

Champions Show the Way Newsletter

Issue 2 - August 2020

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Champions Show the Way



@BDCFT_CSTW

Our first virtual Network meeting

We are really pleased to let you know that our first virtual Network meeting on the 21st July went really well and we received some lovely feedback from those who joined us virtually.

It was so lovely to finally see people again! We used the meeting to feed back on the last few months for us as a service and discuss our plans for the future, including the restart of our walks, plans for virtual groups and some open space groups, plus update people on the current situation with re-opening community centres in the future. Our Community Health Champions let us know what they'd been up to during lockdown and gave us their thoughts on moving forward. We were also lucky enough to have a guest speaker, Josephine, from Worth Connecting who is keen to work with us and support our Community Health Champions and group members alike to get the most out of the virtual world at the present time.

We hope more of you will join us at our next meeting on **Wednesday 16 September 2020 at 1.30 pm**. Staff are on hand to support you in getting online and answer any other questions you have and we're pleased to report that we have a few virtual groups in the pipeline and hope that this will encourage more of you to take the plunge!

If you'd like to discuss the above further, please don't hesitate to contact our;

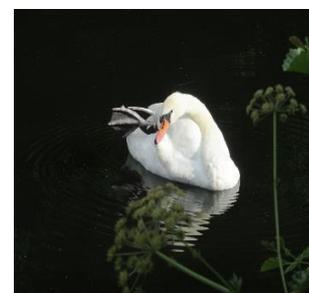
Community Health Officer,
Kate on 07712 542328.

Royal Voluntary Service – Virtual Village Hall

The Royal Voluntary Service have recently launched a virtual village hall – a live hub of activity and engagement for people to interact with while at home. Activities are led by expert tutors, Royal Voluntary Service activity coordinators as well as volunteers, and are designed to do at home with very little space or equipment needed. Activities cover everything from arts and crafts through to Zumba and baking. Do share this link with anyone you feel may benefit from these activities.

<https://www.royalvoluntaryservice.org.uk/virtual-village-hall>

Walk Abouts



Muppett, who walks with the A&WV Wanderers, shares some of his photos from his many rambles. A Moor hen, Swan and Ilkley Footbridge.

Thoughts on Lockdown

The first two or three weeks were busy ones. Here was the opportunity for catch up on all the jobs I had put off because I “didn’t have time”. No excuse for that now. Cleaned the ovens, kitchen cupboards, fridge, airing cupboard, jobs like that.

I am a person who is usually quite content in her own company. My son is similar. I think it’s partly to do with being an only child. However, after a while, I began to feel very lonely and would wake up in the morning with thoughts of a day stretching endlessly before me and wondering how to fill the hours.

The telephone has been a welcome bridge to my family and friends, and, gradually, I found I could develop my skills to see them on FaceTime and Zoom. A new world, or, more accurately, a pre-lockdown world, opened up for me. We’ve had hilarious evenings of family quizzes. One week I was quizmaster - power at last! Birthdays have been celebrated by Zoom meals, eating and chatting in our own homes.

From thinking, “I should have been in Madeira or Scarborough or Gleneagles” I began to think “cheer up, if you had been, it would be over, but now these treats are still to enjoy in the future.”

Now things are relaxing a little. My family and friends have started to pop round and I have emerged from sitting in the conservatory with the window open to joining them outside to share a cup of coffee or a glass of wine.

Then, the best thing. The Bubble. What great news! I could see my son, daughter-in-law, and granddaughter in person. They invited me into their bubble! I have been to eat with them several times. At first it felt really strange to be in another house but I soon got used to that. Even though they had been of huge support to me throughout the nightmare we have all endured, this was different. The very best thing of all is being able to have what I have missed the most - a big hug!

Maureen Henley

Olympic Games Sports List

1. EHRRACY _____
2. NNOMBTIDA _____
3. GONICENA _____
4. INENCGF _____
5. ANIISLG _____
6. TAHLITONR _____
7. LTLBOOFA _____
8. TCNSAIMYGS _____
9. UJOD _____
10. LTEBA INETSN _____
11. EHGWTI TLFIGN _____
12. NIWRGO _____

Sara Serves ‘Chicken in Milk’

With Sage & Citrus Kick

Serves 4

Cooks in 1 Hour 40 Minutes

Gluten Free

Ingredients

- 1 x 1.5 kg whole chicken
- 100 g unsalted butter
- olive oil
- ½ a cinnamon stick
- 1 bunch of fresh sage
- 2 lemons
- 10 cloves of garlic
- 550 ml milk

Preheat the oven to 190°C/375°F/gas 5, and find a snug-fitting pot for the chicken.

Season the chicken generously with sea salt and black pepper, and fry it in the butter and a little oil, turning regularly to get an even colour all over.

Remove from the heat, put the chicken on a plate, and throw away the oil and butter left in the pot. This will leave you with tasty sticky goodness at the bottom of the pan which will give you a lovely caramelly flavour later on.

Put the chicken back in the pot with the rest of the ingredients (speed-peel the lemon zest and leave the garlic cloves unpeeled), and cook in the preheated oven for 1 hour 30 minutes, basting with the cooking juice when you remember. The lemon zest will sort of split the milk, making a sauce which is absolutely fantastic.

To serve, pull the meat off the bones and divide between plates. Spoon over plenty of juice and the little curds. Delicious served with wilted spinach or greens and some mashed potato.

Do you have any traditional favourite recipes? Please do let us know, we would love to share in this newsletter.

Stan's Allotment

Stan is a walk leader in Wyke and in recent years has taken over an allotment in the area that was in desperate need of some TLC.

The purpose of the allotment was as a community resource and after a huge amount of work from Stan, his wife Pam and others it has now been



transformed and is flourishing. After a very wet winter, Stan and Pam have spent a lot of time and energy during lockdown to get everything weeded and tidied.



They have planted various crops including salad leaves, potatoes, peas, beans, rhubarb and strawberries to name a few! Stan has also made the allotment more user friendly by digging out and levelling paths, then covering them with membrane and woodchip.



Throughout lockdown, the allotment has benefitted the local community, as Stan and Pam have made it a calming, welcoming space for all and a place of respite for those who may be struggling with ill health, loneliness or loss.



They have recently re-established a socially distanced weekly coffee morning in the outside space where attendees can also take away fresh produce when available. If you bring a flask, they can supply the biscuits!

Stan has kindly said that anyone is welcome to visit, so please contact Kate on 07712 542328 to organise this.



We are so impressed with the hard work that's gone into the allotment and the great community asset it has become and we wish Stan and Pam well in creating more green fingered memories and supporting their community in the years to come. We hope you like the photos showing the progress so far!

Please do let us know what you think of this Newsletter, we would love to get your feedback. Champions@bdct.nhs.uk or 01274 321911