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**[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)**

# Winter Wellbeing Booklet

*From staff & volunteers at Healthy Minds*

## Tea for you

At this time of year it is even more important to look after yourself, find time for yourself, and to do plenty of self-care to get you through.

Spend time outside in natural light, plan ahead as much as you can and reach out to others if you don't feel well.

Why not share some of the things you find in this booklet with a friend over a cup of tea and a chat?

We've got jokes to share, a quiz to have a crack at, craft activities and winter recipes in store!

Create your own festive greeting card or alternative Christmas decorations for some fun crafting to distract you from the winter nights.

## Tea for a friend

Make sure you check in on others, reach out to people who might be lonely, and understand that Christmas and the festive season might mean something different to others.

If you can't meet people in person, a call, zoom, posted letter or card can mean a lot!

Or find a friend or neighbour to go for a walk with and take your tea-to-go in a flask! (see Tracy and Chris's walking ideas on page 5!)

If you are looking to connect with others this winter, why not come along to one of our peer support groups? To find the right one for you, drop us an email (details on the back of this booklet).

## Quiz Answers:

1. John Lennon and Yoko Ono
2. Jingle Bells
3. The Archies
4. Wham
5. The Police
6. The Beatles
7. The Frog Song
8. East 17
9. Fairy Tale of New York
10. Joe Dolce - 'Shaddupa Ya Face'
11. Bing Crosby
12. Bob Dylan
13. 'Wonderful Christmastime' by Paul McCartney
14. Rage Against The Machine
15. Ozzy Osbourne
16. Elvis Presley
17. Wouldn't It Be Nice, Good Vibrations, God Only Knows, Barbara Ann, California Girls, Surfin USA, I Get Around, Sloop John B, Little St Nick, Fun Fun Fun, Surfin Safari, In My Room, Do It Again
18. 8
19. Somewhere Only We Know
20. Do the fairies keep him sober for a day?
21. Aled Jones

## Useful Contact Details

- **Safespace, Healthy Minds** (Everyday 6.30pm-10.30pm) 07388990227
- **Samaritans** (24 hours) 116 123
- **SANE** request a call back on 07984 967 708
- **NHS mental health crisis line** (24 hours) 0800 183 0558
- **The Mix:** under 25s (3pm-12am) 0808 808 4994
- **The Mix:** under 25s crisis text line. Text THE MIX to 85258
- **Refuge:** domestic abuse helpline (24 hours) 0808 2000 247
- **SPA - NHS referrals** (24hrs) 01924 316830
- **Shout** (24 hrs) Text 'SHOUT' to 85258



Cut along the dotted lines for a handy contact card.

# Self-Care Ideas for Winter

Contributed by staff and service users

"Over Christmas I intend to embrace some much-needed time alone. Over the past months, a lot of my time and energy has been focused on thinking and caring for others. I intend to take some time out (walking or immersing myself in creative activities), allowing me to soak up some silence, recharge my batteries, reflect and identify my plans for 2021."

"Spending time, however long, in daylight really helps me, even if it's just standing outside on your doorstep, if I can muster up the energy to go for a walk then that's even better, but definitely spending time in real daylight"

"Having an ongoing project at this time of year is a way I manage my mental health. Having something ongoing that I look forward to spending time on keeps my mind engaged and distracts me from overthinking and keeps my mood from nose diving. It could be a couple of projects like feeding birds once a day, watching which ones come, watching what they do. A project could be reading a book, or having a puzzle book or drawing, or knitting, something that can't be finished in one go. Having a few projects is better still"

# Festive Jokes!

From Healthy Minds staff Lou and Nikki

Lou and Nikki have compiled a few of their favourite winter themed jokes to make you chuckle! Feel free to pass on a laugh and tell some of these to friends and family this festive season!

What is it called when a snowman has a temper tantrum? **A meltdown!**

What do you call a snowman with a six-pack? **An abdominal snowman**

What do Snowmen call their offspring? **Chill-dren**

What do you call an old snowman? **Water**

Time to train for my favourite winter sport: **Extreme Hibernation!**

What do trees say after a long winter? **What a re-leaf**

What is the best cereal to eat in winter? **Frosties**

What do you get when you cross a snowman with a vampire? **Frostbite**

Who is a penguin's favourite relative? **Aunt Arctica**

Why are there no penguins in Britain? **Because they're scared of Wales**

How do you scare a snowman? **Get a hairdryer**

What type of hat does a penguin wear? **An ice cap**

What do you call a snowman who lies? **A snow fake**

What is an ig? **A snow house with no loo**



# Festive Card-Making

*A craft activity from Healthy Minds Project Worker Hayley*

You will just need a few pieces of card, scissors, paint and a sponge.

- First, create your own tree stencil using some thick card and scissors: Draw your tree onto the card first, then carefully cut out your design so that there is a tree-shaped hole in the card to create the stencil.
- Attach the stencil onto your greetings card (you can just use an A4 piece of card carefully folded in half) using masking tape.
- Make sure the stencil is secure and the masking tape covers all the edges of the stencil (to protect the card behind it).
- Use acrylic paint, but any paint will be fine (Water colour might be a little tricky as the paint needs to be quite dry).
- You'll need a dry sponge, make sure it's completely dry.
- Put your paint on a palette, or on some plain paper. Using any colour(s) you like.
- Make sure you don't add any water, keeping the sponge and the paint dry so that it doesn't leak under the stencil.
- Lightly dab the sponge onto the stencil and make sure to cover the entire tree, using the masking tape to make sure the stencil is covered.
- Remove the masking tape carefully and slowly and then gently lift the stencil up revealing your tree!



Now you can write a message to a friend or loved one and surprise them with your home-made festive greetings card this season!

If you'd be interested in joining our online arts and crafts group, please contact Hayley: [hayley@healthymindscalderdale.co.uk](mailto:hayley@healthymindscalderdale.co.uk)

# Mindfulness

Mindfulness is something you might find useful, as it can help focus the mind on your body and the "here and now".

Feel free to try out these prompts to help ease stress and anxiety.

Sit comfortably

Notice what your legs are doing

Straighten your upper body. But don't stiffen, sit comfortably...

Notice what your arms are doing

Soften your gaze or close your eyes

Feel your breath

*From Healthy Minds Project Worker Suzanne*

Be kind about your wandering mind, refocus on your breath

Notice when your mind wanders from your breath

# Warming Winter Recipes

## Toad in the Hole - Suggested by Jenny (Healthy Minds Service User)

Find this recipe online: [www.bbcgoodfood.com/recipes/sams-toad-hole](http://www.bbcgoodfood.com/recipes/sams-toad-hole)

### Ingredients

12 chipolatas  
1 tbsp sunflower oil

### For the batter:

140g plain flour  
2 eggs  
175ml semi-skimmed milk

Heat the oven to 220C/200C fan/gas 7. Put the chipolatas in a 20 x 30cm roasting tin with the oil and bake for 15 mins until browned.

Meanwhile, make the batter. Tip the flour into a bowl with ½ tsp salt, make a well in the middle and crack the eggs into it. Use an electric whisk to mix it together, then slowly add the milk, whisking all the time. Leave to stand until the sausages are nice and brown.

Remove the sausages from the oven – be careful because the fat will be sizzling hot – but if it isn't, put the tin on the hob for a few minutes until it is.

Pour in the batter mix, transfer to the top shelf of the oven, then cook for 25-30 mins, until risen and golden. Serve with gravy and your favourite veg.



## Feta & Beetroot Salad - Suggested by Project Worker Sam

Find this recipe at: [www.bbcgoodfood.com/recipes/feta-beetroot-salad](http://www.bbcgoodfood.com/recipes/feta-beetroot-salad)

### Ingredients

200g bag baby spinach leaves  
500g cooked beetroot  
2x 200g packs feta cheese, crumbled  
bunch mint leaves, roughly chopped  
bunch spring onions, finely sliced  
2 red chillies, deseeded & sliced

### For the dressing

5 tbsp rapeseed oil  
1 tbsp Dijon mustard  
5 tbsp lemon juice  
5 tbsp honey

Scatter the spinach leaves onto a large platter. Slice the beetroot into wedges and arrange on top of the spinach.

Scatter over the feta, mint, spring onions and chillies.

To make the dressing, put the oil, honey, lemon juice and mustard in a glass jar with a lid. Season and shake well. When ready to serve, pour the dressing over the salad and toss lightly to combine.



# Quiz

A festive music-themed pop quiz by volunteer Chris, AKA DJ Santa!

Answers on the last page!

1. Who sang 'Happy Christmas (War is Over)'?
2. Astronauts broadcast which Christmas song from space in 1965?
3. Who sang 'Sugar, Sugar' in 1969?
4. Who sang 'Last Christmas'?
5. Who released the album titled 'Regatta Da Blanc'?
6. As of 2019, which act holds the record for having the most UK Christmas No.1s?
7. Name Paul McCartney's Christmas no.1 from an animated film soundtrack?
8. Which boy band had the UK Christmas Number one spot in 1994 with 'Stay Another Day'?
9. Which Christmas song begins 'It was Christmas Eve, babe, in the drunk tank...?'
10. What song stopped 'Vienna' by Ultravox from reaching no.1 in 1980?
11. Who recorded the original – and still the most famous – version of 'White Christmas' in 1942?
12. Name the artist who wrote 'Mr Tambourine Man'?
13. Which famous Christmas song begins with the lyrics: 'the mood is right, the spirit's up, we're here tonight and that's enough'?
14. Which band scored an unlikely Christmas No. 1 in 2009 thanks to a public revolt against winners of 'The X Factor'?
15. Name the lead singer of Black Sabbath?
16. Which music legend had a 1964 hit with 'Blue Christmas'?
17. Name 3 Beach Boys hits?
18. How many 'las' are after the 'fa' in 'Deck the Halls'?
19. Lily Allen topped the charts in 2013 with a cover of a Keane song used in a Christmas advert. What was the song?
20. Complete the next line of this song – 'Does he ride a red-nosed reindeer? Does he turn up on his sleigh...?'
21. Who sang the theme tune to 'The Snowman' Walking in the Air?

# Walking for Wellbeing

*Ideas from Volunteer Chris and Project Worker Tracy...*

Sometimes, when the darker days are upon us and the skies are grey; it's so easy to stay indoors glued to the sofa and not see any real people for days!

Phone a friend, borrow a doggie, knock on the door of your neighbour and go outside for a gentle half hour to an hour meander.

Find your most colourful hat, scarf and gloves. Buy new or make if you can. The funkier the better. I always like to make folks smile with my attire... This makes me smile too!



Next, step out of the door and begin noticing the wonders of nature at this time of year by creating a memory of the special place you're at (it doesn't need to be that special, I've created a memory up my street!).

If you are alone or with a willing friend, create a memory by focussing on the different senses. Find a spot, focus on your breathing and let your thoughts drift away.

**"Walking is a reason to get out and meet people, if you live on your own like me you might not have been out for a long time. It gives you confidence, it did for me."**

**- Chris, volunteer**

**5** If you want to find out about Healthy Minds Walks For Wellbeing across Calderdale in the new year, get in touch with Jim: [jim@healthymindscalderdale.co.uk](mailto:jim@healthymindscalderdale.co.uk)

## What can you see?

Take in the whole picture- what view do you have? What things make up this view? What can you see close up and in the distance? Which plants and animals live there? Can you see movement... Close up and distant?

## What can you hear?

Close your eyes and explore the sounds around you. Which direction does the sound/s come from? How near or far are these sounds? Do you know what makes each sound? Which sounds do you like?

## What can you smell?

Reach around yourself and notice the different smells. The ground, the air, plants, trees, yourself and your companion too! Do you like these smells? Which are your favourites?

## What can you touch?

What can your hands touch? Spend some time exploring the different textures and shapes- rough or smooth? Can you feel your feet on the ground? Can you become aware of your whole body? Can you feel the air on the bits of skin showing? Is your nose cold?

## What can you taste?

A little tricky but doable once you are in the "zone". Can you taste the damp air? Can you taste the dry bark from a tree? Can you taste the plants? Be adventurous!

## What does it feel like to be here?

What emotions do you have? What thoughts come up whilst you are here? Is there anything you'd like to remember? Any words of wisdom for yourself?



Once you are back home make yourself a warm drink, sit down and take yourself back through your memory process. Can you recall the sights, sounds, touch, smell and taste of your walk? Can you think of where you would like to walk next time? Write it down so that you don't forget