

## Welcome, everyone,

to another Living Better newsletter! Just when we thought that was it, the Scottish Government's Wellbeing Fund informed us that there were still funds available, so here we are with the first of three more editions, the last one a special one for Self Management Week.

As the previous format and content went down so well, we have decided to largely stick with it, although we have introduced a few new features, including a favourite walk of our new Health Walks Coordinator, Charlotte MacKenzie and some favourite movies chosen by the LGOWIT staff.

Thanks to all of you who have contributed to this newsletter in any way - please feel free to submit further contributions for the October edition by **Wednesday 10 September** at the latest.



## You and Your Doctor

Remember the doctors are all on your side  
If you want to get better, have nothing to hide.

The doctors have heard every story before –  
They will not keel over, show you the door.

When asked if you drink, then you mustn't be shy  
Admit that you'd drink any harbour dry.

If they ask about cigarettes, don't make a joke.  
Don't say a few puffs, if it's 50 you smoke.

Doctors are often obsessed about diet.  
If you eat like a glutton, then don't keep it quiet.

But tell the bad news about chocolate and fries –  
It's not going to come as a total surprise.

Doctors can't be clairvoyants, you have to explain  
Just where you're feeling the ache or the pain.

Say what tablets you're on, and if you're able.  
Bring in the right bottle, its name on the label.

Though their writing is hopeless, they're really quite kind –  
They're doing their best the solutions to find. *Anon*

## What's New?

### Inner Peace

Following the success of the first Inner Peace kit we have again got together with Creativity in Care to offer another kit to try out - this time Watercolours and Dreams, where you can have a go at water-colour effects, which may surprise you. If you would like a kit, contact Mary (details below).

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### More Activity/Therapy Sessions

Thanks to the availability of further funding we have now been able to set up a further three sessions, this time all in the evening (as more folk return to work).

This time we are offering Qi Gong with Sandra at 7.00pm on Mondays, the ever popular Sound Bath with Ann Marie at 7.00pm on Wednesdays and Just Relax with Donna at 7.00pm on Thursdays.

Most of the sessions are already pretty busy, so best to contact Kirsteen for the latest availability.

## How to Contact Us?

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

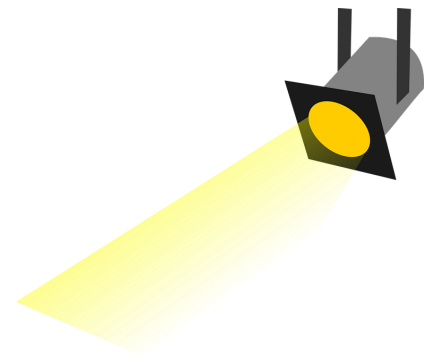
Tel: (01349) 807061

Email:

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

# LGOWIT Volunteer

Lorraine



**How long have you been involved with LGOWIT and how did this happen?**

I have been going for around three years.

My friend asked me to go along to the Living Better Group at Smithton with her so I agreed. The first time I went, my friend couldn't make it! I met a kindred spirit there with the same sense of humour and I've been going ever since. I also attended the 5-week Self Management course and in time trained to become a volunteer delivering the course.

**What did you do before becoming involved with LGOWIT?**

I worked in retail (mainly) for many years until I retired on medical grounds four years ago.

**Which aspect of your work with LGOWIT do you find most satisfying?**

When I help run the Self Management courses, seeing the difference in individuals from week 1 to week 5. knowing I may have helped make a difference to someone is very satisfying. The lifelong friends I have made in attending LGOWIT comes a close second.

**What has been your most memorable moment with LGOWIT?**

I have lots of memorable moments - there is always fun and laughter, joy and friendship at the Groups.

**What is the most amusing incident you can recall?**

The Smithton Christmas Party! Roy had set up party games for us all to try, but everything became chaotic as we were just going to have fun and laughter. The balloon game didn't work as there were two of us allergic and we had to leave the room - poor Roy!

**What do you like to do in your spare time?**

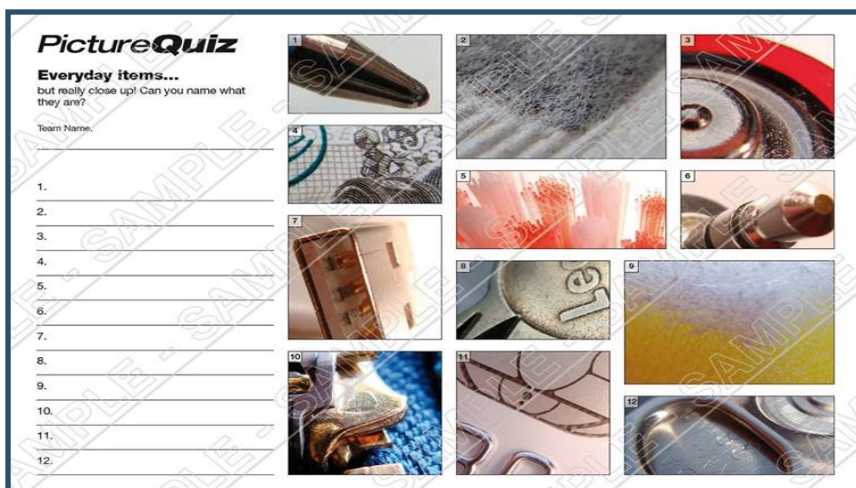
I love crafts, especially making clothes and handbags with my sewing machine - I will try any crafts! I also run a support group for people with Scleroderma in Scotland.

**What is your favourite holiday destination, and why?**

I don't travel well, but anywhere with my family and dogs - and nice scenery makes me happy. I love a day trip in the car.

**What was the worst aspect of coping with lockdown?**

Not being able to see my family and especially my grandsons and having to shield was very difficult. Depending on online shopping deliveries with special dietary requirements was hard too.



## Limerick Competition Winning Entry

In Lockdown L G O W I T  
Is just the job where you need to be  
There's nothing that's stronger  
To keep your heart younger  
Than caring or sharing for free  
Well done, Katrine in Thurso, who wins a  
copy of Spike Milligan's 101 Limericks.

## Tasty Treats



More scrumptious recipes from our talented team of LGOWIT bakers and chefs to titillate your tastebuds.

### Gluten Free Shortbread



475g margarine (or butter)  
120g icing sugar  
400g gluten free plain flour  
120g cornflour  
Pinch salt

Beat margarine and icing sugar  
Add flour, cornflour and salt  
Bring together and roll out cut-out biscuits  
Bake in oven (180C) for 50 mins - makes 60.

Barbara in Nairn

### Kate's Crunchy Topped Cod and Leek Bake

1oz (25grms) butter  
11b (450g) leeks sliced  
7fl.oz (200mls) double cream  
(or crème fraiche)  
1 ½ lbs (700gms) cod or white  
fish filleted and skinned  
1 tbsp plain flour  
Finely grated rind and juice of  
lemon  
Salt and pepper

**Topping**  
2oz (50gms) cornflakes lightly  
crushed  
3oz (75grms) cheddar cheese  
grated

1 teaspoon paprika  
Pre heat oven to 190  
degrees/350f/Gas 5

Lightly grease an oven proof  
dish. Melt butter in pan over  
low heat, add leeks and  
soften. Stir in cream/creme  
fraiche and bring to boil.  
Simmer uncovered for 5 mins  
or until the liquid reduces  
slightly. Cut the fish into pieces,  
put the flour on the plate and  
dip the fish until coated. Put  
into dish and sprinkle the  
lemon rind and juice over  
it. Pour the leek mixture on  
top. Cover with mix of  
cornflakes, paprika and cheese  
(all mixed together in a bowl)  
and bake for approx. 30mins.

### Kirsteen's Curried Chicken and New Potato Traybake

4 chicken breasts (diced)  
3 tbsp olive oil  
1tsp garlic paste  
1tsp ginger paste  
1tsp garam masala  
1tsp turmeric  
150ml pot natural yoghurt  
500g new potatoes (halved)  
4 large tomatoes (roughly chopped)  
1 red onion (roughly chopped)



Put the chicken in a large bowl with 1tbsp of oil, the garlic, ginger, garam masala, turmeric and 2tbsp yoghurt. Toss together with your hands until coated. Leave to marinate for at least 30minutes.

Heat oven to 180C.

Put the potatoes in a large roasting tin with the remaining oil and plenty of seasoning. Add the chicken and bake for 45 minutes until cooked and golden. Scatter the tomatoes and onion and some seasoning over the chicken and potatoes, with the remaining yoghurt served on the side.

### Kirsteen's Cup Cakes

150g Self Raising Flour    150g Caster sugar    150g stork    1 & a ½ tsp baking powder    3 large eggs

Place in a bowl and use an electric whisk to mix it all together. I always use a spatula then to make sure it is properly mixed. Will make 24 cupcakes. Cook at 160deg for about 20 minutes. They will be golden on top and feel springy. My top hacks are this recipe is great for adapting to chocolate, red velvet, lemon, coffee anything you fancy. My other hack is I keep a supply of Betty Crocker icing in great flavours, they keep really well and are yummy then a simple flake on top makes them look fab.

### Exciting Renovation Project



"I have been busy renovating an old RAF Bus/ Ambulance, which was actually originally a RAF Ambulance from 1969. The Ambulance was stationed in Scotland, England and Wales but I have also been told it travelled to Ireland to collect wounded and bring them back to the mainland. I discovered it while stripping back the paintwork where the original ambulance kit would have been stored. I have had the bus

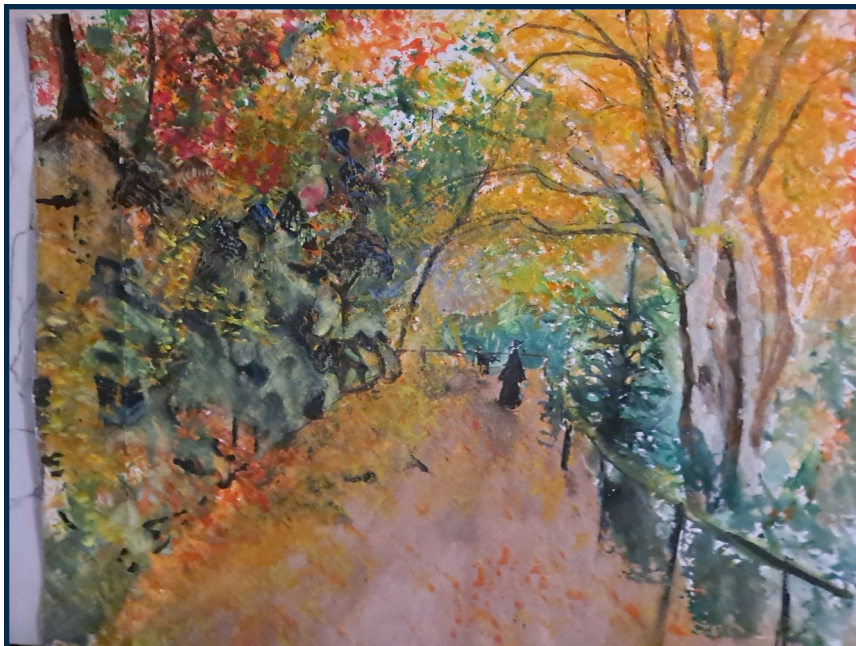
since 2015 but because of ill health it has taken time to progress but making great progress now thanks to the support from LGOWIT and friends without whom I would have had to sell the bus/ ambulance. Next week a film company is going to travel up to do some filming of the renovation for Johnny Vegas's new show, about old buses used for glamping to be filmed in Wales next month. I am turning it into mobile accommodation and my plans are to get out in communities offering support to people with mental health issues and help them have a wee safe holiday and hope to involve the Social Work for guidance. The Bus will eventually have space for 8 people - 3 doubles and 2 singles, and includes a shower/toilet and a small kitchen for making tea, of course. If you would like to find out more I aim to upload updates to the LGOWIT Facebook page or search Roaming Highlander on You Tube and Instagram."

Lee in Wick



Dip in Sea at Nairn

### Dog Walk in Vienna



Stuart in Inverness

Sonia in Culloden has produced another amazing watercolour, this time of a woman walking her dog in the woods in 18th century Vienna. It took her almost 3 months to paint!

## Learning to be Creative Does Help

I have found being creative helpful in managing my conditions - I had always thought that creatives were born that way but it is something you can develop, it doesn't actually matter what you produce, the act of creating can help you manage pain and anxiety and even start to change patterns of behaviour and thought.

The writer, Richard Luecke, argues that creativity is not a mental state, nor genetic, and certainly not exclusively associated with IQ. Rather, it is a process of development and a means of expression geared towards solving problems or meeting emotional needs.



So please give it a try! These are some of things I have been doing during lockdown:

Collage work - tearing up magazines etc is so liberating! You can use it to create pictures or make it representative of you and your life, and what you would like to achieve to inspire you.

Using watercolour paint, pencils and pastel crayons

Pressing flowers to be used for card making, collage work, hopefully cyanotype processes eventually!

Quilting

Flower thumping/pounding - you can even use weeds! I bought some cheap multi media paper, folded it in half with the flowers in the middle.

Put something underneath eg an old book and thump where the flowers

are with a small hammer, pestle or even a rock. You soon learn how hard to hit it and which flowers work best for you - rabbit ear lavender produces beautiful images. These can be stuck onto card blanks or made into pictures.



I have even written 2 poems for the first time since schooldays!

Nikki from Dornoch

As Lockdown continues to ease and we are able to move around a bit more freely you have all been keeping busy, either at home or beyond.

Cute Caterpillar



Lynn in Thurso has been busy painting stones - this caterpillar has boots / legs on ready for the garden.

A Stitch in Time



Laurette in Inverness made these cute bookmarks

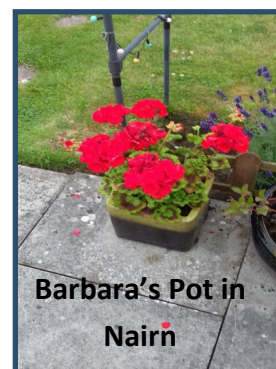
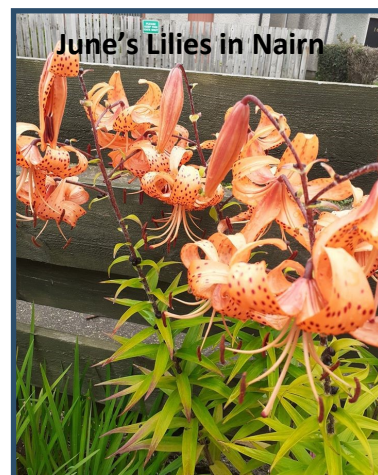


Hopefully your gardens and window ledges are still full of summer colour, as autumnal hues start to appear amongst the shrubs and trees. The daylight may be shortening but there is still plenty to keep us occupied – here’s a few seasonal tasks to be getting on with, alongwith some of your own garden photos, which never cease to inspire.

Plant Spring flowering bulbs now, such as daffodil, crocus and hyacinth, for glorious colour next year. It’s best to delay planting tulips until November to avoid them being attacked by fungal disease etc.

Divide your herbaceous perennials. This will keep your plants healthy year after year and multiply your stock.

Tidy up your strawberry plants and clear away any unused straw, as this will harbour pests and diseases over winter. Pot up strawberry runners to make extra plants for next year.



### Favourite Short Walk



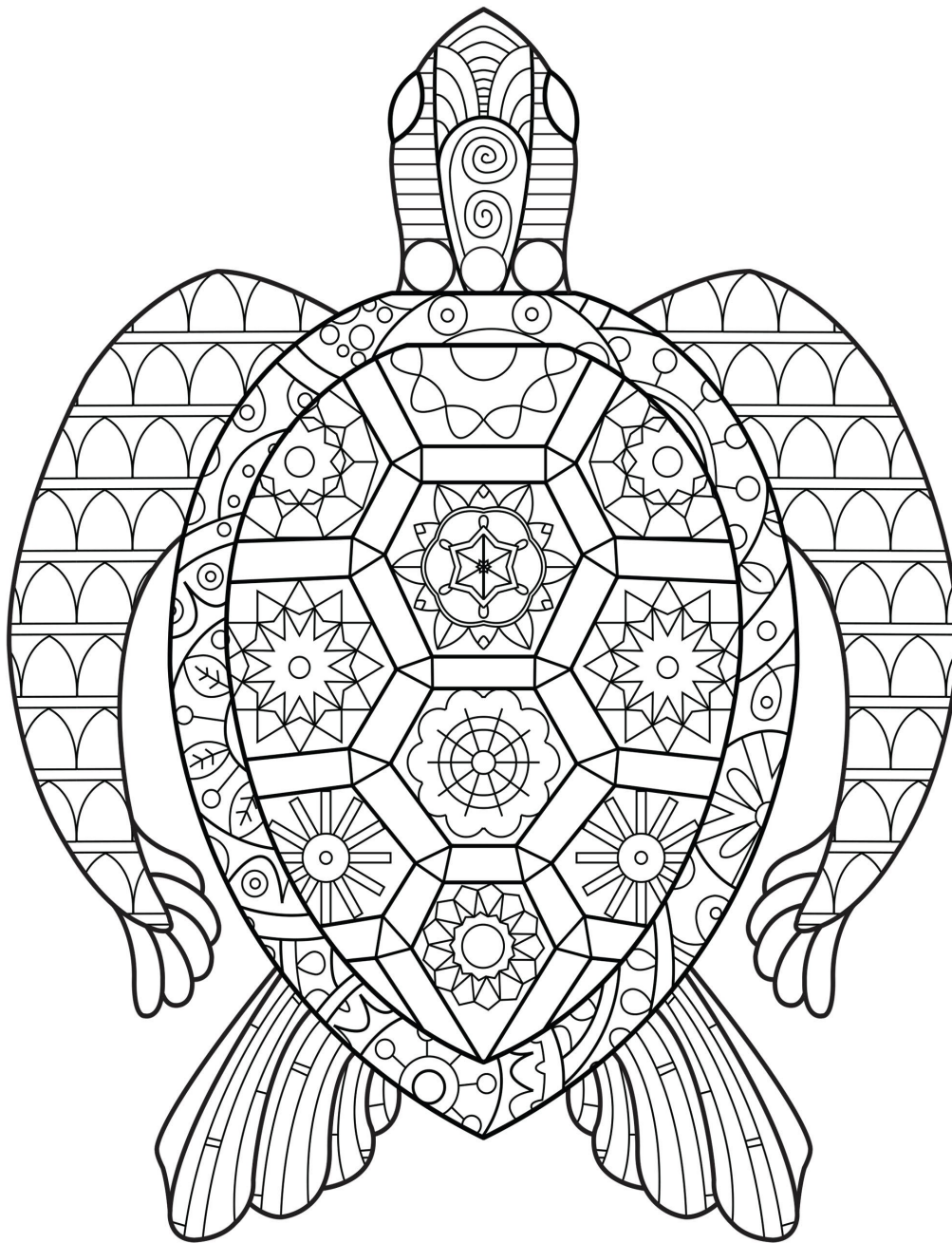
Hello, I’m Charlotte Mackenzie the new Health Walks Co-ordinator for HTSI, working in partnership with Think Health Think Nature and Paths for All. I provide support, guidance and advice to 10 existing health walk groups within our ‘Think Nature Health Walks’ network across rural Highland and am excited about developing further groups in the area. It comes as part of the job, but I love walking! It’s so good for our physical health as well as our mental health and wellbeing; it’s uplifting, fun and free! I walk regularly and particularly enjoy the connection with nature, taking in the marvellous sights and sounds that surround me.

#### Silverbridge Woodland Circuit, Little Garve

This is one of my favourite local short walks and is right on my doorstep! The path weaves through native woodland along the banks of river Blackwater and passes over two historic stone bridges: Silverbridge, which forms part of an ancient drovers route and Wade’s Bridge, which is part of a military road built in 1752. The 2 mile circular route allows you to take in wonderful views of the river, small waterfalls and large rocky slabs. It is safe at some points to get down to slow moving parts of the river if you fancy dipping your toes in! Bordering the path are some wonderful plants and trees, including blaeberry, rowan and silver birch. It is a lovely walk to go on at any time of year but in autumn the colourful display of leaves is spectacular and dotted along the side of the path you’ll find a variety of vibrant toadstools. Elusive otters and pine martens visit the riverbanks and the musical birdsong in the trees above is delightful. Nearby facilities include car parking areas, picnic benches and a natural playpark. The path is uneven and narrow in parts, with rocky steps at either end.

## Colouring Picture

Have fun colouring in this handsome 'body-building' turtle



### Favourite Movies

Here are some favourite movies chosen by the LGOWIT staff - hopefully bring back some happy memories!

**Sodi** chose **The Natural** (1984) starring Robert Redford and Glenn Close (who won the OSCAR for Best Supporting Actress). "It's not a very well-known film but storyline is great. Small town kid makes it big in baseball, then loses it all until he makes a comeback thirty years later."

**Kirsteen's** choice was **Dirty Dancing**, her feel-good movie. "If I'm feeling rubbish or having a bad day, it lifts my mood. I'm a fan of Patrick Swayzee and love the music - it makes you want to dance. I'm a romantic and have seen it three times in London, Aberdeen - and front row in Inverness!"

## Crafty Corner

### Shadow Boxes

You will need:

Undercoat

Emulsion Paint

Embellishments

(Flowers, Metal Key etc)

Die Cut Foliage

Die Cut Butterflies

I painted the box with undercoat then used emulsion on top. I added the embellishments round the frame. I used a hot glue gun to make sure they were secure. I then painted the embellishments with the emulsion paint. It took several coats to cover them. I then glued the die cut foliage and butterflies inside the box. I happen to have a die cut machine but you can buy butterflies etc already cut for you. Just use your imagination as to what to put in the box. You could use items that bring back nice memories.

### June in Nairn



## Staying Positive

### Retrain your Mind

How hard are you on yourself?  
How often do you beat yourself  
up for something you have  
done (or not done), or said (or  
not said)?

We are so good at pulling our-  
selves down – the more we talk  
negatively about ourselves, the  
more it becomes a habit. But it  
does not have to be like this.

You can learn to retrain your  
brain and practice the power of  
positive thinking instead. Any  
time a negative thought comes  
into your mind replace it with a  
positive one. At some point  
this will become more natural  
as your brain adjusts and  
automatically turns a negative  
into a positive.



### Be Grateful For What You Have

Even in the worst of times most  
of us realise we still have things  
in our lives, for which we are  
grateful. Why not voice those  
blessings! Talk about the things  
you are grateful for with your  
closest friends, your support  
group. It sometimes helps to  
keep a gratitude diary noting all  
the things (and people) we are  
thankful for each day.

Actively acknowledging what  
(and who) you are thankful for  
will help you always have a  
grateful heart and mind, even  
when bad things happen.

## Fun Fitness

Here's another couple of simple, gentle exercises to try out.

### Arm Raises



This exercise builds shoulder strength.

- A. Sit upright with your arms by your sides.
- B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

### Neck Rotation



This stretch is good for improving neck mobility and flexibility.

- A. Sit upright with your shoulders down. Look straight ahead.
- B. Slowly turn your head towards your left shoulder as far as is comfortable.  
Hold for 5 seconds and return to the starting position.
- C. Repeat on the right.

Do 3 rotations on each side.

### More Favourite Movies

**Mary** enjoyed **Druid's Peak** during Lockdown. "Really enjoyed the scenery, nature, mystical strength, laughs and music."

**Roy** chose **The Greatest Showman**. "Never stopped from start to finish - and terrific music to boot." **Joanne** made a similar choice for "its message of equality and being proud of who you are, plus great music."