, you will find our live-streaming classes listed by time, on a day by day basis.

- Simply select the class you want to participate in prior to its start time
- Click "Livestream" at the bottom of the page
- You will need to read & agree to the statement that appears

The stream will then start at the allocated time.

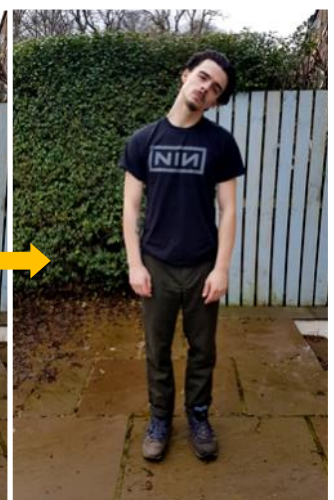
<https://www.kalstaysafe.co.uk/#collapse-YOURKAL>

WELL CONNECTED

# Calisthenics

Calisthenics is the name for a kind of exercise that uses only a person's own body weight for resistance so it is perfect for absolutely anyone to do, even if you have never exercised before. These exercises are a gentle way to develop strength, endurance, flexibility and improve coordination.

- ⇒ Go at your own pace, listen to your body and don't push yourself too hard
  - ⇒ Take small steps and build up the routine gradually
- ⇒ You don't need to buy any special equipment for calisthenics, you'll be using household items such as a chair, tins of food or a water bottle
  - ⇒ It'll be more fun if you put your favourite music on!



Never do any exercise without warming your body up first – if you do, you risk spraining or straining yourself which can be very painful. Here are 4 easy ways to warm up before you start exercising:

- 1) Walking or jogging on the spot for 2 minutes.
- 2) Neck rolls – starting at the right hand side gently bring your ear to your shoulder, then slowly roll your head across your front until you reach your left side. Never roll your head backwards, only forwards across your collar bones – repeat this 5 times.



- 3) Shoulder rolls – start with your shoulders level then bring them forwards and roll them in a circle towards your ears and then slowly backwards squeezing your shoulder blades together before bringing them back level – repeat 5 times. If your shoulders crack or pop don't worry, this is perfectly normal and just means that you need to do this exercise.



Warm-up 4

- 4) Start with your arms in front of you and one hand on top of the other, then slowly begin to bring your arms up in front of you crossing them as you raise them above your head in one big circle. Bring them back to the start position and repeat 5 times.

## Great stuff! That's your warm-up done!

After warming up, your heart rate should be a little faster and you should feel a bit warmer, these are all signs that your body is ready to exercise!

Once you have got used to doing these warm-up exercises you can increase the number of repetitions that you do, but always stay within the limit that is comfortable for you – you should never feel pain or be too out of breath.

## Now for the main exercises...

Once you've warmed up you can start the following calisthenic exercises – 4 upper body exercises and 4 lower body exercises.

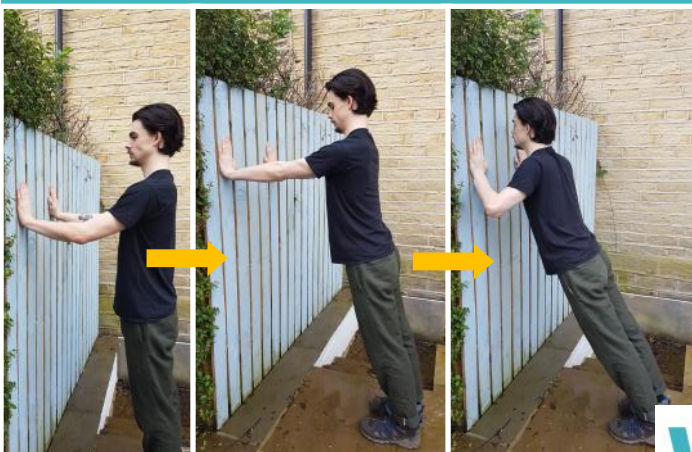
Make sure you are wearing something loose and comfortable so you can move easily and have trainers or flat, supportive footwear on to give you support and help with your balance.

**You don't have to try them all in one sitting!** Have a go at a couple today, a couple later this week and so on until you build up confidence with them.

### Upper Body 1 - Incline Push-Up

The basic incline push-up is done using a sturdy table or high backed chair, but you could also use a wall or even stairs. Whatever you use it must be a solid surface that is about 3 feet high.

- ⇒ Stand facing the table, back of a chair or wall.
- ⇒ Place your hands on the edge of the table, chair or flat against the wall just slightly wider than shoulder width. Your arms are straight but elbows are not locked. Align your feet so that your arms and body are completely straight.



- ⇒ Bend your elbows to slowly lower your chest towards the chair or table while inhaling. Keep your body straight and rigid throughout the movement.
- ⇒ Using your arms, push your body away from the table or chair until your elbows are extended but not locked. Exhale as you push up.
- ⇒ Keep going with 5 slow, steady repetitions.

## Upper Body 2 - Bicep Curl



This is a great exercise to strengthen both your lower and upper arms. You can use lots of things that you might have at home as weights to increase the difficulty of this exercise, for example tins of beans, full water or milk bottles, large baking potatoes or 2 carrier bags with an equal number of items in so they weigh the same amount.

Choose a weight you can lift 10 times without too much strain – you should feel your muscles working but not so much that you feel pain or discomfort.

⇒ Stand straight with your feet about hip-width apart and try to engage your tummy muscles.

- ⇒ Hold one 'weight' in each hand and let your arms relax down at the sides of your body with palms facing forward.
- ⇒ Keeping your upper arms still and shoulders relaxed, bend at the elbow and lift the weights slowly towards your shoulders (a "curl"). Your elbows should stay tucked in close to your ribs and you should breathe out whilst lifting.
- ⇒ Slowly lower the weights to the starting position.
- ⇒ Do 8–10 curls then rest and repeat if you want to do another set.

## Upper Body 3 - Lateral Raise



Again, choose something to have as a comfortable weight – don't try to use anything that is too heavy for you as this will not strengthen your muscles, rather it will strain your shoulder joint. To make the exercise harder simply add in more repetitions.

Lateral raises are great for keeping your shoulders flexible and strong. If you can't lift your arms high enough to make a T shape don't worry; just raise them as far as you can and build it up slowly, doing a few sets of 10 every day.

- ⇒ Stand tall with a comfortable weight in each hand (tins of food, full water bottles etc). Arms are at your sides with palms facing in. Position your feet roughly hip-distance apart and check your posture—roll your shoulders back, engage your tummy muscles and look straight ahead.
- ⇒ Lift your weights slowly up and out to each side, keeping your arms straight and stopping when your elbows reach shoulder-height and your body is forming a "T" shape. Breathe in as you lift your weights.
- ⇒ Pause and hold for a second at the top of the movement.
- ⇒ Lower the weights slowly - take about twice as long to lower the weights as you took to lift them as this is the part that exercises the muscles. Bring your arms back to your sides. Breathe out as you lower the weights and repeat this movement 10 times. Try to keep your movements slow and steady.

## Upper Body 4 - Upward Row



Instead of using a rowing machine, this exercise strengthens the same muscles - those at the front of the shoulder, upper back and in the arms. Choose a comfortable weight such as the ones we have already mentioned – tinned food, full drink bottles, bags of sugar or flour etc.

- ⇒ Grasp your weight and allow it to hang in front of you at the length of your arms. Your palms should be facing your body.
- ⇒ Standing up straight with your tummy muscles engaged, adjust your grip so that your hands are about in line with your thighs and shoulder-width apart.
- ⇒ Breathe in and tighten the tummy muscles, keep the back straight, chest up, and eyes focused forward.

- ⇒ Lift your weights straight up toward the chin, leading with the elbows and keeping the weight close to the body. Breathe out as you lift. Your arms should go no higher than parallel with your shoulders and if you can't lift this high don't worry, only go as far as is comfortable.
- ⇒ Pause at the top of the lift.
- ⇒ Return the weights back to the starting position and remember to breathe in as you lower.
- ⇒ Repeat the exercise for 10 repetitions, always moving slowly and smoothly.

## Lower Body 1 - Half or Quarter Squats



Squats are a 'compound exercise' which means that they exercise a number of muscles and joints at the same time. This exercise is great for increasing strength and flexibility in the legs, knees and ankles so can help to improve mobility and circulation. However, do not try this exercise if you have any knee or ankle injuries as you may make these worse. For this exercise you will not need to use any weights unless you are quite fit and want to add some extra resistance. Also, you may find squats easier if you use a chair or table to hold on to for balance and only go down as far as feels comfortable.

- ⇒ Stand straight and engage your tummy muscles by pulling them tight a little bit.
- ⇒ Slowly bend your knees while keeping your upper body straight. Don't lean forward and make sure your hips are stable. The easier version is to keep your arms by your side but if you want to make it more difficult as you move down, lift both arms out in front of yourself - this can work as a counter-balance.

- ⇒ If you are going for a quarter squat, lower yourself slowly until you are half way between your hips and your knees. If you want to do a half squat slowly lower yourself until your thighs and calves are at a 90 degree angle to each other – it looks as though you are sitting on a chair.
- ⇒ At the bottom of a half squat the angles of your knee joint and hip joint are roughly equal. Look at your feet and make sure your knees do not reach past the end of your toes, if they do you are leaning forward and putting too much strain on them, so stand up and start again. Breathe out as you lower your body.
- ⇒ Slowly return to your starting position while keeping your upper body straight - slowly breathe in as you push through your heels and stand up.
- ⇒ Repeat 5 times.

## Lower Body 2 - Supported Arabesque



For this exercise you will need a sturdy chair or table to lean on. A supported arabesque is great for strengthening the glute muscles in your bottom as well as helping your hamstrings to stay flexible which improves mobility.

- ⇒ Hold a chair or table with your left hand for support and slowly bring your weight onto your right leg.
- ⇒ Have your knees loose and slightly bent then breathe out as you slowly bring your chest towards the chair.

- ⇒ As you lower your chest, gently lift your left leg off the floor and stretch it out behind you (don't worry if you have to keep the tips of your toes on the floor) and keep your knee soft.
- ⇒ Keep your back straight and your hips level. Now bring your right arm up and gently stretch it forward – keep your balance and don't try to go too far. Your raised arm and opposite leg should be in a line and you should feel comfortable to hold this position for a couple of seconds.
- ⇒ Slowly return to an upright position then swap over and repeat, lifting the right leg and left arm. Be careful not to dip your back in the middle – this is a sign that you are stretching too far.
- ⇒ Do 2 repetitions of this exercise on each side making 4 in total.

**Remember: You don't have to try them all in one sitting!** Have a go at a couple today, a couple later this week and so on until you build up confidence with them.

*Nearly there! - Here are the last 2 exercises...*

### Lower Body 3 - Calf Raises



Calf raises are one of the easiest exercises to do and you can do them more or less anywhere. They are great for toning your calf muscles, lengthening your hamstrings and for strengthening your ankles while exercising the bones and joints in your feet.

- ⇒ If you need to, hold on to a chair or table for balance.
- ⇒ Breathe out and raise yourself up onto the balls of your feet, hold here for a second and make sure your back, body and head are all straight and in line.
- ⇒ Breathe in as you slowly lower yourself back so that your heels are on the floor.
- ⇒ Repeat this movement 10 times and try to lower yourself as slowly as possible – you should be able to feel your calf muscles working.

- ⇒ To make this exercise a little harder stand on a step with your heels slightly hanging over the edge. Then raise up onto the balls of the feet but as you lower back down let your heels go slightly lower than your toes. This increases the stretch on your hamstrings but remember not to overdo it – a snapped hamstring is very painful!

### Lower Body 4 - Chair Pose



This is a variation of the quarter or half squat.

- ⇒ Follow the instructions for the squat that is comfortable for you but instead of keeping a steady sit/stand rhythm, once you have lowered yourself hold that position for a count of 5 – or less if 5 seconds is too long for you (you will know it is too long if your legs start to shake).
- ⇒ Whilst in this pose check your upper body, back and head – they should all be straight and stable with no tension and arms can either be relaxed by your sides or held out at a 90 degree angle from your body which increases the difficulty.
- ⇒ Repeat the pose 4 times and if you want to make it more difficult hold the pose for 2 seconds longer until that becomes comfortable.

- ⇒ This is a great exercise for strengthening many muscles in your legs and bottom as well as your hips, knees and ankles and is great for improving your mobility. You do not have to lower your body very far to get these benefits, just make sure you can comfortably hold the position without shaking or feeling strain in your leg muscles.

**Calisthenics is free, easy, comfortable and should be fun. It is not about pushing yourself too hard, rather it is about taking small steps and building up your strength and flexibility slowly and at your own pace. It teaches you to notice how your body feels and what it is capable of. If you make your own routine and practice it daily, you will soon see that completing a few regular calisthenic exercises can make a difference to your health and wellbeing.**

# Grounding Ourselves During Difficult Times

## Mindful Outdoors



It can be a challenge to lift your head out of the gloom but one tried and tested method is through using mindfulness. Mindfulness is a coping mechanism available to all of us and with a few pointers to follow, you might find yourself feeling a bit lighter.

Maybe add a walk (even a short one counts) into your daily routine – first thing in the morning might work for you, or perhaps an afternoon amble might suit you better.

While you're out and about you are aiming to be aware of, or "check in with" experiences which cover the five senses.

### Sight - Sound - Taste - Smell - Touch

A few ideas for these might be to take notice of -

- ⇒ Reflections in puddles, birds flying overhead or animal tracks in the mud.
- ⇒ The different noises of the wind; maybe you can hear running water or faint traffic noise?
- ⇒ A flask of your favourite hot drink can be a welcome companion on a cold day. Try really thinking about your hot chocolate or juice as you drink it. Enjoy the taste and notice it. Does it taste better outdoors?
- ⇒ Even though not many plants are in flower you can still smell the damp, mushroomy scent of the woodland floor. Perhaps you can smell the clean freshness in the air after rainfall?
- ⇒ Run your fingers across cold stone, along the edge of an old crispy leaf – how many different textures can you feel, even through the soles of your boots?

Wherever your walk leads you, take care.  
I hope your spirits are lifted.





## *10 Reasons you Matter*

- 1) You are here, you are human and unique
- 2) You have something to offer the world
- 3) You care
- 4) You are funny
- 5) You can make things
- 6) You can love and be loved
- 7) You meet people every day who are changed by you
- 8) You can change
- 9) You have a voice – you are important
- 10) You have a purpose

## *Put a Spring in Your Step!*

Although lockdown #3 might be weighing heavily on you, it's **really** important to remember one crucial thing – spring is coming!

Although the official start date of spring is March 20<sup>th</sup> there are lots of signs that the world is waking up again, and lots of ways for you to get out there and take advantage of some free endorphins and other happy brain chemicals!

The RSPB Big Birdwatch was at the end of January but there's nothing to stop you from taking some time to become familiar with your feathery garden visitors, or the birds you might see whilst out walking in your area. You can learn to identify them by their size, colour and habitat... or you could start to identify them through their song and calls! There is a free app for iPhone and Android called *Warblr* which automatically recognises British birds by their song! Alternatively, the RSPB website has a great source of audio clips to help you find out what you're listening to –

<https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>

# Beginner Birds

## For the Budding Ornithologist



Sparrow

Underrated, cheerful, little things. Often seen in groups chattering away to each other. There are two different types you might see – the *Tree Sparrow* and the *House Sparrow*. Although they are thought of as “common”, both species are on the red list for conservation so they need all the help they can get!

- ⇒ Length – 14-15cm
- ⇒ Habitat – urban and suburban
- ⇒ Feather colours – brown, black, cream, grey and white.
- ⇒ Sparrows eat seeds and insects and LOVE a fat ball from a garden feeder.

There are differences between the males and females – the RSPB website has lots more detailed information if you’re interested.

A regular garden visitor – often seen “bouncing” around or pulling worms out of the ground. A happy songbird which makes me smile whenever I hear it. The males ARE as the name suggests - black, with a bright yellow beak and ring around their eyes... however, females are brown, often with lighter streaks on the chest.

- ⇒ Length – 24-25cm
- ⇒ Habitat – Blackbirds are found in gardens and out in the countryside.
- ⇒ Feather colours – black, or brown dependent on sex
- ⇒ Blackbirds eat a variety of insects and worms, but they will also eat fruits and berries if available.



Blackbird





## Blue Tit

These are one of the most easily recognisable garden birds due to their bright colours and busy feeding behaviour.

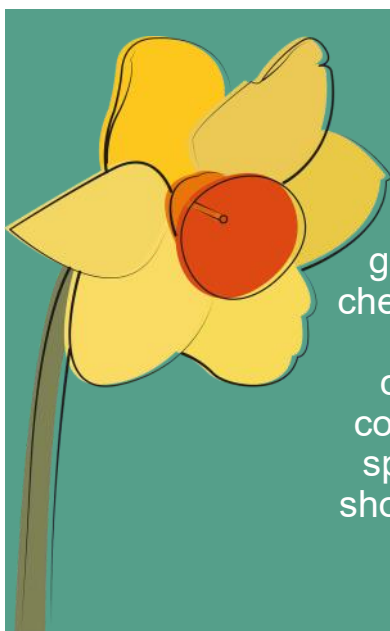
- ⇒ Length – 12cm
- ⇒ Habitat – urban and suburban, often seen in mixed woodland.
- ⇒ Feather colours – blue, green, white and yellow.
- ⇒ Blue Tits love to eat tiny caterpillars and are a great ally in the constant battle against garden “pests”. They also eat small insects, seeds and nuts.

Gardeners love Robins. True fact. The Robin’s inquisitive nature means that they will often follow you around if you are working outside – waiting for you to uncover something they can eat. This makes the Robin a well-liked visitor to many gardens all year round, not just in winter. Young birds have no red chest and are a golden brown colour – but often give themselves away with their friendly behaviour.

- ⇒ Length – 14cm
- ⇒ Habitat – parks, gardens, hedgerows and woodland.
- ⇒ Feather colour – brown, orange, red, white
- ⇒ Robins seem to have a huge appetite for their size! They eat worms, insects, fruit and seeds.



## Robin



## Spring Bulbs

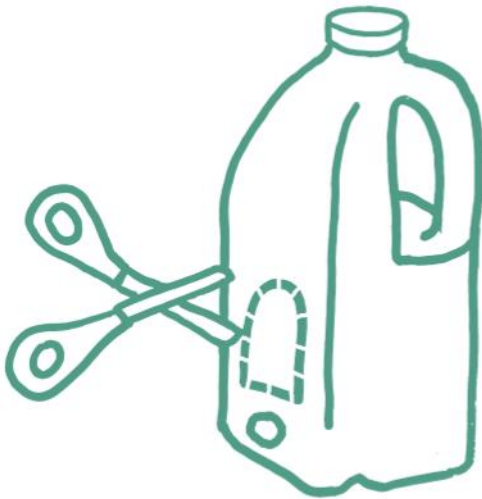
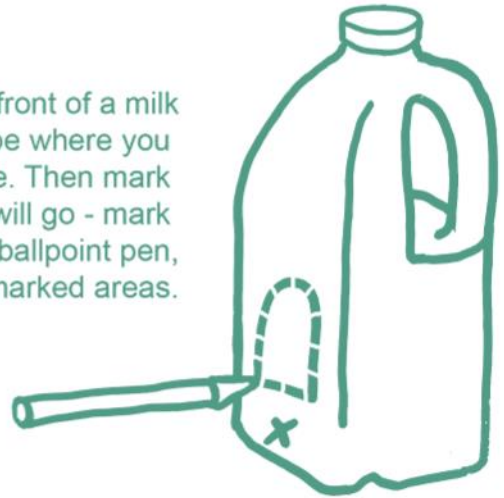
“To plant a garden is to believe in tomorrow” - Audrey Hepburn. Whether you have a huge garden, or just a couple of pots indoors or out, now is a brilliant time to get some bulbs in; maybe add a splash of colour with some cheap Polyanthus or Narcissi which are just coming into flower. Have a tidy up and get rid of any winter debris that has collected in forgotten corners. Glancing out at those bright colours can really give you a boost on a grey day. Thinking of spring flowers – bunches of daffodils have started arriving in shops for around £1 – they are a lovely, affordable way to have a little bunch of sunshine in your house!

# How to Make a Recycled Bird Feeder

## Things You Will Need

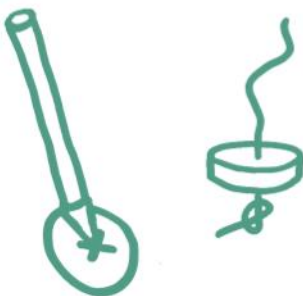
Plastic Milk Bottle  
Ballpoint Pen  
Scissors  
Pencil  
A Stick  
String  
Coloured Markers  
Bird Seed

Mark the opening on the front of a milk bottle with a pencil, this will be where you later place the seed inside. Then mark with an X where the 'perch' will go - mark on front and back. Using a ballpoint pen, punch a hole through the marked areas.



Using scissors cut along your pencil lines to make the seed opening and also widen the hole you made on the front and back for the 'perch' - so that there is room to push your stick through.

Using the ballpoint pen make a hole in the middle of the bottle lid. Thread the string through the hole in the lid and double knot the string on the inside. Place the lid back on top of the bottle.



Slot the stick through the holes in the bottle. Add the seed through the opening in the bottle. Hang the bottle in a high position in a tree or on a hanger.



# Bird Seed Craft

Attract birds to your garden with this easy, “crafty” project

## You Will Need:

- ⇒ A heat-safe mixing bowl or saucepan
- ⇒ A wooden spoon
- ⇒ A tablespoon
- ⇒ Tin foil or greaseproof paper
- ⇒ String
- ⇒ Scissors
- ⇒ Biscuit cutters or empty yoghurt pots
- ⇒ Solid fat – lard/coconut oil/suet/dripping
- ⇒ Bird seed/peanuts (unsalted)
- ⇒ Raisins, grated cheese, rolled oats, peanut butter (optional)



## What to Do:

Always use your ingredients at a ratio of 1:2 – so for example, **one** tablespoon of fat with **two** tablespoons of seed/nuts.



- 1) Measure out one tablespoon of solid fat and two tablespoons of dry ingredients. I used coconut oil and a mixture of seeds and oats, but you can also add grated cheese and chopped up dried fruit.

- 2) Melt your fat either in a microwave or on the hob on a low heat, keep an eye on it as it will melt very quickly. Then stir in your seed mixture.



3) If you are using biscuit cutters, place them onto a sheet of tin foil or greaseproof paper so the feeders don't stick as they solidify. Cut a length of string and lay one end inside the biscuit cutter (this will then be used to hang the feeder). If you are using a yoghurt pot, carefully poke a hole in the base and thread a length of string through the hole, tying a large knot in the end inside the yoghurt pot to secure it.



4) Carefully pour or spoon your melted fat and seed mixture into your cutters, gently pressing the mixture in so that it fills the shape. Do the same if you are using a yoghurt pot. I added a teaspoon of nut butter to the mix for my yoghurt pot to make it even more tempting.



5) Put your filled biscuit cutters / yoghurt pots into the fridge and allow them to set for a couple of hours.



6) Once set you can hang your yoghurt pot straight away – small tits and finches love to hang upside down to eat. Use a knife to gently loosen the shapes from the biscuit cutters and ta-dah! You should have some seedy shapes to hang up outside to feed your feathered visitors.

*Well Done!*

**WELL CONNECTED**



Growing Colour Together is a natural dyeing project for WOVEN, a celebration of innovation in textiles across Kirklees, exploring the techniques and processes involved in natural dyeing and how they can be applied to textile art and making.

By getting involved you can learn about growing, foraging and harvesting plants that make natural dyes, learn about natural dyeing processes, and take part in workshops where you can use natural dyes to explore colour in textile art, design and print.

**The next WOVEN festival will take place in June 2021**  
Anything you can forage and harvest now will contribute towards creating a showcase for natural dyeing processes and activities during the WOVEN festival in June 2021. We'll be in touch with more information about how we'll be collecting and what we'll be doing with everything you've harvested and foraged. Have fun and enjoy your foraging!

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INNOVATION IN TEXTILES

# OBSERVATIONAL NATURAL FORM DRAWING

With Clare Grace

using Natural  
Drawing Tools  
& Natural Inks



Take inspiration from the drawings created by Clare Grace above.

DID  
YOU  
KNOW?

You can draw and paint using the things you find in a garden, on a walk and in a kitchen?

By using sticks, twigs, leaves and grasses to make pens and brushes, and using instant coffee as an ink, you can produce wonderful drawings that are lively and expressive and also Eco friendly.

## Your task

We would like you to produce some beautiful flower and plant drawings using natural drawing tools, that you will make, and natural inks made from instant coffee.

## Choose carefully

Carefully choose the flowers you wish to draw, look for interesting forms and strong pattern qualities.

It would be ideal if you could find flowers and plants that can produce natural dyes, like: sunflowers, dahlias, hollyhocks, marigolds, oak, acorns, onion flowers and seed heads, woad, safflowers, blackberries, elderberries, fennel...the list goes on.

## Draw from real objects

It's always good to draw directly from real objects, but during the winter you will not find these flowers in the garden, so you may have to buy some flowers to draw and use some clear and detailed images to draw from.

It is important to look carefully for pattern in your flowers and plants and to translate what you see into drawings, look for strong bold lines and clear shape definition.

## Collect flowers safely

Please take care when foraging. Plants and flowers can be poisonous and irritants so it's a good idea to wear gloves and make sure you know what is safe to collect. Always wash your hands well after handling foraged items.

Let's get started, PTO for instructions

For information about how to get involved  
[woveninkirklees.co.uk](http://woveninkirklees.co.uk)

WovenInKirklees  
Instagram Twitter Facebook

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## You will need



### Flowers and plant material

Use these to draw from, ideally picked from your garden or carefully foraged, or shop bought.



### Masking Tape



### Aprons



### Foraged plant materials.

This could be twigs, sticks, grasses, leaves, seed heads etc.



### Instant Coffee



### Jars



### Images

You'll need to use these images to observe and draw from.



### A3/A4 Paper



### Scissors

## WOVEN

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# LET'S GET STARTED

## STEP 1: Making drawing tools



- Find firm sticks, stems, seed heads and plants that can make drawing implements.
- Use masking tape or paper tape to add other plant materials to the sticks and stems to make different types of tools to draw with.

## STEP 2: Make coffee to draw with



- Put 10 large teaspoons of instant coffee into a jar, add hot water from the tap (you do not need boiling water, this makes it safer to use) to about 2cm depth and mix until the coffee has dissolved.
- Use a stick to try some on paper to see how dark it is (we want a good dark line) and add more if needed.

## STEP 3: Drawing using the tools you have made



- Before you start, don't forget to write your name on the back of your piece of paper.
- Try out the drawing tools. dip them into your coffee ink and draw; what sort of line and marks do they give you?
- You are now ready to draw your flowers and plants.
- These drawings are going to be line drawings, so we can clearly see the shapes, patterns and textures of the flowers and plants you are drawing.

## Things to think about when you're drawing

- **Look very carefully**, and gently turn the flower or plant around to find the most interesting views to draw.
- **Can you see patterns**, shapes and textures?
- **What shapes are the petals and leaves?**
- **What are the edges of the petals and leaves like?** Are they spiky, curvy, wavy, soft, hard?
- **Enjoy getting to know natural forms** through drawing, you may draw the same flower and plant over and over again, use different drawing tools to develop your drawings, you may also observe different qualities of shape, pattern and texture.
- **Experiment with various ways to make lines and marks** using drawing different tools.
- **Think about the lines you see**, are they thick and strong or thin and delicate or are they thick and thin? Can you see lines on the petal and on the leaves?
- **Play with scale**, make large and small drawings.
- **Remember it will take some time for your drawings to dry**, be careful not to smudge them and put them somewhere safe to dry, a drying rack is ideal for this.
- You may wish to add words written in coffee about the flowers and plants you are drawing, words about colour or pattern and what they make you feel. Only put words on a drawing if you really want to, drawings speak for themselves.
- Please write your name on one of your drawings using the coffee.



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# PLANT HAMMERING

with  
Kayleigh Davis



## What is Plant Hammering?

Plant hammering or 'Hapa Zome' is a technique in which botanical impressions are imprinted onto fabric.

## How is it achieved?

This is achieved by laying fresh flowers or leaves onto a piece of fabric and hammering it to create a print.

This technique is effective and makes it easy to achieve wonderful printed textiles in no time!

## What is the origin?

Hapa Zome was popularised by Australian textile artist India Flint, however it has most likely been practiced for centuries, and is thought to have originated in Japan.

## Don't wash your design

Plant hammered fabric may not withstand washing, so would be most suitable for use with crafts and card making.

Let's get started,   
PTO for instructions

For information about how to get involved  
[woveninkirklees.co.uk](http://woveninkirklees.co.uk)

WovenInKirklees  
  

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## You will need



### Selection of Flowers/Leaves

It is fun to experiment with different kinds! Look for plants which hold more water for better prints, for example; primula, dock leaves, Japanese maple



### Masking Tape



### Hammer



### Craft Mat & Sturdy Surface



### Paper Towel



### Piece of cotton fabric



### Iron/Ironing Board



### Scissors

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INNOVATION IN TEXTILES

# LET'S GET STARTED

## STEP 1: Set up your workspace



- 1) To set up, place a craft mat onto a hard surface and lay your fabric out flat on top of this.
- 2) Now it is time to place your plants onto the fabric. To do this, you must nip the heads off the flowers and place face down onto the fabric. Ensure that the petals are spread out evenly so that you can achieve a good silhouette. Leaves should be placed face down. At this point, you may wish to create a pattern

or a picture with your plants. Have fun with it! Experiment, place petals separately or even cut the leaves into shapes.

- 3) Once you are happy with your arrangement, you can then secure into place using masking tape. Tape a box around the centre of the flower heads as these are most likely to move around when hammered. This will avoid any smudging of your design.

## STEP 2: Prepare your design



- 1) Gently lay a paper towel over the fabric, ensuring to cover the area which you will be hammering.

This will help to soak up any excess moisture and protect the plants from direct contact.

## STEP 3: Hammering



- 1) Carefully begin to hammer over the plants, ensuring to keep fingers and thumbs out of the way!

Make sure you are hammering thoroughly over the surface area of each plant, lift the paper towel every now and then to check the progress of your print.

You may also wish to try out different shaped hammers / mallets to experiment with the effects they bring.

## STEP 4: Finishing touches



- 1) Once you have finished hammering, gently lift up the paper towel and peel away the masking tape. If you are able, separate the masking tape from the discarded plants so that you may dispose of the plants in a compost bin.

- 2) Let your print dry, and then iron to set in place. Make sure there are no remaining bits of plants on the fabric as they will stick to your iron.

Happy Hammering!

# WELL CONNECTED

# 8 Habits to Improve Your Emotional Resilience

Emotional Resilience is how we view and cope with life and the challenges that come our way. Our resilience is made up of many different components; here are a few you can practice to help you get into positive resilient habits.

## 1) Be optimistic

Have your glass half full, NOT half empty! This perspective helps us deal with challenging situations. Negative energy can be exhausting, if you are having negative thoughts - try to flip them e.g. *'this lockdown will never end'* – can be flipped to, *'there is an end in sight and I will get through this'*. Doing this can help situations feel less overwhelming.

## 2) Take care of your emotions

With this we don't just mean keeping active and eating well, which we recommend, but paying attention to your emotions. Stress can accumulate, which can have a lasting impact on your mood and make you react badly to some situations: a setback you might ordinarily be able to take, might knock you back more than usual, ultimately impacting on your wellbeing. As well as practical activities you should make sure you're getting plenty of sleep and rest. Even when you are just relaxing, parts of your brain are working on overdrive, especially when stressed. Proper rest and sleep can counteract this.

## 3) Learn from mistakes

Making mistakes is a normal part of life. We all do it, we're human! Don't beat yourself up, our mistakes are proof that we have tried, even though the outcome was not what we wanted. The positive action we can take is to learn from our mistakes so we can alter our decisions and actions in the future to make sure we don't make the same mistakes again. The next time you make a mistake, tell yourself: *I will learn from it so that I become a stronger person.*

## 4) Stay humble, have empathy

Try to look at situations from a different perspective. Try not to be too quick to judge, put yourself in someone else's shoes and consider how they might think or feel and why they may feel differently to you. This may help put your own circumstances in perspective and you may learn something new about how to deal with situations too. Be open to other people's opinions, ideas and experiences.

## 5) Accept what is

Acceptance is the first step to overcoming anything. Often this is one of the hardest things for us to do. By looking at the reality and admitting things aren't OK, it takes resilience to accept that sometimes we can only do the best we can under the circumstances. When things happen, our response may be to go into 'fix or denial' mode. However, these options usually are not realistic or will not help us in the right way. Sometimes, you've got to sit with your feelings and be willing to accept the situation as it is.

## 6 ) Find your spirituality

Spirituality means different things to different people. Many people identify as being spiritual but not religious and like your sense of purpose, your personal definition of spirituality may change throughout your life, adapting to your own experiences and relationships. For some, it's primarily about a belief in and active participation in religion. For others, it's about non-religious experiences that help them get in touch with their spiritual selves such as quiet reflection, yoga, a favourite activity, through connections to nature, being creative, art or mindfulness. Spirituality is a way of gaining perspective.

## 7) Move your body, exercise your brain

Your emotions are stored in your body. If you don't express yourself through movement and allow the energy to flow - what happens? When your body gets stuck, so do you. The easiest and healthiest way to shift your emotional state is by shifting your physiology. The next time that you feel stuck, get up and dance, walk or shake it out! Whatever it takes to find freedom in your body and create resilience in action. Brain exercise means learning to learn. When we look at the benefits gained from keeping your mind sharp, it's incredible. Lifelong learning is like a health club for your brain and an active mind can stimulate physical activity and keep your spirits high. It's an all-around fantastic tool for better emotional resilience.

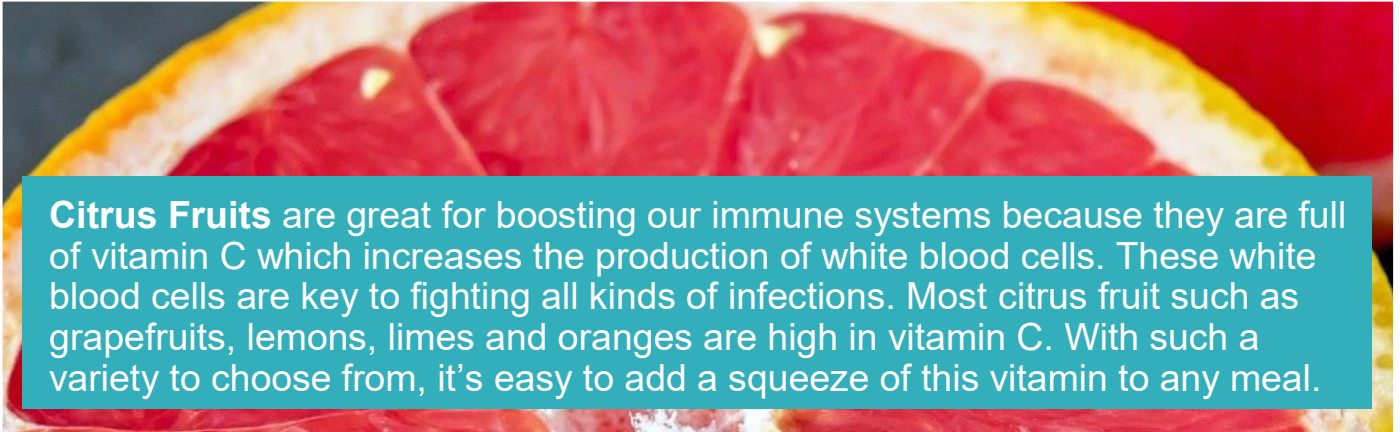
## 8) Ask for help

When it comes to navigating your way through difficult times, support means everything. "The availability of social support in all its forms helps us in facing a challenge". Sometimes, it can be hard to reach out for help, especially if you are someone who likes to brave battles on your own. However, in some situations, you will need someone to lean on or get feedback from. This is supported by research which suggests supportive environments have an important role to play in our ability to pick ourselves up when we fall. Keep up with your social support any way you can as at the moment we are restricted with joining local groups in person. Connecting with others makes us happier and improves our self-esteem and mental health. Our brains need social support to function optimally. Connection with others releases oxytocin which calms your mind and reduces stress.

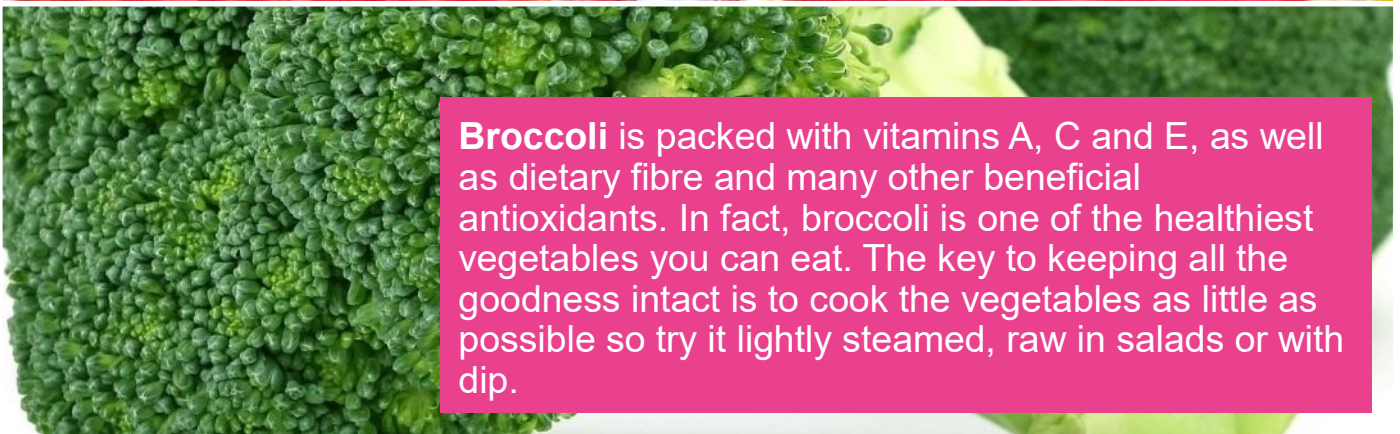
**Practicing all of the above could greatly improve your resilience and ability to stand tough against current setbacks and challenges, as well as make you better equipped to handle stress and feel good while doing so.**

# Food for the Immune System

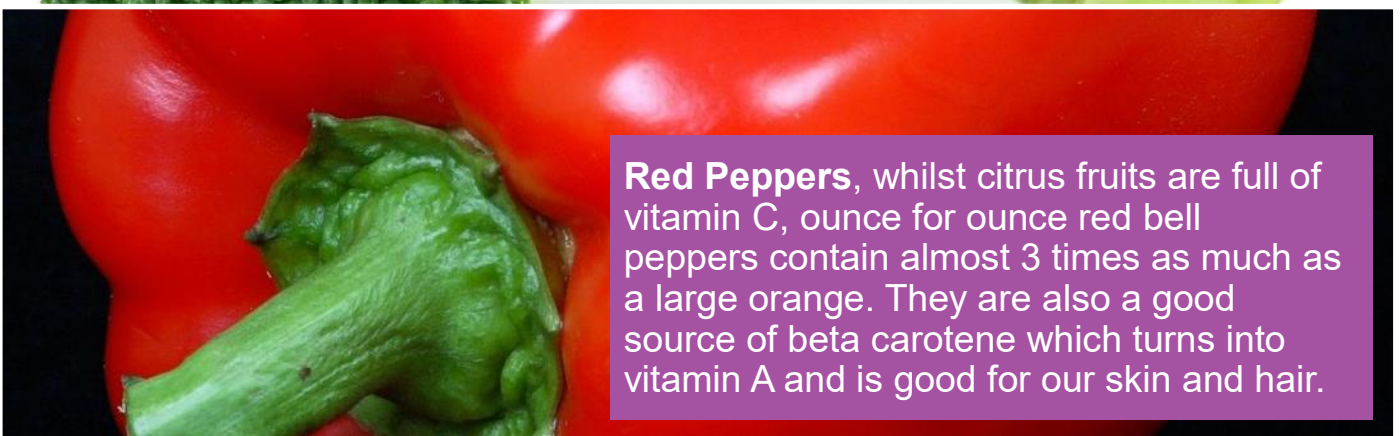
A good healthy diet that includes lots of fruit, vegetables, whole grains and protein will help to support your immune system which helps your body to fight off disease. However, there are some foods and spices that are particularly good for supporting the immune system so let's take a look at some of them.



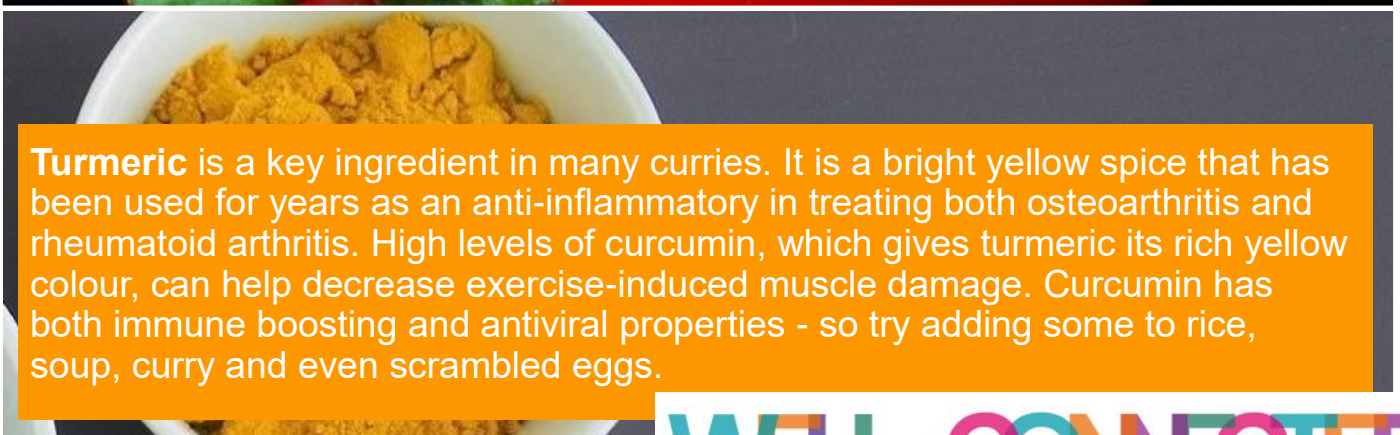
**Citrus Fruits** are great for boosting our immune systems because they are full of vitamin C which increases the production of white blood cells. These white blood cells are key to fighting all kinds of infections. Most citrus fruit such as grapefruits, lemons, limes and oranges are high in vitamin C. With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.



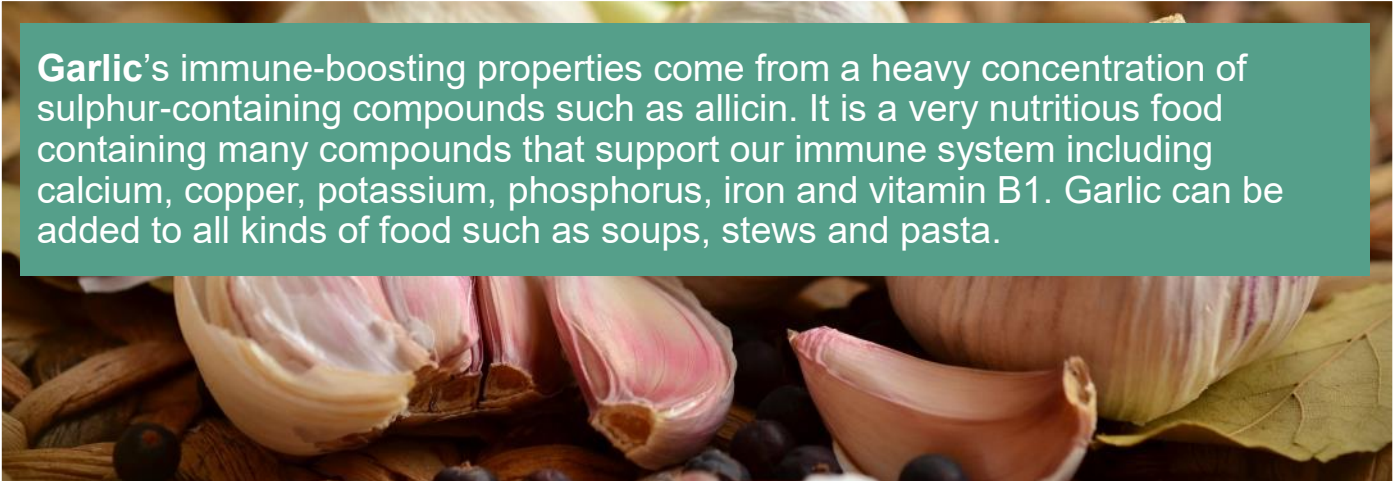
**Broccoli** is packed with vitamins A, C and E, as well as dietary fibre and many other beneficial antioxidants. In fact, broccoli is one of the healthiest vegetables you can eat. The key to keeping all the goodness intact is to cook the vegetables as little as possible so try it lightly steamed, raw in salads or with dip.



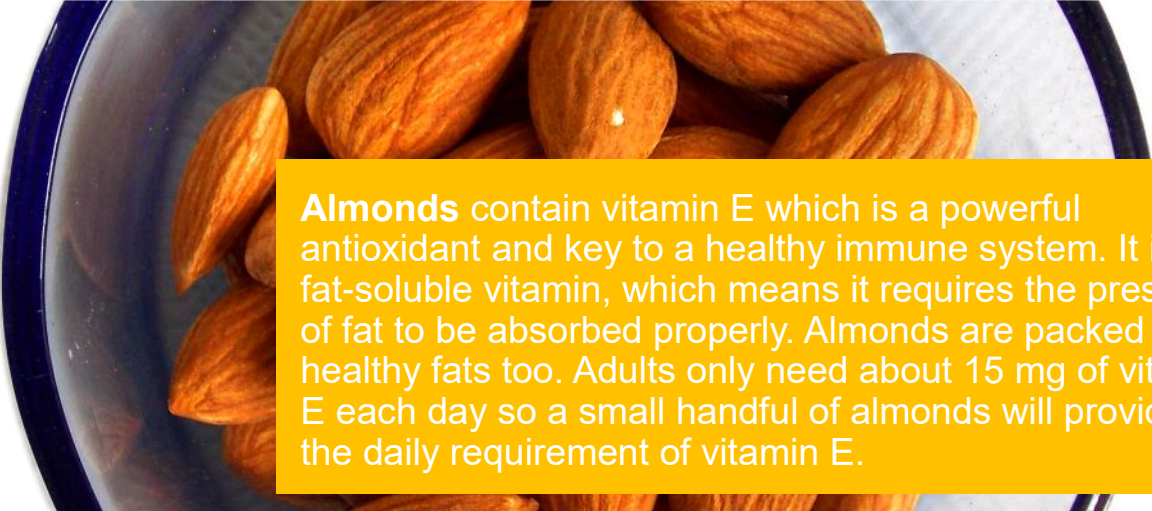
**Red Peppers**, whilst citrus fruits are full of vitamin C, ounce for ounce red bell peppers contain almost 3 times as much as a large orange. They are also a good source of beta carotene which turns into vitamin A and is good for our skin and hair.




**Turmeric** is a key ingredient in many curries. It is a bright yellow spice that has been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis. High levels of curcumin, which gives turmeric its rich yellow colour, can help decrease exercise-induced muscle damage. Curcumin has both immune boosting and antiviral properties - so try adding some to rice, soup, curry and even scrambled eggs.



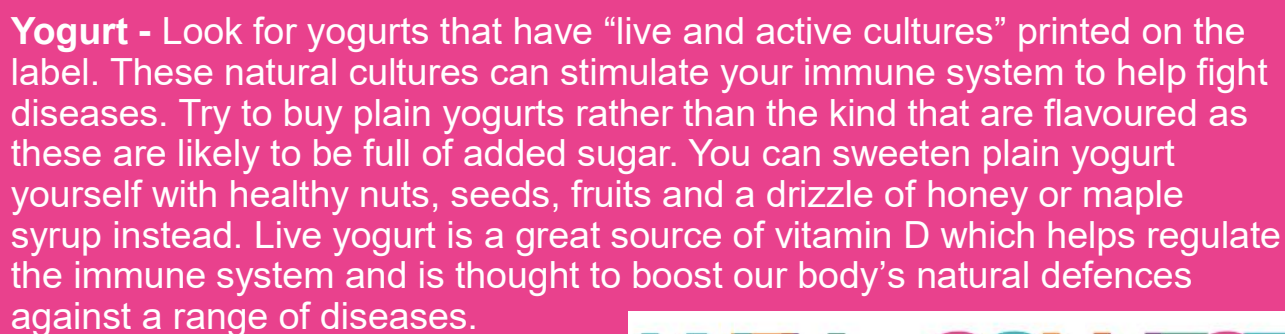
**Garlic's** immune-boosting properties come from a heavy concentration of sulphur-containing compounds such as allicin. It is a very nutritious food containing many compounds that support our immune system including calcium, copper, potassium, phosphorus, iron and vitamin B1. Garlic can be added to all kinds of food such as soups, stews and pasta.



**Almonds** contain vitamin E which is a powerful antioxidant and key to a healthy immune system. It is a fat-soluble vitamin, which means it requires the presence of fat to be absorbed properly. Almonds are packed with healthy fats too. Adults only need about 15 mg of vitamin E each day so a small handful of almonds will provide the daily requirement of vitamin E.



**Spinach** is rich in vitamin C, plus it is also packed with numerous antioxidants and beta carotene which increase the infection-fighting ability of our immune systems. Similar to broccoli, spinach is best when it's cooked as little as possible so that it retains all its nutrients. However, light cooking makes it easier to absorb vitamin A and allows other nutrients to be released. So try steaming or adding spinach to recipes just for the last few minutes of cooking for best results.



**Yogurt** - Look for yogurts that have "live and active cultures" printed on the label. These natural cultures can stimulate your immune system to help fight diseases. Try to buy plain yogurts rather than the kind that are flavoured as these are likely to be full of added sugar. You can sweeten plain yogurt yourself with healthy nuts, seeds, fruits and a drizzle of honey or maple syrup instead. Live yogurt is a great source of vitamin D which helps regulate the immune system and is thought to boost our body's natural defences against a range of diseases.

# Essential Oils for Essential Systems

Since our immune system is a “system” – a complex group of organs working together – it requires balance to function to its full potential. There is no such thing as a be-all and end-all way to keep it all in check, but a healthy lifestyle is undoubtedly still your best chance to be in a full state of physical well-being.

It goes without saying that products from nature are excellent supplements to optimize the benefits of leading a healthy lifestyle. Essential oils, in particular, have been recognized for their immune system strengthening properties.

Some of the widely known oils believed to have immune boosting and disease preventing effects are:



## 1. LEMON

*Citrus limonum*. Lemon naturally has anti-bacterial, anti-inflammatory, and detoxifying properties. It blends well with other essential oils, making it popular among oil enthusiasts. It is also a natural disinfectant and can be used as a natural cleaning product such as a counter top spray or air freshener spray. Always use diluted for cleaning. Mix around 15 drops per 100 ml of carrier oil/water.



## 2. TEA TREE

*Melaleuca alternifolia*. Tea tree oil is among the most versatile oils out there with has antimicrobial properties. It is an effective decongestant and popular in many home remedies.



## 3. EUCALYPTUS

*Eucalyptus radiata*. Eucalyptus supports a healthy respiratory system similar to tea tree oil as it also has decongestant properties. Eucalyptus essential oil is produced via steam distillation of the tree's leaves and twigs. There are multiple varieties of Eucalyptus trees (over 500!), but generally only three different varieties of Eucalyptus essential oils are sold: *Eucalyptus globulus*, *Eucalyptus radiata* and *Eucalyptus citriodora*.



## 4. PEPPERMINT

*Mentha piperita*. Peppermint has antibacterial, antiviral and anti-inflammatory properties. It is suitable for direct inhalation, steam bowls, diffusion and diluted topical application. It can be used to help relieve headaches and indigestion. It has detoxifying properties and is believed to help reduce sugar cravings.

## Applying Essential Oils Topically (Onto the Skin – Mixed With a Carrier)

If you are feeling under the weather, try applying the following blends onto the soles of your feet and covering them with socks. The feet are among the fastest absorbing areas of the body so putting essential oils there will help them get to your blood stream faster! Other fast absorbing areas include the neck and the area behind the ears. It is also recommended to put essential oils on your chest and throat if you have cough, chest congestion or a clogged nose.

- Mix one (1) teaspoon of your carrier oil of choice with two (2) to three (3) drops of eucalyptus
- Mix one (1) teaspoon of your carrier oil of choice with one (2) drops each of lemon and peppermint oil
- Mix one (1) teaspoon of your carrier oil of choice with (1) drop each of lemon, lavender and peppermint oil

**\*Never use undiluted essential oils directly on your skin. Always mix with a carrier oil (vegetable oil or nut oil) or other medium.**

## Diffuser Blends for Boosting your Immune System

You would need a diffuser for this. This will not only make your home smell like a luxurious hotel room, but also put humidity in the air, relieving dry sinuses and coughs. There are many essential oil diffuser blend recipes out there depending on your desired effect. Here are some diffuser blend recipes to try that promote immunity boosting and healing effects:

- Mix three (3) drops each of lemon, lavender and peppermint
- Mix four (4) drops each of eucalyptus and peppermint

All diffusers vary in size so check the instructions for your own device for exact dosages.



**\*Some essential oils are not safe to use around pets please check before use.**

The essential oil recipes that you find here are a few suggestions to get you started with diffusing oils around your home that not only smell nice, have health giving benefits, act to reduce some symptoms, but also serve the purpose of boosting your immune system. You are of course free to create your own blends; It's recommend that you incorporate at least one (if not more) of the above oils for your immune system diffuser blend.

# Elephant Installation!

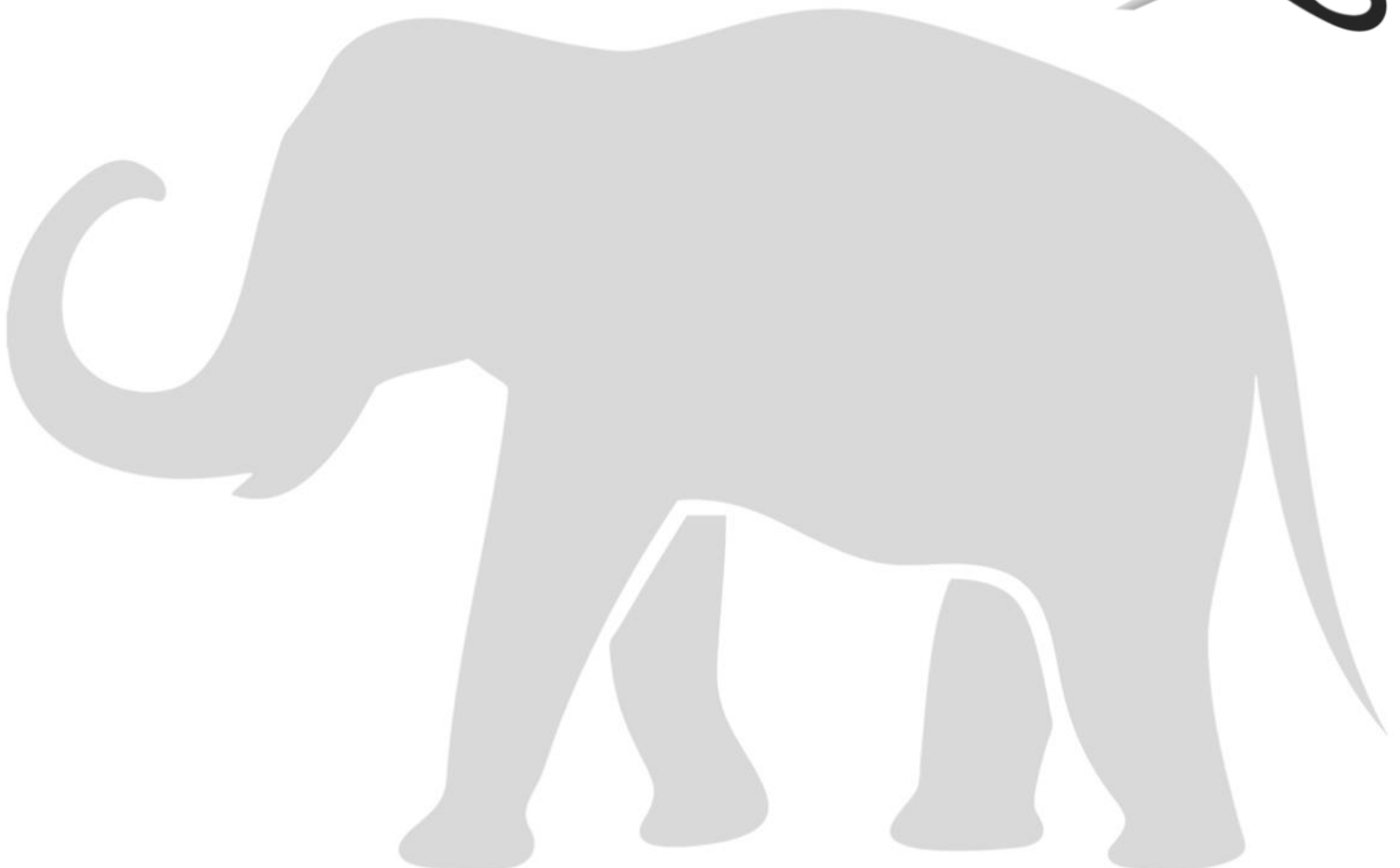
Have a go at decorating an elephant! You can do this as a mindful activity just for yourself or you can share it with us and be part of something bigger!

Either send us a photo of your finished elephant (email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)) or cut it out and post it to us (Support to Recovery, 5 - 7 Brook Street, Huddersfield HD1 1EB) and we'll include it in an elephant installation.

Elephants are highly sensitive and caring animals, much like humans. They have deep family bonds, mourn loss and have long memories that allow them to navigate great distances even as the landscape changes around them.

We are all missing human contact; connections with friends, within groups and in all the small day-to-day encounters which aren't happening at the moment. We are all joined by our shared experiences and feelings during this difficult time. So let's make something together to represent lived experience and hope for the future.

You can decorate your elephant however you want – with felt pen, collage or paint and you could add words or phrases. You could draw on a pattern like a mandala design, something geometric or even polka dots! Your elephant, your rules!



WELL CONNECTED

**Mammoth** n1. A large extinct elephant with a hairy coat and long, curved tusks.  
Mammoth *adj* – colossal, huge, giant, massive, enormous, immense, gigantic, monumental. Opposite – tiny.

At the moment we are all facing complex emotions, feelings and thoughts.

Some of those emotions may feel like a selection of the words above – enormous or gigantic – almost too huge to bear or deal with. In contrast we might feel tiny, insignificant or isolated.

**Why not use your elephant to help alleviate some of these feelings?**

- \*Be part of something bigger and join in with other people who have received these packs – help us to make a colourful display at S2R.
- \*Be inspired! Could you decorate your elephant using a technique you have never used before? Have a look at these below!

**Collage**

From a French word meaning to glue, or to stick together, collage is made when you make a whole new form (in this case your elephant) by sticking together other, found materials. A collage might include magazine clippings, fabric, photographs or other artworks. Perhaps give yourself a theme, like “things from my kitchen” and use packaging, teabags, rice and tinfoil... let your imagination run wild!

**Zentangles**

This art form is a type of mindful mark-making, a sort of quiet meditation for your brain! Repetitive patterns are called “Tangles.” You could cover your elephant in a selection of black and white patterns or just choose one pattern that you enjoy making. If you use Pinterest on the internet you will find LOTS of zentangle ideas.

**Paint / Printed Design**

If you have paint at home you might choose to cover your elephant in a printed design – you could use your fingerprints, the end of a pen or pencil to create dots for a mandala or spotty design. If you are feeling adventurous you could cut a shape into a potato or piece of sponge, apply paint and use that to print with. A biro will make indentations in a potato shape which will show up when you print it.

**Express Yourself!**

You might choose to decorate your elephant in poetry, or words or phrases cut from newspapers. Perhaps you could cover your elephant in brightly coloured words of hope for the future?

Whichever way you choose to decorate YOUR elephant, enjoy the process! Being creative is really good for our hearts and minds – it can help distract us from difficulties for a while and give us a new focus.

We really hope that you will take part – either send us a photograph of your elephant or post it to us so it can form part of a display at S2R Create Space – you will be very welcome to come and see the herd once restrictions are lifted.

**Elephant salutes and trunk-shakes to you all!**

**WELL CONNECTED**



# 'IT'S ONLY ME' BEFRIENDING SERVICE

A SERVICE FOR OLDER PEOPLE  
AND VULNERABLE ADULTS TO  
HELP REDUCE LONELINESS AND  
ISOLATION AND INVOLVE  
PEOPLE IN THEIR COMMUNITY



Community  
Connections

WELL CONNECTED



Half of the UK's population over 75 live alone, 1 in 10 over the age of 65 say they often feel lonely, 50% of all older people consider the television their main form of company.

**'It's Only Me' Befriending Service is one of a number of services provided by Community Connections to help reduce feelings of isolation and loneliness.**

### The Befriending Service is free and is available for people who are experiencing isolation and loneliness

Our Befriending Volunteers make a huge difference by visiting someone in their own home for company and conversation. Some people sit and chat over a cup of tea, go for a walk or pop out to a café/shop.

If you or anyone you know would benefit from this Service please contact Community Connections for more information or to make a referral.

### How does the Service Work?

After we receive a referral we carry out a home visit to assess individual requirements and suitability for the Service and later introduce the matched volunteer. Our Befriending Volunteers visit people in their own home for companionship, helping with any issues or worries and encouraging opportunities to be more socially active where possible. We also put people in touch with other Services and organisations.

All of our Staff and Volunteers are DBS registered and attend relevant training.

To find out more about any of our projects and services visit [YorkshireChildrensCentre.org.uk](http://YorkshireChildrensCentre.org.uk) or call **01484 415 465** or email: [communityconnections@yccuk.org.uk](mailto:communityconnections@yccuk.org.uk)

Or visit our Facebook page:  [Community Connections](#)


**While staff are currently working from home you can reach them on: 07458 055 044**




Part of National Children's Centre.  
Registered Charity: 288125

Brian Jackson House, New North Parade,  
Huddersfield HD1 5JP

[YorkshireChildrensCentre.org.uk](http://YorkshireChildrensCentre.org.uk)

 @YorkshireCC

 Yorkshire Children's Centre

Community  
Connections

WELL CONNECTED

# Support

## **Mental Health Help Line**

0800 183 0558

Offering confidential help and support  
24 hours a day.

## **Kirklees Better Outcomes Partnership (Emergency Advice)**

07562252940 (8am - 8pm)

## **Kirklees Gateway to Care – Social Services**

01484 414933 (24 hours a day)

## **Pennine Domestic Abuse Partnership**

0800 0527 222 (24 hour helpline)

## **Well-bean (Crisis) Cafe**

Huddersfield 07741 900395

Dewsbury 07867 028 755

## **Community Response Helpline**

01484 226 919 / 0800 4561114 (8am -  
6pm weekdays, 10am - 4pm weekends &  
bank holidays) \*Updated\*

## **Support to Recovery (S2R)**

07933 358 800 (10am - 4pm weekdays)

## **SPA Mental Health - Single Point of Access**

01924 316 830

## **Folly Hall - Mental Health Service**

01484 343 100

## **IAPT for people with low mood or anxiety**

01484 343700

## **Grief and Loss Support Service**

0808 196 3833 (8am - 8pm)

# Sudden

Help from day one onwards

Email: [help@sudden.org](mailto:help@sudden.org)

Phone: 0800 2600 400

Web: [www.sudden.org](http://www.sudden.org)

Help immediately after  
a COVID-19 death or any  
sudden / too-soon death

Sudden provides free help for anyone coping with a sudden bereavement – through COVID-19 (coronavirus) or another illness, a road crash, suicide, disaster, war, crime or accident.

If you have been affected by a sudden bereavement, or are caring for someone bereaved in this way use the following link to see how we can help:

[www.sudden.org/about-our-help/](http://www.sudden.org/about-our-help/)

# WELL CONNECTED



# We're listening

Professional support and  
advice to help with grief  
and loss



0808 196 3833  
(8am-8pm 7 days a week)



[griefandlosswyh.co.uk](http://griefandlosswyh.co.uk)



**GREEN DOCTORS FREE  
INDEPENDENT ENERGY ADVICE SERVICE**  
we'll help you save money, energy and stay  
warm & well

[www.thegreendoctors.org](http://www.thegreendoctors.org)

FOR MORE INFORMATION OR TO ARRANGE  
A FREE HOME VISIT, CONTACT:

Freephone 0808 168 3547  
OR 0113 238 0601

Email: [greendoctorleeds@groundwork.org.uk](mailto:greendoctorleeds@groundwork.org.uk)  
Subject to eligibility



@TheGreenDoctors



## GREEN DOCTORS CAN HELP YOU TAKE CONTROL OF YOUR FUEL BILLS

Practical Solutions To Reduce Your Energy Costs

> Advice on switching  
to find the best  
energy deal

We help with:

- Energy bills and fuel debt support
- Grants for boilers & insulation
- Heating systems & controls
- Reducing energy costs in the home
- Water bills & debt
- Damp/condensation/mould advice

> Installing energy  
saving  
devices

We can install:

- Draught proofing
- Reflective radiator panels
- LED light bulbs
- Damp humidifiers
- Pipe lagging
- Water saving devices

[www.thegreendoctors.org](http://www.thegreendoctors.org)



@TheGreenDoctors

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**OR 0113 238 0601**

Email: [greendoctorleeds@groundwork.org.uk](mailto:greendoctorleeds@groundwork.org.uk)  
Subject to eligibility



## *Community Testing*

England is currently in a national lockdown and we must all stay at home as much as possible.

Some critical workers need to leave their homes to do vital work. We consider Mutual Aid Group volunteers who are part of the community response to be critical workers. If you leave home to volunteer, we encourage you to take a Covid-19 test once a week.

Our Community Testing centres are currently open for critical workers only, who do not have symptoms. If you volunteer from home, then please do not leave home to go to a community testing site. Find out how to get tested:

[Community Testing](https://www.kirklees.gov.uk/beta/health-and-well-being/covid19-mass-community-testing.aspx) - <https://www.kirklees.gov.uk/beta/health-and-well-being/covid19-mass-community-testing.aspx>

## *How Vaccines Are Tested, Licensed and Monitored*

You may feel hesitant about the Covid-19 vaccines, here are some resources that you may find useful:

[How vaccines are tested, licensed and monitored](https://vk.ovg.ox.ac.uk/vk/vaccine-development) - <https://vk.ovg.ox.ac.uk/vk/vaccine-development>

[Royal Society of Medicine – Covid 19 series](https://www.youtube.com/playlist?list=PL1yY3WBVbNWAUNRjD5SUEC9R-G9vT8Gvq) - [www.youtube.com/playlist?list=PL1yY3WBVbNWAUNRjD5SUEC9R-G9vT8Gvq](https://www.youtube.com/playlist?list=PL1yY3WBVbNWAUNRjD5SUEC9R-G9vT8Gvq)

*Take Care & Stay Safe*



Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# WELL CONNECTED

For more  
information about the  
**WELL CONNECTED**  
Project  
Please contact Sian  
on 07933 353 487  
[sian@s2r.org.uk](mailto:sian@s2r.org.uk)

Through the Well Connected project we want to re-energise you and your community by providing better access and opportunities to take part in leisure, recreational or creative activities. You can either try these on your own, as a family or as a community group.

We are linking up with organisations and existing groups, to promote health and wellbeing activities in your local areas, providing a gateway to:

- ⇒ Simple activities you can do at home or safely outdoors with others
- ⇒ Practical information for how to gain better life habits after lockdown
- ⇒ Introduce you to local groups and social connections
- ⇒ Help you try new activities together with others
- ⇒ Support you with achievable positive health and wellbeing goals



HM Government

In partnership with

**THE NATIONAL LOTTERY  
COMMUNITY FUND**

**S2R is a Mental Health & Wellbeing Charity delivering Wellbeing, Nature-based and Creative activities across Kirklees communities.**

If you would like to support S2R by making a donation, you can do so online by visiting the 'Support Us' page of our website here: [www.s2r.org.uk/supportus](http://www.s2r.org.uk/supportus)

Or by post, addressing cheques to:

**Support to Recovery, 5 - 7 Brook Street, Huddersfield HD1 1EB**

*Thank you*



**European Union**  
European  
Social Fund



**Kirklees**  
COUNCIL



SUPPORTING  
COMMUNITIES



LEANNE BAKER TRUST



HM Government

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COMMUNITY FUND**



**MINDFUL  
EMPLOYER**