



NEWSLETTER

Spring 2022 Interactive Edition

Your Voice in Kirklees

WORKING TOGETHER BETTER

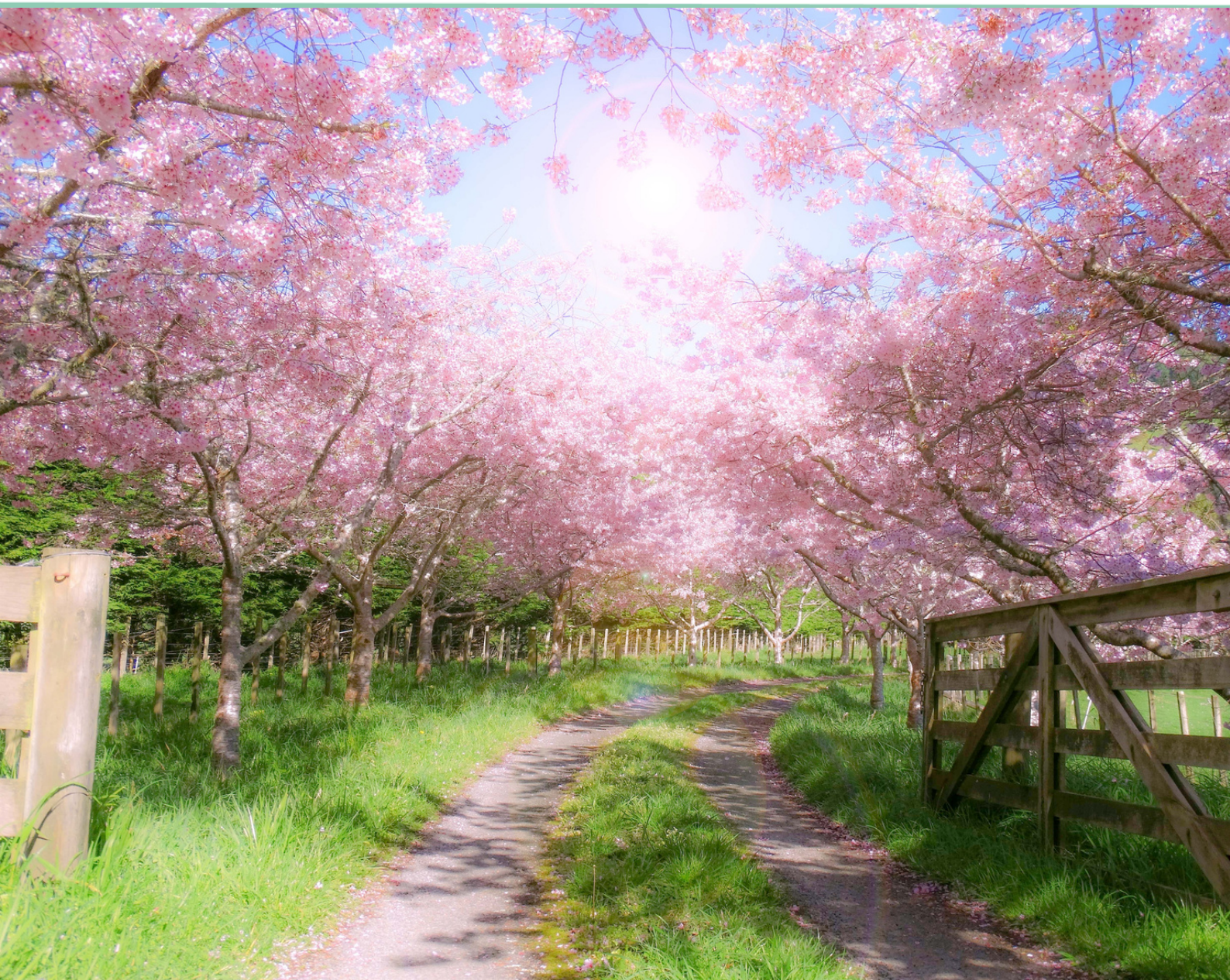




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The 5 Ways to Wellbeing

The Five Ways to Wellbeing are a nationally recognised initiative designed to help us all improve our health and wellbeing. When we feel good about ourselves, it becomes easier to make positive changes and to improve our physical and mental health.

Today we'll be looking at **TAKE NOTICE** which means being *present in the moment*. Stopping and taking a moment to notice ourselves and our surroundings can help to reduce stress, anxiety and depression. It can also help us to recognise the things in our lives that we are grateful for and help to keep our mindset more positive.

Improving our wellbeing through outdoor activities in nature is known as Ecotherapy, and regularly noticing and engaging with nature has lots of positive health benefits.

Why not try some (or all) of the suggested activities below and make a note of how you felt before and after doing each activity...

Activities to Help You Take More Notice:	How I Felt Before:	How I Feel Now:
Go for a walk in your garden or your local area and really notice the things around you - the smells, the sights and the sounds. Can you hear birds singing, can you smell the grass or flowers? If you'd like to learn how to identify some of the birdsong you can hear, have a look at this video: https://youtu.be/xudHav8digY		
Look out of your window and notice the view. Can you see hills and trees? Can you see clouds in the sky? Try drawing or sketching what you see, or experiment with taking photos of your view using different angles and effects.		
Notice beauty in unexpected places. Look up at the sky or down at the ground and notice shapes, textures, reflections and shadows. If you're in a town, you could pay attention to some of the wonderful architecture we have in Kirklees and check out some of the local Civic Societies such as: www.huddersfieldcivicsociety.org.uk/		
Take a moment to focus on yourself. Notice your breathing and acknowledge how you are feeling. Try to give your feelings a name and then let them go by imagining them just floating away.		

Take Notice

The 5 Ways to Wellbeing

Taking the time to pay attention to the present moment can help to improve our mental health and sense of wellbeing.



Activities to Help You Take More Notice:	How I Felt Before:	How I Feel Now:
Pay attention to the wildlife in your garden or when you're out for a walk. How many different birds can you see? What kind of insects can you find? Have you seen many bees or butterflies? If you'd like to make your garden more wildlife friendly, have a look at this helpful link: www.rspb.org.uk/birds-and-wildlife/advice/gardening-for-wildlife/creating-a-wildlife-friendly-garden/		
Remember to be kind to yourself. Try saying some positive affirmations to yourself every morning like "I am doing really well", "I have everything I need to help me cope" or "I am growing and feeling stronger". Have a slow day once in a while, or take time to relax and curl up on the sofa with a book or your favourite movie.		
Notice five things that make you happy. Perhaps look at an old family photo album or something you bought on holiday. Call a friend or family member and have a nice chat. Or make yourself a proper cup of tea or coffee and take the time to really sit and savour it.		
Sit quietly outside in your garden or in the park on a nice day. Look at the colours of the trees, the grass, and the sky. How many different colours you can see?		

MAKE YOUR OWN HYDRATE AND NOURISH FACE MASK

This avocado and honey face mask is perfect for the cold and dry winter months when your skin needs a little extra TLC.

This recipe only takes a few ingredients and around 10 minutes to make.

A few things to remember before you raid your kitchen cupboards...

- Always check the use-by dates of your ingredients
- Be sure to use your face mask within one hour of making it
- If in doubt, make sure that you do a patch test before applying

INGREDIENTS:

- * 1/2 an avocado * 1 tablespoon of honey * 1 handful of oats/oat bran
Plus you could also add some optional aromatherapy essential oils:
1 drop of geranium, 1 drop of neroli and 1 drop of frankincense

DIRECTIONS:

1. Mash up the avocado in a bowl
2. Grind the oats down into a fine consistency and then add them into the mashed avocado
3. Add the honey (and the essential oils if you have them) into the bowl and mix all the ingredients together well
4. Apply the mixture to your face, avoiding your eyes and mouth and leave it on for up to 15 minutes
5. Rinse off with warm water and gently pat your face dry



MONEY ON YOUR MIND

Money on Your Mind is a new project from S2R Support to Recovery in partnership with Kirklees Council and is part of the ongoing suicide prevention work taking place in Kirklees as well as regionally.

The Money on Your Mind project aims to increase awareness of the debt management and mental health support that is available locally and encourage a wide range of businesses and organisations in Huddersfield to reach out to men who are struggling and help them to access the support that they need. By raising awareness of the wide range of support that is available, the Money on Your Mind project hopes to prevent men with debt or mental health problems attempting to, or actually taking their own lives.

Did you know that S2R is also offering free suicide prevention training sessions to Kirklees-based community groups, charities or businesses and Kirklees Council staff? To find out more information about these training sessions, or to make a booking please email contact@s2r.org.uk or give Louisa Nardini a call on 07927 960 968.



Find independent financial advice and mental health support that's local to you...

Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH



These organisations all offer free and confidential support to help make debts manageable and build more resilient mental health:

Local Financial Help:

- ◆ **Debt Advice at Kirklees Council** can help with council tax debt. Visit www.kirklees.gov.uk and search for debt advice.
- ◆ **Better Off Kirklees** offer advice about managing debts and support with household budgeting. Visit www.betteroffkirklees.org.uk.
- ◆ **Emergency Help: Local Welfare Provision Team** will help with energy costs; emergency food and furniture as well as debt advice and budgeting. Visit www.kirklees.gov.uk and search for welfare, or call: 01484 414782 (weekdays 10am - 4pm, closed Bank Holidays).
- ◆ **Kirklees Citizens Advice and Law Centre** can help with all aspects of debt management. Visit www.kcalc.org.uk or call: 01924 679732 to speak to the debt team.
- ◆ **Kirklees Social Justice Team** give disadvantaged individuals and families facing the support and tools they need to turn their lives around, including debt and benefit advice. Call: 01484 228127 or email: kirkleessocialjusticeteam.kirklees@dwp.gov.uk.

National Financial Help:

- ◆ **Money Helper** offer advice and support on managing debts and applying for debt relief orders. Visit www.moneyhelper.org.uk.
- ◆ **Krysallis Gamcare** offer advice and support to anyone affected by problem gambling. Visit www.krysallis.org.uk or call: 01423 857939.
- ◆ **National Gambling Helpline** freephone 0808 80 20 133 or web chat. The helpline is available 24 hours a day, 7 days a week.





Mental Health Support:

- ◆ **IAPT - Improving Access to Psychological Therapies** can help people get quick and easy access to therapy. Visit www.kirkleesiapt.co.uk, call: 01484 343700 or email: IAPT.Admin@swyt.nhs.uk.
- ◆ **Support to Recovery (S2R)** is an independent mental health charity offering a range of wellbeing, creative and outdoor workshops. Visit www.s2r.org.uk, call: 01484 539531 or email: contact@s2r.org.uk.
- ◆ **Community Links - CLEAR Service** provide support for people with a range of mental health needs. Visit www.commlinks.co.uk, call: 01484 519097 or email: clear.huddersfield@commlinks.co.uk.
- ◆ **Richmond Fellowship - Kirklees Employment Service** help people to find employment, volunteering or education opportunities. Call: 01484 434866 or visit www.richmondfellowship.org.uk.
- ◆ **Hoot Creative Arts** offer creative activities for people experiencing issues with their mental health. Visit www.hootcreativearts.co.uk, call: 01484 516224 or email: info@hootmusic.co.uk.
- ◆ **Cloverleaf Advocacy - Carers Count Service** support people caring for those with mental health needs. Visit www.carerscount.org.uk, call: 0300 012 0231 or email: info@carerscount.org.uk.
- ◆ **Touchstone - Kirklees Advocacy & Peer Brokerage Services** provide advocacy for Kirklees which includes mental health. Call: 01924 460211 or visit www.touchstonesupport.org.uk.
- ◆ **Platform 1** offer mental health support to men from all backgrounds and experiences. Visit www.platform-1.co.uk or call: 0800 066 28 28.
- ◆ **Andy's Man Club** is a national organisation with local groups giving men a space to talk and connect. Visit www.andysmanclub.co.uk.
- ◆ **Samaritans** offer free, confidential support for anyone struggling to cope or feeling suicidal. Call: 116 123 (free), email: jo@samaritans.org or write to Samaritans, 14 New North Parade, Huddersfield, HD1 5JP.

Panic Attack

By Cora Shaw

That dreaded awful moment, you feel it take a hold
Your skin and face are flush, but your blood feels to run cold.

Your palms they just start sweating, you need a toilet quick
Your vision's going blurry, feels like you might be sick.

There's a lack of concentration, and focus has gone too
It's hard to hear and understand what anyone says to you.

Your heart starts beating faster, but your talking feels slow
You try to carry on with life, but the worry starts to grow.

A churning in your stomach and a lump inside your throat,
It's difficult to swallow so it's time to get your coat.

Your instinct is to leg it, but your logic says sit tight
You know this panic will go again and then you'll feel alright.

You close your eyes and count now, deep rounds of breath
Even though it feels like it, you know this is not death.

So go on little panic attack, you are not needed here
I was fine before you came along and there's nothing for me to fear.



Mulu's Poem for Refugee Week

Amharic Script

የሃገር ውስጥ ኑሮ አልሞላ ሲለን
ሰርተን እንድንኖር ተሰደን መጣን
እንጂራ ፍለጋ ከሃገር ከወገን በግድ
ተለይተን

እይናችን ባዘነ የሃገር ሰው ፍለጋ
ይሆን መስሎን ነበር ሁሉም አልጋ
ባልጋ

እጃችንን ሰጠን ማረፊያ ሰጡን
ጠበቃ ፍለጋ እላይ እታች ደከምን

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ሰቀቀን

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ድጋሚ ይጠይቃል ፍሬሽ አፒሉን

ልመለስ ልቅር ብሎ ያስብና
ባዶ እጅ መመለስ ሆኖበት ፈተና

የሰው ፊት ማየት አንገት ያስደፋል
ቆይ ዛሬ ቆይ ነገ ትንሽ ልቆይ ሲል

እንደወጡ መቅረት ምን ይዜ?
እያልን
ዓመታት ያልፋሉ በጭንቅ በሃዘን

ባለ ብዙ እቅድ አላማያለው
ያልፍልኛል ብሎ ካገር የወጣው

ብዙ በመድከም ተቋቋምን ያሉት
ያስቀመጡት ገንዘብ ምንም
ሳይበሉት

ስንት ሰው ረገፈ በመሰቃየት

ሰርቼ እኖራለሁ ብለው አልመው
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በጥሞና ሆነን ብናሰላስል
ክፉ ይሁን ደግ በአገር ይሻላል

Transliteration

yehager wust nuro almola
seelen
seriten inidinor teseden
met'an
inijera filega kehager
kewegeni yegidi teleyiten

ayinachin bazene yehager
sew filega
yihon mesilon neber hulum
alga balga

ijachinini set'en marefiya
set'un
t'ebek'a filega ilay itach
dekemin

sinit'ebik wut'etun bech'ink
sek'ek'eni
yadelew yagenyal yat'a idilun
digami yit'eyik'al fresh
apealuni

limeles lik'ir bilo yasibina
bado iji memeles honobet
fetena

yesewi feet mayet aniget
yasidefal
k'oy zarey k'oy nege tinish
lik'oy seel

inidewet'u mek'ret min yizhe?
iyalin
ametati yalifalu bech'ink
behazen

bale bizu ik'id alama yalew
yalifilinyal bilo kager yewet'aw

bizu bemedikem
tek'wak'wamin yalut
yask'emet'ut genzeb minim
sayibelut
sinit sew regefe bemesek'ayet

seriche inoralehu bilew alimew
ik'idu hulu k'erito mot
k'edemachew

bet'imona honen binaselasili
kifu yihun deg bager yishalal

Extended English Translation

living in our homeland was no
longer possible
so we fled for somewhere to live
and work blind to all the trouble
Separated from our kin and land
We fled seeking bread

Barren quests for kinfolk in
foreign lands saddened our eyes
We naively hoped it would be an
easy ride

We claimed asylum they provided
accommodation
Drained in search for a solicitor to
assist with our applications

With much mental disruption
We waited for an asylum decision
Lucky ones get granted refugee
identifications
the unlucky have to start fresh
applications

Should I stay, or should I return?
split between the lesser of two
evils
The temptation to return empty-
handed was horrible

The yoke of misery and the
dependence on others bowed our
necks and crushed our souls
Wait today, as I will be a little
better tomorrow, we liked to
imagine

But years pass by sadly in
depression
With no profit to show for years
passed by in suffering

With many dreams and
aspiration, we left our dear country

Meanwhile, the evil oppressors
who forced us into this condition
Boast of false efforts and amass
wealth in an unfair proportion
But unhappily they too die without
relishing this
It is sad how many have been
killed in such torment

And if finally allowed to work we
rekindle our dreams of 'living.'
But none of our plans
accomplished death catches up
to us too soon

Sometimes when I contemplate
what all of this is worth
I dare to say maybe it is better to
face good and evil even die in
one's own country



PAUSING TOGETHER



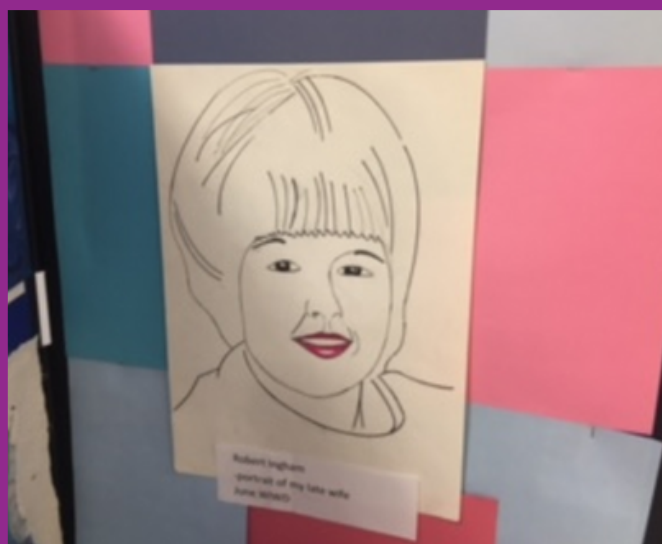
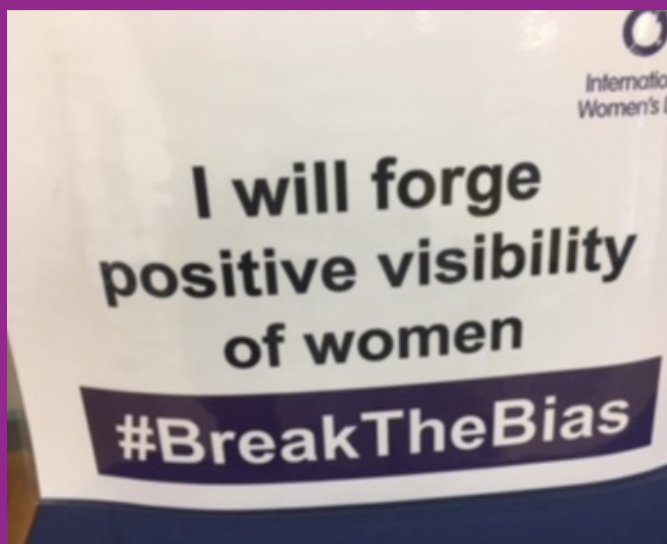
The Pausing Together project are workshops aimed at women to find time in their days to pause take a moment and relax. We aim to send out a short youtube video to women who access our services to watch at 4pm on a Wednesday so we can all take a pause take a moment in our days and find time to relax, slow the pace and practice some mindfulness and we feel connected and together at the same time of day. The aim is that women will have the video on their phones so they could watch it again at any time when they need to pause.

International Womens Day

Break the Bias - Dewsbury Working Together Better Partnership Event Round-up

It was a great event with around 50 people attending which included members of the public who access services, staff members from CLEAR, WomenCentre, Hoot, S2R and Carers Count. Speakers from other services such as KCRASAC and carers trust spoke about their services to begin the day. Followed with a crafts workshop which hoot delivered.

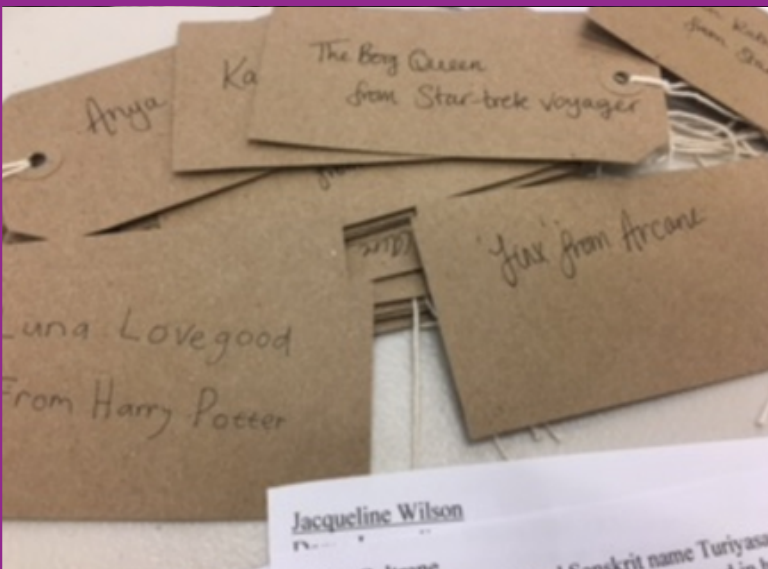
The workshop was all about flowers and seeds coming to bloom especially with spring around the corner. The afternoon session was started off with a dance and awareness around Ethiopian coffee ceremony presented by Zenebu from the WomenCentre, with support from some of the women who attend Women In Exile group in Huddersfield.



The ceremony was all about women connecting and having a chat over coffee! The afternoon finished with S2R providing a self-care session with some essential oils and a well deserved hand massage.

A lovely lunch was provided and art exhibitions from Carers Count and Poetry around the room filled the space with creativity and positivity!

Here are some more lovely photos from the event!





KIRKLEES EMPLOYMENT SERVICE



What we do

Our employment advisers work with individuals who are 18+ and have lived experience of mental ill health and/or hidden disabilities. We work on a 1-2-1 basis to form an individual plan on how we can work together to achieve your goals. We aim to empower people and give people independence which means that as you use the service the more confident you will become. We provide practical employment advice and support around identifying your skills, finding the right job for you, creating CVs, interview preparation and much more, including retaining employment.

Our Peer Support Coordinator is there to support those who are not quite ready to work towards employment/education goals with an adviser. In Peer Support people can attend small groups and workshops to develop their mental health and wellbeing by forming coping strategies that help with things such as confidence, communication, stress management and self-esteem. We also provide a Confidence to Work course for people who may want to consider how their mental health and employment fit together.

Where we are going

We are always striving to increase the support we can offer to the community. As we had into a new year, and new contract, we are going to be increasing our offer to employers which will show us providing tailored support to organisations around mental health in the workplace, and support with the retention of employees.

We are linking up with far more organisations across Kirklees to provide our peer workshops around mental health and wellbeing into to the community. We are also going to be providing community transition and integration workshops to minority groups.

Through a positive change in our referral process we are creating 'Pathways' of the different strands of the service so that people looking for support can choose the right plan for them.

New Features from April 2022!

From April we will be developing some exciting new features to help expand our service and increase the support we can offer people in Kirklees. Some of our new features include:

- A website dedicated to our employment service which includes online guides to developing employability (CV builder, interview tips for example). Ability to book onto Peer Support Courses. Find out which service is best for you. Make online referrals to services and find out more about our partners in the Working Together Better Partnership.
- New Peer Workbooks which allow people to complete our courses by completing digital or hardcopy workbooks.
- A Social Value Portal so we can give more back to the community.
- Working closely with the NHS IPS employment team to ensure link working and more provision for customers.
- Introducing Peer Champions and projects across a range of mental health areas and community groups.
- Improving provision and support to ex-service personnel and looking at how we can link with Help for Heroes.
- Linking with DASH to increase support available to Asylum Seekers and Refugees.
- Continuing our links with The Working Together Better Partnership to ensure that there are links across the provision available in Kirklees.

Kirklees Employment Service is getting a new website!



Kirklees Employment Service (KES) is a division of Richmond Fellowship (RF) based in Huddersfield which works together with other organisations in the Kirklees Mental Health Partnership under the Working Together Better banner.

KES is in the process of developing a website to make access to services easier. The Beta is here. <https://aronj178.sg-host.com> please let Karl Jackson-Lander have your comments at karl.jackson-lander@richmondfellowship.org.uk

A word from Steve Blinston - RF Service Manager

I have worked for RF for 6 years. I have been in my current role as service manager for around 4 years. Over that time, I have worked to develop and support staff. The current contract is in its 5th and final year.

Towards the end of last year, I was lucky to be involved with the retendering for Kirklees Employment Service, working alongside business development managers. This was the first time I had been involved with a tendering process. This process took around 6 weeks, although I had regular meeting with business development in the 3 months running up to the retender being released.

To support with this process we involved all staff, volunteers, customers, referrers and partners, we worked with commissioners with consultation sessions, we also used local service customer surveys to support with identifying the needs of people to support a vision of a new employment service from April 2022.

I was happy to see commissioners had taken on board people's feedback from the consultation process, and the new service spec reflected the feedback gained from people.

At times the retendering process was very challenging, and I spent lots of time involved in various meetings, and I had some challenging discussions with the bid writers.

I was also involved with proposal to RF BAG to support and fund the development of a new KES website, We were successful in gaining £10k.

To support people accessibility, self-help resource's available, around gaining and retaining employment, and supporting people to manage their mental health and wellbeing thought Peer support online referral application, also supporting employer engagement.

I was able to contributed to the final submission, several KES staff also supported with this work.

Being so involved in the tender process from start to finish has made it possible for everyone who contributed feel they were listened to.

I was informed personally by commissioners on the 7th January that Richmond Fellowship had been successful and we were awarded the contract on the 17th January, following the 10 day stand still period.

I feel lucky and privileged to be a part of shaping the future Kirklees Employment Service and supporting people across Kirklees.



Here is my biography describing my experience with Richmond Fellowship and how using the service has impacted my life. The inspiration for this article came from working with professor Janet at the University of Huddersfield. I am a Richmond Fellowship service user and a carer for the Health and Science department. I have been doing care work for 15 years.

My journey begins around 16 years old as an active member of my local YMCA and YWCA. I completed my leadership training in YMCA being one of the youngest members and got involved in the members committee; then I was nominated by the senior members to represent amongst other young members of the country in the European Youth Parliament meetings and conferences. As part of the YWCA, I was part of our newspaper and a member of the women's group organising events, workshops and welcoming new members. This role involved going to national meetings and conferences. I was also nominated to represent the YWCA at the British Youth Council working in policies and decision-making organising events and workshops.

At 19 I was nominated to become a member in The House of European Parliament and trained in Denmark and Brussels. I represented the country with the rest of the members in my group, we used to organise political speeches, conferences, media work and networking events.

Being referred to Richmond Fellowship for floating support, I started using the social groups available to me. One of the groups that related to me was the newsletter and I felt very akin to get involved in it. Unfortunately, my mental illness had a relapse and shortened my newsletter experience. Being a part of this group, I was very excited to be invited by the national Richmond Fellowship newspaper to participate in London, however my disability again prevented me from continuing with this experience.

I would really love to be involved again as I enjoyed socialising with the other members, but I'm relying on workers' support to attend. Now I have been with the employment support of Richmond Fellowship and has been very difficult for me to find voluntary work as we have had multiple lockdowns and not much was happening with both groups and places closing. The hospital where I wanted to volunteer were not hiring. Overall, I believe that more people should get involved with Richmond Fellowship services as they have offered good support to me and people with mental health issues can benefit from a support worker in so many different ways.

Katerina Dalli



Peer Support What's On
April 2022 - June 2022
Online Workshops and Groups



For more information or to book a place please contact:

Karl Jackson-Lander on 07909 993203

or email: Karl.Jackson-Lander@richmondfellowship.org.uk

Richmond Fellowship Peer Support Service

These activities are open to everyone aged 18 or over who lives in Kirklees and experiences mental health issues, problems or concerns. You do not need to be seeing an employment advisor to join. Simply call the number on the back or email and ask for Karl Jackson-Lander the Peer Support Coordinator who will assist you to fill out a short referral form so you can attend.



Online - Zoom Workshops - 1 to 3pm

STRESS MANAGEMENT

This 2 week workshop starts on the **1st April** between 1-3pm and will examine all aspects of how Stress can affect us and how it has a negative impact on your mental wellbeing, looking at methods and new ways of thinking that can drastically reduce stress levels in our daily lives.

CONFIDENCE TO WORK

This extremely popular 6 week workshop starts on **25th April** and explores all aspects of getting into employment after being out of work for any length of time due to poor mental or physical health.

COPING WITH COVID

This new 2 week workshop starting on the **23rd June** 1-3pm will offer practical advice and tips on ways to maintain mental wellbeing and cope with the changes in our way of life since the start of the Pandemic and the changes now that the restrictions ended.

SELF ESTEEM AND RESILIENCE

This two week workshop that starts on the **4th April** between 1-3pm will show how to improve and maintain healthy levels of self worth and resilience to bounce back from life's difficulties.

ASSERTIVENESS AND COMMUNICATION

These 2 workshops that start on the **28th April** 1-3pm will explore all aspects of improving Assertiveness skills, maintaining them and developing better communication skills.

WAYS TO WELLBEING

This 2 week Workshop starts on the **13th June** 1-3pm and will cover all aspects of improving and maintaining mental health through practical means that people can use on a daily basis.

MOOD AND FOOD

This new two week workshop that starts on the **9th June** 1-3pm will show how food can affect our mental wellbeing in a positive and negative way and general tips on what to eat to improve your mental health.

VOLUNTEER TRAINING TASTER WORKSHOP

This new 2 week workshop starting on the **12th May** between 1-3pm will explore all the basic necessary skills and information that you will need if you are considering the exciting and rewarding world of volunteering.



Richmond Fellowship Groups

WORDS IN MIND

This reading group meets **every Tuesday 11am - 12am**. Each week the group decide on a theme and then explore it through stories, poetry, images or video clips in a very informal and relaxed atmosphere.

YOUR VOICE IN KIRKLEES - NEWSLETTER

This newsletter group meets **every Wednesday at 12.30pm - 2pm** via Zoom. This partnership newsletter group is seeking contributors for their quarterly Mental Health Newsletters. This could be Art, Poetry, Stories, Articles, Puzzles, Photos and Crafts plus lots more, we just want to hear from you!

The aim of this newsletter is to create a platform where anyone in the Kirklees community can share their experiences with Mental Health and to highlight the work of the Working Together Better (WTB) partnership and showcase other organisations within Kirklees that strive to make it a happy and healthy place to be.

You can still send in any submissions if you can't attend this group by emailing: Karl.Jackson-Lander@richmondfellowship.org.uk.



For more information or to book a place please contact:

Karl Jackson-Lander on 07909 993203 or email:

Karl.Jackson-Lander@richmondfellowship.org.uk

Huddersfield Office: The Media Centre, 7 Northumberland St, HD1 1RL

Dewsbury Office: Connect Housing: 21 Bond Street, Dewsbury, WF13 1AX



FOOD WASTE

According to an article by The Guardian, nearly £1.2bn worth of bread, fruit and vegetables are thrown away each year in the UK.

In the UK, the food industry (businesses which supply food e.g. farmers, manufacturers, wholesalers, retailers, food service companies etc) wastes 3.6 million tonnes every year, according to Fare Share UK.

Even outside of the industry, many people are causing a concerning amount of food waste in their own homes due to not knowing what to cook with the food they have.

In an effort to help others avoid food waste, here are some tips to help the average person tackle this issue....



TIPS FOR TACKLING FOOD WASTE

DON'T OVERBUY

It can be easy to get caught up on "two for ones" and "bulk buy to save" type offers, but often they're not needed, just appealing because you think you're getting a good deal. The issue with this can be if there is a relatively short expiry date and too much food to get through. Try not to pick up too many random foods that you've spotted during a grocery shop, as they're likely not necessary as foods you regularly eat and know won't go to waste.

Going off this advice, if you **plan** well and set a pretty solid budget, you likely won't over buy....

PLANNING

- Put together a list of meals you would like to eat for the week (or however long you intend your shop to last) and then a list of things you need for those meals.
- Consider expiry dates - Dried, canned and Frozen food last long. You may want to prioritise meals that consist of these products.
- Consider the best place and way to buy them: What supermarket is most cost effective? Is it better to go in-store or get click and collect/delivery - going in-store can result in temptation to pick up things you don't need! At the same time, going in-store guarantees you can pick the best produce available.

Weigh up your options, but plan, plan, plan!

FREEZING

Freezing is a fantastic way to avoid food waste if you have the room in your freezer. Sometimes you may have left overs and put it in the fridge intending to eat it later, but end up forgetting, or find it's gone off too fast. It may sound like common sense, but there are a lot of foods people do not even realise can be frozen! If you freeze it immediately, there is less pressure to eat left overs immediately and it will not go to waste.

Foods that can be frozen:

Bread (Loafs, Pitta, Baguette, Naan, Tortilla wraps etc)
Cheese (Sliced, Shredded)
Soup Stock
Ham slices (for sandwiches, toppings)
Jar Sauces (Pasta sauce, Salsa etc)
Gravy
Curry Sauce
Eggs (scrambled into freezer safe bag/cube tray)
Milk
Stir Fry vegetables (Onions, peppers, carrots, cabbage)
Fruit
Pasta and Rice
Mashed Potatoes

For further advice on food freezing and frozen food usage: <https://www.bbcgoodfood.com/howto/guide/top-tips-freezing-food>

MONEY MANAGEMENT CHECKLIST

Have trouble managing your money? Here is a checklist that may help...



- List all your expenses for a month
- List your recurring expenses, direct debits, standing orders
Council Tax, electricity, water, gas
- List your income for a month
- List your accounts and investments
- Prepare a budget for your desired monthly expenditure, including
less regular expenses such as clothing.
- Prepare a daily cash flow for a month
- Prepare a monthly cash flow for a year
- Consider which expenses can be delayed even for a few days
- Review how well you keep to the budget
- Ask for help



M E N T A L

H E A L T H

M A T T E R S

COVID-19'S IMPACT ON THIS GENERATIONS' MENTAL HEALTH

By Hafsa Latif

EFFECTS OF THE PANDEMIC

When we think of the pandemic, the one thing we don't stop to consider is how has it impacted the mental health of this generation: anxiety for an uncertain future, job woes and a recovering economy all compound on this coming years' graduates. Read on for an excerpt from one such students' experience who's undergone a year online, the mixed learning and now, a hesitant return to a 'normal' experience.

I asked my source some questions surrounding the initial submersion into lockdown, and how this impacted her: "All progress I had made on my mental health kind of declined again because I returned to solitude."

This seems to be the case not just for her, but the millions of students across the country; young adults suffered as a result of the lockdown, from increased anxiety to struggling to return to normality once restrictions lifted.

COVID-19'S IMPACT ON THIS GENERATIONS' MENTAL HEALTH

This was made more difficult for returning students, many of whom had not met one another, and had instead, socialised over zoom or Microsoft teams. One can only imagine what it does to one's self esteem, confidence, and ability to socialise.

Another drawback of lockdown was the repercussions felt on the economy and on the job market. For this student, the opportunity to work post-grad is on her mind. She said on the matter, 'I don't think I'll be in the headspace to work yet once university finishes. Looking at the job market, I don't see anything that appeals to me or fits my current position.'

Tellingly, this seems to be the case for most graduates that didn't choose something science based - with degrees like pharmacy seeing an uptick in enrolment, but also in demand during the pandemic. Around 83% of pharmacists find work within 15 months of graduating, whilst only 58.5% of English Literature students find employment.

Covid clinics running to vaccinate the population have required more pharmacists to help the NHS in the national call for beating Covid. The same could not be said for the literary community. The hopes of publishing have been dashed even further when publishing houses collapsed or faced cuts for taking on new authors. As such, this has not helped the anxiety faced by non-stem based degrees, and as such, has taken a toll on graduates.

As for my interviewees future plans, a grim smile played on her mouth. 'I am looking for an apprenticeship into working at a library. Potentially at Oxford. Forcing myself out of my comfort zone. Lockdown forced me into solitude, and as such, being confident in going places solo is a challenge for me.'

Attending a university counsellor at the pit of her mental health helped my source find her feet and set a challenge for herself, to rebuild her courage and better prepare her for life after university. She went on to say, "I physically cannot go to places I haven't been to on my own."

As for her final note as we tied the interview up, she had only one thing to say: "I wish that work places would take into account how we've had to alter our lives for Covid and recognise that's how some want to live. For some people, working from home is much more accessible, and changing that is negative."

Covid has not only changed many peoples' habits, but they have acclimatised and seen potential to a new way of life - one that doesn't include a 9-5 office-based job, one that doesn't seem to rely on counting the hours down. One that better suits their needs and supports a way of life that keeps them content and their mental health stable.

One thing we need to bear in mind as a community, is that people are struggling with mental health, and coming to grips with the current climate regarding re-joining society is one that may take longer than a year. It may take several, as young people find their feet again after having the ground ripped out from under them. As such, the rise in people using mental health services might rise sharply and we will need to support and aid people in their efforts to re-join society at a pace they can comfortably maintain.

LINKS THAT MAY BE HELPFUL

[Coming out of lockdown: staying safe and managing anxiety | BHF](#)

[Six ways to manage post-lockdown anxiety. \(bupa.co.uk\)](#)

[How to cope with anxiety about returning to the world after lockdown | The Independent](#)



Guide to growing at home

April is the time to start sowing vegetable seeds... GrowToSchool have kindly put together some activities for you to try at home!

Calendula flowers (pot marigold) and lettuce plants look good side by side and help each other out while they grow.

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

Combine Calendula in your window boxes or in the ground with some Lettuce. Easy and quick to grow, eat as a 'cut and come again' crop - just snip off the single leaves as and when you need them - or leave them to grow on into full lettuces.

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 1cm 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

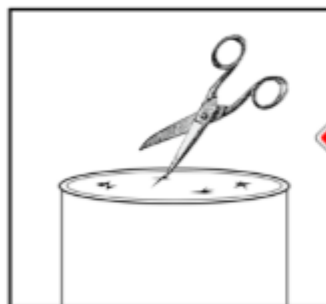


© 2014

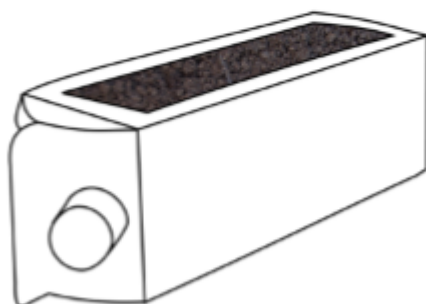
Growing Activity - Container planting

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.

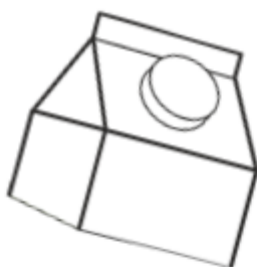
Use scissors or a nail to punch several holes in the base of EACH container.



Small containers



Medium containers

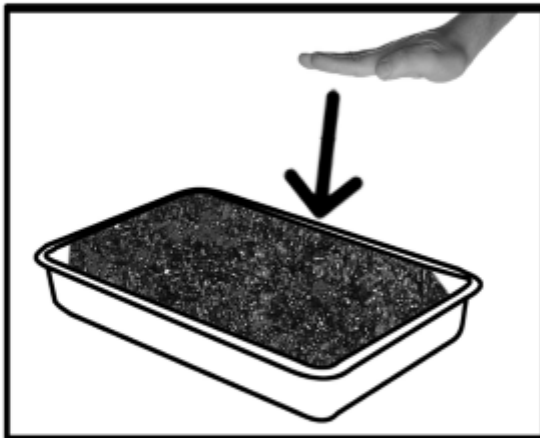


Large containers

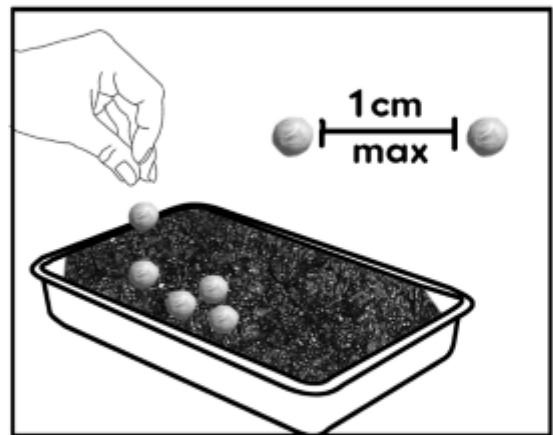


How to grow pea-shoots

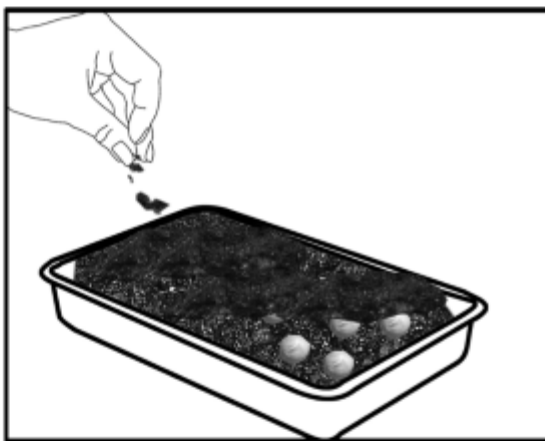
Pea-shoots are the seedlings of pea plants. They are easy to grow all year round and offer a burst of flavour and nutrients to a salad, sandwich or as a garnish.



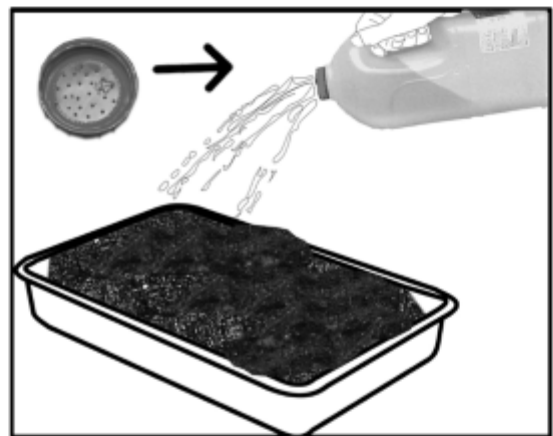
Fill a pot or tray with compost and firm it lightly with your hand.



Sow pea seeds close together, no more than 1 cm apart.



Cover the surface with seeds and sprinkle compost over to just cover them.



Water gently by using a bottle with holes punched into the lid or a spray bottle.



Put in a sunny spot or window and after 3 weeks, snip off near the base before they get bigger than



The shoots will regrow to add to more salads, sandwiches and as garnish. Yum!

Being creative makes us feel good






Free creative groups are back at hoot creative arts in [Huddersfield and Dewsbury](#). Choose from music making, singing, visual arts, creative writing, or digital music activities.

[Everyone has mental health to look after](#), just like our physical health. Doing something creative is a great way of taking care of your mind and combatting feelings of stress, anxiety, and depression. hoot activities are also an excellent place to meet and chat to other people who share your interests.

All activities are led by our friendly team who will guide you through the session, so [you don't need any creative experience - we promise!](#)

hoot activities are running in Huddersfield, Dewsbury, and online. Check out our timetable of activities and find out how to sign up online: www.hootcreativearts.co.uk

Monday	Tuesday	Wednesday	Thursday
New activities online on hoot from home and links for the Zoom live chats in the week.	Visual Arts 11am - 12:30pm hoot building		Singing 11am - 12:30pm hoot building
	Digital Music 11am - 12:30pm hoot building	Visual Arts 1 - 2pm online 	Music 11am - 12.30pm Dewsbury venue
Singing 1 - 2pm online 	Creative Writing 2 - 3:30pm hoot building	Visual Arts 2:30 - 4pm hoot building	Music 2- 3.30pm hoot building
	Visual Arts 2 - 3:30pm Dewsbury venue	Music 3 - 4pm online 	Singing 2 - 3.30pm Dewsbury venue



info@hootcreativearts.co.uk
01484 516224

Have a go at creative writing



Being creative makes us feel good and it's a great way to look after our wellbeing. Have a go at this creative writing activity by Winston Plowes, who regularly runs activities at **hoot creative arts**.

What do I need? All you need is something to write with and something to write on.

Theme: Spring is coming, and the trees will soon be full of leaves. Do you have an important or memorable tree in your life?

Your tree could be one you climbed as a child, one you see every day or one that was planted to commemorate an event or person. It could be big or small, growing on its own in the street or in a park or ancient woodland. It could even be a tree from a story you have read or a film you have watched. Have a think and see if you can find one to write about.

Let's look at a 10-line poem by Kevin Floyd called simply, Trees...

We climbed the trees that weren't there;
Jagged railings, wire nets.
Swung from invisible branches –
Washing lines and rusty poles.
Hid behind bushes
That clanged like dustbins.
Aimed at birds that fluttered
Out of chimneys; jumped
Down into concrete roots.
Where did the conkers come from?

I really like this poem where a young Kevin is playing in a tree made from scaffolding tubes and other metal things, and where one day the workmen left behind some nuts and bolts, which in the poem become the conkers.

In any style, can you write something about a tree that has been important to you?

Free creative writing sessions are running now at **hoot creative arts** along with singing, music, visual arts, and digital music activities. All activities are free and take place in Huddersfield, Dewsbury, or online.

No experience is needed and you can join us at any time! Visit our website to find out more.



www.hootcreativearts.co.uk
info@hootcreativearts.co.uk
01484 516224

Discover your creativity on hoot from home



GEasy, fun and inspiring creative activities are available for free on **hoot creative arts'** online creative community; **hoot from home**.

hoot from home can help you to discover your inner artist, musician or writer, and experience how being creative makes you feel good. **Absolutely no creative experience is needed – we promise!**

hoot from home is open 24/7 for you to explore a library of creative sessions including **visual arts, creative writing, digital music, and music making**. You can also join in with new activities each week, including an online **singing** group.

Meet other creative minded people, share and discuss your music, writing, and artwork, and join live Zoom chats with our friendly team to discuss your creativity.

One hoot from home user said, "**Being able to share our work and comment to support one another is great; it feels safer than social media sites. I also like the live chats with artists and hoot staff**"



Want to find out more?

Visit www.hootcreativearts.co.uk to see what's on and sign up

Email: info@hootcreativearts.co.uk
Phone: 01484 516224

hoot
creative arts



Words/ Quotes
Arts/ Crafts
Photography
Books/ Music



Post
one
positive letter
for someone
who needs
some cheer!



#oneletter

www.thegive.co.uk



Writing Letters to Spread Cheer

Writing letters to people that you don't know, may seem a little bit of a strange concept at first but the letter writers who are getting involved absolutely love it.

For 30 minutes to an hour they spend time writing, drawing or crafting post for others.

They may do this alone, with music in the background, in the park, coffee shop, on the bus, some people even write with a partner or family member.



Please
Pledge
#oneletter
www.thegive.co.uk



Give...A Few Words (which is very kindly supported by Locala Health and Wellbeing) has just celebrated its first official birthday.

Founder, Sharron Wilkinson said:-

"There is something quite special about spending 30 minutes focusing on something you like and are interested in. We have written about all sorts of things such as Elvis Presley, Fishing, Walking, Nature, Food, Sport, Shopping, Bingo, Books, Poetry, History...

"We don't just receive words but also art, crafts, recipes... things just fall out of envelopes. The people who receive our post normally receive 2-3 letters each from different people. These are normally personalised but in March, we are trying to post out lots of general positive post.

"Our #oneletter campaign month coincides with International Day of Happiness which is on the 20th March. Focusing on positive things is beneficial for our own wellbeing and if we can focus on something positive and also give to others, it's a double winner."

As one of the near 400 Give...A Few Words letter writers, Helen mentioned:-

"I know how lovely it is to receive cheery post. I like being part of Give...A few words knowing that I can help bring a little cheer to someone. Writing the letters gives me a chance to think about the good, and share the good, so it cheers my day too!"

In March, Give...A Few Words are also delivering an Introduction to letter writing and a feel-good hour looking at happiness, why it's important, and how you can write in a way that brings joy to readers too.

If you wish to find out more about the workshops or writing a letter for Give...A Few Words, please visit www.thegive.co.uk or drop us a line hello@thegive.co.uk

Wellbeing Wordsearch

It can be all too easy to rush through life without stopping to notice the world around us. Taking a moment to pay attention to the present can help to improve mental wellbeing, and is a practice known as mindfulness. So sit somewhere comfortable, perhaps get yourself a hot drink and a biscuit, and have a go at our wellbeing wordsearch...

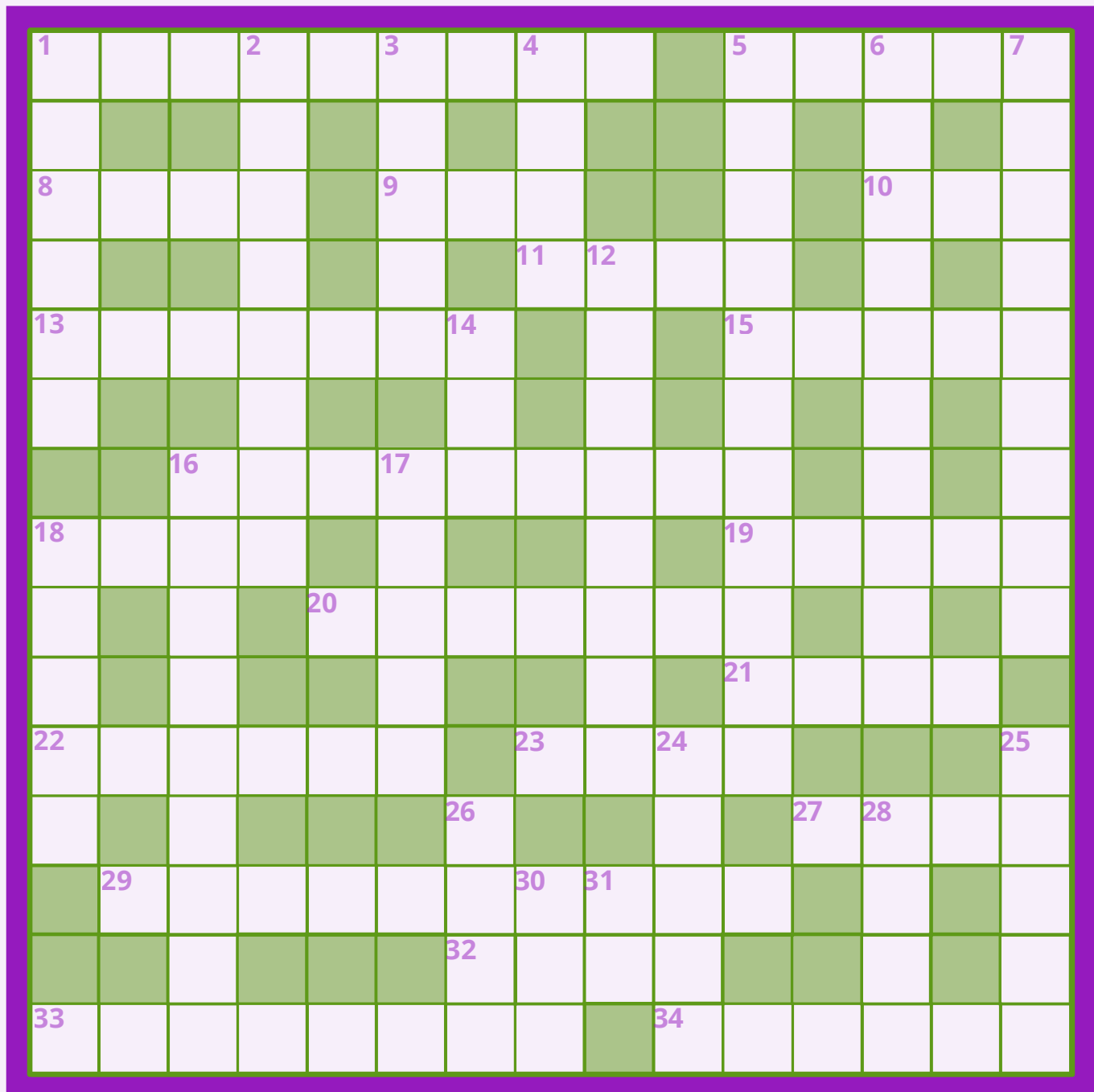
M	I	N	D	F	U	L	N	E	S	S	X	T	U	Z	L	N
Z	K	N	D	B	A	L	A	N	C	E	G	D	B	D	Q	T
C	A	R	E	C	I	D	F	T	G	A	I	E	K	L	P	X
M	N	O	K	O	K	Q	F	J	J	Q	V	E	O	P	D	W
B	M	V	X	H	E	A	L	T	H	Y	E	A	T	I	N	G
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A	N	A	T	U	R	E	G	N	U	C	O	N	N	E	C	T
W	V	H	L	N	S	P	U	Z	N	X	T	L	Q	R	S	V

These are the words that you are looking for:

Create - Share - Happy - Wellness - Fun - Balance - Laugh - Give
Connect - Meditation - Mindfulness - Care - Nature - Outdoors
Healthy Eating - Better Sleep - Active - Wellbeing

Wellbeing Crossword

By RMS



Across

1. Rustle in the hedgerow (9)
5. The sound of ____, Julie Andrews film (5)
8. Strong feeling of affection (4)
9. Paintings and drawings (3)
10. Wordplay joke (3)
11. In the middle of (4)
13. Any strong feeling (7)
15. ____ with fear (5)
16. Unrealised ability to do something (9)
18. Prayer-concluding word (4)
19. Thinking someone lacks experience (5)
20. Quality of being brave (7)
21. ____ posting, to guide (4)
22. William Shakespeare, 154 Sonnets (6)
23. Previously unknown information (4)
27. Comfort, stretch and panic ____ (4)
29. Rest and recreation (10)
32. Simba or Mufasa (4)
33. One way to improve physical health (8)
34. Somewhere to look after plants (6)

Down

1. Confidence in an accepted opinion (6)
2. Coming up with a new idea or invention (8)
3. Cry of appreciation (5)
4. A list of scheduled duties (4)
5. Stress relief technique (11)
6. Providing encouragement (10)
7. Tied together (9)
12. Influence someone's behaviour (8)
14. Grandmother? (3)
16. Continue when facing difficulty (9)
17. Type of dark wood used in piano keys (5)
18. Be flexible in a changing environment (5)
24. Not correct (5)
25. Start of something (5)
26. Buddies and Friends (4)
28. The need to pay back (4)
30. Formal requirement in interviews (3)
31. The fourth largest moon in the solar system (2)





Spring Quiz

- 1) What is the first day of spring called?**
 - 2) What is the largest part of a flower?**
 - 3) Who is the Roman Goddess of Spring?**
 - 4) What is a baby frog called?**
 - 5) What date is Saint Patrick's Day?**
 - 6) On average, How many Easter eggs are sold in UK each year?**
 - 7) What day of the week is Easter traditionally celebrated on?**
 - 8) What year was the first ever chocolate Easter egg produced in the UK – 1873, 1883 or 1893?**
 - 9) What food is often served on Shrove Tuesday?**
 - 10) During spring bumblebees begin to come out of hibernation. How large is an average bumblebee colony?**
- 

Quiz Answers

1) What is the first day of spring called?

Spring Equinox

2) What is the largest part of a flower?

Petals

3) Who is the Roman Goddess of Spring?

Flora

4) What is a baby frog called?

Tadpole

5) What date is Saint Patrick's Day?

17th March

6) On average, How many Easter eggs are sold in UK each year?

Over 80 Million

7) What day of the week is Easter traditionally celebrated on?

Sunday

8) What year was the first ever chocolate Easter egg produced in the UK – 1873, 1883 or 1893?

1873

9) What food is often served on Shrove Tuesday?

Pancakes

10) During spring bumblebees begin to come out of hibernation. How large is an average bumblebee colony?

400 workers

HAVE YOUR SAY!

Your Voice in Kirklees are seeking contributors for our quarterly mental health newsletter.

It could be:

- Art
- Poetry
- Stories
- Articles
- Puzzles
- Photos
- Crafts

Plus lots more, we just want to hear from you!

Our aim is to create a platform where anyone in the Kirklees community can share their experiences with mental health as well as highlighting partner services and other organisations that strive to make Kirklees a happy and healthy place to be!

Want to get involved even more?

We have a voluntary newsletter committee that meets once a week over Zoom to discuss and design each of our fantastic quarterly newsletters. A friendly group, composed of individuals who are on their own personal journey with mental health. All are welcome!

For more information or to send in a submission, contact our newsletter co-ordinator at:



KARL.JACKSON-LANDER@RICHMONDFELLOWSHIP.ORG.UK



+44 790 999 3203

