

Champions Show the Way Newsletter

October 2020 - Issue 4

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Champions Show the Way @BDCFT_CSTW

Virtual Network Meeting held on
16 September 2020

We now have two successful Virtual Network Meetings under our belt and are so pleased that



people are enjoying them and feeling more

supported and connected as a result. They also allow us to update you on what's been happening at Champions Show The Way. Many attendees agreed that it was so nice to actually "see" people rather than just talk over the phone. We plan to continue to hold them every couple of months, so our **next one will be on:**

Tuesday 17th November 2020 at 1.30pm.
Please contact us if you'd like to join us and/or need support joining Teams.
Please don't hesitate to contact our; **Community Health Officer, Kate on 07712 542328.**

Anne Manson from the
Reminiscing Writing group writes

The year 2020 – Covid 19 Pandemic

On 23rd March 2020 life in Britain as we knew it stopped. Schools shut, shops shut, the majority stopped travelling to work and we were all faced with an unseen killer in our midst.

We were instructed to stay in our own homes and not visit friends or family.

It felt surreal, scary and for many, solitary.

One of the things we could do however was to go for a walk. And as we have a young dog that's what we did.

And the amazing thing was that mother nature blessed us with the most wonderful spring weather. For ten weeks the sun shone almost every day, the sky has been blue and cloudless. The temperature has crept higher each day until we have had to search for a shady spot to sit in the garden.

On Saturday April 25th we drove to Ilkley to walk on the moor.

Because for weeks there had been very little road traffic and no air travel, the air we breathed felt different – cleaner, sweeter – we just wanted to breathe in large lung fulls of it.

I said to my husband 'It must have been like this when we were children in the 1950s'.

And then there was the silence, but it was the sort of silence where you hear the birds singing so clearly, you hear the stream gurgling, and you actually hear the gentlest breeze whispering past your ear.

On that particular Saturday, I felt and saw all these things, and in a way it almost felt spiritual.

As we made our way back down the moor to return to the car my husband said 'stop, listen, I can hear a cuckoo'.

And we both stood looking over the moor to a clump of trees where the cuckoo was calling loud and clear hoping his call would attract a mate.

It was the perfect end to a magical walk.

Anne Manson

A quote sent in by one of our walk leaders

'The thing everyone should realise is that the key to happiness is being happy by yourself and for yourself'

Walk Abouts

Richard Pemberton, Walk Leader from the Aire & Worth Valley Wanderers, shared some of his photos. Molly obviously loving her walks.

Kinder Down Fall & Molly at Kinder Scout



Open Space Bereavement Peer support group 2nd Year celebrations

The first year (pre covid) of the Bereavement Group used to meet on a Thursday in The Little House in Bingley. The members bonded well and together, we went through the various stages of losing a loved one. The group felt Thursdays was a 'life-line' for them. Along the way they had a lot of laughs and friendships were made.

Since the Covid lockdown in March 2020 meetings had to change. The group now meet in an open space area on Tuesdays (limited to 6 people only) and Thursdays (limited to 6 people only) in Myrtle Park. They meet at the gates

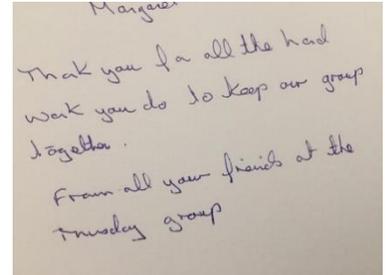


next to the swimming pool. This has worked out quite well, also they are constantly in touch by phone or meet up one or two for a coffee and a chat. They are always there in a crisis.

May the Group grow for many more Anniversaries so they can help others, despite Covid.



For the groups second year anniversary, the group members presented Margaret Thornber, who leads the group with these beautiful flowers and card, thanking her for keeping the group going in these difficult times. Also, in the above photo is a photo of Margaret's late husband who is the reason why Margaret wanted to set up this group. Margaret says ' Only illness, doctors' appointments, accidents, and family keep groups members away from these meetings' . Thank you, Margaret.



An October Poem

October, a beautiful month full of contradiction,
change and contrast
Summer is now over how did time fly so fast?
Grab your hat, scarf and gloves, snuggle up, it may be cold
Hang on though, there's warm sunny days, wear your shorts, be bold
The trees take on a new colour scheme and the leaves float down
Looking magnificent with washes of red, gold and brown
The nights are drawing in, it's not yet dinner and its starting to get dark



Lets get out whilst we can, wade through piles of leaves in the park

Creeping towards the end of the month we find little monsters at the door
Grabbing handfuls of treats, hide again, here come more
Ghouls, goblins and ghosts make us smile and give us a fright
Faces light up with glee and delight
October is a great month if you are like me,
And will take any excuse to hibernate with biscuits and tea.

Virtual groups

Chill and Chat group meet up every Monday at 10.00 am – 11.00 am, using Microsoft teams

Creative Writing group meet every Wednesday at 12.30 pm – 2.00 pm using Microsoft teams.

If you would like to join or know anyone who would be interested in these groups, please get in touch with us at Champions Show the way.

Our Community Health Champions who lead on these groups look forward to meeting you 😊

Can you help with starter packs for people moving into tenancies from hostels or who have been on the streets. The starter packs help give people moving on from Winter Shelter, and other individuals moving from short-term hostels or rough sleeping, a brand new start and a brighter future.

The items that are needed are as follows:

Dinner plates

Side plates

Bowls

Cutlery

Pans, including frying pans.

If you have any donations and could drop them off at The Storehouse

Thank you

Gary Peacock | Centre Manager |
07340 851825

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Practical support for those who need it most.

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The Storehouse, 116 Caledonia Street,
Bradford,
BD4 7BQ
01274 955010

Bradford Government website for Covid 19 updates

<https://www.bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/>

CSTW Staff led Coffee Morning with our Community Health Champions 29 September 2020



Kate our Community Health Officer organised a lovely coffee morning with our CHCs, we so do enjoy seeing everyone and we hope to see more of our CHCs at the next coffee morning. We had a good catch up and put the world to right and finished on our positives of lockdown and Sally who is a Walker Leader for Parkside Women's group announced that she had got engaged during lockdown and flashed her gorgeous ring to all of us –

Many congratulations Sally 😊

Dates for your diary

Quiz afternoon on Tuesday 13th October 2.00pm-3.00pm. – Time to dust off your thinking caps

Next Coffee Morning will be on Wednesday 21st October at 10.30am

Virtual Network Meeting Tuesday 17th November 2020 at 1.30pm

Walk Leader meeting Tuesday 24th November 11.00am – 12.30pm

Do you have any photos, stories, poems, news you would like to share in the Newsletter, then please do contact the CSTW team.

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