

Champions Show the Way Newsletter

February 2021- Issue 8

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



Champions Show the Way



@BDCFT_CSTW

Welcome

Hello and warm welcome to February's edition of our Champions Show the Way newsletter.

We hope that you are all managing to keep safe and well during what is now our 3rd lockdown, and that you are staying as active as you can. Unfortunately, the current circumstances have once again forced us to suspend our health walks until further notice so we have been busy developing a few walking challenges & competitions we would like to encourage you to get involved with. You can find more information on these within this newsletter.

We also had a fantastic response to our request for you to send in your best snow pictures which we have included in this edition for you all to see. Keep the photo's coming... we all love to see what you have been up to and with it also being the RSPB Big Bird Watch at the end of January, maybe you want to show us what has been landing in your garden this Winter.

Take care and stay safe everyone.
Sarah Wimpenny

Virtual Network meeting

On 28 January, we enjoyed another successful Virtual Network Meeting, and it was great to see so many familiar faces and hear about people's New Year's resolutions after such a bleak start to the year. Currently our activities and walks are again on hold, however people

are becoming more and more willing to try the virtual groups we have an offer (which are growing each week) and we'd love more of you to get involved and reap the rewards as we know what a difference it makes to everyone's wellbeing to see and chat to others. Whilst preparing for the meeting, it felt like there would not be a great deal to report, however there was! Lots of new virtual groups to look out for, requests for newsletter contributions, new year challenges (to be emailed soon!) and signposting. We have all been very busy working behind the scenes too and will be contacting you with some exciting plans in our service that we would love you to be involved in. Watch this space!

Virtual Coffee Morning held 12 January 2021

This month we have enjoyed our monthly Coffee Morning, where we chatted about Christmas, the weather, Covid and everything in between. It even turned out some of our Community Champions recognized each other



from living nearby and had said hello, but had no idea they were all part of Champions Show The Way – it's a small world! Do come

along and enjoy a cuppa and a chat if you have not attended before – we'd love to see you!

Peel Park Walkers



A photo of Peel park walkers on a snowy walk taken in December before lockdown

Creativity in the Aire

Creativity in Aire have been very busy making Mittens out of old jumpers, if you would like to have a go, here are some links to how to make them.

<https://therenegadeseamstress.com/2012/10/28/fingerless-mittens-from-an-old-felted-sweater/>

or <https://www.youtube.com/watch?v=OEhOP3fstCO>



Virtual Groups

Chill and Chat group meet Mondays

At 10.00 am – 11.00 am, using Microsoft teams, this is a friendly, relaxed group we have a good laugh, helping people to come together over a cuppa.

Creative Writing group meet Wednesdays

At 12.30 pm – 2.00 pm using Microsoft teams, led by Tamar Yellin & Emily Devane - **come** and explore your creative talents, you just need pen and a notebook.

Creativity in the Aire – meet Wednesdays

At 1.30 pm – 3.00 pm - A chance to tap into your creativity and get hands-on, transforming everyday items you have at home into useful objects that look good! No specialist skills required as you will be guided and supported by Jackie.

Feel Good Group – meet Thursdays

At 10.30am – 11.30 am

A group focused around promoting positive emotional wellbeing by exploring relaxation and Art techniques.

Supported by Sue Holliday

Ghap Shap Group – meet Tuesdays

at 12.30 pm – 1.30 pm

Ladies only social group led by Sajda Malik

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

Would you be interested in learning the ukulele?

The ukulele is a very jolly, portable, and versatile instrument. It's sociable – lending itself well to sing-a-longs.

It's an easy instrument to play, with children picking it up at primary schools around the country.

We know that music is good for the soul and learning is good for the brain so why not give it a go!

As the dark nights linger it could be a way of keeping your spirits up and wowing your friends/family/neighbours with your new-found skills!

Please let us know if you fancy giving it a go. If we get enough interest then we will put on a class for absolute beginners, run by an absolute beginner – staff member Sarah Bayles! Let us learn and have a laugh together!

Oh, and don't worry if you don't have a ukulele or tuner yet, Sarah will be able to advise you on what to look out for to make the right purchase. Contact Sarah on 07764926225 for more information.

COVID Advice and Support in Our District - Self Care Booklet

We know that most of us have been affected by Coronavirus somehow and in some way. If you're finding things hard right now, you're far from alone.

We have taken some time during this pandemic to reflect on what our residents may be feeling and experiencing, we've spent time listening. The same key areas of concern keep coming up, so we have produced a [simple booklet](#) to give you information and tips to help you cope during this time.

The main concerns we've covered in the booklet are:

- Self-isolation and Coronavirus guidance including the tier system
- Mental health, including anxiety and depression, grief and loss and crisis
- Isolation and loneliness
- Support for those caring for other people
- Domestic abuse
- Your local NHS, including how this is operating at this time
- Food and fuel poverty
- Finances and bill support
- Statutory sick pay
- Self-employed income support scheme
- Furlough scheme and business grants

If you would like the wording in this booklet in large print, Braille or any other language please call 01274 431000.

Please find below a link for a self-care booklet produced by CABAD, working alongside the NHS and Bradford Council.

<https://www.cabad.org.uk/self-care-booklet>



Illustration and quote by Charlie Macksey

Pancake recipe

Pancake day is Tuesday 16th February – we would love to see photos of your pancakes! And/or what your favorite toppings are! Savoury or sweet, alternative, or classic!

Pancake Batter mix

125g (4 oz) flour
1.25g (¼ level tsp) salt
1 egg
300 ml (½ pint) milk
Butter/margarine for frying

Mix dry ingredients together add the egg and gradually add all the milk. Heat the butter in frying pan and ladle or pour in a little batter covering the pan base, cook until pancake curls at edges and then flip over, cook until golden brown. Makes 8 pancakes.

Chicken Strips with Peri Peri Crispy Salad
Sent in by Rifat Khizar
from the Ghap Shap group

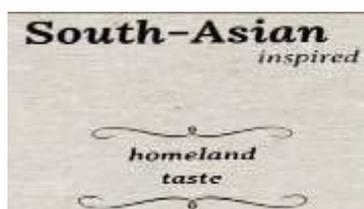


Chicken Strips with Peri Peri Crispy Salad

CHICKEN

Add 1/2 fresh lemon juice
1 1/2 tsp of salt
1/2 tsp of dried coriander
1/2 tsp of garam masala
1/2 tsp of indian seeds
1/2 tsp of haldi
1/2 tsp of chilli powder
1/2 tsp of tandoori masala
1/2 tsp of chilli flakes
1/2 tsp of garlic powder
1/ wrap of ginger powder
1/2 tsp of paprika
1/2 tsp of methi
2 fresh cloves of garlic
A handful of fresh coriander
2 green chillies
1 tbsp of homemade green chutney

| we used 1.5 lbs of chicken breast strips, we left the chicken strips for 25 minutes in the oven on 200 degrees |



SALAD

we used sweet and crunchy salad from @aldiuk
A can of kidney beans
One can of black chickpeas
A tbsp of pickled jalapeños

DRESSING

2 tbsp of olive oil
1 tbsp of mint sauce
1 tsp of black pepper
1/2 tsp of salt
1 tsp of fresh lemon juice
1/2 tsp of chilli seasoning
A tsp of Nando's sauce

'The Champions way'

Since Covid stopped my walking ways
Bringing lonely nights and endless days
I look up to a clear blue sky
I see no planes there flying high

In the fresh clean air, the robins sing
As winters snowflakes then begin
Snowmen grow in so many places
Bringing joy to children's faces

I walk only in my garden now
A heavenly peace I find somehow
As new shoots from my flowers show
Snowdrops hide beneath the snow

Awaiting my vaccine with a nervous tense
To release me from this virus fence
How we all long to be set free
To say, welcome all come walk with me

New life will begin in the fresh spring air
For this new beginning day, I'll be there
Walking stick in hand and boots so clean
Ready to splash through a muddy stream

I so look forward to that Freedom Day
Free to walk the Champions Way
Woodland trails through country lanes
Will take away these aches and pains

By R G Powel
January 2021

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

[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.

Bradford Government website for Covid 19 updates

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

Dates for your Diary

Virtual Coffee Morning via Microsoft Teams (Hosted by Kate)

Kate will be hosting a coffee morning every **second Tuesday of the month,**

10.30 am -11.30 am

9 February 2021,

9 March 2021,

13 April 2021

11 May 2021

A fun friendly coffee morning, open to everyone who just wants to see some friendly faces and have a natter. Everyone welcome!
On MS Teams

Please register your interest in plenty of time

If you would like to join these meetings

email champions@bdct.nhs.uk

or 01274 321911

New Virtual Groups held on MS Teams

Staying Well during Lockdown (Ladies Only)

Are you feeling a bit flat about lockdown? Are you missing that connection with others to share how you feel and support each other during difficult times? Kate is offering a relaxed Peer Support Group to connect us all during these difficult times and to create a space for us to chat, share our thoughts, as well as building each other up and offering support. This will be the second and fourth Wednesday of the month 10.30-12pm. Please contact Champions for more information and share with others you feel may benefit.

What Matters Most (Closed group)

An informal coffee and chat for the male inpatients at Lynfield Mount has been set up, giving them the opportunity to connect and talk about what is going on for them. Facilitated by Chris, our new Community Health Champion, this will run on the first Friday of the month 1.00 pm -2.00pm.

MIND Community Companions

Kate has recently been in touch with Donna at MIND to find out about their Community Companions Scheme. Community Companions is a befriending service for those feeling isolated and lonely, which is currently telephone only, but they do hope to be able to get back to home visits when allowed. Clients referred will receive a phone call each week, for up to 1 hour with the same volunteer, for a friendly chat. They can also offer 1:1 walks for some clients. If you please contact or someone in your group may benefit, Kate who can help with a referral form or visit the MIND website. Clients must be aged 55+ and living in Central Bradford or Baildon.

If this is something, you would like to volunteer for you can fill out an application form. Volunteers are all trained up on data protection, safeguarding, health and safety etc. and DBS checked. They would have a telephone interview firstly and attend a volunteer induction with Donna.

If you'd like more details, please contact Kate through Champions Show The Way or again there are more details are on their website: [Community Companions | Mind in Bradford](#)

Call Out for a Community Health Champion to facilitate a virtual Men Only Group. Whether its general 'man talk', a place to discuss interests and hobbies or just time out of your day to stop and chat with others for an hour to break up the lockdown monotony. We need you! Please contact Champions Show the Way to express your interest in either facilitating or joining this group. Date and time TBC.

Healthyminds

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

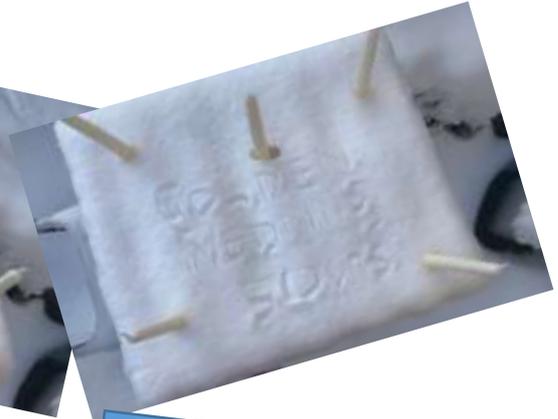
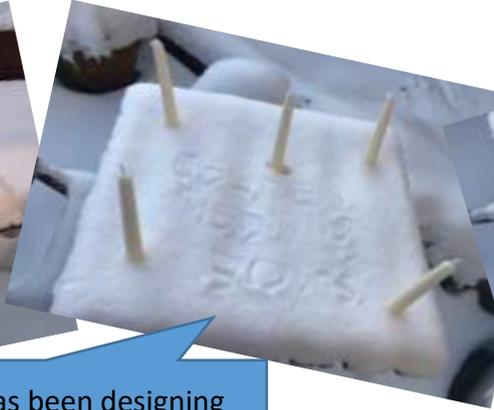
We're still here to help keep your mind healthy

Your mental health and wellbeing is important, and we're still here to help people in Bradford and Craven to keep their minds healthy.

We asked our Community Health Champions to send in their Snow Creations, and we were not disappointed!



Denise Lindley has been designing her 50th Wedding anniversary cake



Rubina Niazi blue eyed snowman



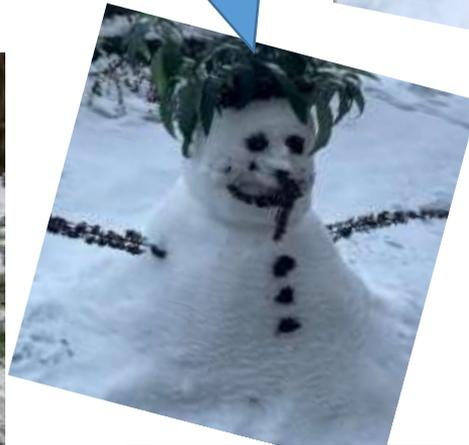
Nabila Mahmood and her son made this Fabulous Covid safe Snowman



Sameera Khan and her Nephew & Nieces were very inventive with their garden foliage.



Sarah Maybury made a Snowman wearing a lovely rainbow scarf & and constructed an igloo.



Nina and Martha Bayles making snow porridge for their snowman



Sarah's Snow Maiden - This is what our Sarah gets up to when her girls are in bed