



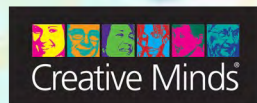
Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



S2R

WELLBEING PACK 2





Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



Hello from S2R

This is the second 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 a creative activity for you to try.

This pack provides hints and tips of how you can remain active during these lockdown measures. Remember not to over stretch yourself whilst exercising, keep within your limits, if you are not sure seek medical advice.

Remember it's really important to follow current Government Guidelines to keep yourself and others safe.

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



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Ways to Wellbeing 2

Keep Active

Being active benefits us mentally, physically and emotionally and can help us deal with stress and anxiety during difficult times. Being active doesn't mean we have to stick to a strict exercise routine, it can just be moving more often and hopefully something you will enjoy doing. We have provided tips to keep your body moving and things you can do around the home to keep you active.

Some Benefits to physical activity:

- Improve sleep and increased energy.
- Healthier weight, healthier bones and healthier heart & organs.
- Happier mood, sense of calm and increased self-esteem.
- Reduces stress and anxiety and helps us to think more clearly.

Simple Tension Relief

We carry lots of tension in our neck and shoulders, here are simple ways you can release the stress and tension you are carrying. Try building some of these exercises into your daily routine or first thing of a morning, it really does set you up for the day!

If you have access to the internet: the NHS have a great page full of easy to follow home based exercises – go to <https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>

NECK PAIN & TENSION RELIEF

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



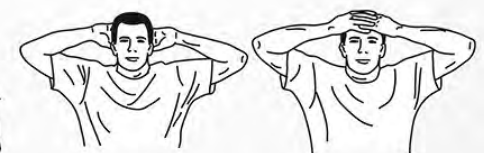
10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press 10-count press



10-count alternating side press



10-count alternating chin press

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



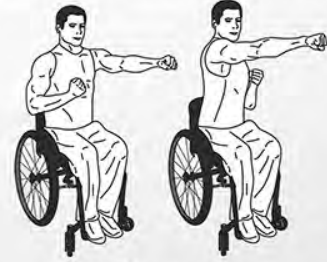
10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

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Movement to music

This can benefit overall wellbeing, it's enjoyable and can make you feel good!

Here are some of the benefits moving to music can have on our wellbeing:

- Improves mood and memory function
- Reduces stress and anxiety
- Tones our muscles and improves flexibility
- Helps with cognitive function
- Improves balance
- Helps to cope with isolation.

You do not need to have any special equipment, just comfy footwear and clothes and a means to play or listen to music. Make sure you have plenty of space, you do not want to break any of your valued possessions while you're moving about!



An average person doing 15 minutes of moderate dancing burns around 137 calories

www.captaincalculator.com

You can also make every day chores fun by jazzing up how you do mundane jobs around your home. Here are a few ideas for moving to music as you go about your daily job routine, the music can be slow or up-beat, it's up to you!

- Shake your hips while vacuuming, you really can shake and vac!
- If you have a set of headphones, have a silent disco whilst washing up or preparing a meal.
- Let music take the strain out of ironing, shimmy to your favourite song, it will de-stress you and de-crease your clothes at the same time!
- A watched kettle never boils, see how many times you can clap your hands from side to side whilst listening to your favourite song.
- Dance with your duster, polish up your dance techniques as you bring a sparkle to your home.
- Remember the radio is a good way to keep connected to the outside world, find a station that plays your favourite tunes and keep tuned in.

Enjoy - let yourself go! Try this with family members or on your own if you prefer.



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Ways to Wellbeing

There is a list below of ideas to help you keep active. 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 well-being.

Date	Suggested activity	My own activity	My feelings after the activity
Day 1	If you are able to get out go for a walk – this is one of the easiest and best forms of exercise there is. Walking slowly lets you connect with nature and the world around you while a brisk walk is great for strengthening our muscles, bones and heart – try walking a little faster than usual until you feel your heart rate increase and try to keep this pace for 5 minutes then slow down till your heart rate returns to normal. Gradually build up your pace but always stay within your limits and never push yourself too hard – it is much better to build up exercise slowly and it should always be enjoyable.		
Day 2	Avoid sitting still for too long. Notice how long you’ve been sitting and try some simple stretches in your chair, or simply standing up and sitting down, walking round your house or going up and down stairs – anything that keeps your body moving but always make sure you are keeping within your limits and comfortable range of movement.		
Day 3	Plant some seeds, whether it is inside on a windowsill or outside in a garden, yard or patio. This will also give you something to tend to each day – even getting out to water plants is a great way to get moving and keep active.		
Day 4	Join us at S2R on Facebook for daily fun activity hints and tips - maybe try one of our Facebook Live workshops (Tuesdays & Thursdays at 1pm).		
Day 5	Think of everyday household chores as a good way to do a bit of exercise - polishing, dusting, sweeping, vacuuming etc all help to keep us active and putting on some up-beat music can help it to feel more fun.		

Make a butterfly feeding table

You will need

- Four metal screw eyes



- 30cm square piece of plywood



- String



- Jam jar lids



- Sugar solution
(sugar dissolved in hot water – use when cool)



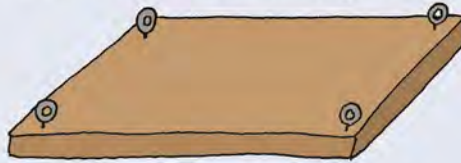
- Coloured card



- Scissors



- 1 Screw the metal eyes into the four corners of the plywood.



- 2 Thread a one-metre piece of string through two of the eyes and over a tree branch before securing with a knot. Repeat for the other side of the table.

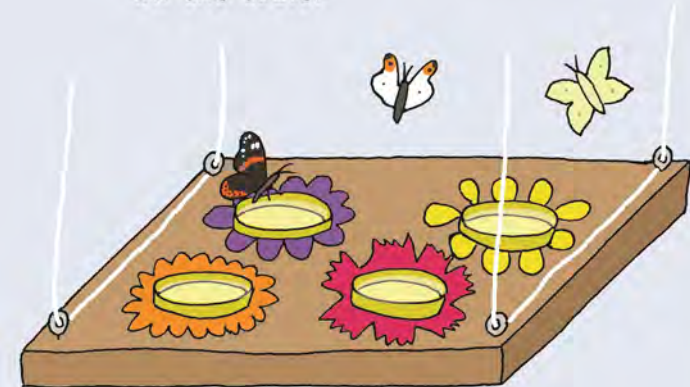


Make sure the table isn't hanging at an angle.

- 3 Pour sugar solution into jam jar lids and carefully place them on the table.



- 4 The butterflies will be attracted by the sugar solution, but try making your table more appealing by cutting flower shapes from coloured card and placing them under the lids on the table.



Do the butterflies prefer different colours or shapes?



Get out and get detecting!
Have you spotted any of these?



Did you know...? There are 59 species of butterfly in the UK.

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!

woodlandtrust.org.uk/naturedetectives | 0330 333 5301 | naturedetectives@woodlandtrust.org.uk

f Search for 'nature detectives' | **t** #NatureDetectives

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GROWING together Kirklees



Growing Pack

The Growing together Kirklees project is bought to you by Grow to School CIC & is funded by the Community Learning Works.

Growing together Kirklees aims to support you & your family to plant, grow & nurture your own fruit, vegetables, flowers & herbs at home during this time of isolation.

We invite you to be part of our Growing together Kirklees community. We will be sharing seeds, plants & materials to help you grow at home. You don't need a big garden; a few pots, a window box or a corner of your yard will do.

Over the next few months we will be sharing our knowledge of food growing with you & distributing information & seeds for planting now.

For more information, guides on how to plant, grow and care for your plants go to the Growing together Kirklees Facebook page - @Growing together Kirklees. In return we'd love you to join our Facebook community to share your experiences, pictures & ask questions & we will endeavour to answer them.

Look out for your next delivery..... & don't forget - Once you've got your first seeds in the soil please share what you doing & how its growing on Facebook - @Growing together Kirklees.



Grow on (Part 1) A guide to growing at home



Bringing seeds and plants to you

April is the time to start sowing vegetable seeds....so

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 - calendula flowers (pot marigold) and lettuce

Calendula have stunning bright orange flowers and fragrant leaves and have long held medicinal properties. The petals can be eaten raw in salads, soups and sandwiches.

Combine calendula in your window boxes with some lettuce. Easy and quick to grow, snip the growing lettuce leaves as a 'cut and come again' crop as and when you need it, or leave them to grow on into full juicy lettuces. Grow your flower and lettuce plants on a sunny windowsill, inside or out.

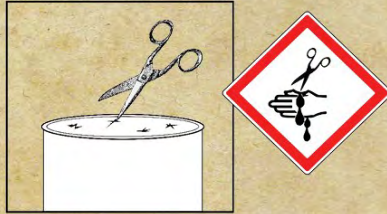
Take a look at the growing cards and container guide and see if you can get your children on board too.



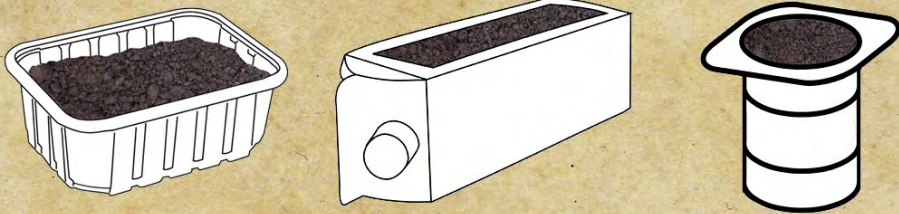
Growing Activity - Container planting

You will need: Small container - anything up to 10 cm deep. Medium sized container - anything up to 20cm deep. Large container - up to and over 30cm deep.

Use scissors or a nail to punch several holes in the base of EACH container.



Small containers



Medium containers



Large containers



GR
TO SCHOOL



Finding seeds and compost

Supermarkets and 'bargain' shops are starting to stock compost and seeds. We have seen seeds for sale at Poundland, B&M Bargains and Lidl, among others. B&M bargains stock compost as well, but they won't be the only ones. A bag of compost goes a long way for window sill growing. Why not ask your neighbours if they want to share some - remember your social distancing though. If you use social media why not put a question up on your Facebook page, or ours, and see if someone can help you find somewhere near you? Some of the garden centres have started to offer home delivery too.

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

<https://www.facebook.com/ColneValleyGardenCentre/>

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

Flowers



Calendula

SPRING TERM			SUMMER TERM					AUTUMN TERM			
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

 Sow
 Plant
 Flowers
 Cover with fleece

Calendula

Sow: Sprinkle seeds into rows 1 cm deep and 30cm apart in finely raked soil. When seedlings are about 15cm tall, thin to 15cm apart by cutting off the weaker plants with scissors.

Care: Deadhead regularly by snipping off dead flowers with scissors.

Crop: The petals can be eaten sprinkled in salads and are a colourful and delicious addition to salad bags. They make great cut flowers and attract bees and butterflies by the dozen!

Germination: 7 to 10 days

Flowering period: June to September/October

www.growtoschool.co.uk



© 2014

Salad Family



Lettuce

SPRING TERM			SUMMER TERM					AUTUMN TERM			
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

 Sow
 Plant
 Harvest
 Cover with fleece

Lettuce

Sow: Sow in April or May by lightly scattering seeds on the surface of raked soil. Sprinkle with compost to cover and water gently. When seedlings have more than four leaves thin with scissors to 15cm between each plant.

Winter lettuces is supplied in plug plant form. Plant in September or October leaving 15cm between plants.

Care: Slugs love munching lettuce, so protect it well. Water in dry months and fleece in colder winter months.

Crop: When summer lettuce plants have formed a firm centre, or heart, harvest lettuce and sow again for continual cropping. Winter lettuces can be harvested as a 'cut and come again' by snipping off outer leaves with scissors.

Germination: 7 - 14 days

Harvest: From 50 days

www.growtoschool.co.uk



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How to Make a Hydrate & Nourish Face Mask

This recipe only takes a few ingredients and a little time to make. A few things to remember before you raid your kitchen cupboards: always check the Use By dates of ingredients; to be safe once made use the face mask within one hour; and if in doubt make sure you patch-test!

***IT IS RECOMMENDED THAT YOU ALSO FOLLOW THE GOVERNMENT ADVICE ON REGULAR HAND WASHING ***

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

INGREDIENTS:

- 1/2 an Avocado
- 1 tablespoon of Honey
- 1 handful of Oats / Oat Bran
- *Optional* - Aromatherapy Essential Oils:
1 drop Geranium; 1 drop Neroli; 1 drop Frankincense

DIRECTIONS:

1. Mash the Avocado in a bowl.
2. Grind Oats down into a finer consistency, add to the bowl.
3. Add the Honey to the bowl and mix all ingredients together well –include Aromatherapy essential oils now if you have them.
4. Apply mixture to your face, avoiding eyes and mouth. Leave for up to 15 minutes.
5. Wash off with warm water.





Craft Challenge

Calligraphy!

After your week of being active, you can now relax and enjoy our craft activity:

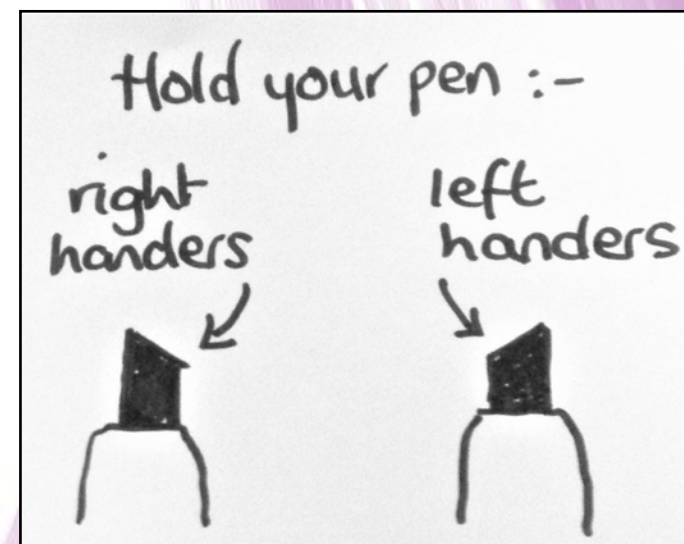
Choose a pen with a wide or flat nib, then take a look at the picture on the right showing how to hold the pen, to get best results try to keep it at the same angle as you write.

Write larger than you normally would and space out your letters - this gives you more room to add a swirl and gives better impact.

Don't just write in your normal style of handwriting, try to keep letters well defined by lifting the pen and repositioning it between breaks (even on the same letter such as an "a" or "b").

Choose a few of the letters that extend up or down (such as an 'h', 'f' or 'g') and make them bolder, longer or taller with a swirl - but think about how that impacts the row of writing above or below too.

For those of you who received postal envelopes, try to copy the writing on these - there are 2 very different styles to copy and both were completed using a 2mm chiselled nib felt tip pen.



HAPPY WORD PRACTICE

hello

hello

hello

hello

love

love

love

love

adventure

adventure

adventure

adventure

create

create

create

create

journey

journey

journey

journey

The pigeon letters

bloom where you are planted

bloom bloom bloom

where where where

you you you

are are are

planted planted planted

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S2R
**CREATE
SPACE**

Promoting Positive Mental Health

S2R
**THE GREAT
OUTDOORS
PROJECT**

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

Twitter: @CreateSpaceS2R **Instagram:** @S2RCreateSpace

Please 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





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Support

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

Some Words of Wisdom

“SUNSHINE It’s SPRINGTIME-amid this horror – enjoy it. If you can’t go outside, open the windows and feel it on your face. If it’s safe for you to go outside (maybe you live in the country) do it, while of course observing social distance. Go for a walk. Being outdoors connecting to nature is hugely calming.”

- Imogen Wall, 2020

Take care and stay safe

CORONA VIRUS SCAM ALERT

WEST YORKSHIRE TRADING STANDARDS NEWSLETTER



West Yorkshire Trading Standards has seen an increase in the number of COVID-19 related scams.

What Scams are trending at the moment in West Yorkshire?

- 01** Morrisons voucher Scam trending on Social media Platforms. Free voucher adverts are posted on Facebook with a link to a fake Morrisons website. Users are invited to follow a link and enter personal account details.
- 02** Reports of scam letters and calls being made to vulnerable elderly residents asking them to urgently pay large sums of money in order to avoid court action for their council tax bills.
- 03** Local Pest control companies leafletting communities offering to disinfect people's driveways and making false claims that they will 'kill off covid-19'.
- 04** Individuals claiming to work for local government & voluntary organisations. Reports of phishing emails sent out purporting to be from Bradford councils 'covid response team'.

Top Tips

- **Don't click on links or attachments in suspicious emails and never respond to messages that ask for personal or financial details.**
- **Look for websites with https: in the web address, the letter S usually indicates if the website is secure.**
- **Ensure you have an up to date anti-virus software installed on your device, this will help protect you from malicious software.**

DOORSTEP CRIMINALS TAKING ADVANTAGE OF THE PANDEMIC

Top tips

YOUR DOORSTEP YOUR DECISION

If you feel pressured,
ask the person to leave.

FRIENDS AND FAMILY

ARE BEST

Support from
trusted friends, family or
neighbours is ideal. Be vigilant
for strangers offering services at the
door that may want to take
advantage.

NO SNAP DECISIONS

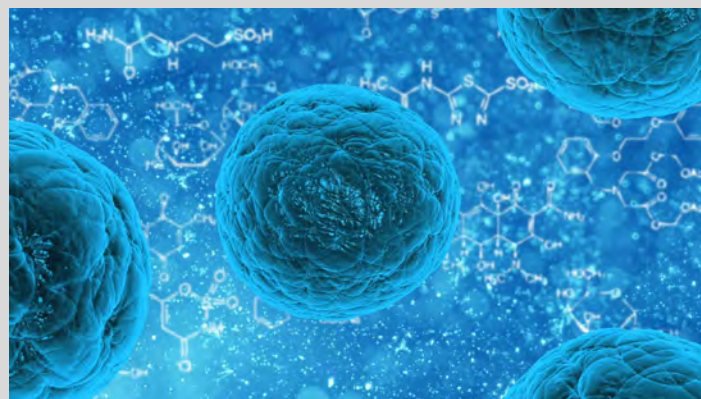
Take time to talk to someone
you trust before you make any
decisions.

DO THE CHECKS

You can check ID badges and
contact associations to check
membership registrations yourself.
Call the telephone number of the
organisation, obtain this number
yourself, not from the person at the
door.

Bogus callers attending an address in West Yorkshire offering an injection for sale, which purports to be a vaccine for COVID19. There is NO vaccine yet for COVID19, nor are testing kits available to buy on the general market. If you have anyone approaching you, either at home, on the phone or anywhere else, trying to sell you a vaccine, a cure, or a testing kit, please know this is a SCAM!

*Please only seek medical
advice from your doctor



Report to us:

New mailbox to deal
with reports of Covid-19 Scams in
West Yorkshire:
Covid19.Scams@wyjs.org.uk

Report complaints to
Citizens Advice

Consumer Helpline: 0808
223 1133

Report scams to Action Fraud:
0300 123 2040



@wytradstandards



@SAFERProject



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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