

# Champions Show the Way Newsletter

April 2021

Tel: 01274 321911 Email: [champions@bdct.nhs.uk](mailto:champions@bdct.nhs.uk)

Champions Show the Way @BDCFT\_CSTW

## Welcome

**Hello everyone and welcome** to another packed edition of our newsletter. Well, Spring finally feels like it is here and with the clocks moving forward last weekend, I am sure that we are all looking forward to the longer lighter nights... I know I am! As well as this, we have received the welcome news that our walks can resume once again from 29<sup>th</sup> March in line with government guidance, which will allow up to 10 walkers to regroup with their walk leader and enjoy the fresh air. For more information on which walks are restarting, please contact the Champions Show the Way office.

Take care and stay safe.

Sarah 😊

## Thank you Kate, we will miss you

Hello Community Health Champions

I hope you are all keeping well and have been enjoying the lighter nights (sometimes!) sunnier days and those wonderful signs that Spring is finally on its way. I am sorry to say that I will be leaving Champions Show the Way on the 15 April to move on to pastures new. I was only meant to be with you for a relatively short time anyway, but still feel very sad to be leaving. I would just like to say thank you for making me so welcome and for everything you do for us as a service and your local communities. It has been an absolute pleasure getting to know you and seeing all the wonderful work you do and the support you offer to others. Despite a difficult year, you have embraced the various changes and unknowns and for some, adapted to a new, virtual way of interacting... you should be very proud.

Kate

## Dates for your Diary

### Virtual Network Meeting via Microsoft Teams/Dial in

**Thursday 20 May 2021 at 10.30am-12.15pm**

Led by Sarah Bayles

Speaker - Josephine Loughran, Programme Manager from Worth Connecting

### Coffee Morning via Microsoft Teams/Dial in

A fun friendly coffee morning led by one of the Champions Show the Way staff, open to everyone who just wants to see some friendly faces and have a natter. Everyone is welcome! Join us on MS Teams.

**Second Tuesday of the month,  
10.30am - 11.30am**

**13 April 2021**

**11 May 2021**

### Please register your interest in plenty of time

If you would like to join these meetings

Please respond by

emailing [champions@bdct.nhs.uk](mailto:champions@bdct.nhs.uk)

or 01274 321911

### New to our Virtual groups/meetings – You can now dial in!

We have now a new feature from Microsoft Teams, that anyone without the internet, can now dial in to our Virtual meetings and groups using your mobile or land line phone, It will be like a conference call, where you can listen and talk with others and take part in the conversations. There is no cost to dial in to these sessions. If you would like more information in joining a group/ coffee morning, please do get in touch with us and will give you the phone number to call in.

### Sea Shanties are 'on trend!'

So whilst our singing groups have been unable to meet up, we thought we'd attempt to bring some inspiration and trial a 'lyrics corner' in the newsletter! This month we thought we'd feature a Sea shanty – a traditional song sung by sailors when working the sailing ships, singing in rhythm together would help them to get the job done. Some of you may have heard that traditional Sea Shanties have believe it or not, crossed into the mainstream, with a recent version of the Wellerman having very recently reached number 1 in the charts! This has been very surprising, folk groups have always played sea shanties but it's nice that they are now enjoying a wider audience.



Community Health Champion Shiela Jeffery is a long-standing appreciator of Sea Shanties. During the 1980s and 90s she was an attendant at Lancaster Maritime Museum where they held a sea shanty festival every year. She worked in the café during the festival and used to open the café early so the performers could have a drink before they came on. "The festival was fantastic" she says. "We got some very good acts including the Shanty Crew and Damien Barber, he came to Lancaster as a young lad who had just won folk singer of the year, he was part of the Demon Barbers, who went on to play the prestigious Cambridge folk festival - they were brilliant!" She came to know a lot of the acts on first name terms: "I loved it" she says. The first time she heard a sea shanty was in the middle of Wales where she'd been evacuated during the war – it was 'Blow The Man Down', so we thought we'd share that with you.

### Blow the Man Down

1. As I was a-rolling down Paradise Street  
**Tim-me Way-hey, blow the man down!**  
A flash looking packet I chance for to meet.  
**O, give us some time to blow the man down.**

#### Chorus:

And it's blow the man down bullies, Blow the man down  
**Way-hey, blow the man down!**  
Blow him right back into Liverpool Town  
**O, give us some time to blow the man down.**

2. Of the port that she hailed from I cannot say much,  
**Way-hey, blow the man down!**  
But by her appearance I took her for Dutch,  
**O, give us some time to blow the man down.**

3. Her flag wuz three colours and her masthead wuz low,  
**Way-hey, blow the man down!**  
She wuz round in the corner an' bluff at the bow  
**O, give us some time to blow the man down.**

4. From larboard to starboard an' so she sailed she,  
**Way-hey, blow the man down!**  
She wuz sailin' at large – she wuz runnin' free  
**O, give us some time to blow the man down.**

5. I fired my bow-chaser the signal she knew,  
**Way-hey, blow the man down!**  
She backed her maintawps'l an' for me hove to.  
**O, give us some time to blow the man down.**

#### Healthyminds

<https://www.healthyminds.services/coronavirus>

#### **We're still here to help keep your mind healthy**

You might be feeling worried about coronavirus and how it is affecting your life. It is understandable to feel worried or anxious at this unsettling time. Your mental health and wellbeing is important, and we're still here to help people in Bradford and Craven to keep their minds healthy.

## A Poem - Grieving

You were my love my life you were my everything,  
You hold my love in your heart like a wedding ring,  
You are the love we shared in our children's eyes,  
You are the love in my heart that never ever dies,

I remember that day it was freezing with snow,  
I looked into your eyes and felt that warm glow,  
I had found my love that forever would grow,  
I knew your love was all I ever wanted to know,

We walked hand in hand from that moment on,  
We through the years saw our love grow so strong,  
We shared that special kiss on our wedding day,  
We stayed holding hands till you passed away,

Till that day comes when I will hold you again,  
Till we dance in the snow and sing in the rain,  
Till in heavens garden where only love grows,  
Till we share the love that heaven only knows,

By R G Powell  
2021

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

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



We love this photo taken by Rae Harvey

## Gardening Tools Word Search

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

BROOM  
GARDEN HOSE  
GLOVES  
HAND TROWEL  
HEDGE SHEARS  
KNEE STOOL  
LAWNMOWER  
LEAF BLOWER  
LOPPERS  
POLE PRUNER

PRUNING SAW  
PRUNING SHEARS  
RAKE  
SHOVEL  
SPREADER  
SUNHAT  
TANK SPRAYER  
TILLER  
WATERING CAN  
WHEELBARROW

[E-Books | Bradford Council](#)

[Digital Library | Bradford Council](#)

Did you know that there is a digital library? For more information on borrowing free books, papers, listening to audio click on these links.

## Together Talks Telephone Befriending

We would like to tell you about the **Together Talks Telephone Befriending Service** which was developed by Bradford Metropolitan District Council (BMDC), the local NHS and the Voluntary and Community Sector during the Covid-19 pandemic. This multi-agency initiative is being hosted by The Bridge Project.

Telephone Befriending is a vital opportunity to engage with another person and provide companionship through conversation. It helps reduce feelings of loneliness and increase wellbeing and is especially important during this time, when more people than ever will be feeling socially isolated. Research has shown that it helps reduce feelings of loneliness and increase personal wellbeing. Telephone Befriending is a voluntary, mutually beneficial relationship in which the Befriender gives their time to support and encourage someone (the Befriendees).

### Objectives

Together Talks enables individuals to develop a trusting, non-judgemental and supportive relationship with a volunteer, encouraging them to become more socially included.

### Key messages

- Together Talks is a free service.
- Enables someone to have a friendly chat and develop a trusting, supportive relationship with a befriender volunteer.
- Befriending improves peoples' feelings of confidence, well-being and social connectedness.
- Our Volunteer Telephone Befrienders are not professionally trained therapists or counsellors, but offer a regular supportive chat

### Our Telephone Befriending Volunteers

Volunteers are selected for their personal qualities and give their time freely to support other people. All our volunteers have a valid and current DBS certificate, have a telephone interview and a reference check done. Volunteers must complete online training which includes reading our Confidentiality and Safeguarding policy and agree to a declaration to abide by our code of conduct. They also need to watch online training videos covering topics e.g., safeguarding, equality & diversity, telephone security and best practice.

The service is supported by a friendly, dedicated, and professional team called the Together Talks Support Team. Guidance and support are provided by the Together Talks Support Team, whenever needed.

### Target Audience

We aim to reach anyone over 18 living in Bradford and District, experiencing loneliness, isolation and needing support.

### This service aims to:

- Support adults to live happy and fulfilling lives
- Support adults who would benefit from a regular, non-judgemental listening ear to support with their day to day lives.

We would be grateful if you could tell your patients, clients, or community networks about this service and if anyone feels they could benefit from this or just want more information they can call us on:

**01274 952200**

or email our team on:

[befriending@thebridgeproject.org.uk](mailto:befriending@thebridgeproject.org.uk)

Our office hours are:

**Mondays to Fridays, 9:30am – 4:30pm.**

Befriendees can request a volunteer befriender to call them by completing an online request form on our website: <https://befriendees.bdtbs.co.uk/> or by calling us or emailing us on the details above.

Attached is an information leaflet, and here is a link to a promotional YouTube video about our service for befriendees:

[Reduce feelings of loneliness & increase wellbeing](#)

Please don't hesitate to contact us if you need further information about our telephone befriending service.

Best wishes,

**Together Talks Support Team**



Tele: 01274 952200

Email: [befriending@thebridgeproject.org.uk](mailto:befriending@thebridgeproject.org.uk)

Mon-Fri 9:30-4:30

The Bridge Project  
35 Salem Street  
Bradford  
BD1 4QH

[www.thebridgeproject.org.uk](http://www.thebridgeproject.org.uk)

Registered Charity No: 517356

Company Limited by Guarantee No: 1946704

## The winning photographs from our Motivational Walk challenge

We are pleased to announce the winners of our motivational walk challenge that was set back in in February.

1st prize went to Anne Griffin, who sent us this lovely view across towards Leeds Fartown, Pudsey  
The Judges were very impressed with these dramatic clouds.



2<sup>nd</sup> prize went to Carl Harris for his dramatic capture of these two sunsets. The judges couldn't decide between these two photos.  
Which one do you like the best?



## Walking Bingo Winner

Well done to Sarah Dickerson, whose name was pulled out of the Champions Show the Way hat. Sarah works in the Finance Department. Costing, Research & Development at Bradford District Care NHS Foundation Trust HQ.

Sarah said that it was great fun doing whilst walking and is going to treat her colleagues with her winnings to keep them going during year end finances. Sarah says that this time of year it is hard as we sit a lot and eat a lot during the yearend process! She will be promoting our next bingo walk with her finance colleagues to get them moving.

## Other highly commended photos received.

Beautiful photo by Saleema Akhtar



We loved Rae Harveys cheerful shed –

