



Living Better



July 2021

Kirsteen's welcome

Welcome everyone to our stretch into summer newsletter. We miss you all and hope to see you face to face at some stage in the not so distant future. We will continue online for the time being and hope that things will keep opening up and relaxing a little in the coming months. We have had some changes in the team since our last newsletter. As you know Roy has now retired and Sodi has moved into a new role. We miss them both greatly. We are delighted to welcome Spike into the team to step into Sodi's shoes. We will also be recruiting soon for a new community networker to replace Roy and a new exciting Digital post. Joanne is recovering from her eye surgery and we hope to welcome her back soon and in good health. We are going to have a little break from most of our weekly activities for the summer but they will be back the week commencing the 16th August with a new programme. The coffee and chat sessions will continue with myself, Kate and Anne - see the 'calendar' section below. We will be brainstorming soon for some new exciting Fun Fursday activities. If you have any ideas or would like to help please get in touch. Take care and enjoy the summer, hopefully we get lots of sunshine to enjoy. Kirsteen

Calendar of Events

We are taking a summer break from our regular weekly Fun Fursdays and wellbeing sessions : T'ai Chi; Mindfulness and Sound Therapy but coffee and chats will continue



Thursday 15th July

2.00pm - Coffee and Chat with Kirsteen

Tuesday 20th July

2.00pm - Coffee and Chat with Kate

Tuesday 27th July

11.00am - Coffee and Chat with Anne

Thursday 5th August

2.00pm - Coffee and Chat with Kirsteen

Tuesday 10th August

11.00am - Coffee and Chat with Anne

Tuesday 17th August

2.00pm - Coffee and Chat with Kate

(All on Microsoft Teams - just ask the host for an invite)

What's New?

We use Microsoft Teams for our online activities. We have created a guide to using Teams which you can find in our website Members Area at www.lgowit.org.

Please read the Members page information first then register (top right). Once you have been approved to join the Members Area, you will be able to view, download and print the Guide.

How to Contact Us?

LGOWIT is a charitable project hosted by the Highland Third Sector Interface - SC 0043521.

Tel: (01349) 807061

Email:

lgowitadmin@highlandtsi.org.uk

LGOWIT says farewell to Sodi and hello to Spike

Many of you will know that Sodi has sadly left the organisation and is off to the Calman Trust as Deputy Chief Executive Officer. This is a big loss for LGOWIT as Sodi achieved some great things, including the development of our eLearning modules as part of our move to online work during the lockdown. If you're near Artisans café in Inverness - pop in, as that's where Sodi might be hanging out!



Hello Spike!

Spike has recently joined the LGOWIT team as our new eLearning Officer, taking over creative responsibility for our famous animations and coordinating new modules which will be coming soon! Spike has been with HTSI since 2018 and lives in Inverness with a little Shih Tzu called Elton.

Move More Getting Active without noticing!

1. Walk and talk on the phone.
2. Take lunch outside.
3. Suggest walking meetings.
4. Park **further** away.
5. Work out while watching TV.
6. **Make** active chore cards.
7. Play actively with pets
8. Clear some space and have a dance break!

Self-Management Forum Focus "Women's Health"

Did you know that we now hold our quarterly Highland Self Management forums online? On the 10th June we held our fourth online Forum - on the theme of women's health with a range of excellent speakers including menopause, mental health, fascia & scar tissue, pelvic health, and endometriosis. We received some fantastic feedback. All the presentations can be found on our website www.lgowit.org

Our next forum will be on the 9th September, 2021 with the theme Anxiety and Stress. You are very welcome to join us.

Around the House in 80 days

Body Boosting Bingo has brought a good laugh into many LGOWIT meetings over the last few years and the team at Age Scotland have also produced a series of mini videos to help you increase your physical movement and build strength, balance and flexibility from the comfort of your own home. You can find out more on their website (under What We Do) or you can jump straight to the videos by typing "Around the House in 80 Days" into YouTube. A limited number of DVDs are also available for those who are not able to access the videos online.



Active Health Scoping

The University of the Highlands and Islands, High Life Highland and Sustrans Scotland are working on a project together about active health options for young people and families in Wick, Alness and Dingwall.



The aim is to identify opportunities to improve physical health and mental wellbeing through access to outdoor space and to enable safer, more accessible walking, wheeling and cycling for everyday journeys.

The project is funded by the Active Health and Wellbeing University Innovation Fund (UIF). If you live in or near Wick, Alness and Dingwall, please can you complete this online questionnaire:

www.surveys.highlifehighland.com/s3/ActiveHealthScoping

Focus on Qigong and Tai Chi for Health

M.I.M Tai Chi with Sandra

Qigong

Breathing exercises that helps internal organs and also helps the flow of energy and vitality (Qi) through the body.



Allow yourself to feel centered

Find somewhere peaceful and calm to you. Take off your shoes and enjoy Earth's own energy.

5-4-3-2-1 GROUNDING

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN FEEL
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

1

BREATH IN

Big Deep Breath in through the nose. Lift arms up from the knees.

2

HOLD

Hold for 3/5 secs.
Up to shoulder height.

3

BREATH OUT

Breathe out through your mouth. Then back down.

Randomized, controlled studies show China's slow exercise routines benefit the entire body.



Meditation in Motion

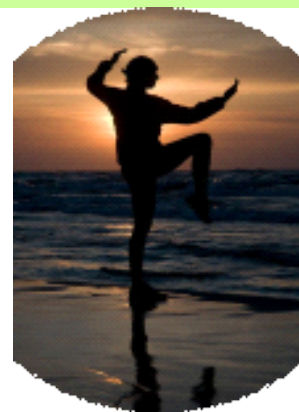
The benefits from doing both Qigong and Tai Chi are great for the body and mind. The ancient Chinese practices of tai chi and qigong combine slow, deliberate movements, meditation and breathing exercises which flow together without pause, making it look like a slow graceful dance that keeps your body in constant motion. Tai chi is also known as Meditation in Motion. The practice also keeps you grounded in the present moment. We are all guilty of getting lost in our thoughts and not being able to keep focused.

Keep Grounded

Means you are present in your body and connected with a bigger life force.

Tai Chi

Gentle slow exercise that improves balance and strength also helps the flow of Qi energy through the body



Tai Chi Outside

It's amazing doing tai chi outside on the beach, in a park etc—keeps you



Summer Focus

Focus on Qigong and Tai Chi for Health

BREATHING *Techniques*

DrRuscio.com



WARRIOR Breath

Inhale/exhale with no pause 21 times - this super oxygenates the system

At the end of the 21 breaths implement the Box Breath for 4 to 5 rounds



BOX Breath

Inhale big for 5 counts

Hold for a count of 5

Exhale slowly for a count of 5

4-5 rounds



2-7-8 Breathing

Inhale for 2

Hold for 7

Exhale for 8



Journey Breath

20-30 min of breathing with holds of 3-4 minutes

Be sure to seek supervised professional guidance before trying this

Not recommended more than once per week

4-7-8 Breaths

1. Breathe in through the nose for 4 seconds.
2. Hold for 7 seconds.
3. Breathe out through the mouth for 8 seconds.

Repeat 5-7 times to feel calm.



PsychPoint

The Calming Breath

1. Take a long, slow breath in through your nose, filling up your lower lungs (diaphragm) first, and then your upper lungs (chest)
2. Hold your breath for a count of three
3. Purse your lips and slowly exhale out of your mouth, relaxing the muscles in your jaw, face, forehead, eyebrows, shoulders and stomach
4. Repeat 10 times each day

The Calming Count

1. Find a comfortable place to sit
2. Take a long, deep breath
3. Exhale slowly and silently repeat the word "relax"
4. Softly close your eyes
5. Take ten natural, easy breaths
6. Exhale counting down from "ten"
7. Focus on alleviating any tension and imagine all stress leaving your mind and body
8. As you reach "one", open your eyes and bring your attention back to your surroundings

The Natural Breath

1. Slowly inhale through your nose, focusing on only filling up your lower lungs (diaphragm/stomach area)
2. Exhale easily
3. Repeat and continue to practice until this comes to you naturally

The Relaxing Breath

1. Exhale completely through your mouth, making a whooshing sound
2. Close your mouth and inhale quietly through your nose for a count of four
3. Hold your breath for a count of seven
4. Exhale completely through your mouth for a count of eight
5. Repeat three to four times

"Buddha was asked, 'What have you gained from meditation?'
He replied, 'Nothing! However, let me tell you what I have lost: anger, anxiety, depression, insecurity, fear of old age and death.'"

balanceintheburbs.com

4 BREATHING EXERCISES

for anxiety relief

Walking Update With Charlotte

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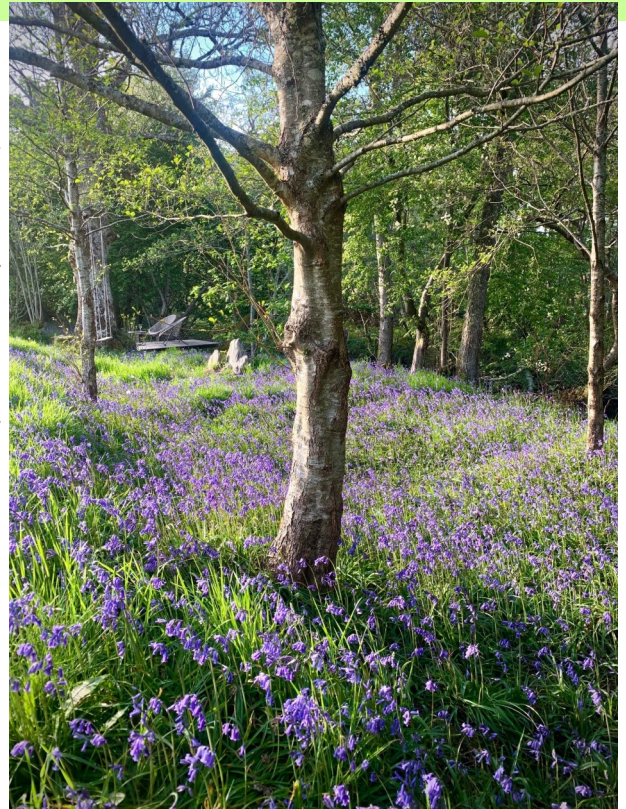
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Highland Health Walks

Health Walk projects are now restarting all over the Highlands, as adults can now take part in outdoor non-contact sport and organised group exercise in groups of up to 30 people. In Highland there are over 50 Health Walks and 9 new Buggy Walks for parents, grandparents or carers of babies/toddlers. All walks are free, safe and low level, set at a pace to suit all. Walks are led by trained walk leaders and routes have been fully risk assessed. So if you fancy joining one of our walking groups please check the Paths for All website to find a walk near you.

<https://www.pathsforall.org.uk/walking-for-health/health-walks>

During the pandemic walking has become so popular and has been a safe and enjoyable way to look after our physical and mental wellbeing. Even if it's a wee stroll around the garden or a longer walk, it's great to get out in the fresh air and connect with nature.



The low down on getting out

Informal social walks - rules for meeting outdoors

Level 2: up to 8 adults from 8 households

Level 1: up to 12 adults from 12 households

Advice for walking:

Stay safe – look after yourself and those in your care.

Government guidelines asks us to maintain physical distancing of at least 2 metres between different households and follow hygiene guidance.

Where possible, avoid touching hard surfaces such as walls, fences and park benches.

For more information please get in touch with Charlotte Mackenzie, Think Nature Health Walks Co-ordinator, charlotte@highlandtsi.org.uk or call 07385 380756.

Flowers in Bloom

It's lovely to see all the wild flowers blooming at the moment! Above are some photos of two of my favourites—bluebells and primroses. The bluebells are like a carpet of blue on the riverbank behind our house and I photographed these beautiful primroses on a bank above the beach at Gruinard Bay. By Charlotte.

S u m m e r W a l k s



Healthy delights!

Summer time means light bites, lots of fresh fruit and vegetables and healthy snacks to enjoy.

Kirsteen's Tattie fillings!

Tuna Crunch – take a tin of tuna, drain. Mix with tbsp mayonnaise. Mix in 2 tbsp salsa.

Coronation Chicken: leftover roast chicken – mix 4 tbsp mayonnaise, 3 tsp mango chutney & 2 tsp curry powder (mild or med) – works better to be made the night before as it goes lovely & yellow when left.

Prawn Marie Rose: king prawns – mix 4 tbsp mayonnaise, 1 tsp paprika, 1tsp lemon juice, 2tbsp tomato sauce – sprinkle paprika over the top when serving.

Chilli Con Carne: finely dice an onion, fry with a tsp of chopped garlic and tsp chopped chilli. Add small pack of mince & brown. Add tsp cumin, tsp chilli powder, tsp paprika, tbsp tomato puree. 100ml beef stock, splash of red wine. Reduce down. Add tomato passata. Serve on top of potato with a dollop of sour cream & guacamole.

Mushroom Jackets: slice 250g mushrooms, 100g sour cream and chive dip, lightly fry mushrooms and mix with the sour cream and add dill as a garnish.



Super Smoothie

Fruit cocktail and kale

- 1 peeled and frozen banana
- ½ cup blueberries
- ½ cup de-seeded cherries
- 3 leaves kale
- 1 teaspoon honey
- 1 cup almond milk

Linguine with avocado, tomato & lime

115g wholemeal linguine

1 lime zested and juiced

1 avocado stoned, peeled, and chopped

2 large ripened tomatoes chopped

½ pack fresh coriander, chopped

1 red onion finely chopped



Method

STEP 1

Cook the pasta according to pack instructions – about 10 mins.

Meanwhile, put the lime juice and zest in a medium bowl with the avocado, tomatoes, coriander, onion and chilli, if using, and mix well.

STEP 2

Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm, or cold. Serve with a pinch of salt and pepper and a healthy salad!

Green Green Hummus

1 ripe avocado (good luck with that)

1 small tub of hummus (or make your own even better)

A good handful of fresh coriander leaves

Mash the first two together then cut the leave in (I use scissors for this) and mix then enjoy on toast or straight off the spoon



Just One Thing to Improve your Health!

If time is tight - just one thing a day can make a huge difference

Here are some suggestions from Dr Michael Mosely

Count your blessings

If someone asked you what you are grateful for in the present moment, would you have an answer ready to go? Could you easily recall the small moments in your day that bring you the most joy? The simple habit of reflecting on what you feel grateful for can actually lead to a happier, more content life. All it takes is a few moments of your time and a special journal to record your thoughts. Gratitude journals are not unlike the diary you kept as a teenager, but instead of writing random thoughts about your day, you write about the things you're grateful for - big or small and just one or two things a day!



Hot bath for health!

Not only does a warm bath make the blood flow easier, it also makes it more oxygenated by allowing you to breathe deeper and slower, particularly when taking in steam. Taking a hot bath can kill bacteria and improve immunity. It can also relieve the symptoms of cold and flu.



Eat some bacteria!

It's long been known that fermented foods like kefir, sauerkraut and kombucha are good for you. Kefir – a type of yogurty drink – dates back many centuries to the shepherds of the Caucasus mountains; sauerkraut – a type of fermented cabbage – has long been a traditional staple in parts of Germany; and kombucha – a fermented tea – dates back at least 6000 years, to ancient China.

We now know these foods are bustling with all types of microbes and bacteria, and a growing area of scientific research is revealing exactly how beneficial these tiny organisms are for us.

Stand on one leg for a longer life

You spend far more of your life in a one-leg stance than you could imagine – 40% of your walk is spent on one leg, but that's not the only reason why standing on one leg is more important than you might think. It has been shown that how well you can stand on one leg can be a powerful predictor of how long you will live and how healthy you will be. When you attempt the one leg balance, your brain is performing a remarkable amount of coordination. It integrates signals coming from the fluid in your inner ears, visual cues from eyes, and even feedback from your joints and muscles. Signals from your eyes play a big role in maintaining your balance, which helps explain why standing on one leg is significantly harder when you close your eyes. If you can reach 10 seconds with your eyes closed, you're doing well. **Practice on each leg every day with eyes open and progress to closing eyes to help prevent falls.**



Listen to his podcasts via [BBC Sounds](#) for loads more ideas!



Small Green Things

Printing with flowers: creating designs with natural dyes using hapazome

What is Hapazome? A technique of beating flowers and leaves to extract their pigments and create designs on cloth. What fantastic weather we had for our first Green Health Natural Craft Workshop in partnership with Rag Tag 'n' Textile! Everyone enjoyed learning the hapazome process of transferring the natural colours of flowers and leaves onto cloth. we also tried a bit of relaxing Slow Stitching, all in the sunny Wellbeing Garden at 'Little Tag' in Broadford, Isle of Skye.

Smashing flowers with hammers and creating unique, colourful designs in the process is wonderfully satisfying. It's fascinating watching the natural pigments colour the fabric and almost paint a picture of themselves onto the cloth in seconds. The faces of little pansies and violas transfer particularly well, so try and squeeze as many plants as you can in your garden so you have plenty to play with. Hapazome is a great activity for kids of all ages, but as proved, adults also enjoy it just as much!



An ancient technique? Many cultures are likely to have beaten natural pigments into cloth, but this particular technique was developed by India Flint while she was in Japan touring with a ballet company. She was asked to make a cloth to represent the forest floor, 6 metres square, 4 days before the opening night. With the cloth being too large for any pots available, she had to come up with a new way of colouring it

Sue's Bloomers!

