

Issue 1

Wellbeing

Bath and North East Somerset



 mind Bath

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 the first edition of 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/what-we-do/

This issue includes

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

Autumn wordsearch
Mindful colouring
Breathing to reduce stress
Sudoku puzzle
Nutritious low-cost recipe
The importance of nutrition

Useful contacts to support your mental health and wellbeing.

Contact: press@bathmind.org.uk

**Bath & North East
Somerset Council**

This publication has been brought to you thanks to funding from Bath and North East Somerset Council.

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 this for about 3-5 minutes; make it part of your daily self-care routine, if you can.

You can perform this exercise as often as needed. It can be done standing up, sitting down, or lying down. If you find this exercise 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.

You can find lots more resources, tips and activities on our website
www.bathmind.org.uk/advice-and-support/wellbeing-activities/

Autumn Wordsearch



BIRDS
LEAVES
APPLES
AUTUMN
HEDGEROW
OAK
BEECH
FOOTPATH
WIND
HARVEST
OCTOBER
NATURE

Solution at back of leaflet.

Keeping Mentally Active

If we enjoy puzzles with words or numbers, it can have a positive effect on our wellbeing. If you've not tried puzzles before, learning something new can help maintain or improve our thinking skills.

Before you check your answers, you could ask a friend to try the same puzzle and compare your answers with them. If you need help to complete a puzzle, you could talk it through with a friend, or even do half each!

What if a close contact tests positive?

If you live in the same household as a person who has symptoms of coronavirus (Covid-19) or who has received a positive test result, follow the Stay at Home guidance.

If you have been in close contact, but do not live with, a person who has tested positive, and 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, or 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

WORLD MENTAL HEALTH DAY

Sunday 10th October 2021

MENTAL HEALTH in an UNEQUAL WORLD

World Mental Health Day is run by the World Federation for Mental Health. It takes place on 10th October every year.

The theme chosen for 2021 highlights that access to mental health services remains unequal. Many people with mental ill-health continue to experience stigma and discrimination which not only affects their physical and mental health, but also their opportunities in life, their families and loved ones.

Bath Mind is committed to tackling stigma associated with mental ill-health to reduce inequality.

KOMEDIA

COMEDY • MUSIC • FILM • ARTS CAFÉ

In aid of
of

mind
Bath



A NIGHT OF

MUSIC, COMEDY & DANCE

THURSDAY

14

OCTOBER

DOORS OPEN
6pm

BOOK TICKETS

WWW.KOMEDIA.CO.UK/BATH

OR PAY ON THE DOOR

KOMEDIA CLUB
22-23 WESTGATE STREET
BATH BA1 1EP

TICKETS

£6

Concessions
£5

CELEBRATING WORLD MENTAL HEALTH DAY



Colouring can be very therapeutic. Try to choose colours which you enjoy. When you colour, try practising mindfulness. Fully focus on the activity, think about what you are creating and stay in the moment.

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 on 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 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.

You can find more detailed information , including non-English language, here: www.gov.uk/coronavirus

Sudoku

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

Solution on last page

Run for Bath Mind in the Bath Half 2022

Join our team and help raise funds for our vital services.

In 2019, our amazing runners raised over £40,000 to help us support the mental health of local people. Please help us beat that in 2022.



Sign up here:

www.bathmind.org.uk/fundraising/bath-half-2022/
Already have a place? You can still join Team Bath Mind.
Follow the above link to find out more.

Thank you

 Bath Mind

The Importance of Nutrition



Good nutrition has been recognised as essential before, during and after any infection. It needs to be said that no food or supplement can prevent a Covid-19 infection, however, 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 is important to ensure you are taking in adequate levels of nutrients to support immunity.

Cook from scratch

There are many excellent recipe books, websites and other resources available. Use these 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. Making more healthy choices forms an important part of the immune support process.

Limit alcohol consumption

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

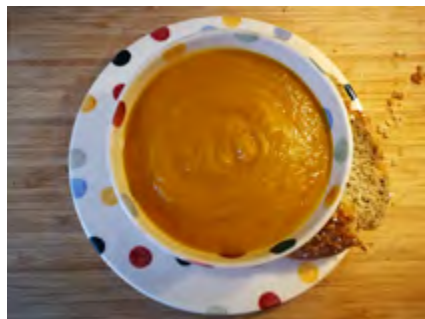
Drink plenty of water

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

Recipe

Butternut Squash Soup

Try this delicious soup for a nutrient-dense meal. Other vegetables and herbs can be used, depending on what you have available. Sweet potato works well, as does cauliflower. Add a handful of fresh or frozen spinach.



Ingredients

Recipe for 2 servings

- 1 cup (3-4 medium-sized) carrots, chopped
- 1 cup (approximately 200g) butternut squash, peeled and chopped
- Half an onion, peeled and chopped
- 1 tablespoon olive oil or coconut oil
- 1-inch piece fresh ginger root, peeled and grated
- 500ml chicken or vegetable stock
- Sea salt and black pepper to taste
- 1 teaspoon chopped parsley, to serve.

Method

- Add the oil to a large pan.
- On a low heat, add the vegetables, onion and ginger. Cook until softened.
- Add the stock.
- Simmer until the vegetables are all soft.
- Use a blender to blend all of the ingredients until smooth.
- Season with salt and pepper, to your taste.
- Sprinkle parsley on top to serve.

Food for Thought brings people together to cook and share healthy, nutritious food. To find out more visit:
www.bathmind.org.uk/what-we-do/share/food-for-thought/



Local & National Helplines

Whether you're concerned about yourself or a loved one, these helplines can offer expert information and advice.

Avon & Wiltshire Mental Health Partnership:

24 hour mental health helpline:	0300 3031320
Bath Foodbank	01225 463549
Breathing Space (6pm-11pm every day)	01225 983130

Telephone support 24 hours a day, 365 days a year

Life threatening medical emergency	999
NHS 111- Non-emergency medical help	111
Social Services Emergency Duty Team	01454 615165
Concerns for someone's Mental Health	01225 325680
Statutory mental health services provided by AWP (main switchboard)	
Alcoholics Anonymous	0800 917 7650
Combat Stress (veterans)	0800 138 1619
FRANK (national drugs helpline)	03001 236600
National Domestic Abuse Helpline	08082 000247
Samaritans	116 125
Shout Text Service (crisis support)	Text Shout 85258
Victim Support	0808 168 9111

Other support, times vary

Adult Social Care Services	
Virgin ASIST Team	01225 396000
Beat (eating disorders)	08088 010677
CALM (men aged 15-35)	0800 58 58 58
Family Lives (formerly Parentline)	08088 002222
Mind Infoline	0300 123 3393
Mindline Trans+ (trans, non-binary support)	0300 330 5468
Narcotics Anonymous	0300 999 1212
National Gambling Helpline	0808 8020 133
No Panic (panic attacks, OCD and phobias)	08449 674848
OCD UK	0333 212 7890
Rape Crisis	08088 029999
SANELine	0300 304 7000
Self-Injury Helpline	08088 008088
Womankind (in distress, suffering domestic abuse)	01179 166461 03454 582914

DO YOU NEED SOMEONE TO TALK TO?

Breathing Space is here for you

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. Our aim is to support you to work towards recovery, resilience and wellbeing.

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.



Available to all living in or registered with a GP in BaNES aged 16 or over.

Answers



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

Contacts



Bath Mind Offices	01225 316199	admin@bathmind.org.uk
Bath Spa University Wellbeing Group	07538 113890	wellbeing@bathmind.org.uk
Befriending	0300 247 0050	
Breathing Space	01225 983130	breathingspace@bathmind.org.uk
Community Support	07538113880	wendysteeds@bathmind.org.uk
Corporate Partnerships		hannahroper@bathmind.org.uk
Counselling		counselling@bathmind.org.uk
Food for Thought		foodforthought@bathmind.org.uk
Football		ailsae@bathmind.org.uk
Fundraising		hannahroper@bathmind.org.uk
Greenlinks		greenlinks@bathmind.org.uk
Happy Snappers	07538 113890	wellbeing@bathmind.org.uk
Keynsham Snap & Stroll	07538 113890	wellbeing@bathmind.org.uk
Online Wellbeing Group	07538 113890	wellbeing@bathmind.org.uk
Open Opportunities	07538 113890	wellbeing@bathmind.org.uk
Press		press@bathmind.org.uk
Registered Care Home Room 627	01225 448396	housing@bathmind.org.uk
Safe Space	07538 113890	ailsae@bathmind.org.uk
Stitch	07538 113890	wellbeing@bathmind.org.uk
Supported Living	01225 448396	housing@bathmind.org.uk
Training & Workshops	07943 496835	hannahroper@bathmind.org.uk
Volunteering		jodiehoskin@bathmind.org.uk
Welfare Benefits	0344 8487919	www.citizensadvicebanes.org.uk
Wellbeing House		wellbeing.house@curo-group.co.uk



Our Vision

Our vision is of a society that promotes and protects good mental health for all and treats people with experience of mental ill health fairly, positively and with respect.

Our Mission

We are here to promote and nurture everyone's mental health, through the provision of information, activities, advice and support.

Our Values

Inclusive and equalitarian: We respect everyone's experience and we ensure that inclusion is at the heart of our work.

Collaborative: We reach out to a wide community, working together with national and local organisations and people with experience of mental ill health, to help achieve our mission.

Responsive: We listen and learn from our members and supporters, gaining insight and understanding, which enables us to respond to the needs of our community.

Committed: We deliver high quality, informed services, and we are committed to improving the lives of those experiencing mental ill health.

Aspirational and ambitious: We strive for the best possible standards and quality of provision, by working and growing together with pride, passion and dedication.

Follow us on social media for news and regular updates.



www.bathmind.org.uk