

FREE

 **Mind Bath**

Wellbeing

Bath and North East Somerset

**HOW TO EAT
WELL ON
A BUDGET**

**STAYING
WELL IN
WINTER**

**IMMUNE
SYSTEM
SUPPORT**

**SPENDING
TIME IN
NATURE**

**REDUCING
ANXIETY**

**MONEY AND
MENTAL
HEALTH**

Photo courtesy of Michelle

WHERE TO GET HELP IF YOU NEED IT

www.bathmind.org.uk

Winter Viruses

Viruses tend to spread more easily in winter, as people spend more time indoors and often meet in larger groups.

You can help reduce your risk of becoming ill by considering

Hands, Face, Space, Ventilation

- Wash your hands more often than usual to avoid spreading germs
- Consider wearing a mask in crowded spaces
- Give people space
- When indoors, ventilate crowded rooms to help freshen the air

The UK government is offering Flu and Covid-19 vaccinations for some people this winter.

Vaccination can help protect you from becoming seriously ill and being hospitalised.

You can find out if you are eligible and book vaccines on the NHS website www.nhs.uk.

You can call 119 if you have questions or need help with coronavirus (COVID-19) vaccinations, testing, NHS COVID Pass, and more.

Calls to 119 are free from mobiles and landlines. 119 provides support in 200 languages.

Lines for vaccinations, advice about testing and staying at home are open Monday to Friday from 8am to 6pm (including bank holidays), and on Saturday and Sunday from 9am to 1pm.

The government is providing free transport to/from vaccination centres under their 'Grab a Cab' scheme.

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

Immune System Support

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.

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.

The Importance of Nutrition

Good nutrition has been recognised as essential before, during and after any infection. Taking steps to support our immune systems through maintaining a healthy diet is very important. Try focussing on the following areas:

Eat a rainbow diet

Eating a variety of fruit and vegetables every day to ensure you are taking in adequate levels of nutrients to support immunity.

Cook from scratch

Use recipe books and resources to inspire and guide you to include more nutrient-rich and immune-boosting foods. This includes vegetables, wholegrains, nuts and healthy fats (like olive oil).

Make healthier choices

Reduce sugar, salt and unhealthy fats. These are found in cakes, biscuits, fast food and many ready meals.

Limit alcohol consumption

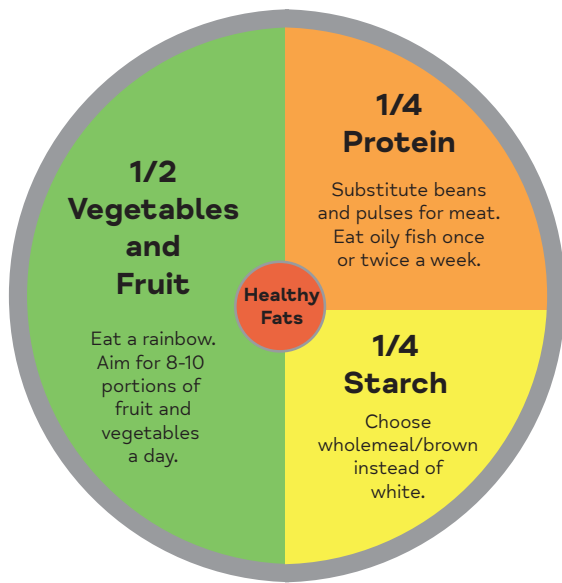
Alcohol compromises the immune system, so reducing it is particularly helpful in maintaining a strong immune system.

Drink plenty of water

Water helps to transport nutrients around the body to different cells and organs, which helps strengthen our immune systems. 6-8 glasses (of around 250ml) of water a day is seen as a general guideline.

A Healthy Plate

Try to eat from 'a healthy plate' with a balance of vegetables, fruit, protein, starch and healthy fats.



Vegetables and Fruit

Try to eat 8-10 portions of fruit and vegetables a day. These can be fresh or frozen. Eat raw, cook gently or steam to maximise the nutrients.

Protein

Meat and poultry. Fish and seafood. Dairy products - milk, cheese. Eggs. Beans, lentils, pulses. Soya products. Nuts and seeds.

Starch

(Carbohydrates)
Bread
Rice
Pasta
Potatoes
Grains - quinoa, spelt.
Wheat products.

Try to swap white for brown/wholemeal.

Healthy Fats

Olive oil.
Coconut oil.
Flax seed oil.
Rapeseed oil.
Black seed oil.
Avocado oil.
Nut oils.

Water

Water is essential to hydrate us. It helps transport nutrients which supports our immune system. Try to drink 6-8 glasses of water a day. A typical glass size would be around 250ml.

RECIPE

Oat and Seed Bars

Ingredients (Serves 2-3)

- 1 cup of rolled oats
- 1 cup of mixed seeds (sunflower, pumpkin, sesame, flax all work)
- 1 cup of dried fruit of your choice
- 1/2 cup dessicated coconut
- 1/3 cup honey or agave syrup
- 1/2 cup coconut butter

Method

Pulse all ingredients together in a food processor until combined. Press into a greased baking tray and bake for around half an hour at 180 degrees. Cool and cut into squares. Keeps well in an airtight container. Optional: a small handful of unroasted and unsalted nuts can also be added after pulsing if you would like a bit more crunch.



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.

Sign up to Bath Mind's newsletter to receive regular updates including information on courses to support your nutrition and wellbeing! www.bathmind.org.uk/

RECIPE

This is a perfect winter warmer, which takes just a few minutes to make and is 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.



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.

No Waste Vegetable Pie

RECIPE

Ingredients

(Serves 4)

1 kg potatoes
Olive oil
200g cheese, grated
1 large garlic clove crushed
1 red onion, finely chopped
3 carrots grated
1 broccoli
3 celery stalks finely chopped or grated
1 red chilli finely chopped
1 400g can chickpeas drained and rinsed
Handful fresh parsley finely chopped
1 lemon



Method

Pre-heat your oven to 200C

Slice the potatoes into small cubes, leaving the skin on. Place in a pot with boiling water for 12 minutes until soft

Meanwhile prepare the veg. Keeping the skin on the carrots, grate them straight into the baking dish. Add the chopped celery, chilli (making sure to not waste any edible parts) parsley leaves and stalks, red onion, garlic, chickpeas and 100g cheese.

To reduce food waste, chop the florets off the broccoli head and then grate the stalk. Add both to the baking dish along with the zest of 1/2 a lemon and the juice of the full lemon. Season with salt and pepper and mix all the ingredients

Once the potatoes are boiled, mash with olive oil (or how you prefer to do it) and add in the leftover 100g of cheese and mash until smooth. Simply layer on top of the pie mix and place in the oven at 200C for 35 minutes.

REMEMBER: LITERALLY ANY VEGETABLES CAN BE USED IN THIS PIE whatever you have; frozen, canned, fresh and also leftover cooked vegetables

This version is vegetarian but you can add leftover cooked mince, chicken or any other meat from another meal.



Visit Bath Mind's website to find out about groups and courses. www.bathmind.org.uk

Money and Mental Health



Worrying about money can impact your mental health, while living with a mental health condition can make earning and managing money more difficult. This can feel exhausting and create the feeling of being stuck in a ‘vicious cycle’ – money worries lead to difficulty managing money and vice versa.

There are things you can try to help organise your money. Some tips are:

Make sure you’re claiming any extra money or support you’re entitled to. Bath Mind are part of a joint partnership with Citizens Advice BANES which can advise you on welfare benefits, support you in maximising your income, and appeal decisions. To access this service, contact Citizens Advice on 0808 278 7897 and ask for the Welfare Benefit Service.

Use Clean Slate’s Money Health Check.

Create a budget. The Money Helper website has helpful budgeting advice as well as a free budget planner.

Put all your important documents in one place so you can find them easily. This could be bank statements, bills and payslips.

If you’re struggling to pay off your debts, get debt advice. You might find it helpful to contact a debt organisation such as Money Advice Service, National Debtline, or StepChange Debt Charity.

Set up direct debits for your bills and other regular payments so they don’t pile up.

Make a plan for ways to distract yourself, ready for if you notice changes in your mood that might affect your spending. You could also remove shopping apps from your phone that you might be tempted to use.

When you’re feeling well, put money aside for times when you might not be able to focus so well on money. This might be in a savings account or piggy bank.

If you are struggling with paying your utility bills (gas, electricity, water), contact your supplier and discuss this with them. Their contact details will be on your bill.

- If you do decide to tell a service about your mental health, you don't have to tell them everything. Explain why you're telling them this information and what you want them to use it for. For example, you may want to ask your bank to make some changes so that you feel more comfortable when they contact you.

- You could get a Debt and Mental Health Evidence Form (DMHEF) from your GP. This helps to make sure that debt companies take your mental health into account.

- Ask a friend or family member to support you, with making phone calls, or to be around for you to talk to afterwards.

- If you don't feel comfortable talking on the phone, use services which allow you to manage your account online or let you speak to someone using web chat.

- Before attending an appointment, it may be a good idea to contact the service to ask what you can expect on the day. Make notes on everything you want to ask and prepare for any questions that may be asked.

- Prepare all your paperwork together, such as bills and bank statements, so that you have all the information ready during the phone call or appointment.

- After speaking to a service, keep notes of everything you talked about. You can also ask the service to send you a summary after the appointment.

If you are experiencing money problems and mental ill health, there is help available. Below are some useful tips, organisations and resources.

- Speak to a support worker or health professional, like your GP.
Talk to a friend, family member or colleague.

- Contact a helpline such as Bath Mind's Breathing Space service or Samaritans for confidential, non-judgemental emotional support.

- Money Helper has lots of information on managing your money if you're in hospital, unable to work due to mental ill health or helping someone else manage their money.

- Citizens Advice is a good place to get information about benefits, how to deal with debt, energy solutions and support if you're made redundant or facing employment uncertainty.

- Use a free toolkit such as Mental Health and Money Advice's money and mental health toolkit.

- Visit the national Mind charity's website www.mind.org.uk to view their resources around money and mental health.

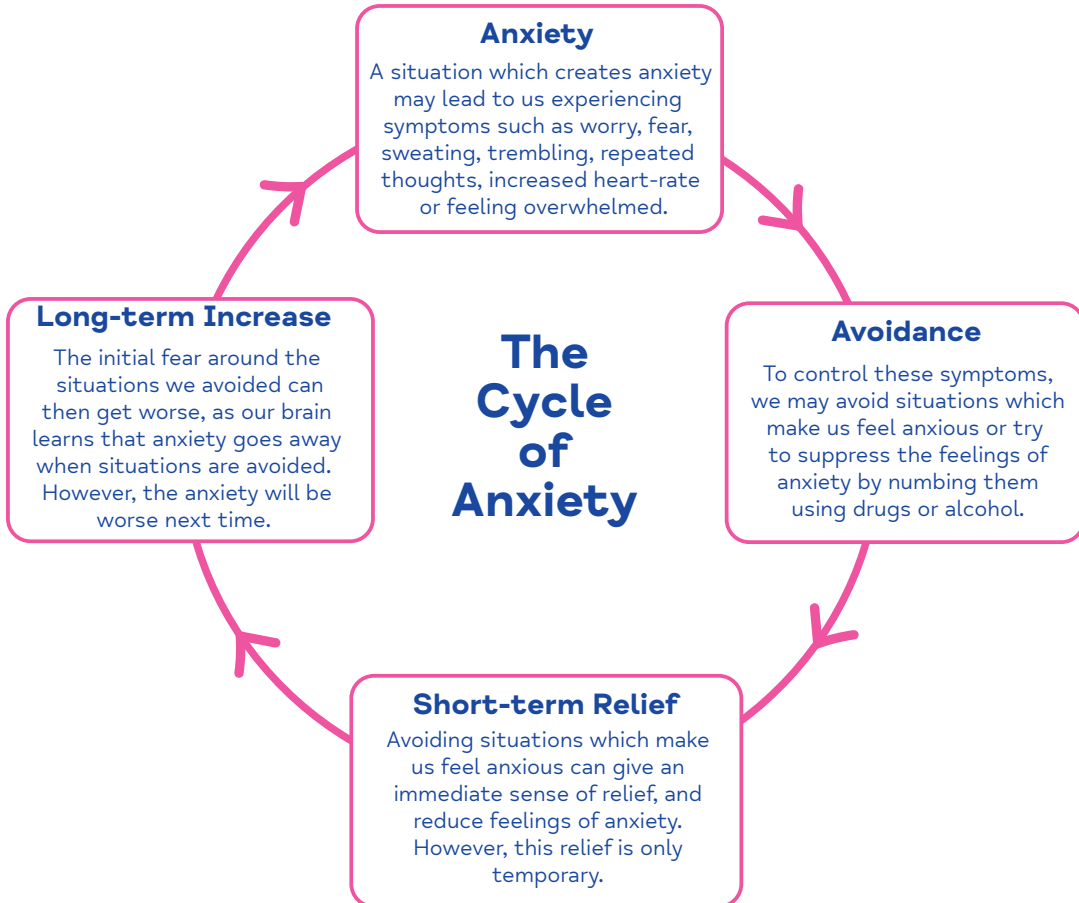
You can find more information on money and mental health in the Resources section of Bath Mind's website:

www.bathmind.org.uk

What is anxiety?

Anxiety is a natural human response to times when we may feel under threat. We may feel worried, tense or afraid about things which we think could happen. Most people feel anxious at times, particularly when coping with stressful events. Everyone's experience of anxiety is different.

Humans have developed a “fight, flight or freeze” response, to protect us from danger. Our bodies release hormones such as cortisol and adrenaline. This can be helpful, enabling us to generate action in our lives, or to keep ourselves safe. However, at times this response can be too much and it can become extremely debilitating.



How to break the cycle of anxiety

It can be difficult living with anxiety, but there are ways to help yourself. Healthy coping skills can help us to manage anxiety. Instead of avoidance, we can learn to face the uncomfortable feelings which anxiety causes and gain confidence in dealing with situations.

Breathing for Relaxation

Next time you feel anxious, try this simple relaxation technique:

- 1 Inhale slowly and deeply through your nose**

Keep your shoulders relaxed. Your abdomen should expand as you breathe. Your chest should rise very little, as the focus is on breathing from your stomach.
- 2 Exhale slowly through your mouth**

As you breathe out, blow air out and purse your lips very slightly, keeping your jaw relaxed. You may hear a soft 'whoosing' sound as you exhale. Try to think of the word 'out' as you exhale.
- 3 Repeat this breathing exercise**

Do this for several minutes, until you start to feel better.

Breathing to reduce stress

This calming breathing technique for stress, anxiety and panic, takes just a few minutes and can be done anywhere.

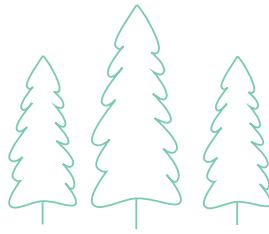
Make yourself comfortable. If you're sitting, place your arms on the chair arms; if you're standing or sitting, place both feet flat on the ground.

- 1** Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- 2** Try breathing in through your nose, out through your mouth.
- 3** Breathe gently and regularly - some people find it helpful to count from 1 to 5 as you breathe in. You may not reach 5 at first, that's OK, just try to do what you feel comfortable with.
- 4** After breathing in, without pausing or holding your breath, let your breath flow out gently - counting from 1 to 5 as you exhale.

Practise breathing for about 3-5 minutes; daily, if you can.

You can perform as often as needed. They can be done standing up, sitting down, or lying down. If you find this difficult or believe it is making you anxious or panicky, stop for now. Try it again in a day or so and build up the time slowly and gradually.

Nature for Wellbeing



Nature has many benefits for our mental and physical wellbeing.

**Lifts
Mood**

**Reduces
Stress**

**Aids
Relaxation**

**Improves
Health**

**Improves
Sociability**

**Improves
Self-esteem**

Walking



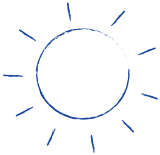
Woods and forests are wonderful places to connect with nature. Take note of your surroundings. Walk mindfully, focussing on the here and now. Look at how the light enters through the trees; touch the bark and feel its texture; observe the wildlife; look at the different colours and textures around you. 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.

Visit our website for more ways to enjoy nature, and other helpful resources to help support your mental health and wellbeing:

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

Warm Spaces

Warm spaces are places which open their doors to provide somewhere warm, to reduce your need for heating at home. Warm Spaces have to be registered. Below is a list of those which are registered in B&NES.

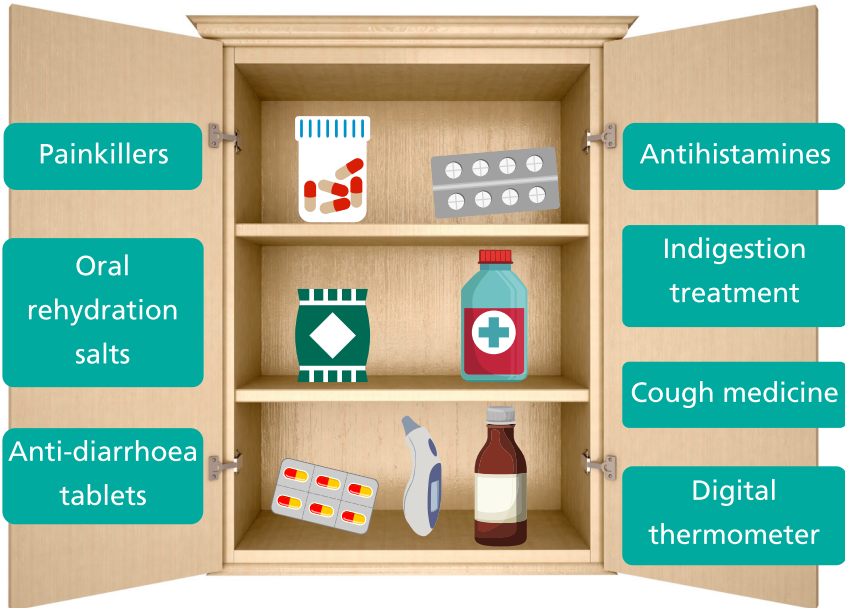
3 Café Kitchen	180 Frome Road, Bath, BA2 5RF 01225838070
Love Weston Community Cafe	Weston Free Church (Moravian), High Street Weston , Bath, BA1 4DB 07796566173
Weston Welcome Cafe and Food Club	Weston Hub, Penn Hill Road, Weston, Bath , BA1 4EH 07976 241 545
Percy Community Centre	New King Street, Bath, BA1 2BN 01225 423014
Youth Connect South West	Southside Youth Hub , Kelston View, Whiteway , Bath, BA2 1NR 07948551598
Southdown Methodist Church Centre	The Hollow , Bath, BA2 1NJ 07746297420
Toasties Keynsham Elim Church	Balmoral Road , Keynsham , BS31 1AL 0780500386
Farmborough Community Shop	Behind Farmborough Memorial Hall, Little Lane, Farmborough, BA2 0AJ 01761 471 811
Chew & Yeo Baptist Network	The Link, The Street, Bishop Sutton, BS395UU jandsmiles@me.com
Timsbury Community Library	YMCA BUILDING, North Road, Timsbury, BA20JH

All registered 'Warm Spaces' agree to the BaNES Warm Spaces Charter upon registering. Live Well BaNES does not moderate individual venues to ensure they comply with the charter, so visiting the venue is at individual discretion.

Libraries are also able to support with accessing the internet and other services in BaNES.

Be alert to scams where people may contact you from unknown numbers or by text or email. Only talk direct with your supplier.

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.

Just a few of the services

Here to help you in B&NES

AbilityNet Has tech volunteers that provide free IT support to older people and disabled people of any age. They can help with IT challenges from setting up new equipment, fixing technical issues, showing you how to stay connected to family and use online services.
<https://abilitynet.org.uk> Tel: 0800 048 7642

Bath Foodbank Can provide nutritionally balanced emergency food and support to local people who are referred to them in crisis.
<https://bath.foodbank.org.uk/> Tel: 0808 2082138

Bath JobCentre Plus Bath's local job centre and they can administer claims, Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance and Income Support.
www.jobcentreguide.co.uk/bath-jobcentre Telephone: 0845 604 3719

Citizens Advice Bath Provide free, independent, impartial, and confidential advice on issues such as benefits, housing, debt, pensions, and family law. They can also help with filling in certain benefit forms.
www.citizensadvicebanes.org.uk Tel: 0808 278 7897

Genesis Trust Support with money management and can provide advice and support for anyone on low income. They have a day centre providing crisis support for people who are homeless, vulnerably housed or experiencing complex challenges such as financial insecurity, mental health and substance misuse. They also offer one-to-one support where you can talk to a member of the team. Location: Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH <http://genesistrust.org.uk>
Tel: 01225 463549

Goodgym A community of local residents who run, walk, or cycle to help out community projects and older people in Bath. www.goodgym.org

National Debtline National Debtline offer online resources, a web chat and a helpline. www.nationaldebtline.org Tel: 0808 808 4000

Bath Mind has created a Support Directory of services available across BaNES. If you're looking for support, this is a great place to start!

<https://www.bathmind.org.uk/service-directory/>

Mental Health & Wellbeing Support

Breathing Space - Evening Support

Telephone: 0808 175 1369

Email: breathingspace@bathmind.org.uk

This is a free service. Every day 5.30pm-11pm.

Access Community Mental Health

Telephone: 0808 175 1369

access@bathmind.org.uk

Self refer by phone or email.

This is a free service. Monday to Sunday 9am to 5.30pm

Befriending

Telephone: 0300 247 0050

befriending@bathmind.org.uk

Self refer by phone or email.

This is a free service.

Counselling

counselling@bathmind.org.uk

This is a chargeable, low-cost service.

Wellbeing Support Groups

Groups and activities

Self refer by phone or email.

wellbeing@bathmind.org.uk / 07538 113890

Suggested donation of £4 per session.

Safe Space Youth Group (age 16-25)

Telephone/Text: 07538 113890

email: wellbeing@bathmind.org.uk

Self refer by phone, text or email.

This is a free service.



For more information and opening hours
visit our website:
www.bathmind.org.uk/our-services/