

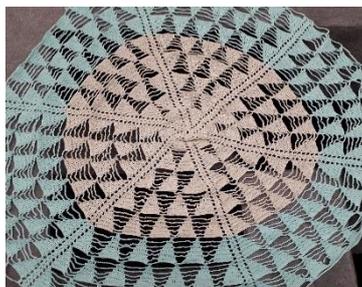
Champions Show the Way Newsletter

Issue 3 - September 2020

Tel:01274 321911 Email:champions@bdct.nhs.uk

Champions Show the Way @BDCFT_CSTW

Sajda Malik from the Dressmaking Group



This piece was made for Sajda by her grandma which had become undone and she was meaning to re-do it but never had the time, well lockdown gave her a chance to do just that

and she thoroughly enjoyed it.



She is now teaching her grandchildren her skills so the tradition can carry on to the next generation.

Sajda with her crochet piece in her garden.

Sue Holliday from the Feelgood group

Sue Holliday from the Bingley Feel good group is making face masks to keep herself busy and distracted during lockdown.



Well done Sue.

Sara serves 'Panackalty'

Sara has been teaching her daughter about traditional foods and they decided to make



'Panackalty', this is a recipe originally from the North East, which was made of layering potatoes and onions with 'leftovers', but these days it's usually made with corned beef, bacon and the modern version has baked beans in. You can top it off with

sliced potato or mash (with grated cheese)

<http://jamesmcconnell.me/recipe/the-ultimate-panackalty/>

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

Keighley Healthy Living is on a mission to get people skipping

Keighley Healthy Living are encouraging people of all ages to take up skipping – Check out their YouTube channel –

https://www.youtube.com/channel/UCONy0OYq_cHb_kT4-yn3Gqvg

They have lots of other activities and exercise classes you can take part in. Why not subscribe, to be sure not to miss any? Just search 'Keighley Healthy Living' on YouTube.

Their videos are added weekly so there is always something new to try.

KHL website; <https://www.khl.org.uk/>

Please ring 01535 677177 or

email admin@khl.org.uk for more information

Pam Booth from the Ilkley Reminiscence Writing group, writes;

Communication during Lockdown Covid 19

The sudden Lock down in March brought total isolation for many, especially the older generation and it was a very worrying time for us. Fortunately we are lucky to live in an area where voluntary services were quick to set up a network of helpers to deal with shopping, medical prescriptions and of course telephone chats.

The telephone has been a vital form of communication. I was given a number of people to call from a group I help with, but in turn I was contacted by the local church, and Frank and I have long chats, although we have never met and I have also been contacted by friends and relatives some of whom I haven't heard from in months.

Just before Lockdown my granddaughter set me up with Duo on my mobile phone and so I could have visual chats with my son and daughter, it made me feel quite trendy. What a difference a phone call can make not only to the person receiving the call but also to the person making the call.

My laptop suddenly became my best friend. I joined up with Gareth Malone's u tube choir, although I didn't progress to videoing and filming myself so please don't expect to see me on film! It's lovely to chat to Gareth (he can't hear me of course) and read other people's comments to him. There have also been Zoom choir rehearsals and it has proved that music is very therapeutic in these difficult times.

I had never heard of Zoom before but it also made meetings possible and our Reminiscence Writing group fortnightly get together. Whoever would have thought that I would be able to cope with all this technology!

I have received useful email letters from Ilkley Good Neighbours and U3A containing lots of helpful information and amusing u tube clips. Face book has also provided me with a laugh or two which I certainly needed.

I don't shop on-line but I did manage to arrange a couple of birthday presents thanks to the Good Neighbours e mail.

The television has been vital to me and sadly I am watching far too much of it. I'm just working my way through 'Line of Duty' and loving it.

Technology apart though, the simple communications have been just as important. I received a couple of notes from young women down my street offering to help with shopping which was very touching. My neighbour next door but one always peeps in and waves when she goes on her daily walk, and I've waved at neighbours I don't even know when we have gone out for the Thursday night NHS clap.

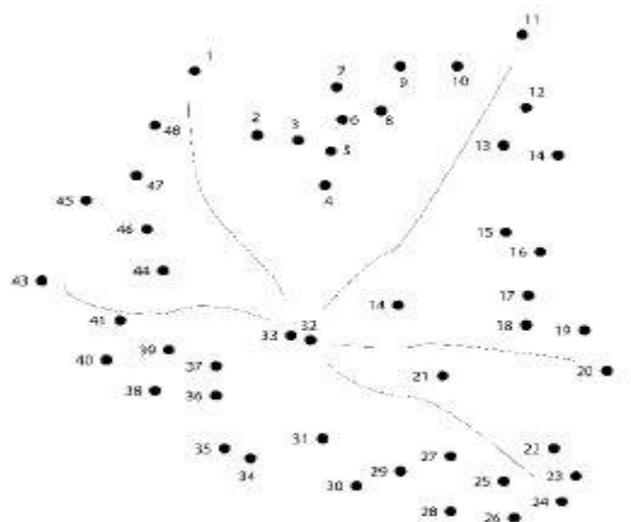
Then there have been the two metres chat. I did find in the first few weeks that people in the supermarket queue seemed almost afraid to chat but now they are more relaxed and seem eager to converse.

Sadly most of the communications have been verbal and like a lot of people I can't wait to give my grandchildren a cuddle.

Pam

NB. I have just received the best communication of all. My hairdresser rang to make me an appointment, the 8th July and I can't wait!!

Dot – to - Dot



First Virtual Walk Leader meeting

Following the success of our first ever virtual Network meeting, we went on to deliver our first Walk leader meeting through Microsoft Teams on 30th July. The meeting was very productive, and we received some great feedback from those who were able to join us.

The meeting enabled us to provide an update on the last few months for us as a service, and discuss our plans for the future which included the safe restarting of some of our walks following government guidelines and information provided by Ramblers Walking for Health.

Our walk leaders provided everyone with a brief update of what they'd been up to during lockdown, and those who have recently led a walk using the new guidance, gave us an insight into how they and their walkers had adapted to the new way of attending a health walk. We now have eight walks that have restarted successfully with more ready to join us again in the next coming weeks.

We hope we will see more walk leaders joining us at our next meeting in October (date TBC) Our team are on hand to provide support in getting you connected with Microsoft Teams should you require this and answer any other questions you may have.

Take care and stay safe.

Sarah Wimpenny
Programme manager/Community Health Officer

Open Space Groups started

AWC district have been busy supporting two open space groups;

The Feelgood group meet at Myrtle park every Monday at 2.00pm,
And

The Bereavement peer group meet at Myrtle park on Tuesdays and Thursdays at 11.00am.

At the moment the groups are full, but please do contact the office for more information.

Creative writing and Reminiscence Writing group are soon to take their groups into the virtual world.

Virtual staff led groups for Community Health Champions and their group members

Following on from the success of our first Virtual Network Meeting and Virtual Walk Leader Meeting in July, as well as some virtual groups in the pipeline led by various Community Health Champions, we would also like to offer you and your group members/walkers some staff-led virtual groups, which allows us as a service to connect with people across all of the areas we cover. If you or any of your group members/walkers would like to join, do let us know, as it is a great way for Community Health Champions and group members/walkers to stay connected during this period of uncertainty.

The groups are as follows:



Coffee and catch up with Kate at 10.30-11.30 on Tuesday 29th September.

Please email champions@bdct.nhs.uk or contact Kate if you would like to join this group.

Also, don't forget our next Virtual Network Meeting on 16th September at 1.30pm.

As always, staff are on hand to support you in getting online and answer any other questions you have. We can't wait to see you and catch up!

If you'd like to discuss any of the above further, please don't hesitate to contact our **Community Health Officer Kate** on 07712 542328.

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