



Staying Well

NEWSLETTER ISSUE #11

LIFE FINDS A WAY....

As the seasons start to turn I think many of us are starting to look back and process the year so far.



The challenges we have seen locally, nationally and globally are some of the most trying many have seen in living memory; and things seem far from over.

But as when reflecting on anything in life, it is all too easy to focus on hardships and negativity. This year has brought pain, fear and loneliness but not without also bringing us positive stories of selflessness, hope and opportunities to learn and grow.

This newsletter brings you some of those stories, as well as advice and tips on keeping happy and healthy in these uncertain times. We'll meet some of the people Staying Well has been working alongside as well as looking at some opportunities for the near future.

Staying Well, as with everyone else locally and across the country, are constantly trying to adapt to changes and restrictions and the wellbeing of the individuals and communities we work alongside remains our priority. We may not currently be able to attend groups or even visit our clients at home ...but we are still here.

There are still many ways we can support people to look at enhancing their wellbeing and reducing their feelings of loneliness - but for now its making sure we find a balance to be safe, happy and healthy as individuals. And as a society, we find a way through this.



KEEP IN TOUCH! 01422 392767

Email: stayingwellproject@calderdale.gov.uk

WWW.STAYINGWELLHUB.COM

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HEADS UP FOR A HEAD FIRST!

There are several months to go until we have to watch the 'highlight of 2020' reels, I think we can all agree that there is only topic that shall dominate any reflection on this year!

Many of us have coped over last few months by eating or drinking more and for obvious reasons the government is pushing for better physical health (see page 6).

However, at Staying Well we know that health and wellbeing is not just physical. Our body is interconnected and a healthy body and healthy mind go hand in hand.

Coronavirus brought us more challenges with mental health than ever before, exacerbating symptoms of depression, anxiety and loneliness. Try these tips below on self care because the smallest changes can make the biggest difference!

3 STEPS TO SIMPLE SELF CARE

TALK - We humans are social creatures. As we all start to take steps to be able to see more people and be around more 'life' make sure you reestablish social contact as well as keeping any new habits. Did you start phoning a family member every week during lockdown? Why not talk to them and see if this habit can easily be kept up.

LIMIT NEWS - In a fast-paced changing world you might want to keep abreast of daily news.... but too much of anything turns into a menace. With 24 hour news channels, smartphones and over-reporting it's easy to become overwhelmed. Stay informed then SWITCH OFF to reduce anxiety and protect your well-being.

SEE THE POSITIVES - Karen from North Halifax Partnership challenged some of the Staying Well Team to take a different photo every day. These pictures encouraged us to find things in our daily lives, our past and in nature that made us happy or smile. You can join in 'Karen's Challenge' even without a camera - just remind yourself to look for happiness and beauty in the world every day!



WELL-BEING WHAT'S ON !

HEALTHY MINDS EVENING ZOOM SUPPORT GROUP (HEBDEN, ROYD & HILLTOPS)

-1st & 3rd Thursdays 6pm-7.15pm

Connect with others for an informal chat or to learn new information in a friendly safe space. Sessions run online via Zoom. The session link will be emailed close to the date of the session. For more info and to book contact christine@healthymindscalderdale.co.uk
All support groups are welcoming and confidential.

FREE ONLINE WORKSHOPS BY THE HEALTHY MINDS

After listening to how lots of you are feeling, and how the current pandemic has affected you, the Recovery & Support teams have developed a number of workshops, to help you develop skills and resources to support your emotional wellbeing through these difficult times. Booking essential.

Details of all Healthy Minds upcoming workshops can be found on our website:<http://www.healthymindscalderdale.co.uk/workshops-courses....>

WALKING RUGBY HAS ARRIVED IN HALIFAX.

Halifax RUFC is running weekly Walking Rugby sessions at Ovenden Park on Wednesdays starting in **September**.

Walking Rugby is a slower-paced game of touch rugby that is ideal for those who are aged 50 years and older or those who cannot play contact rugby anymore. This is a less physical, slower-paced version of touch rugby with adapted laws to suit participant needs.

The sessions are aimed to give rugby playing opportunities for those who may have never played rugby before and those who played previously and cannot play anymore and want to re-engage with rugby at a slower pace. Sessions are a great way to increase your social activity and make friends with like-minded people. For more information email halifaxwalkingrugby@gmail.com or contact Staying Well to put you in touch.

CREW SELF GUIDED WALKS

Don't let local Coronavirus restrictions stop you getting out and about. With these self-guided walks from CREW Heart Support Group there's no excuse! All are carefully graded for difficulty the route descriptions are very detailed and you can download them to your mobile phone. Visit <https://crewheartsupport.co.uk/selfguided-walks/>

GET YOUR MARCH ON WITH THE MIXY MARCHERS

Regular ladies-only Mixy Marcher walks take place every Tuesday and Thursday at 6pm. New people always welcomed. Find out more on the Mixy Marchers Facebook Group page

STAYING WELL TELEPHONE BEFRIENDING

'Sometimes you just want a brew and a good chat!'



Lockdown was hard for lots of us but especially those people who were already isolated or lonely; those living alone without family. But Covid 19 also brought about new isolation as more people had to shield away from usual social activities, grandparents were separated from grandchildren and more people were working from home.

Like many others in these strange times Staying Well have had to adapt and work a bit a little bit different at the moment so that we're still here for old and new clients. One of the ways we've done this is our new Telephone Befriending service that runs across Calderdale offering regular contact and welfare calls to meet this increased isolation.

Our staff and bank of friendly volunteers are here to make sure no one has to feel alone. There's is no replacement for a face to face chat but while that's not possible we're seeing how regular phone calls are helping to brighten peoples day and give them a sense of belonging; bringing joy to their lives.

Take George and Anne* : Neither were known to the Staying Well project before this year but both ended up 'part of the family' through the crisis that engulfed the earlier part of this year.

George lives alone with no family and was finding himself very isolated due to lockdown and the destruction of his normal routine. George initially came to the team looking for shopping support but he also mentioned how lonely he felt. Anne approached as a volunteer – she had a big sense of wanting to give something back.

“ It's so nice to know that person is calling it shows there's care for you. ”

Anne began giving George a call once a week to provide a friendly ear and a happy chatter – but after several months this has now turned into calls 2 or 3 times a week with a strong bond developing between them. Anne has also taken a lot from the calls commenting how it has given her a different sense of purpose and that great fuzzy feeling that comes from helping and caring for others!

Contact us on 01422 392767 or email stayingwellproject@calderdale.gov.uk if you, or someone you know is isolated or vulnerable.

Iris* approached the council in early April as she was finding herself very scared to go out even to get her essential shopping.

Not being one of those who were officially shielding but having health conditions that made her vulnerable, as well as existing issues with managing anxiety, she felt very worried about how things were developing in the county and was concerned that she had no family nearby to rely on.



“ Living alone isn't easy, once the door closes, you are on your own.”

Staying Well supported Iris in a practical way with regular shopping but made regular befriending calls to her too. Since restrictions have eased she has challenged herself to start some of her old routines again and found having someone to bounce concerns and ideas off very helpful. Working through with her Staying Well worker, Iris has been able to spend time with her sister, navigate the local lockdown rules, and manage her anxieties in a way that means she is always taking steps to maintain and improve her wellbeing. The journey might not be over but the way forward is being worked out together.

“ I feel happy and cared for which makes it easier to care for others. ”



Parishkar* was referred into Staying Well in early April - she lived alone with her young child and had been struggling with isolation for a while. Regular calls from a Staying Well worker and more recently a volunteer has helped Parishkar both navigate the difficulties of lockdown but also adjust to her new home and build confidence, self esteem and a connection to her community.

As Parishkar and her daughter have begun able to mix with more people again she is noticing this difference and feels it has made a big difference to how she feels but also in how she can be the best mother.

*All names have been changed

Our main message is that we are still here for you....if in doubt get in touch. A member of the team can discuss with you how best we can help you be happier and healthier whatever may be happening around us.

The changes in our lives due to Coronavirus have been stressful for many people, and a lot of us have coped by eating or drinking more.

The result is that many of us have put on quite a few pounds since March this year.

Better
Health

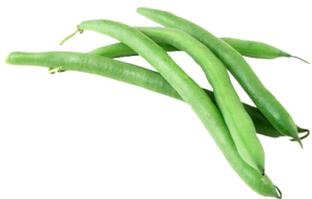
LET'S
DO THIS

The government has launched a new campaign - 'Better Health' to support and encourage everyone to become a bit healthier and lose some weight if they need to. There are numerous health benefits to becoming a few pounds lighter, and one of those benefits is being less affected by COVID 19 if we do contract it.

But how do we become a few pounds, or even stones lighter? Especially as the weight seems to come from nowhere and take forever to shift. Here are a few tips that might help you:



Change a Habit (or 2). We tend to put weight on over a period of time and small bad habits can really mount up. Are your habits helping or hindering you? What habits do you need to cut out? Keeping a food diary can be helpful to spot habits you might want to change, but also to celebrate successes too. Be honest with yourself and write foods down as soon as you have eaten them, so you remember everything.



Eat your Greens. Fruit and veg are full of vitamins, minerals, fibre and so many more things that your body needs to function properly and boost your immune system. Fruit and Veg are also low in calories so you can really fill up on them. If you're not keen on greens blend veggies into a pasta sauce or a soup or fruit into a smoothie or milkshake to get your 5-a-day in a way that suits you. Did you know frozen and tinned fruit and veg can be just as good for you as fresh? Think about what swaps you can make and build them into your cooking repertoire.



Move More moving around more helps us in so many ways, not only does it burn calories, it builds muscle, boosts our immune system and releases feel good hormones so we feel happier and less stressed. Gradually increasing our activity is important, remember all movement counts, from a long walk, dancing round the sitting room to chair exercises. So whatever suits your ability, lifestyle, preference just try to move a little bit more.

I SAID ONE DAY.
THIS IS DAY ONE.

Get help and support to get active at [nhs.uk/BetterHealth](https://www.nhs.uk/BetterHealth)

If you have access to the internet search 'NHS Better Health' and see the support you can receive to eat better and move more. There are lots of useful apps that can help you from free online exercise classes to recipe ideas.





WARNING ! THIS MIGHT BE CONTAGIOUS – BUT IN A GOOD WAY :)

These ladies are infected!

**No not by COVID - by the RUNNING BUG.
And they are on a mission to share the
benefits of getting out and active in the
fresh air with other women in Calderdale.**

The **Running Aunties** is a running and walking group aimed at women of colour. Bernadette Stancliffe, Tahreen Iqbal and Shanaz Fazal started the group when they realised there was a gap locally for running opportunities that cater specifically for BAME women.



Bernadette said,

“ When you want to take that first step into physical activity it's so important to be able to see people like you represented. Running has an amazing effect on people; it changes their lives and gives people improved self esteem. We hope when people see a group of Black and Asian women running, they might feel inspired to run too. ”

The Running Aunties meet on Sunday mornings at 8.45am starting at the Salterhebble entrance of the Canal where there is parking and it is accessible.

Safe and social distancing compliant, There is a walking option too for members who do not feel able to run. Beginner runners will be supported to start the NHS 0 - 5k 8 week programme.

For more information, please contact Bernadette on 07901378786 or by emailing bernadettestancliffe@gmail.com.

"With special thanks to Kevin Shields from RIOT RUNNERS who inspired and supported us to get moving 12 months ago" – the Running Aunties

For support getting into physical activity, call Staying Well on 01422 392767

FUNDING FOR COMMUNITY GROUPS

Right now things are still a bit strange. As people start to get used to the 'new normal' lots of groups are considering how to resume in a way that keeps people safe.



For many groups its just not possible to meet indoors yet...

Staying Well knows that people with active social lives tend to be happier and healthier so its been especially heartbreaking to know that community groups serving the most isolated and lonely have not been able to continue running through this pandemic. Community groups especially those providing services for older or more vulnerable people have to consider the welfare of their members and volunteers, and the risk involved in meeting again.

Lots of groups and activities have done amazing things this year to adapt and keep their members connected and cared for, even when they can't meet in person. As people start to look forward many are looking at what else can be done...

Activities with extra social distancing measures can be made Covid Secure for small groups. There are lots of ways we can start looking at how to resume some of the things we all love in a new, slightly different and safe way.

One thing we can do at the moment is encourage people to meet outdoors. However please check the current local and national restrictions. At the time of print, from 22nd Sept by law you must not socialise in indoor or outdoor public settings in a group of more than six people from different households.



Fancy turning your usual coffee morning into a singing session in the park?

Maybe your indoor exercise class could find a way to move outdoors?

Let no idea seem too zany - we want thoughts outside the box!

MICRO COMMISSIONING

Staying Well micro commissioning is designed to create more opportunities in the community for people to get socially and physically active.

As always with Staying Well micro commissioning, community panels will have the final say on how money is spent in each area.

Here are some ideas of things we may fund, or have been funded in the past:

- **Community clean-up groups** – It's more than just Wombling. This group is taking pride in the community, volunteering and being active.
- **Pilates 4 All** – Accessible gentle exercise group.
- **Outdoor pétanque area** in Lighcliffe.
- **Tai Chi in the Park** at Warley
- **Gardening projects**
- **Run or walk leader training**
- **Start up costs for a new activity**

TIPS FOR A GOOD APPLICATION:

Make it inclusive - can your activity be accessed by people of differing abilities? How will different people feel welcomed into the activity and able to participate?

Make is safe - how will you meet national or local guidelines and restrictions. Consider who will attend. Do extra safeguards need to be put in place? Think about the additional cost this may create for the group/activity.

Make sustainable - consider how the activity can continue to run after you have spent the initial funding. Or how will it will contribute to community capacity to enable other activities.

Got an idea for a project or activity?

Give Rachel a call 01422 392708 to discuss, or
email: stayingwellproject@calderdale.gov.uk



HIDDEN disabilities



We all know you can't judge a book by its cover. So why do many fall into the trap of judging the person in front of them by what they first see?

Staying Well met with Accessible Calderdale Disability Access Forum (ACDAF) for a quick catch up and to talk about what they and Staying Well were doing to start making some steps forward.

Many stories were shared by members from the group about the positive learning that had come from this year...meetings being done online...more frequent catch ups via zoom and a different push towards connectivity that often removed the barriers to communication that members often felt in 'real life'.

However, these positive stories were tempered by those of harder times and more barriers being felt by those with disabilities. One member spoke of a friend who, although unable to wear a mask had experienced a negative experience in a shop. Another spoke of finding venues hard to navigate with a wheelchair due to new social distancing rules and one way systems.

At Staying Well we share the view that no one should feel that they are unable to access services, facilities or their own communities and we should all do all we can to make those around us feel included and valued. ACDAF are there to make the voice of those with disabilities heard and strive to make Calderdale a more enjoyable and accessible place for everyone.

#WeWelcomeEveryone

ACDAF meets monthly at an accessible venue and welcomes new members with lived experience of disability. We aim to improve access for people with a wide range of disabilities in Calderdale.

For further information and membership, please contact:
Lorraine@visitsunlimited.org.uk
Tel: 07596 707795

 @visitsunlimited
www.visitsunlimited.org.uk



Seen the Sunflower?

The Hidden Disabilities Sunflower discreetly indicates to people around the wearer that they need additional support, help or a little more time. Since its launch in 2016, it has been adopted globally by major airports and venues and in the UK, by many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and large businesses and organisations. Above all, it is used anywhere where people meet.

SEPTEMBER IS WORLD ALZHEIMER'S MONTH

World Alzheimer's Month is the international campaign by Alzheimer's Disease International (ADI) which takes place every September to raise awareness and challenge the stigma that surrounds dementia.

World Alzheimer's Month was launched in 2012 and World Alzheimer's Day is on 21 September each year.

Alzheimer's disease is just one form of dementia, which is the collective name for progressive brain syndromes which affect memory, thinking, behaviour and emotion. Dementia is the leading cause of disability and dependency among the elderly. Although each person will experience dementia in their own way, eventually those affected are unable to care for themselves and need help with all aspects of daily life.

There are over 100 forms of dementia but Alzheimer's disease accounts for 50-60% of all cases. Other forms of dementia include vascular dementia, dementia with Lewy bodies and fronto-temporal dementia.

Symptoms may include:

- loss of memory
- difficulty in finding the right words or understanding what people are saying
- difficulty in performing previously routine tasks
- personality and mood changes.
- There is currently no cure for dementia, but treatment and support are available.

Contrary to common myths, dementia is not a normal part of ageing, so if you suspect you or someone you know may have dementia, then you should speak to a doctor or contact the Alzheimer's Society on 0333 150 3456.

CALDERDALE FORUM 50 PLUS

Thank you to colleagues at Forum 50 Plus for the article above. The Forum 50 Plus website is full of news, advice and features like this and is well worth a Follow.

Calderdale Forum 50 Plus aims to support and represent people aged 50 and over in Calderdale and highlight information and issues which are useful and important to this age group.



www.calderdaleforum50plus.com

FROM FRIENDLY PHONE CALLS TO FULL BELLIES!

As usual working closely with the 3 community organisations that manage the Staying Well project across Calderdale means we never quite know what we might get embroiled in next!

The COVID emergency has been a real time of great challenge and the need for flexibility has been greater than ever. Staying Well workers have been working with Calderdale Council staff and local organisations to provide practical support through the 5 virtual volunteering hubs to people needing food or medication.



Staying Well Community Anchors, Halifax Opportunities Trust, North Halifax Partnership have been key to providing additional emergency food support in areas with higher demand for support and our Staying Well workers have been rolling their sleeves up to join in the effort and get the job done!

Halifax Opportunities Trust virtual food hub and parcel delivery service covered Park and Warley wards but supported delivery as far as North Halifax to Hebden Bridge.

'After speaking with our contacts and partner agencies in Sowerby Bridge we had been asked to support around 22 families living in one area that were in desperate need of food due to low income and parents who would usually rely on free school meals which were not available due to school closures. Over the course of 5 weeks they managed to provide these families with over 100 food parcels who may not have had access to other support at that time. By the end of May they had collectively delivered over 1000 food parcels to most vulnerable people in our community.'



North Halifax Partnership also found itself addressing food poverty as well as supporting those in need to get vital shopping and medication as part of the Council's COVID response locally.

NHP drew on the strength of the local partnership to meet immediate need but also to build resilience in individuals and communities for the future by encompassing Family Support, Staying Well and debt relief charities into its emergency food support.

If you have a story, message or any information you would like us to include in the Staying Well newsletter- please contact 01422 392767 or email stayingwellproject@calderdale.gov.uk

