



# Living Better

December 2021



## *Joanne's welcome*

Welcome everyone to our Festive Newsletter which we hope will inspire you with puzzles, recipes, activities and more. For me this Xmas seems to be appearing on the horizon too fast! I am not a super early shopper like Kirsteen (who started in May) but am usually a bit more organised, I will get there though. This year it will be nice to catch up with family and friends and attend a few Xmas events (at least 2 trips to Santa!). We hope to start meeting face to face in smaller groups in 2022 which we are all looking forward to, although it will be different from before, and we will also continue our online activities.

We hope to see many of you at our festive online events below and thank you for all your company at activities, coffee and chat sessions and our Fun Fridays.

Season's Greetings & Best Wishes for 2022

from All the LGOWIT team



## Calendar of Events & Activities

**Mon 6.30pm Tai Chi/Qigong**

**Wed 4pm Mindfulness in Motion**

**Wed 7.30pm Sound Therapy**

**Fri 17th Dec 3.30pm Xmas Quiz**

with June (and Jane)

**Tues 21st Dec 2pm**

**Xmas Coffee & Chat**

with Kirsteen and a very special guest - ho ho ho!

**Thurs 30th Dec 3.30pm**

**Xmas Energiser - Body Boosting Bingo**

(with a festive twist) - Anne and Mary



## 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](mailto:lgowitadmin@highlandtsi.org.uk)

Time to curl up with a good book...



## Kirsteen's Book Review

Sophie Kinsella - Christmas Shopaholic

I have been a huge fan of Sophie Kinsella for many years. She always writes a happy, funny, quirky read. I particularly enjoy the shopaholic series. The main character Rebecca (Becky) Brandon - nee Bloomwood is such a fun character who has many mishaps in life and is addicted to shopping. In Christmas Shopaholic, Becky finds herself hosting Christmas for the first time ever. Becky isn't the most domesticated person and finds this a bit of a stress as it has to be perfect. Her guests are quite demanding over what they would like with their food requests. Then her half sister, Jess, needs everything to be recycled and planet friendly. Becky bumps into an ex-boyfriend whose girlfriend takes quite an interest in Becky's husband Luke's communications business. When Luke dismisses her, she makes it her mission to wreck Christmas for Becky by emailing all her Christmas guests pretending to be Luke, cancelling Christmas as the stress is too much for Becky. Of course, when everyone contacts Becky to cancel, she is devastated and cannot understand what is going on. In typical Becky fashion, she has a massive mishap on Christmas Eve when she finds herself locked in a pet shop! This forms a family rescue and Christmas is saved. There is an extra special gift that Becky shares with Luke at the end. As usual it is a great read that you cannot put down. Lots of laughter along the way. Then the perfect happy ending.

# Beating those Winter Blues

Self care  
IS NOT  
selfish

## Top Tips

- Embrace winter and Hygge (see below)
- Exercise where you can, around the house, join Body Boosting Bingo or a brisk walk if you can.
- Get as much natural light as possible. Light boxes can be a great investment for winter too!
- Its tempting to eat stodgy food in the winter but research suggests we should increase our Vitamin D (found in eggs and mushrooms) and Omega 3 (found in fatty fish and nuts)
- Self care is key! Slow down, plan and make yourself a priority . Take time to do things you love
- See family and friends regularly



**Hygge** - pronounced Hoo-ga - is a Danish philosophy that encourages us to slow down, feel more present in our lives and celebrate the small things.

Here are some ways to embrace Hygge...

- 1) Spend time with Family and friends
- 2) Slow down and keep things simple
- 3) Decorate your house with lights, candles and cosy blankets
- 4) Don't deprive yourself—have a treat, like a hot choc!





## Winter Walks with Charlotte and top tips for winter walking



### Walking in Winter

With winter weather on its way and the possibility of frost and snow, we could soon find ourselves dealing with slippery, icy pavements and paths. Getting outdoors for some fresh air and going on a walk can be so uplifting and is great for both our physical and mental health. There's nothing quite like a frosty walk, where everything sparkles brightly and it's crunchy underfoot. So if you can get out in winter weather and walk safely locally, it's worthwhile getting wrapped up to feel the benefits of being outside.

### Top tips for winter walking

- Wrap up warm and wear footwear with good grips
- Avoid overheating by wearing breathable layers
- Wear a wind-stopper jacket to beat the windchill on a cold windy day
- When it's slippery take slow, short steps, and use your arms to help you balance

Take a hot drink in a flask and add an extra layer to keep warm when you stop for a break.

### If you feel you can't walk outdoors, stay cosy and keep active indoors.

Yoga and even housework are great ways of keeping active, as well as gentle exercises such as Strength and Balance. Paths for All have lots of advice to help you keep active indoors. Visit their website [www.pathsforall.org.uk/strength-and-balance-exercises](http://www.pathsforall.org.uk/strength-and-balance-exercises) where you can download a printable version of some Strength and Balance exercises, or follow along with the exercises on YouTube. I also have some leaflets which I can post out, if you would like one please email: [charlotte@highlandtsi.org.uk](mailto:charlotte@highlandtsi.org.uk)

If you enjoy walking in a group you may like to join one of our health walks. There are over 50 health walk groups across Highland and all walks are safe, low level, free and fun and are led by trained walk leaders. For more information and to find out where your nearest health walk is please visit: [www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks)

# Meet the LGOWIT Team



From left to right: Kirsteen, Joanne, Kate, Anne, Spike and Jane

Can you spot the staff member (past or present) in their festive disguises ?





# Sound Therapy



Sound therapy uses the power of sound and vibrations to restore the body, mind and spirit to a sense of balance and harmony.

Sound healing is rapidly finding its way into hospitals, clinics and private health services as a powerful means of promoting health and wellbeing.

When your cells are in chaos, caused by physical or emotional stress, they've lost their ability to communicate efficiently. Sound therapy has the ability to restore and realign our body's own frequency so that communication, and thus harmony returns. Immersing yourself in sounds stimulates the frontal lobe, and may restore your ability to think quickly and put the brakes on before acting. Sound therapy improves the ability to deal with difficult situations.

Research has shown that sound therapy's beneficial effects result in improved mental and physical health, allowing the brain to learn and focus. Sound therapy changes our old patterns of behaviour, habits and ways of thinking that no longer serve us and that are harmful to our health.

## Benefits of Sound Therapy

- Quietens the mind
- Relaxes the muscles
- Lowers fear and anxiety
- Reduces/eliminates physical pain
- Improves ability to express emotions
- Boosts self-confidence/self esteem
- Strengthens the immune system
- Brings the body back into balance & harmony
- Improves the attention span
- Boosts ability to communicate and interact with others

"I have been thoroughly enjoying the Sound Therapy sessions provided by LGOWIT now for over a year.

I like to prepare for my Sound Therapy time by setting up my bedroom.

I always pop a hot water bottle under my duvet, light a scented candle, spray my pillow with a relaxation pillow mist, and as I settle down, my earphones in, I pop my Lumie light on to the sunset setting. Its all just perfect - comfortable and cosy.

Listening to Ann Marie with her relaxing introduction and the wonderful calming sounds that she shares with the group is just wonderful. The feeling of wellness is wonderful, as is the lovely sleep afterwards.

Wednesday really is my favourite night of the week."

Join us on a Wednesday evening at 7.30pm in LGOWIT Sound Therapy group on Facebook.

The recordings can be listened to at a later time if you can't join us for the live session. There are lots of recordings from the last 18 months to explore too.

"As someone who suffers a health condition, I have found that including a variety of therapies can help. One I use regularly is 'sound bath therapy' with Ann Marie. I was reluctant at first but with Anne Marie's delivery of this therapy, I have learnt how to relax which in turn can help reduce the pain I have. It's possible to listen again as the session is left on the page (in the LGOWIT sound therapy group on Facebook - ed.), which is a bonus. Linking up with others also taking part and who suffer health issues, whether online or face to face, helps to reduce the feeling of isolation that living with a health condition can bring. Everyone should give it a try, all you need is a pc and headphones" (You can also use a tablet, or a smartphone - ed.)

# Kirsteen's Winter Chicken & Mushroom Pie

## Kirsteen's Chicken & Mushroom Pie Recipe

### Ingredients

Leftover Roast Chicken (About 400g to feed the 4 of us)

Punnet of mushrooms (I prefer the chestnut)

1 small onion (diced)

1tsp very lazy garlic

Good wooden spoon full of margarine or butter

$\frac{1}{2}$  wooden spoon full of plain flour


1 chicken stock cube dissolved in 100ml water

1 tin of evaporated milk

$\frac{1}{2}$  tsp sugar

Spray oil

Ready rolled puff pastry



This is a great recipe to use up leftover roast chicken. I'm not the greatest at measuring. I am a chuck it in cook!

### Method

Melt the butter/margarine. Then add in flour to make a roux. Then add the stock. Simmer for about ten minutes. Add the evaporated milk & sugar. If it is too watery, thicken with cornflour.

Fry the mushrooms with an onion & garlic using the spray oil.

Mix the sauce, mushrooms & chicken together. Set aside. Cut the pastry into 4 & cook as per the packet instructions in the oven. Once the pastry is almost ready, heat the chicken mixture. Serve with the pastry on top with potatoes & vegetables.

# New Year, New Plans...

What can you do to plan ahead this winter?

- Pace yourself
- Plan self care - take time to do something you love that recharges your batteries
- Have a back up plan, important numbers etc for if things don't go according to plan
- Ask for the help you need - family, friends and professional are often happy to hear how they can support you
- Make sure you have all the medication you need in time for the winter break

The [Velocity ACTIVE HEALTH](#) project is now available throughout the Highlands of Scotland. Could it help you?

It's all about improving both your physical & mental wellness through activity.

Project Link Workers, Lisa and Jodi, can meet with you (virtually) to discuss your motivation, interests, hopes and challenges around being MORE ACTIVE.

They understand it can be difficult to make changes and support you to take small steps towards activities you enjoy. It can be helpful to set goals and create a plan to keep track of how you're getting on.

They currently work 1:1 by video call over a 3 month period, usually meeting up 3 times.

Many participants are managing long term conditions like diabetes, fibromyalgia, anxiety or c.o.p.d.

To find out more call 07514 786218 or email [activehealth@velocitylove.co.uk](mailto:activehealth@velocitylove.co.uk)

Dear Future,  
**I  
AM  
READY**

Planning ahead and creating a Resilience plan for your own wellness is a great way to self-manage a long term health condition. You would take supplies and the number for roadside assistance if you go on a long winter drive so why not take the same approach to your health this winter? Self care is not selfish! Remember, on a flight safety demonstration they always say you need to put your own oxygen mask on first!



# Recycling Crafts

With the COP26 Summit taking place during November, we got to thinking about how we can recycle and reuse things to help the environment. Why not try our homemade Christmas crackers which uses old loo rolls and saves buying more...we've even put together some classic cracker jokes you can include in them....

## Christmas Craft - Christmas Crackers

### You will need

Toilet-roll tubes  
Attractive A4 paper  
Sticky tape  
Cracker snaps  
Scissors

Ribbon or string  
Jokes—below  
Small but exciting gifts  
put inside the crackers



### Instructions

- 1) Place a toilet-roll tube on the long edge of your paper and hold it in place with some sticky tape. Thread a cracker snap through the toilet roll and tape it down to one side of the paper.
- 2) Roll the tube across the paper, then secure with 3 bits of tape along the seam, in the centre and ends.
- 3) At one end of the cracker, form the hand signal for "OK" around the toilet roll and gently squeeze and twist a little with your thumb and forefinger, while using your other hand to hold the card in shape. Keep squeezing until the cracker has a nicely defined neck to it. Tie a piece of string or ribbon around the neck of the cracker. Cut off any straggly bits or make a bow.
- 4) Pop a Christmas hat, a joke and a little surprise in the open end of the cracker and seal the open end as before .

What do you call Santa when he stops moving?

Santa Pause!

Why is Santa so good at karate?

Because he's a black belt!

What do snow men like to do at the weekend?

Chill out!

What is red, white and blue at Christmas time?

A sad candy cane!

What does Jack Frost like best about school?

Snow and tell!

Who says "OH, OH, OH"?

Santa walking backwards!

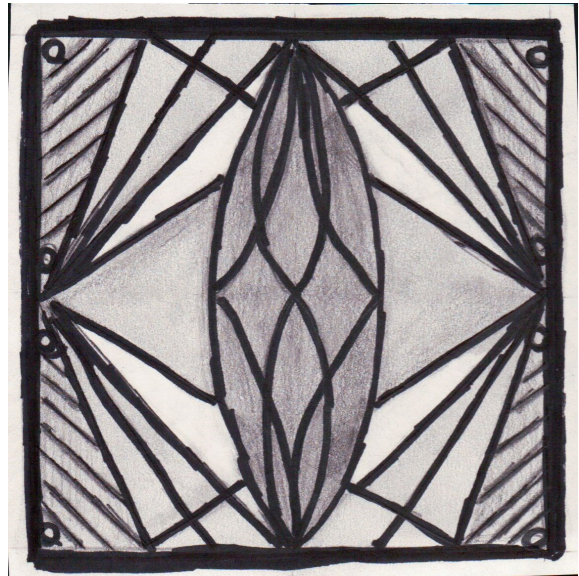
What do you call an elf who sings?

A wrapper!

Why is it cold at Christmas?

Because its Decembrrrrr!

# Keeping Busy with Zentangles



## Jean's Thoughts on Zentangles and Mindfulness

One of our members has been really enjoying Zentangles...could it be for you too?

"Frankly, I had never heard of zentangles until Donna incorporated them into a mindfulness session. I found it so relaxing because I had to concentrate on creating the zentangle and by doing so shut out all the problems etc. that would have been going through my mind if I was doodling or even doing a mandala where the level of concentration is nowhere as great. With zentangles, you have to create repetitive patterns which can be a mixture of lines, circles, dots, curves or even S shapes and it is not about right or wrong but all that matters is the drawing itself. There is a lot to learn about zentangles and hopefully, I have grasped the right idea about it. Anyway, I am hooked!"

*LGOWIT mindfulness sessions run online each Wednesday at 4pm. Every other week we have a creative session like Zentangles. You can send an email to [lgowitkirsteen@highlandtsi.org.uk](mailto:lgowitkirsteen@highlandtsi.org.uk) or call her on 07454 905383 to join in.*



# Keeping Busy this Winter

## Ways to Keep Active...

Colder temperatures and blustery days can mean wrapping up warmly and staying in to read or watch a good tv programme or film but it's more important than ever that we keep moving to keep everything circulating! In fact, feeling the chill of the air is as important as feeling the chill of the chair!

If we can aim for at least 30 minutes of energetic activity each day for at least four or five days a week, we're doing well. You don't even have to do 30 minutes all at once, you can split things into bouts of 10 minute movement boosts.

**Talk to your doctor first** if you've been inactive for a while, don't just jump into big workouts. Have a chat about which activities might work best for you. Even if you already have a warm weather or autumn activity regime, it's worth mixing things up a bit to keep momentum going.

**Benefits of staying active** - we talk about these a lot at LGOWIT but it's well worth reminding ourselves.

- **Building up endurance:** having enough energy to do the things you want or sometimes simply to get through the day.
- **Keeping our circulation moving:** by pumping our heart and keeping extremities of hands and feet warm with blood reaching them.
- **Building up strength:** strong muscles and bones help to improve balance, decreasing the chances of falls (and helping to sweep the grandkids up in your arms!).
- **Increasing flexibility:** the more flexible you are, the more independent you are!
- **Avoid the blues:** winter can be so tough with the short days and taking a moment to breath and bring yourself back into the present really helps. Having 2 or 3 activities or social occasions to look forward to throughout the week might take some planning but will really help to get through the darker weeks.
- **Warm up wisely:** walk around, pump arms and gently stretch
- **Listen to your body:** exercise shouldn't cause pain. Try to enjoy and breathe into stretches to improve each time.
- **Stay hydrated:** simples!

If it really is too cold or miserable to head outside, here are a few things you can do inside:

**Stair-stepping** - if you have steps in the home (even one or two), try some light stepping aerobics. Aim for 50 to 100 step ups lifting the knee as high as you can whilst doing it or simply active marching on the spot.

**Balancing act:** improve your balance by doing a few simple exercises like standing on one leg for a count of ten. Hold on to a chair until your balance improves and you should notice a difference if you do it every day. If it gets too easy, try closing your eyes - but do hold on to something you first time you try that!

**Light workouts:** wall push-ups, gentle chair squats and side shuffles are all easy to do at home, as is getting down on the floor into a basic plank position then standing up and repeating 5-10 times. Incorporating these into daily chores makes it easier to make it into a habit.

**Chair work outs:**

- **warm up wrists and ankles** - flex and stretch fingers and toes, roll wrists one way, then the other and same with toes and ankles.
- **Calf raises:** straighten your leg by lifting foot, hold for count of 10, then lower - try 10 times with each leg.
- **March in place.** Holding the arms of the chair, lift knees one at a time - try on each side for 20 repeats.
- **Slide your feet.** Bend knees then straighten one leg at a time, with toes pointed at the ceiling. Drag each heel back to the chair then repeat 10 times on each leg.
- **Torso twists** (you can also do this with a broom or mop held up behind the neck to help with posture) - sit straight in your chair and hands (or broom) behind neck and twist to one side and then the other. Aim for 10 - 15 on each side. Also try the same in a side bend.



# LGOWIT Wordsearch

w	k	d	g	j	t	u	a	m	b	e	o	p	v	m	u	s	i	c	t	v	d
s	s	e	l	f	c	a	r	e	p	l	o	v	h	j	b	d	t	v	f	u	h
f	u	h	f	d	s	y	l	t	a	l	k	i	n	g	r	b	h	d	s	p	h
p	f	r	i	e	n	d	s	l	i	v	i	n	g	b	e	t	t	e	r	p	m
b	u	t	f	d	w	x	b	l	o	p	y	f	u	t	x	o	j	d	l	k	i
o	n	d	t	g	l	g	o	m	p	f	o	w	i	t	c	g	h	y	t	n	n
b	l	g	h	f	a	p	p	y	s	d	u	a	n	g	e	e	l	e	l	l	d
o	g	k	e	a	f	i	g	s	e	h	t	p	b	f	r	t	h	j	k	L	f
d	o	k	v	m	w	a	l	k	l	p	i	m	f	e	s	h	g	k	h	d	u
y	p	t	f	i	j	p	k	l	g	p	m	v	b	n	i	e	m	r	d	a	l
b	h	g	p	l	a	n	a	h	e	a	d	b	n	h	s	r	m	b	c	t	n
o	f	t	b	m	s	c	w	c	s	d	f	k	b	f	e	p	h	r	r	G	e
o	p	g	b	d	x	a	m	h	t	r	e	j	n	k	i	g	p	m	a	b	s
s	b	h	u	s	h	a	r	e	f	r	g	h	j	k	k	l	l	i	f	b	s
t	f	s	e	r	t	r	n	b	g	f	l	g	o	w	i	t	m	n	t	h	f
i	g	g	h	d	r	e	j	k	b	u	r	j	l	x	s	f	b	d	p	o	f
l	d	r	f	r	t	c	s	b	i	n	g	t	y	j	k	f	r	f	t	f	b
k	b	o	d	y	b	o	o	s	t	i	n	g	b	i	n	g	o	g	d	h	j
f	l	l	a	u	g	h	t	e	r	y	o	g	a	v	g	a	r	v	y	p	q

How many LGOWIT themed words can you find ?

## Have your say...

My favourite Xmas tradition is going to see Caley play on boxing day!

I love Call the Midwife Xmas special & Mrs. Brown's Boys.

I love going to Inverness Cathedral and my church for the 9 lessons & carol service & the Christingle service.

What would you like to see in the next LGOWIT newsletter?

We hope you have enjoyed this winter edition...what about Spring?

Perhaps you have a story to share or a self-management tip that others might like to hear about.

Are we missing something important to you?

We'd love to hear your ideas so please email

[LGOWITJane@highlandtsi.org.uk](mailto:LGOWITJane@highlandtsi.org.uk)

with any thoughts or feedback for the Spring 2022 Edition.

Thank you

