

S2R
**CREATE
SPACE**

Promoting Positive Mental Health

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**THE GREAT
OUTDOORS
PROJECT**



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WELLBEING PACK 4

one community
inspiring local giving...


Creative Minds

 Community
Learning
Works
Find your future

 **MINDFUL
EMPLOYER**

 Supported by
The National Lottery
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Hello from S2R

This is the fourth of 6 Wellbeing Packs we'll be sending out to you between April - June. We know it can be difficult to connect with others, remain engaged and stay motivated in these unusual circumstances we are living in, so we wanted to send you a little something to keep you feeling connected and to let you know we are thinking about **YOU!** Getting creative is a great way to keep your mind occupied, your mood uplifted and feeling calm and relaxed.

The Wellbeing packs are designed around the national Ways to Wellbeing initiative, these are recognised to keep you fit and healthy in different ways, each pack will have different tips and creative activities for you to try.

The theme for this Pack is: Keep Learning.

Remember it's really important to follow current Government Guidelines to keep yourself and others safe, please continue to social distance.

If you would like to chat with someone about your wellbeing or would like to know more about S2R please give us a call on 07933 358 800 (between 10am - 4pm).

Stay well and keep in touch

Support to Recovery

Ways to Wellbeing

Keep Learning

We learn something new everyday, this helps us keep our mind active and improves our wellbeing. Learning is not just about college, education and qualifications, it can be as simple as learning a new skill, a new recipe or a new experience.

Some Facts:

Daydreaming helps brain development

Learning helps us to feel a sense of accomplishments and improves self-esteem

Setting targets and hitting them can create positive feelings

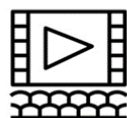
If you have access to the internet why not try something new each day. There is a list below but feel free to set your own targets, try to see how you feel after each activity and make a note of the impact on your wellbeing.

| Date | Suggested activity | My own activity | My feelings after the activity |
|-------|---|-----------------|--------------------------------|
| Day 1 | Read a new book, watch a new tv show or listen to a podcast – the BBC Sounds app has a wide range of interesting podcasts and you can borrow audio books from Kirklees libraries – join online at https://www.kirklees.gov.uk/beta/libraries/kirklees-libraries.aspx | | |
| Day 2 | Learn a new skill like knitting, origami, or DIY there are plenty of online resources such as 'S2R how to...' videos: www.s2r.org.uk/how-to-videos and Kirklees Libraries have a wide selection of craft and gardening e-books. | | |
| Day 3 | Google a new recipe or make something different for lunch, watch a cooking show on TV – many of them are now doing things you can make with easy ingredients from your cupboard. | | |
| Day 4 | Learn some new facts about birds, insects and plants you can see around you. Sign up for some free e-newsletters from organisations such as The Wildlife Trust, Canals and Rivers Trust and Butterfly Conservation Trust etc. | | |
| Day 5 | Do a quiz, crossword, sudoku or wordsearch puzzle. If you are isolating with family members try learning some new card games or get some old board games out and have a games night. | | |

Ways to Wellbeing

Some Ideas to try if you don't have access to the internet:

| Date | Suggested activity | My own activity | My feelings after the activity |
|-------|--|-----------------|--------------------------------|
| Day 1 | Try a new recipe or cook something different for your dinner. Have fun challenging yourself to re-create a meal you had on holiday from your store cupboards ingredients or watch some of the TV cooking shows and try to make some of the recipes. | | |
| Day 2 | Read a new book or watch a new documentary. Try choosing a TV programme that you wouldn't normally watch – perhaps a history or wildlife/nature programme . | | |
| Day 3 | Learn a new craft, like the one included in this pack. If you have any growing space try planting things you might have at home to see what you can get to grow – most things with a root will re-grow including lettuce, celery, radish and spring onions. | | |
| Day 4 | Learn some new exercises to do at home or try adding extra challenges into your exercise regime, for example: you could easily do resistance exercises by using things like cans of food or filled water bottles to act as weights. Try holding a can or filled water bottle in each hand and do some bicep curls or side stretches. | | |
| Day 5 | Learn a new song or re-learn an old song and practice singing it – sing along to records or tunes on the radio. Singing and music improves our wellbeing and you can do this alone or encourage others in your household to join in. If singing isn't your thing try learning a poem and reciting it aloud from memory. | | |



What is Lifelong Learning?

Lifelong learning involves people of all ages learning a variety of subjects, it could be: a specific topic, work related, at home through leisure / hobby/ recreational activities or practical living skills. These types of learning can be shown to improve wellbeing and lead to better outcomes in mental and physical health, help people gain positive attitudes, relationships and social connections.

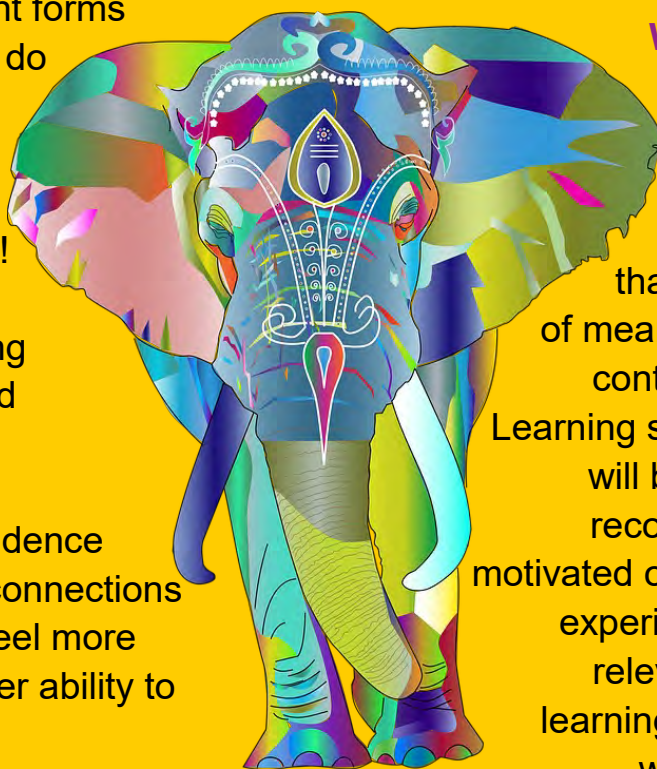
Whether we go about conscious learning (a planned course or activity) or sub-conscious learning (things we stumble upon or linger with us) these are all stored in our bank of knowledge - our brain! Like any other part of our bodies it needs nourishment and stimulation, learning new things and being curious is a great way to keep our brains in tip top condition. Like an elephant, once learned they never forget.

There are also other benefits to lifelong learning:

Health - learning how to manage a health condition, or to changing some lifestyle choices such as- giving up smoking, dropping a few pounds, reducing the gin intake or learning about the different forms of exercise we can safely do – gives a sense of satisfaction, feel-good factor and as they say: more power to our elbow!!

Mood - learning something new, boosts our mood and has general benefits for our mental health.

Learning boosts self confidence and esteem, helps build connections with others, helping you feel more positive and have a greater ability to cope with stress.



Wellbeing - learning has benefits for our general wellbeing, wellbeing is more than feeling well! It is about feelings that make us have a sense of meaning, purpose, fulfilment, contentment and happiness. Learning something that you enjoy will boost wellbeing. It is well recognised that if people are motivated or have a quality learning experience that is appropriate, relevant and enjoyable, their learning will be lifelong, in other words it sticks with them!

If you would like help with any learning topic please get in touch and we can point you in the right direction. So whatever your learning is, make it something for you and enjoyable.

Its what you learn after you know it all that counts
- Harry S Truman

N E V E R S T O P L E A R N I N G

Introducing: S2R 'How to' Workshops



16 new online sessions *Free*

Starting 18th May, each series will be 4 sessions across 4 weeks.

To find out more, view content and download help sheets, visit:

www.s2r.org.uk/how-to-videos

To request hard-copy help sheets call: 07933 353 487

Eat Well & Save Pounds with Bev

Mondays, starting 18th May

Available to view online from 11am

Learn about batch cooking, cooking on a budget and 'reduce waste - save money' family recipes!



Nature Drawing Series with Audrey

Thursdays, starting 21st May

Available to view online from 11am

Learn techniques for drawing landscapes, compositions, focus points, detailed trees and perspectives with roads and rivers.



Sew Simple Series with Gill

Tuesdays, starting 19th May

Available to view online from 11am

Get to grips with your sewing machine and learn practical tips for making creative & useful items.



Song Writing Series with Rachel

Fridays, starting 22nd May at 11am

Live Zoom workshops - learn about lyrics, rhyme schemes, rhythm, storytelling through music and more!

To book a place please email:
contact@s2r.org.uk



Grow on

A guide to growing at home



Bringing seeds and plants to you

In this time of self isolation and keeping your distance, try a bit of companion planting. We have put together some simple partnerships for you to try; plants that either look good side by side or help each other out while they grow.

1. Growing on a windowsill – spinach and coriander

Spinach is lovely raw or cooked. You often see spinach in salad bags you buy in the shops. Spinach can be treated like salad leaves – cut off each leaf when it's very young (less than 10cm) and eat the leaves raw in salads.

Coriander (also known as cilantro, Chinese parsley) is a fragrant herb with a strong flavour. It's often added raw to salads or at the end of cooking. Once the plant has reached about 20cm high, start to snip off the young leaves and stalks to use in the kitchen. When the plant starts to flower the leaves will lose their flavour (the flowers are edible too and can be used in the same way as the leaves). The plant will produce seeds and these can be harvested and used in cooking or saved to sow again next year.

Take a look at the growing cards and container guide and see if you can get your children on board too.

Carrot Family



Coriander

| SPRING TERM | | | SUMMER TERM | | | | | AUTUMN TERM | | | |
|-------------|-----|-----|-------------|-----|-----|-----|-----|-------------|-----|-----|-----|
| Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
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Sow
 Plant
 Harvest
 Cover with fleece

Coriander

Sow: Finely rake the soil and sow the seeds in rows 1 cm deep and 4cm apart. Cover the seeds with compost and water gently.

Care: Coriander goes to flower very quickly – to prevent this make sure the soil does not dry out in warmer months. If flowers appear cut off immediately. If it has flowered you can leave the plant to go to seed.

Crop: As soon as the plant is around 15cm snip off odd leaves to use in cooking. As the plants get bushier, you can take more leaves and some stems too. If harvesting the seeds for cooking, allow the seeds to develop on the plant then cut the whole stem while still green. Put the seed ends in paper bags and hang upside down to dry.

Germination: up to 3 weeks

Harvest: 4 to 6 weeks

www.growtoschool.co.uk



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Beet Family



Spinach

| SPRING TERM | | | SUMMER TERM | | | | | AUTUMN TERM | | | |
|-------------|-----|-----|-------------|-----|-----|-----|-----|-------------|-----|-----|-----|
| Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
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Sow
 Plant
 Harvest
 Cover with fleece

Spinach

Sow: Sow seeds from April 1 cm deep into pots or direct into soil. It is best to sow in spring and autumn as can bolt in summer.

Care: Water regularly for good growth. thin to 10cm apart, using scissors to cut off weaker plants. If growing outside cover in fleece when frost is possible.

Harvest: Start harvesting as soon as leaves are about 5cm. Harvest leaves off plant for continual growth – the plant can be cut down to 2.5 cm above the soil and it will grow back.

Germination: 10 – 20 days

Harvest: From 2 weeks to 10 weeks, but with continual harvest lasts for months.

www.growtoschool.co.uk



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Instruction Sheet 20 – Thinning out

You will need: Scissors

1. When our seeds start to grow and they have **more than** two true leaves (see below) we have to thin them out so that there is enough room for them to grow into big healthy plants.



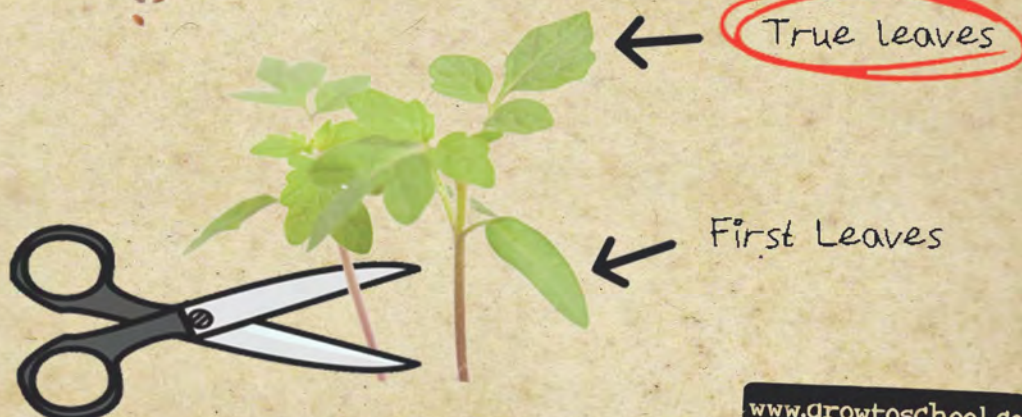
2. First read the card for the plant you have grown to find out what distance there should be between each one – this is called spacing.



3. If you have planted two seeds together and have two baby plants growing, look closely and decide which is the weaker. Using a pair of scissors, snip off the weaker one.



4. If you sprinkled the seeds along the row, find out the correct distance from the card and snip off all the plants inbetween.

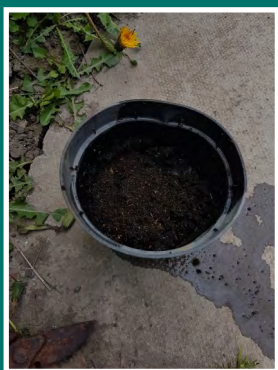


Learning from Nature

Learning more about nature helps us better understand the world around us and to see the connections between things. This helps us be more grounded, present and content as we start to recognise the plants, animals and processes immediately around us.

Learning to cultivate plants was perhaps the most significant piece of learning that humans have ever made so what better place to start. In this pack we will be starting our learning journey by giving you a taste of this knowledge. We will explore how to grow some herbs and the benefits they can have for us. Some of them can even help us learn more effectively!

How to Take Herb Cuttings



- 1) Fill a plant pot with moist compost / soil.
- 2) From a healthy plant, cut a stem at an angle about 4 inches long
- 3) Remove the leaves from the lower half of the stem
- 4) Place the stems around the edge of the pot
- 5) Firm compost around the stems and water.
- 6) Place the pot of cuttings in a warm position out of direct sunlight

It will take a couple of months for the roots to grow, then it will be strong enough to be planted out in your garden or a larger pot / planter.

A Brief Introduction to Aromatherapy

Aromatherapy is all about the inhalation and topical application of 100% pure essential oils from aromatic herbs and plants to restore or enhance health, beauty and well-being.

The field of aromatherapy is very varied, going from the deep therapeutic actions of essential oils on the body, to the subtle effect of fragrance on the mind. One of the uses is to strengthen the self-healing processes and to support and strengthen the immune system.

When you inhale essential oils they act on the ancient parts of our brain – our prehistoric “lizard brain” which in turn stimulates the body’s nervous system, endocrine and immune systems. This affects the sensations of pleasure, pain, emotions, memory, sleep and appetite!

A Brief Introduction to Aromatherapy

Safe ways to inhale essential oils:

- Electric micro-mist diffusers.
- Heat generated diffusers (candle diffuser / light bulb ring).
- Spritzing - making up a blend in a spray bottle which you can then use for many different purposes. For instance, you can make: Linen Sprays, Air Fresheners, Facial Mist, Pet Bedding Spray etc.
- Steaming - Half fill a bowl with hot, not boiling water. Float a few drops of Essential Oils on top of the water, then, with your head under a cloth and over the bowl, inhale deeply for 3-4 breaths at a time. Take a break for a short while then repeat, continue this pattern for 5-10 minutes.
- Aromatic bath - add the essential oils to milk before adding to the bath - see dilution details below.

Essential oils are highly concentrated. For safe use: dilute them, add your favourite carrier oil (lotion, vegetable oil or nut oil). This process will help "carry" the oils into the skin for better absorption, spread further and protect the skin from irritation. See the information below for general dilution guidelines.

0.5% = 1 drop essential oil to 2 tsp of carrier oil - Infants (6-24 months)

1% = 3 drops essential oils to 2 tsp of carrier oil - Elderly, Facial application

2% = 6 drops essential oils to 2 tsp of carrier oil - Maximum daily recommended dilution

5% = 15 drops essential oils to 2 tsp of carrier oil - Short term use

Please consult with an aromatherapist or medical professional before using essential oils on children under two years of age. Hot oils such as Cinnamon, Clove Bud, and Oregano should be diluted to 0.5%, and should not be used on children under ten years of age.

Essential oils can be used in massage and for skincare too. Essential oils can be added to many personal care products and integrated into home maintenance chores to enhance your overall environment.

Things to bear in mind when working with essential oils:

- Do not ingest.
- Use only genuine 100% essential oils (avoid synthetic fragrance oils).
- Be aware of each individual's sensitivity / allergy.
- Use diluted in a carrier, such as lotion, vegetable oil or nut oil.
- Some essential oils are sensitive to light: bergamot, lemon, lime, bitter orange, angelica root.
- In the case of skin irritation, apply vegetable oil to draw essential oils from the skin.
- Keep out of reach of children; store away from heat and light sources.
- Can stain clothing and damage the finish on furniture.

A Brief Introduction to Aromatherapy Focusing on Basil, Coriander, Peppermint, Rosemary and Sage:

Basil – as well as being a well-loved herb widely used in Italian Cookery, Basil has lots of health benefits too. It can be used in massage blends to help with digestion and can also assist with mental clarity and help to boost courage. A very useful oil for times of stress and strain

Coriander – another herb widely used in cookery. The essential oil is distilled from Coriander seeds and is great for boosting the circulation and aiding the body to recover from viral infections. The warm calm fragrance can help people who struggle with mental exhaustion or anxiety and lack of sleep. Blended with a citrus oil it can help soothe nervous tension

Peppermint – Peppermint is an oil of contrast. If you are cold, it can warm you up if massaged into the skin. If you are too hot it will similarly cool you down. The sweet and cool aroma is refreshing for mind and body. Peppermint encourages mental clarity, clears congestion, is great for the digestion and a wonderful settler for travel sickness. The oil can also help people to regain a lost appetite.

Rosemary – a fresh, green and potent smelling herb is brilliant for aiding concentration, improving memory and boosting circulation in the body. Rosemary really aids the ability to focus and as such, is a fantastic 'Aide Memoir' for times of study. To get the most benefit in this way: whilst studying or revising, inhale Rosemary either from a burner, diffuser, a few drops on a tissue, or however works best for you. When you need to recall the information you have absorbed, again reach for the Rosemary and inhale it to trigger your memories. Although Rosemary is probably the best oil to use this way, the method does work with other potent oils such as: Basil, cinnamon, Ginger etc.

Sage – again a herb much used and loved in cookery it has many uses as an essential oil too. Sage can ease muscular and joint pain, can be used on bacterial infections, can ease spasms, eliminate toxins, promote relief for digestive complaints and calm skin conditions such as dermatitis and athlete's foot.

Craft Challenge

Book Folding - How to make a book sculpture!

HEDGEHOG

To make a hedgehog you can use any book you no longer wish to read.



1) Tear the front & back covers off, then tear the book in half down the spine and remove any excess binding glue (a hedgehog uses around 150 to 180 pages).

2) Fold the corner of the first page inwards to fit neatly against the spine of the book, pressing firmly on the fold to keep it looking sharp.



3) Then fold the same page in half longways and press firmly on the folded edge, continue like this until the pages fold out naturally to sit flat.

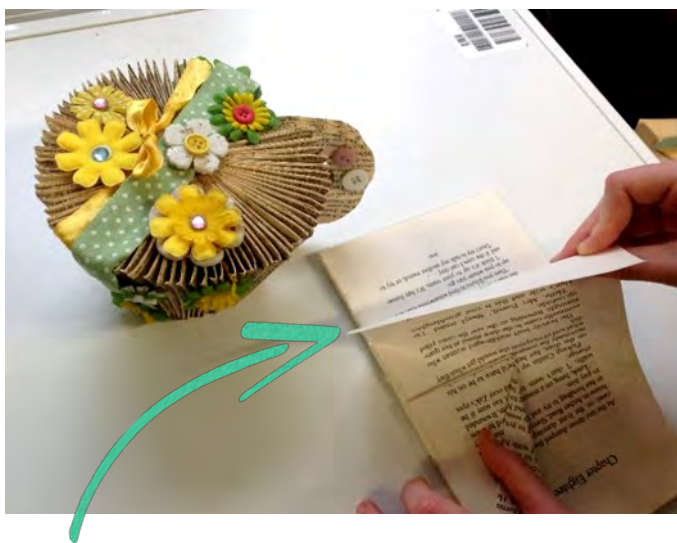
4) Add eyes and a nose if you wish, using marker pen, buttons, or anything else you have to hand - your hedgehog can be used to store cards or notes on a desk, or just for decoration.

Remember to send in photos of craft activities you have been doing at home! See the back page for contact details.

TEACUP

Chose a book you no longer wish to read, as the teacup is a full circle, the book should have at least 200 pages and even up to 300 - a 'wider' book works well for this.

1) Tear the front and back covers off and remove any excess binding glue then...



2) Tear the first page half way down spine, then fold in half downwards, pressing firmly on the folds to keep them looking sharp.

3) Fold in half again this time towards the spine (so its now a $\frac{1}{4}$ of the page).

4) Then fold bottom corner diagonally into spine.



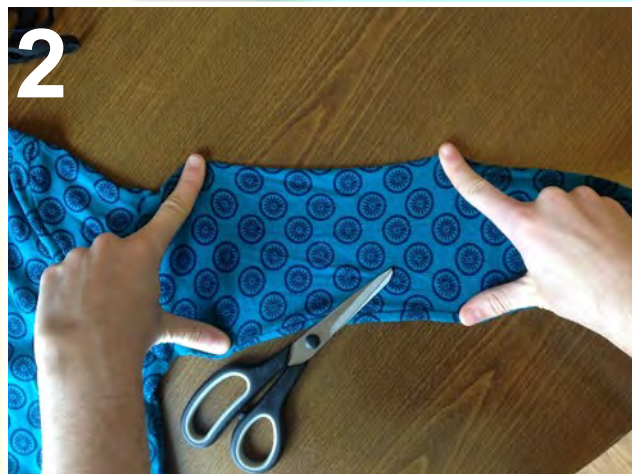
5) Try to keep all the folds at the same angle and keep working till it makes nearly a full circle.

6) Leave 20/30 pages at end to make a handle, draw the shape you want, then cut with scissors - or if you prefer, you could make a separate handle and glue on to the side.

HOW TO MAKE A QUICK & EASY FACEMASK USING AN OLD SHIRT SLEEVE



Chose an old item made of soft, thin material.



Select an area of the sleeve that is a similar width.



Cut length to fit from ear to ear.



Cut diagonally inwards.



Then cut straight across (to reduce the bulk of material).



Then fold over and sew the folded material at both ends, make sure you leave enough space to pass elastic through.

CONTINUED...



7
Attach a safety pin (or a paper clip) to the elastic and thread it through the folded over part of the mask. Do this on both sides and tie a knot at your preferred length (behind ears or right around the head).



8
Ta da! It's finished!
You can buy elastic from any corner-shop / Post Office - a few metres costs less than £1.

Look fabulous and help us all stay safe while out and about!



Remember to send in photos of craft activities you have been doing at home! See the back page for contact details.

10 Scam Warning Signs Advise from Martin Lewis

These are the warning signs Martin says you should watch out for online, over email, by phone, letter or even text message.

1. Watch out for search results that say 'advert'. This means they have paid to be there, so be aware of it and continue scrolling.
2. HMRC will never text, call or email you about a tax rebate.
3. Scammers will always try and persuade you that it's 'urgent' and that you should keep it quiet.
4. If 'someone from your bank' contacts you to tell you to move money into another account for security reasons, it's fake.
5. If 'your bank' contacts you to tell you it is sending a courier to your home to pick up your card because 'it is fraudulent', it's a scam. If in doubt, cut your card up instead.
6. If your passwords have changed without warning, that's a danger sign. You can check if your passwords have been compromised using a have I been PWNED tool (a tool to track data security breaches): <https://haveibeenpwned.com/>
7. If your post has disappeared, contact the person/company in question.
8. If your wheelie bin has gone missing, question it.
9. If you receive an out-of-the blue message that's full of grammatical errors, be suspicious.
10. If you notice an unknown product on your credit file, question it.

<https://www.edinburghlive.co.uk/news/uk-world-news/martin-lewiss-ten->



Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



Support

New Mental Health Help Line
0800 183 0558

Offering confidential help and support 24 hours a day. The helpline will provide a listening ear, emotional support and guidance to adults with new or existing mental health conditions. It will also provide information, advice and support to carers.

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 Cafe
Huddersfield 07741 900395
Dewsbury 07867 028 755

Community Response Helpline
01484 226 919 (8am - 6pm weekdays)

Support to Recovery (S2R)
07933 358 800 (10am - 4pm weekdays)

SPA mental health - Single Point of Access
01924 284 555

Folly Hall - Mental Health Service
01484 343 100

IAPT for people with low mood or anxiety
01484 343700

Take care and stay safe



What do you think?

Please tell us what you think of this Wellbeing Pack: all feedback is appreciated, and if there is anything you would like us to include in future packs - do let us know - all ideas will be considered.

You can contact **S2R** on
07933 353 487
contact@s2r.org.uk

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We hope you find this pack useful and enjoyable.

If you are comfortable using the internet - check out our website and social media pages for more wellbeing tips, nature-based and creative activities:

Website: www.s2r.org.uk

Facebook: [@S2R Create Space](https://www.facebook.com/S2RCreateSpace)

Twitter: [@CreateSpaceS2R](https://twitter.com/CreateSpaceS2R)

Instagram: [@S2RCreateSpace](https://www.instagram.com/S2RCreateSpace)

Remember to send in photos of activities you have been doing, it could be pictures of nature or a craft activity, we would love to see them and share with others.

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

Or by post, addressing cheques to:

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

Thank you