

Champions Show the Way Newsletter

Issue 1 / July 2020

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Champions Show the Way @BDCFT_CSTW

Hello, and welcome to the first edition of our Champions Show the Way newsletter. We have experienced some very strange and uncertain times recently and have missed seeing all of our Community Health Champions, but we have remained positive and optimistic looking at ways in which we can return to a 'new normal' and continue to deliver our services. This newsletter hopes to bring us all together and will enable you to share good news, your experience of COVID19 lockdown, recipes and photo's. It will also enable our team to keep you up to date with the latest Government and Walking for Health guidelines for the restart of our walks and activities. Please send in your suggestions or items that you would like to see in next month's edition to champions@bdct.nhs.uk

We would also like to give a huge 'THANK YOU' to all our Community Health Champions for all the informal support you have been providing your group members during COVID19.

We will look forward to hearing from you. Stay safe and take care.

Invite to our first virtual Network meeting

We would like to invite all Community Health Champions to attend our first ever virtual Network meeting which will take place via Microsoft TEAMS on **Tuesday 21st July 1.30pm – 2.30pm.**

The meeting will give you the opportunity to discuss options that may be available to enable you to deliver activities and walks and gives us a platform to listen to any suggestions or ideas that you may want to put forward. If you would like to grab a cuppa and join us, then please email champions@bdct.nhs.uk. We are available to offer support in setting up your IT equipment or smart phone to support you with Microsoft TEAMS if needed, please let us know and we will contact you and explain the process. We look forward to seeing you all again.

Lockdown Bakes

Pistachio, courgette & lemon cake

We asked the CSTW team - what was their favourite bake in lockdown? Our lovely Sara Johnson shared this bake, which looks amazing don't you agree? So here is the recipe



Ingredients

175g shelled pistachios
250g golden caster sugar
200g butter
Butter, at room temperature, plus extra for greasing
280g plain flour
1¼ tsp baking powder
1¼ tsp bicarbonate of soda
3 large eggs
140g Greek-style, full-fat yogurt
(buy a big pot and keep the rest to serve alongside)
zest and juice 3 lemons
140g coarsely grated courgette
175g icing sugar
2 tbsp lemon curd (optional)

1. **Put** 150g of the pistachios and the sugar in a food processor and whizz until the nuts are very finely ground.
2. **Heat** oven to 180C/160C fan/gas 4, grease a 20 x 30cm cake tin and line the base with baking parchment. Tip the pistachio sugar into a big mixing bowl with the butter, flour, baking powder and bicarb, eggs, yogurt and the zest and juice from 2 of the lemons. Beat with an electric whisk until smooth and combined.

3. **Stir** in the courgette until everything is well mixed, then scrape into the prepared tin. Bake for 35-40 mins until the cake is risen and golden, and a skewer poked into the center comes out clean. Leave to cool.
4. **When** the cake has fully cooled, remove from the tin and peel off the baking parchment. Sift the icing sugar into a bowl, and gradually stir in enough lemon juice to get a runny-ish consistency. If you run out of juice, carry on mixing with water. Drizzle thickly over the cake, and repeat with lemon curd, if you like. Roughly chop the remaining pistachios and scatter over the icing, along with the remaining lemon zest. Leave to set for 10 mins, then cut into squares and serving with Greek yogurt. Will keep for 3 days in an airtight tin.

Enjoy!

Do you have a recipe that you would like to share? Then please do get in touch so we can include it in our next newsletter.

Word Search

Now to get the brain cells working

British Flowers

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

TULIP
PETUNIA
LILAC
POPPY
PANSY
ASTER
LAVENDER
IRIS
SNOWDROP
BEGONIA
CROCUS
ALLIUM
MARGOLD
SUNFLOWER
HYACINTH

Joke of the Month

The farmer allows walkers to cross his field for free – but please note the bull charges!

Walk Abouts

Richard Pemberton, Walk Leader from the Aire & Worth Valley Wanderers, shared some of his photos with Molly. Fingers crossed that we will be able to open up our walks very soon.



Richard & Molly at Shelf Moor trig point in Derbyshire



Molly on the trig point at Top Withins

If you would like to share your walk about photos and four legged companions in this Newsletter, please get in touch.

Creative Writing Group writes:

It's more than three months now since we last sat round the table in the reference section of Ilkley Library, talking and writing. That warm, familiar, creative atmosphere has been missing from my life and I will appreciate it all the more when we get it back – whenever that might be. Good intentions of setting up an online group offering writing prompts and sharing our productions never came to fruition. It wouldn't have been the same, anyway. The whole point is being together, and the spontaneity that comes from that.

I've been working hard at my latest novel during lockdown. It was rejected by several publishers in February and needed a major rewrite. It's been the perfect opportunity to focus: no more tootling back and forth to Ilkley several times a week (I'm convinced my car knows the way by itself by now); no more prep for the writing group, or pleasant hours spent in the Stazione Café afterwards; no more teaching job at the university, or guided tours of the Brontë Parsonage to conduct; no more family or friends to visit. No excuses.

I've got plenty of writing done. My dogs' legs have been walked nearly to stumps. My garden has never had so much loving attention lavished on it. Oh, but what wouldn't I give just to be able to go to a café again!

Tamar Yellin, Community Health Champion
(Ilkley Creative Writing Group)

Junction 20A

The journey down. It's so familiar to me now. Making my way onto the motorway, I've done this journey so regularly it's second nature to me now. Start the drive on the M65, merge onto the M6, and there I stay until I see the sign for Junction 20A. I like driving on the motorway – sailing along; nice and straight. Constant speed, no need to wait. Once I get my playlist on and I'm singing along to AC/DC – You Shook Me All Night Long and tapping my toes to The Beautiful South – Song For Whoever time has never passed as fast. I'm seeing those jubilation-inducing signs for Chester and the iconic River Dee – flowing free and waiting there for me. The three years I spent here play as a mental movie of memories before me, projecting onto the willing windshield. From moving into halls to walking the historic walls, three years I spent here at university. From running in the rain in the self-designated fast lane of the pavement to catch the train back to Yorkshire to packing that final box of belongings into the car for that final journey from university back home... from Home.

Emma Leeming

Participant of Ilkley Creative Writing Group

Christine our Community Health Champion for the Informal Art Circle in Baildon has been keeping herself busy during lockdown.



For years Christine has knitted for babies in the neonatal unit at BRI with wool donated by a charity called Lillie's Grace, set up by a lady who unfortunately lost her own daughter after a few days of being born. She has made cannula sleeves, cardigans and hats, traffic light hats for premature babies to indicate how poorly they are so that nurses can see straight away who is a priority and bereavement bears (one stay

with the baby and the other with the parents). She also makes nursing bags for mums to transport expressed milk for their premature or unwell babies in hospital. During the pandemic Christine has been even more busy making scrubs bags for frontline staff. Here are a couple of pictures of her wonderful work. Thank you, Christine, for all of your hard work and dedication to so many great causes, we're sure it's very much appreciated.

**Sue Boerrigter
Community Health Champion from the
Reminiscence Writing group writes:**

Lockdown 2020

It might sound glib, but lockdown here has not been unbearable. It has in fact, though I feel guilty in writing this, been quite pleasant – in fact it's been rather nice. House and garden, the sunniest spring on record, daily walks in one of Britain's most beautiful areas, with stunning views and masses of open moorland, have made the last three months feel rather like staying in a very pleasant self-catering cottage. And I'm grateful.

Yes, it's been scary. It was especially scary at the start: through the early weeks of rising infection levels and deaths, watching the news, the daily updates and Boris' three weekly reviews; the panic over the lack of ventilators, ICU beds and Personal Protective Clothing (PPE).

I'm thankful that we're in that age group that doesn't need to go anywhere but have thought so often of families where both parents are working from home, with children to home school and entertain with little space, no garden, possibly no balcony. I feel for them.

There was also that lack of loo rolls and some bare supermarket shelves at the start. It was more scary wondering about food shopping; would there be shortages and how long would queues be.

On a personal level though it's been – it still is – a time to simply enjoy being home; not wondering where to go, who to be having coffee with, whether or not to go to Bolton Abbey or Harrogate and a multiplicity of other distractions for going out and about and away from home and garden. We're not going anywhere and there's plenty to keep us busy here.

With appointments, groups and classes all cancelled the diary – until Zoom became a feature, was clear for weeks ahead. Time for reading writing, ringing a friend, catching up from a distance. At one point it felt a bit like Christmas but with lighter evenings and

better weather. There would be time to do all those little jobs you think you'll do "when I've got time".

Well, there's been time – but have those jobs been done? Sorting cupboard, drawers and the wardrobe? One or two have been tackled but with charity shops closed, there's been nowhere to take cast offs be they clothes, mugs, books or ornaments.

One friend wrote in a proper letter – we correspond in the old-fashioned way occasionally – "This letter is progressing at snail's pace as there are only so many ways to say I read, I garden, I walk....". Another wondered "How did I ever find the time to do all the stuff I used to do before lockdown?"

As lockdown starts to ease up, I'm still wary, have no wish to be out and about. The new rules are still vague, social distancing still a must. But there's still lots to do, books to read – and who knows, may be finally....that best seller to crack on with.....

Mindful colouring

Fancy having a go at doing some colouring? or shading if you don't have coloured pencils/pens. Just have fun 😊

No excuses – here is a little beach picture to get you started... You will need to print this out or find another picture that you like to colour instead and once completed send a photo of it to us to share on the next newsletter. There may even be a prize!



~ WANTED ~ Digital Community Health Champions

Do you have enthusiasm, a passion for helping others and a willingness to try new things?

During the current pandemic, lots of organisations are looking at ways that they can connect with their volunteers and groups through the use of technology. As you know, many of our group participants can be quite isolated, lonely and possibly struggling with long term health conditions – all of which limit their ability to get out and meet others or partake in much loved hobbies and this has been exacerbated further during the current situation. In order to maintain that much needed social connection, we are hoping that some of our Community Health Champions will be willing to help us connect people virtually by becoming Digital Champions, helping us to bring their hobbies and interests to them? This could be through regular online coffee mornings, virtual games, singing groups or bingo or we can support people to safely link to the myriad of virtual resource out there already such as exercise classes, musicals and plays, 360 degree virtual tour and so on - the possibilities are endless. Virtual Community Health Champions will undergo a short training session and then be supported by staff (who will be learning about it along the way too!) to develop some virtual groups. For those without technology or who are not online, we are currently looking into the support on offer to help you access that too.

We know that it's daunting for people to learn new skills remotely, but we are all in this together and will learn, make mistakes and hopefully have fun along the way! Our Community Health Champions are the crucial link in helping us to keep our group participants connected – you know your group members better than anyone, so we are hoping that you will use that as a starting point for keeping people connected.

If this is something you'd like to give a go, or if you have any questions before you commit, please don't hesitate to contact our;

**Community Health Officer, Kate on
07712 542328**