

Living Better

August 2020



Welcome, everyone,

to the last of our three newsletters keeping everyone in touch during Lockdown. As this is published, restrictions have eased considerably, even for those of you in the shielding/vulnerable category. In some ways that is a good thing, but many are still wary of going back in to the public arena after several months of living in virtual isolation. It will take time for us all to feel comfortable in the 'new normal'.

We have the usual mix of information, tips and (hopefully!) fun for you again this month. Thanks to all our contributors– it wouldn't be the same without you. The centre spread is again filled with some of the things you got up to during Lockdown - let's hope the new skills acquired and old skills revived will continue to flourish in the days ahead as our lives becomes busier again. Enjoy the read!

NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com

Thank You

As this is the last of our three Lockdown newsletters, there are lots of folk we would like to thank for making this invaluable initiative possible.

Firstly Dave and his team at SPEEDPRINT for not only printing each batch of 2000 newsletters but also helping with the onerous task of folding, filling and franking them.

Secondly to all our LGOWIT partners, and Highland Council in particular, for helping with the mammoth task of distributing them, notably to those in the shielding and vulnerable categories.

And finally to the Wellbeing Fund itself for so generously funding this and other initiatives undertaken by LGOWIT over the past few months.

Congratulations...

to Community Networker, Kirsteen, following her appointment as LGOWIT's new Development Officer. However, fear not, she will continue to run all her Living Better Groups in addition to her new responsibilities.

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



Tasty Treats

Here's a final selection of tried and tested recipes from our talented team of LGOWIT bakers and chefs.



Anne's Rock Buns

Ingredients

8 oz self raising flour Pinch of salt
4oz butter 3oz castor sugar
4oz currants 1 egg
2 tablespoons milk

Method

Rub the flour and butter until it resembles breadcrumbs.

Add currants, salt and sugar.

Mix with the egg and milk.

Drop spoonfuls onto greased baking sheets/tins.

Bake in oven at 220C for 15 mins.

Cool on wire rack and sprinkle some sugar over them when still warm.

Anne's Bran Loaf

Ingredients

4oz All Bran
4oz self-raising flour
5oz caster sugar
10 oz mixed dried fruit

Method

Mix together dry ingredients and add half pint of milk.

Leave for half an hour then stir in the flour.

Put into a lined loaf tin.

Bake in the oven at 180C for approximately 1 1/4 hours.

Lovely with a bit of butter spread on a slice!

Kirsteen's Noodle Bake

Ingredients

Large pack of beef mince
Carton of passata
1 tsp of garlic (I use the jar of garlic)
1 onion diced
1 tbsp of tomato puree
Salt
Pinch of sugar
Tagliatelle
Cottage cheese
Sour cream
Grated cheddar

Method

Cook tagliatelle. Fry onion and garlic. Brown mince. Add tomato puree. Add carton of passata. Season and add a pinch of sugar. Drain the tagliatelle, put in the bottom of a large oven proof dish, mix the tagliatelle with sour cream and cottage cheese. Top with the Bolognese and then with grated cheese. Bake in oven for 25-30 mins. Serve with garlic bread.



Kirsteen's Mexican Theme Night

Kirsteen's family are treating themselves to a themed night each weekend of the holidays. Here is a snapshot of their mouth-watering Mexican Night menu.

Beef brisket seared in spices with a tomato, orange and chilli sauce and slow cooked for 7 hours. Made into tacos, accompanied by nachos. Then Mexican churros with white and milk chocolate sauce and cinnamon pineapple.





LGOWIT Volunteer, Steve

How long have you volunteered for LGOWIT? Just over a year

Which aspect of volunteering with LGOWIT do you find most satisfying? I enjoy mingling and chatting with other people.

What has been your most memorable moment with LGOWIT? Helping out at the Highland Boccia Tournament at Strathpeffer.

What is the most amusing incident you can recall? Alan forgetting things for the LGOWIT courses - he always had a good excuse!

What do you like to do in your spare time? I like to write, dance and listen to music

What is your favourite holiday destination, and why? I always wanted to go to Hawaii as it is such a nice, warm place!

What has been the worst aspect of coping with lockdown? Not being able to see and interact with friends and family.

Recommended Read

Audrey Mac in Inverness has been listening to Barsoom by Edgar Rice Burroughs. "They are some of his Martian tales and are amazing, so descriptive. You can actually see in your mind's eye what he is writing."

Caption Competition

This photo was taken during the Gardening Group's visit to Highland Liliums at Kiltarlity last year.

What do you suppose the gremlins are saying to each other?



'Man Alive' Answers

(from second newsletter)

1. Mandarin
2. Mandatory
3. Mandolin
4. Manganese
5. Mangrove
6. Mangetout
7. Manicure
8. Manitoba
9. Mannequin
10. Manuscript
11. Manual
12. Manatee



Nigel in Nairn

From Garage to Gym

“At the start of Lockdown I decided to take up boxing and cycling as these are good exercises for Parkinson’s and turned my garage into a mini gym. I bought a boxing bag and gloves. I suspended the boxing bag from the garage roof and do boxing exercises each day for 30 minutes. Its good for the upper body. It helps develop muscles in the arms and chest. I also bought a bicycle stand for my mountain bicycle so that I can do bicycling exercises without having to go on the road and negotiate the traffic. We live in the country and some folks around here use the road through our village as a race track which made cycling difficult. Now I can cycle while staying in the garage. Both help a lot and I will continue with them for the foreseeable future. I also still walk a mile each day and do PD Warrior exercises (recommended for Parkinson’s)”.

As restrictions ease and life begins to return to some degree of normality, let’s enjoy some final reflections on coping during Lockdown and applaud the resilience and crafty skills displayed by our members over the last few months.

‘Hitching a Lift’ by keen photographer, Annie in Dingwall

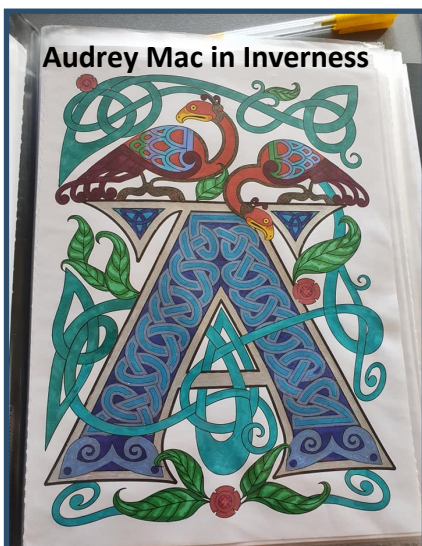


Ups and Downs

“I went into self-isolation on March 10th thinking I was going to get so much done that I never had time for. Little did I know that I would not achieve as much as I would have expected. I have had many ups and downs, started on one job - left it partly done and went on to another, and so it went on. My garden more than anything helped me through this difficult time but I have made some inroads in the garage and scanned the equivalent of 7 shoeboxes of photos onto my external hard drive (tore up a lot too). Phone calls to and from friends were so welcome and now we can even meet up outside which boosts our morale so much. Being able to drive up to 5 miles has been a boon so I can go back to my favourite place which is the harbour.”

Jean in Nairn

Audrey Mac in Inverness





Allarburn Woodturning

“During Lockdown I have been trying to stay busy with woodturning and wood carving. I do struggle with standing for long periods of time and keeping focussed on what I am doing. It does help with the support I receive from family and friends. Woodturning is a great way to pass the time because of the products that you can create.”

Mark in Dornoch



Painted Pebbles

Trish in Dingwall has been busy painting these colourful pebbles.



Keeping Busy

“During Lockdown I have given nearly all my cushions a new cover and decided the kitchen chair needed a make over too. I had hardly finished doing it when my cat decided he liked it and we have had trouble trying to get him to give up the seat.

I have been doing some baking as well but the temptation to eat it immediately is not good. We’ll have to go on a diet when all this is over.

I have been in the garden as often as possible but the best tip I can give any one is just go out and enjoy it.”

June in Nairn

Iconic Landmark

Many of you will recognise this iconic Wester Ross landscape painted so beautifully by Sonia in Smithton. It took her two months of painstaking brushstrokes, but what a fantastic outcome!



Colouring Picture

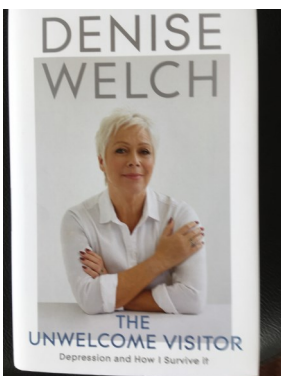


Find the Country

Below you will find the names of eight European countries - the only problem is they are jumbled up. How many anagrams can you solve?

- | | |
|--------------------|--------------------|
| 1. Rot a plug | 2. Job in a raze |
| 3. Road ran | 4. Tie ten lichens |
| 5. Emit unkind dog | 6. Stern handle |
| 7. Box mug mule | 8. A tic tac navy |

Anne's Recommended Read



This book is just out. I found it very easy to read and her sense of humour comes out throughout the book.

Fun Fitness

Here's another couple of simple, gentle exercises, this time to help with flexibility around your neck and calf muscles.

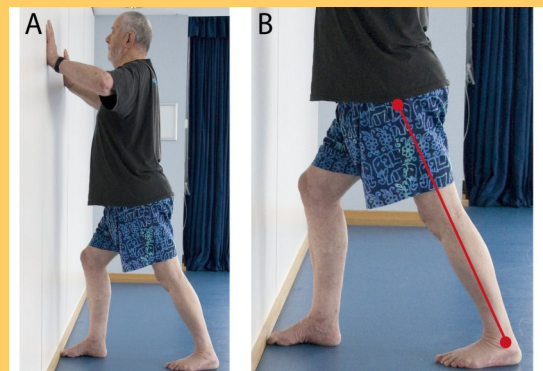
Neck Stretch



Good for loosening tight neck muscles.

- A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
 - B. Slowly tilt your head to the right while holding your shoulder down.
 - C. Repeat on the opposite side.
- Hold each stretch for 5 secs. and repeat 3 times each side.

Calf Stretch



Good for loosening tight calf muscles.

- A. Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.
 - B. The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.
 - C. Repeat with the opposite leg.
- Perform 3 on each side.

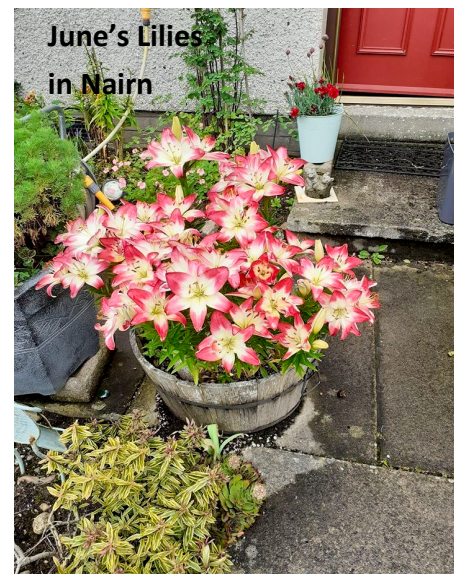
GARDENING

R
O
W
B
A
G



This summer's mixed weather may not have pleased everyone, but at least we gardeners are happy! Soft fruit crops have been plentiful and good quality, vegetables are maturing nicely and the summer bedding has produced a very colourful display. As we head into Autumn here's some more seasonal tips and some of your photos, including Jean's 'Schoolgirl' rose in Nairn.

Cut back plants in baskets, give them a good feed and this can encourage new growth and revive tired displays.



Take cuttings of patio and container plants ready for next year. Pinks and carnations that have become leggy can be propagated by layering or cuttings.

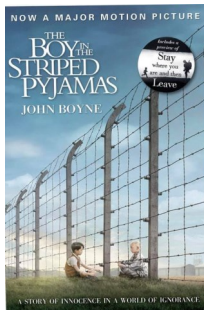
Audrey's Honeysuckle in Inverness



Cut back herbs to encourage a new flush of tasty leaves that you can harvest before the frost. Dry or freeze excess herbs to use in the kitchen later on.

Recommended Read

The Boy in the Striped Pyjamas
"I am currently listening (again!) to this book, which I can highly recommend - it is so much better than the film.



For anyone who isn't familiar with the story, it is about a young lad called Bruno who moves with

his family to Poland when his dad gets the post of Commandant at Auschwitz. Bruno is only 9 and doesn't know what this strange place is and why all the people behind the fence are there. He befriends a young boy through the fence "

Audrey B in Balloch

Free Self Management Training Modules

LGOWIT has just finalised a new series of interactive Training Modules focussing on different aspects of Self Management. They are based on the Self Management Toolkit produced three years ago in partnership with NHS Highland.

The titles of the ten modules are:

- > Embracing Change
- > Goal Setting and Action Planning
- > Managing Symptoms 1
- > Living Well
- > Coping with Loss
- > Uncovering Self Management
- > Staying Positive
- > Managing Symptoms 2
- > Communicating Effectively
- > Maintaining Independence

Each module can be worked through on its own, although it works better if you do them all as a package. The link to the e-learning version of the modules will soon be able for download from the LGOWIT website and Facebook pages. They are also available in booklet format - if you would like to receive a copy, please let us know by contacting the LGOWIT office - contact details are on the front page.

Staying Positive

This page has been compiled by Donna Booth from Vitality Retreat up in Caithness. As many of you will be aware Donna has recently been running a number of online Wellbeing Sessions for us as well as a weekly Friday morning class focussing on Mindful Emotions. Donna has also produced a couple of Wellness videos for us, which are now available in the Members' Zone of our website as well as in the Closed Facebook Group.



5,4,3,2,1

If you need something quick to get out of your worrying thoughts, the 5, 4, 3, 2, 1 exercise is perfect. You can do this standing, sitting, lying down or walking.

Notice 5 things you can see

Notice 4 things you can hear

Notice 3 things you can feel

Notice 2 things you can smell

Notice 1 thing you can taste.



15

Lockdown Anxiety

Have you found yourself feeling very tired, finding it difficult to concentrate or overwhelmed by a need to be constantly on the move? Do you find yourself craving sugary foods or a glass of wine? Are you struggling to sleep? All of these are physical symptoms of the underlying anxiety we are all feeling. Our brains are exhausted because in a short period of time, we've had to change the way we do things that would have been done automatically before. A trip to the supermarket becomes an expedition and a hospital appointment can feel impossible.

As we move towards a lifting of lockdown, it is natural to feel anxious. We have spent a few months in our own safe cocoons and now, suddenly, people are out and about again and there is an expectation that we should be moving forward. It is more important now than ever to make sure we are doing as much as possible to maximise the things that make us feel well and minimise the things that make us feel anxious.

Here is an exercise, which might help.

Divide a piece of paper into two columns

In one column write a list of the things that make you feel good and in the other, the things that make you feel anxious.

Go down your list and look at how you can do more of the good things.

In the anxiety inducing list, what can you do to minimise the effects?

Write a to do list of what you will do and make sure there is at least one thing you can do right away.

You can also use your list of things that make you feel good to create a 'when I'm feeling anxious list'. Write a list of all the things that make you feel better – on mine I always have clean sheets, jammies, a big cup of herbal tea with loads of honey and a good book. Pin your list up somewhere you can see it easily and whenever you're feeling bad, look at your list and do at least one thing from it (even better if you can do more).

Answers to Find the Country

1. Portugal
2. Azerbaijan
3. Andorra
4. Liechtenstein
5. United Kingdom
6. Netherlands
7. Luxembourg
8. Vatican City

Contact Details

Donna Booth, Wellbeing Coach

Email: donna@vitality-retreat.com

Website: www.vitality-retreat.com