

Issue 2

Wellbeing

Bath and North East Somerset



 mind Bath

Photograph courtesy of Thea

Stay cautious to help protect yourself and others

Covid-19 has not gone away, so it's important to remember the actions you can take to keep yourself and others safe. While cases are high, everybody needs to continue to act carefully and remain cautious.

This is why it is important to:

- get a test if you develop Covid-19 symptoms, even if your symptoms are mild.
- isolate if you test positive for Covid-19, or when told to do so by NHS Test and Trace.
- meet others outside or let fresh air in.
- minimise your number of social contacts.
- minimise the time you spend close to other people.
- keep your distance from other people where possible.
- quarantine when returning from red list countries, and for those people not fully vaccinated, when arriving from amber list countries.
- wash your hands and practise good hygiene.
- take twice-weekly lateral flow tests.

The government expects and recommends that people wear face coverings in crowded areas - such as on public transport.

For those who are clinically extremely vulnerable, there is further information on the government website.

**You can find more detailed information here:-
www.gov.uk/coronavirus**

Welcome!



Welcome to Wellbeing in Bath and North East Somerset. Bath Mind are here to support the mental health and wellbeing of all those living in our community.

Through this publication, we will be bringing you information and support to help you in these challenging times. You will also find helpful signposting to other local services.

For more information on Bath Mind's services and how we could support you, or someone you know, please visit our website:

www.bathmind.org.uk

This issue includes

Clear information about testing, close contacts and what to do if someone tests positive for Coronavirus (Covid-19)

Christmas wordsearch

Spending time in nature

Spot the difference

Poetry

Wellbeing Advent Calendar

Sudoku puzzle

Eating well on a budget

Nutritious low-cost recipes

Immune system support

Money Guidance and Support

Information about Covid-19 and flu vaccines.

Information about GP Services and home medicines.

Useful contacts to support your mental health and wellbeing.

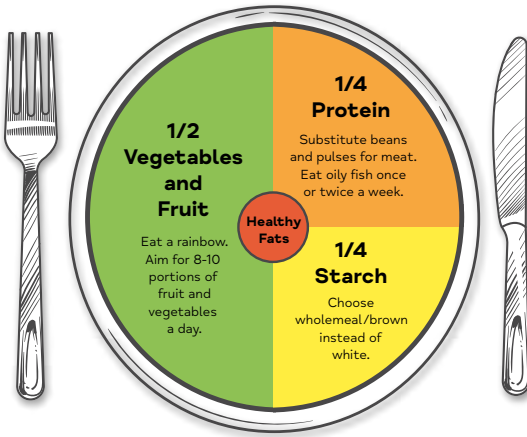
Contact: press@bathmind.org.uk

Information correct at time of going to press.
Please always check local situation regarding Coronavirus as restrictions may change.

For daily update information please refer to www.gov.uk/coronavirus

Immune System Support

A Healthy Plate



Maintaining a healthy diet, to support our immune system, can be a challenge at this time of year. Whilst we all may indulge in less healthy choices, it's important to ensure we maintain balanced nutrition.

Aim to eat 6-8 portions of fruit and vegetables a day.

Stay hydrated, aim to drink 8 glasses (approx. 250ml) of water each day.

The role of zinc in boosting immunity

Zinc is a mineral that has been found to be essential for immune function as well as its role in repairing body tissues and wound healing. The cells of our immune system depend on it to function correctly, it helps to keep our skin healthy and reduces inflammation.

It is found in the highest concentration in oysters and other seafood as well as red meat; but nuts like almonds and cashews; seeds and legumes also contain high amounts of zinc.

Our bodies aren't able to make their own zinc which is why it is so important that we get enough zinc from our food. As zinc isn't stored in the body we need to make sure that we get enough from our diets to fulfil our zinc requirements. This can usually be quite easily achieved by eating a balanced diet and including a variety of fruit and vegetables, some protein rich foods like eggs, meat or legumes, wholegrains, nuts and seeds. Snacking on a small handful of almonds or including some seeds when baking are a good way to increase our intake of this very important nutrient.

If you're over 55 and would like support with food budgeting, nutrition, mental and physical wellbeing, get in touch to find out about our new free courses: foodforthought@bathmind.org.uk



Winter Wordsearch



HOLLY
IVY
WREATH
SNOWFLAKE
TREE
ELF
FROSTY
POLAR
ROBIN
CHRISTMAS
MISTLETOE
WHITE
REINDEER
CAROLS
SANTA
LIGHTS

Solution at back of leaflet.

Try something new

This time of year is traditionally a time when we may play games. Try a new game, perhaps scrabble, a game of cards or a quiz game.

Our Open Opportunities group in Bath enjoys lots of activities every week.

Visit www.bathmind.org.uk to self-refer.



What is meant by a 'close contact'?

A close contact is a person who has been close to someone who has tested positive for Covid-19. **You can be a close contact any time from 2 days before the person who tested positive developed their symptoms (or if they did not have any symptoms, from 2 days before the date their positive test was taken) and up to 10 days after, as this is when they can pass the infection to others.**

A close contact can also be:

- Anyone who lives in the same household as another person who has Covid-19 symptoms or who has tested positive for Covid-19.
- Anyone who has had any of the following types of contact with someone who has tested positive for Covid-19:
 1. Face-to-face contact including being coughed on or having a face-to-face conversation within one metre.
 2. Been within one metre for one minute or longer without face-to-face contact.
 3. Been within 2 metres of someone for more than 15 minutes (either as a one-off contact or added up together over one day).

A person may also be a close contact if they have travelled in the same vehicle or plane as a person who has tested positive for Covid-19.

If you are a close contact of someone who has tested positive for Covid-19 you will be notified by the NHS Test and Trace service via text message, email or phone.

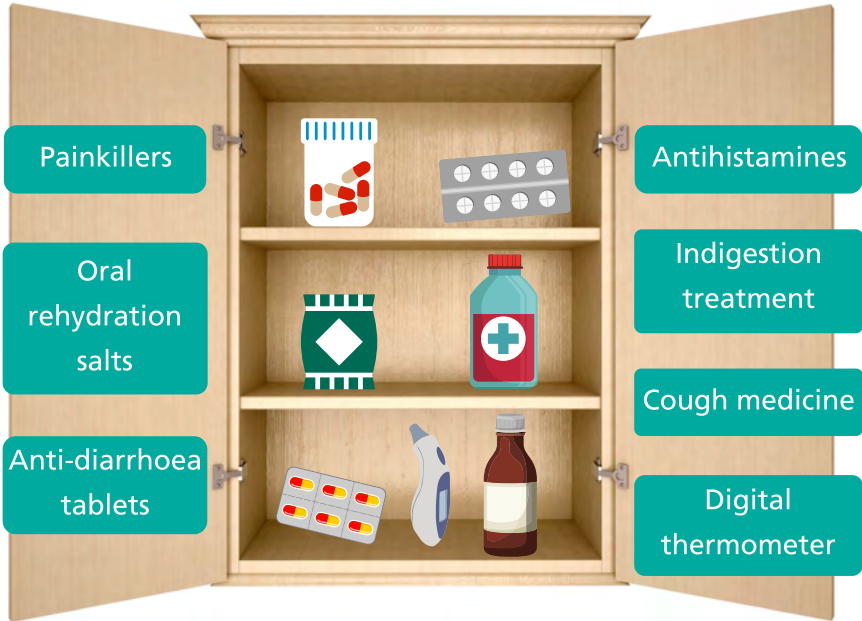
What if a close contact tests positive?

If you are contacted by NHS Test and Trace you must stay at home and self-isolate for a full 10 days since your last contact with that person.

If you develop any of the following symptoms whilst you are self-isolating: a new continuous cough, a high temperature, a loss of or change in your normal sense of taste or smell, you should arrange to have a PCR test either by booking online or calling 119, even if your symptoms are mild. If you do not have any of these symptoms, people in your household do not need to self-isolate with you. **You do not need to self-isolate if you have had close contact with someone with Covid-19 and any of the following apply:** You are fully vaccinated, you are below the age of 18 years 6 months; You have taken part in or are currently part of an approved Covid-19 vaccine trial; You are not able to get vaccinated for medical reasons.

**You can find more detailed information here:
www.gov.uk/coronavirus**

Is your medicine cabinet stocked up?



Painkillers like paracetamol, ibuprofen and aspirin can help with colds and flu by reducing aches, pain and high temperatures.



Oral rehydration salts help restore your body's natural balance of fluid and minerals after diarrhoea or being sick.



Diarrhoea can be caused by things like food poisoning or a stomach virus. It's a good idea to keep an **anti-diarrhoea medicine** at home.



Antihistamines are useful for dealing with allergies and insect bites.



If you have stomach ache or heartburn, medicine called **antacid** will reduce stomach acidity and bring relief.



Cough medicines can ease discomfort by helping you to cough less.



Digital thermometers help you check for fevers.



Grab these items over the counter.

Covid-19 Booster Vaccine

The NHS is offering a booster vaccine dose to people most at risk from COVID-19 who have already had two doses of the vaccine.

Protection given by the COVID-19 vaccine decreases over time. A booster dose helps give you longer protection against getting seriously ill from COVID-19. The NHS will let you know when it's your turn to have a booster dose. It's important not to contact the NHS for one before they contact you.

Groups eligible for a booster vaccine include:

- People aged 40 and over

- People who live and work in care homes

- Frontline health and social care workers

- People aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19

- Carers aged 16 and over

- People aged 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)

- People who are pregnant and in one of the eligible groups can also get a booster dose.

Flu vaccine and Covid-19

Flu vaccination is important because:

More people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic

If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill

Getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses

If you've had COVID-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu.

**For more information on vaccines,
please visit the NHS website:
www.nhs.gov.uk**

Eating Well On a Budget



Food For Thought give you some tips on how to eat a healthy, balanced diet, and save money .

- 1 Plan Your Meals**
Planning meals helps reduce waste, and helps you budget so that you only buy what you need. **Use recipe books or websites for inspiration and ideas. You can find lots of recipes on our website.**
- 2 Write a Shopping List**
When you have planned your meals, write a shopping list. Only buy what you need.
- 3 Cook from Scratch**
Avoid buying 'ready meals' - they are more expensive and often less nutritious than home-made. Avoid convenience foods - grating your own cheese / cutting and preparing your own fruit, vegetables, meat and fish is much cheaper and healthier than buying pre-prepared foods or highly processed foods such as cheese strings!
- 4 Consider your Portion Size**
You may choose to prepare one portion at a time, or you may batch cook and freeze extra portions. Batch cooking can sometimes enable you to avoid waste and save on cooking time.
- 5 Re-use Leftovers**
You may have enough to save some for lunch the next day. You can adapt leftovers to make something different and new - for example, leftovers from a roast dinner could be made into a pie.
- 6 Have more Meat-Free Days**
Use beans, pulses and legumes (such as lentils) to replace meat proteins. Soya or quorn can also replace meat in many dishes.
- 7 Shop Online if Possible**
This can help to avoid the temptation to pick up things in store which aren't on your shopping list. Avoid offers which tempt you into buying things you don't need.
- 8 Check the 'per 100g' Price**
Generally it is much cheaper to buy loose items rather than pre-packaged.
- 9 Buy Frozen Fruit & Vegetables**
Buying frozen fruit and vegetables helps avoid waste. You only use what you need, the rest will always keep for another time.
- 10 Freeze!**
Buy reduced items if shopping in store - only if they are on your list. Many things can be frozen until you need them. Freeze leftover bread, meat and other foods to use another time, instead of throwing them out.
- 11 Avoid Take-away Food**
Take-away food can be expensive and may be of lower nutritional value than home-made. If you have a favourite take-away food, try to recreate this yourself at home.

If you'd like to learn more about food, nutrition and eating well on a budget, come along to our **Community Days at Monksdale Road Allotments - the next one is in February 2022.**

Find out more at www.bathmind.org.uk

How GP practices are working now

Your GP practice has been open throughout the pandemic with everyone working hard to continue to provide services. The pandemic is not over and we still need to keep you and our staff safe from the risk of infection. That's why we are offering different types of appointments such as phone and video consultations, so you don't have to come into the surgery unless you need to.



I wanted to see my GP, why am I seeing someone else?

Not everyone needs to see a GP. Practices have a range of healthcare professionals, such as nurses, pharmacists, physios and mental health workers who are the experts in diagnosing and treating health conditions.

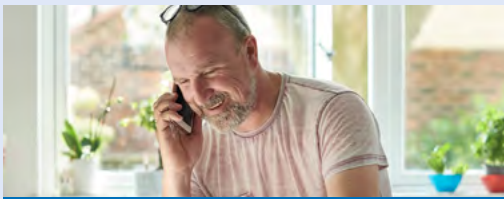
You'll see the right person for your condition as quickly as possible.



Why do receptionists ask personal questions?

Our trained GP reception staff are a vital part of the practice team. They need to ask questions to make sure you get the right support from the best person in the practice.

All the information you share with the receptionist is treated strictly confidentially.



Why can't I have a face-to-face appointment?

With infection control measures still in place in your surgery, phone and video consultations have helped us to treat more patients every day than we would be able to see safely face-to-face. We will give you the best type of appointment with the right health professional as quickly as possible.

You will always be seen face-to-face if you need to.



Where else can I get help?

Visit www.nhs.uk for advice on common symptoms and a list of local services or speak to your NHS community pharmacist for personal care and advice on minor illnesses.

If you need help with minor injuries at any time or urgent care when your GP practice or community pharmacy is closed visit 111.nhs.uk or dial 111 to speak to someone who can help.

Always dial 999 in a life-threatening emergency.

Can you spot 11 differences between these two scenes?



Answers: Chimney smoke / Second chimney smoke/ Christmas tree in window / Door colour / Window colour / Snow on roof / Bunting colour 1 / Bunting colour 2 / Snow on rooftop / Upstairs window / Downstairs window / Bird in tree / Up-



Wellbeing Advent Calendar



1


3,4,5 Breathing

Breathe in for 3 seconds
Hold for 4 seconds
Breathe out for 5 seconds
Repeat a few times, as long as it feels comfortable, to encourage your body to move into a more relaxed

2

Try Colouring
Colouring can be relaxing, and something to focus on.

Find colouring on our website bit.ly/BathMindColouring

5

Check in with a friend...

It's been a really tough couple of months... I wanted to check in. How are you?

9

Plant a seed, watch it grow!

Find gardening and eco-therapy tips suitable for all spaces, on our website.

bit.ly/BMGardening

3

Notice Positives

Write down 1 positive thing that's happened.
However small that may be.
Try to do this every day.

7

Try something new

Join a group or learn a new skill like photography, sewing, craft or yoga.

4

Take a Wellbeing walk

Try a gentle walk every day.

Join Bath Mind's wellbeing walk every Thursday - contact info@bathscape.co.uk

8

Plan one activity each day.

12

Read a book

Find your favourite place to relax and read a good book.

Visit a library or ask a friend if they could share or recommend.

11

How are you sleeping?

Reduce screen time:

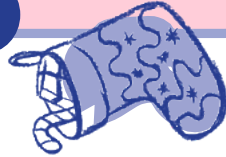
Turn off screens an hour before bed as the blue light can send signals to your brain that it is still day time.

10

Breathe

Take time to sit quietly and notice your breath.

Close your eyes.
Relax in the moment.



13

Engage your senses to feel grounded

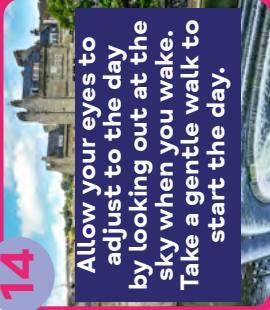
Notice...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



14

Allow your eyes to adjust to the day by looking out at the sky when you wake. Take a gentle walk to start the day.



15

Reduce Stress

Take time out for activities you enjoy. Perhaps a walk, a run or an exercise class?



17

Be Creative!

Draw, sketch, paint, knit, sew, crochet, write, bake.

Focus fully on the activity.

18

Listen to music

Dance or sing along if you feel like it!



21

Spread kindness.

Share a smile



16

Think of three things you are grateful for.

Try to do this every day.



20

Create a Bedtime routine

A bedtime routine may be going to bed at a similar time each night; taking a shower or bath or reading a book before going to bed.



24

For more resources, free go to:

bit.ly/BMWWellbeingActivities

@bath.mind

www.bathmind.org.uk



For help and support, visit www.bathmind.org.uk



Nature for Wellbeing

Photograph courtesy of Adrian

Nature has many benefits for our mental and physical wellbeing.



**Lifts
Mood**



**Reduces
Stress**



**Aids
Relaxation**



**Improves
Health**



**Improves
Sociability**



**Improves
Self-esteem**

Walking

Woods and forests are wonderful places to connect with nature. Take note of your surroundings. Walk mindfully, focussing on the here and now. Look at how the light enters through the trees; touch the bark and feel its texture; observe the wildlife; look at the different colours and textures around you. Listen to the wind rustling through the trees, birds singing. Become aware of your breath as you breathe the forest air; smell woodland flowers.

Gardens & Parks

Take time to enjoy your garden, if you have one. Sow seeds and watch plants grow. Arrange to meet a friend for a walk and a picnic in a nearby park or garden. Enjoy everything from beautiful floral displays, to daisies and dandelions in the grass. Keep an eye open for animals - there are often squirrels; spot different types of birds; watch butterflies. Try taking your shoes off to connect with the earth; feel the ground under your feet, wiggle your toes in the soft grass.

Sunshine & Fresh Air

Sunshine and fresh air are good for mind and body. Feel the warmth of the sun and notice how this makes you feel. Keep your home aired by opening the windows. Focus on your breath, and feel yourself relaxing.

Bring Outdoors In

Those unable to leave home, can still find ways to enjoy nature. Grow a plant in a garden or a window box. Open the windows, let light and fresh air in. Treat yourself to some flowers. Put pictures and photographs of nature on the walls.

You can find lots of activities and more ways to enjoy nature here:
www.bathmind.org.uk/resources/wellbeing-activities/nature/

Providing people with money guidance and support

Working in partnership with **Bath Mind**

On average
people using
this service have
become over
£300
better off

Clean Slate is a not-for-profit Community Interest Company

WE PROVIDE

- ✓ A free programme to help people check their finances are in the best shape possible
- ✓ Independent money guidance: a safe space for people to talk freely
- ✓ A Money Health Check identifies quick wins and longer-term goals
- ✓ Budgeting support to reduce the risk of future problems
- ✓ Signposting to specialist advice, financial support and resources
- ✓ Exploring options for generating more income and building a savings pot
- ✓ We fill gaps to meet people's needs, we address the causes as well as the problem

WHO CAN USE THE SERVICE

- ✓ Anyone receiving support from Bath Mind: We could all use money guidance sometimes!
- ✓ People don't need to be struggling already but anyone who is anxious about their finances will benefit

Bath Mind clients can contact us direct at cleanslateltd.co.uk [Click 'Sign Up']

Please select 'Bath Mind' in the list under 'What Brought You Here / How Did You Hear About Clean Slate?'

CleanSlate

The home of **Quids in!**, the money skills initiative

Clean Slate is a not for profit Community Interest Company supporting people with their money, employment, and getting online. **Quids in!** is our money skills project. We are funded to work with residents using support services in B&NES. We offer support and training by phone, at drop-in services (post-lockdown) and in workshops. More details at cleanslateltd.co.uk

Support and guidance delivered differently

Robin Redbreast



Photograph courtesy of Adrian

We have a secret, just we three,
The robin, and I, and the sweet cherry-tree;
The bird told the tree, and the tree told me,
And nobody knows it but just us three.

But of course the robin knows it best,
Because she built the ... I shan't tell the rest;
And laid the four little...something in it...
I'm afraid I shall tell it every minute.

But if the tree and the robin don't peep,
I'll try my best the secret to keep;
Though I know when the little birds fly about
Then the whole secret will be out.

Anon: The Golden Book of Poetry (1947)

If you'd like the chance to have your poem included in a future edition, please send it to press@bathmind.org.uk. When sending, please confirm that the poem is your own original work and confirm that you give us your permission to print it.

Supporting Children and Young People

It is essential that young people feel heard and are able to access help for their mental health. For those supporting young people, it can seem difficult to know where to start. We recommend opening conversations about mental health, allowing young people to express how they feel and to feel heard.

Tips for talking to a young person about mental health

Be empathetic Try to put yourself in the young person's shoes, imagine how they are feeling. Listen to their tone of voice and notice their body language, as this will give you clues as to how they are feeling.

Find a safe space to talk Make it clear that they are not in trouble. Meet in a neutral space which is private and calm. Try to be on the same level - for example, both sitting down. Some may find it easier to talk whilst out for a walk in a relaxing environment, others may prefer to talk without direct eye contact - for example, in a car.

Use 'active listening' Active listening means allowing for silences and not filling them. Give the young person space to talk. Ask questions such as 'how can I help you?', 'how long have you felt like this?', 'how are you feeling at the moment?', 'what kind of support do you think may help?'.
© 2018 Young Minds

Stay calm Being as calm as possible can help young people feel supported and in turn can help them feel more calm and open to talking.

Accept them as they are Respect their feelings, experiences and values, even if they are different to yours. Try not to judge or criticise. Choose your words carefully and try to avoid language which may evoke shame, such as 'pull yourself together' or 'don't be silly'.

When and where to get help Always take their feelings seriously, it is never too early to get help if you have any concerns. Websites such as Young Minds have great resources and can signpost you to further support. You may want to contact your GP, with the young person's permission, or gently signpost them towards support.

Bath Mind's Safe Space Youth Group and Peer Mentor support - for ages 16-25

To self refer or find further information and resources, visit:

www.bathmind.org.uk

You can also find helpful resources and support at:

www.youngminds.org.uk

Sudoku

2		5				7		8
			2		7			
7	3		8	6	5		1	9
5	1	6		2		9	8	4
		3	6	5	8	1		
	7			4			5	
3	5			7			4	6
		7	5		6	3		
6	2		3	8	4		7	1

Solution on last page

Aged 16-25? Struggling with challenges in your life?

YOU ARE NOT ALONE

OUR FREE GROUP

SAFE SPACE

IS HERE TO SUPPORT YOU

The chance to speak openly about how you are feeling

Join us on Zoom, Thursdays 5pm-6.30pm
and monthly in person at Bath College

Contact Becky 07538 113890
email: wellbeing@bathmind.org.uk



Easy Apple Cake



Ingredients (Serves 8)

- 1 cup plain flour
- 1 cup ground almonds
- 3/4 cup sugar (can be replaced with 2tbsp honey or maple syrup if preferred)
- 3/4 tsp bicarbonate of soda
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/2 cup olive oil
- 1/4 cup water
- 2 tsp almond essence (optional)
- 1 tbsp vinegar
- 4 large apples

Method:

- Mix the wet (liquid) ingredients together
- Mix the dry ingredients together
- Peel, core and slice the apples
- Mix everything together

Bake at 180 degrees for 40 minutes.



You can also decorate the top with some sliced apples. Peel, core and slice an apple, cook over a medium heat for 5-10 minutes with a little butter. Add a sprinkle of cinnamon. Arrange the apple on top of the cake before it goes into the oven.

Recipe

This is a perfect winter warmer, which takes just a few minutes to make and is far more economical than buying soup. Portions can be frozen and reheated directly from frozen. You can swap the cauliflower for broccoli if that's what you have available.

Cauliflower Soup



Ingredients (Serves 2-3)

1 small cauliflower (chopped into small florets)

1 onion, chopped

1 tsp olive oil

1 pint Vegetable stock (made with a stock cube or granules)

Salt, pepper, nutmeg (to taste). 1 lemon

Optional: 2 tablespoons of cream or natural yoghurt.

Method:

Add the olive oil to a medium saucepan, on a low heat.

Add the chopped onion, and a pinch of salt. Soften gently.

Add the cauliflower to the pan. Add the vegetable stock

Bring to the boil. Simmer until the cauliflower is very tender.

Remove from heat.

Blend to a puree. If you don't have a blender you can mash with a potato masher.

Add a little more water if necessary (a little at a time), and/or add cream or natural yoghurt.

Check seasoning, add a touch of nutmeg and lemon juice to taste.

Naan Bread

Ingredients (makes 6)

2 cups (250g) all purpose flour (plain flour)

1 1/4 cups (250g) natural yogurt (or dairy free vegan yogurt)

2 teaspoons baking powder

1/4 teaspoon salt

Method:

Mix all ingredients together in a large bowl. Knead it for a minute or so in the bowl until it comes together in a fairly sticky ball. If necessary, add a little more flour to make it manageable.

Divide it into six equal pieces. Using a rolling pin dusted with flour, roll each one out onto a floured surface to about 6" (15cm) diameter.

Heat a frying pan (without oil) until hot. Cook each flatbread for a few minutes on each side until lightly golden spots appear and it puffs up.

Best eaten on the same day. Warm them up in the oven before serving.



Give a Gift that Counts

2022 Wellbeing Calendar



On sale from
at:

St Michael's Without
Pop-up Christmas Shop,
Broad Street
Bath BA1 5LP



Answers



2	9	5	4	3	1	7	6	8
1	6	8	2	9	7	4	3	5
7	3	4	8	6	5	2	1	9
5	1	6	7	2	3	9	8	4
9	4	3	6	5	8	1	2	7
8	7	2	1	4	9	6	5	3
3	5	1	9	7	2	8	4	6
4	8	7	5	1	6	3	9	2
6	2	9	3	8	4	5	7	1

Visit our website for wellbeing activities, recipes,
quizzes and lots more!

www.bathmind.org.uk/resources/wellbeing-activities/

Set your own wellbeing intentions for advent, or complete and gift with positive messages for a friend.

 Mind Bath

Wellbeing Advent Calendar

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24

For help and support, visit www.bathmind.org.uk

DO YOU NEED SOMEONE TO TALK TO?

Bath Mind is here for you

Breathing Space

A calm, non-clinical support service. Our staff will focus on helping you stay safe and look at a short term plan for next steps for crisis prevention.

Evening support phone line

Monday-Thursday 5.30pm-11.30pm

Telephone: 01225 983130

Face-to-Face Service

Monday-Thursday 6pm-10.30pm

Oasis, Fountain Buildings, Bath BA1 5DU
Call 01225 983130 before 5pm
on the day you would like to attend.

Safe Space (16-25 year olds)

This free group meets every Thursday on Zoom and monthly in person at Bath College. A chance to speak openly about how you are feeling, supported by Bath Mind staff and volunteers. Optional activities include art, music, yoga and more!

Contact Becky

07538 113890

email

wellbeing@bathmind.org.uk

Befriending

Supporting adults (age 16+) who may be feeling lonely or isolated, anxious or have low mood. Our team support with regular telephone calls, listen and offer advice to promote positive health and wellbeing.

To join, please call and ask for Befriending.

0300 247 0050

Wellbeing Groups

Our wide range of wellbeing groups are based around activities such as gardening, food and nutrition, photography, arts and crafts, physical activity - such as walking and running, and much more.

You can find out more about all our groups on our website.

email

wellbeing@bathmind.org.uk

**You can self-refer to our Wellbeing Groups and Safe Space at
www.bathmind.org.uk/wellbeingreferral/**