



Newsletter 28th May 2020

**Energise Centre**  
Live life to the full



## Welcome!

This is the third newsletter that we have put together to help you keep up to date with services that are available during the lockdown. It will also give you some tips and ideas to help you keep busy and look after your wellbeing.

## Staying Connected!

Just because we are socially distanced doesn't mean we can't stay connected!



## Creative Ways to Keep Connected!

Connections help us maintain our health and wellbeing but under the current circumstances we may need to get creative!

You could try...

- Bonding over a book, film or TV series. Arrange to watch or read the same thing as a friend and chat about it after (or during!).
- Write a card or letter to a friend or family member.
- Connect to the past! You could create a family tree by doing research with family or online.
- Connect with nature! When you're outside- listen out for the sounds of nature! What can you hear? Can you spot any animals?
- Create a piece of art to put in your window and share with your community.



## Phone Calls



We have been having regular catch ups with lots of our centre users and volunteers through phone calls. If you are not already receiving calls from us but would like to be added to our list, please email [carlie.valleley@thebiglifegroup.com](mailto:carlie.valleley@thebiglifegroup.com) and we will be in touch.

## Video Calls

It was great to see some of you at our first 'Chat and Brew' Zoom call. We have more Zoom sessions planned in the coming weeks, so keep an eye on your inbox and check the newsletter for details!



If you're not very confident with technology, Age UK have put together this clear and easy to use guide on how to keep in touch via video call. It covers lots of different platforms and a range of different devices.

<https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/video-calling/>

## Upcoming Online Groups

### Let's gets Quizzical – Quiz for fun

Friday 5<sup>th</sup> June, 11am

Join Zoom Meeting

<https://us02web.zoom.us/j/82061574427?pwd=ZERmekxwVkcubThVemRjVnROaEh0QT09>

Meeting ID: 820 6157 4427

Password: 474860



### Creative Challenge- Room with a view

Monday 8<sup>th</sup> June 11:00 AM

For this session you will need a pencil, eraser, sketch pad. (Coloured pencils and/or paint optional)

Join Zoom Meeting

<https://us02web.zoom.us/j/89678756678?pwd=UWgrVXFVcVlcvc3RkS1BnRWdJaXFsdz09>

Meeting ID: 896 7875 6678

Password: 163246





## **Energise Bingo!**

**Tuesday 16<sup>th</sup> June, 11:00 AM**

If you want to participate in the Bingo session email us and we will send you your bingo cards.

Join Zoom Meeting

<https://us02web.zoom.us/j/82916734898?pwd=aFgzVmtVNnd3bVo2dHlDaEpDS3dZZz09>

**Meeting ID: 829 1673 4898**

**Password: 314988**

## **Keep Moving**

It's great to hear that lots of you have been staying active during lockdown! Whether it's a walk round the park or some stretches in the living room, keeping moving helps to keep us well.



**The Salford Trail-** 10 different walks of around 3- 7 miles each. Perfect if you want to explore Salford and fancy a change from your local park!

<https://www.manchesterandsalfordramblers.org.uk/walks/salford-trail.html>

**Sport England-** Tips, advice and guidance on how to keep or get active in and around your home.

<https://www.sportengland.org/jointhemovement>

**NHS Live Well-** Physical activity guidelines for adults aged 19 to 64

<https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>

**PE With Joe/ The Body Coach-** This Youtube channel has over 250 free home workouts for people of all ages and abilities.

<https://www.youtube.com/user/thebodycoach1/videos>

**Youtube!-** Youtube can be an excellent resource for all kinds of activities! Just type in the sort of exercise you're looking for (e.g. beginner's yoga or seniors pilates) and you should have loads of videos to choose from

<https://www.youtube.com/>



# Eat Well



**One You Easy Meals APP-** This app can be downloaded onto a smartphone and features over 150 healthy recipes.

**Taste of Home-** 50 Cheap, Healthy Meals

<https://www.tasteofhome.com/collection/cheap-healthy-meals/>

**BBC Good Food-** Hundreds of recipes to choose from including this collection of 59 cheap and healthy recipes!

<https://www.bbcgoodfood.com/recipes/collection/cheap-and-healthy>

**Cooking on a Bootstrap-** This website has hundreds of budget friendly recipes and lots of great tips on how to limit waste and make tasty meals from store cupboard essentials!

<https://cookingonabootstrap.com/category/recipes-food/>

## Recipe of the Week

### Refresher Salad

This simple fruity salad is perfect to enjoy on a sunny day!

- 1 Apple, cored and diced (or pear)
- ¼ Cucumber diced
- Small handful of roughly chopped fresh mint
- Juice of ½ lime

Put all the ingredients in a bowl, mix well and enjoy!

## Get Crafty



The **Crafts by Amanda** website has hundreds of craft ideas for adults and kids that you can try at home!

<https://craftsbyamanda.com/category/craft-tutorials/>



FROSTED MASON  
JAR PHOTO  
FRAMES



MASON JAR WIND  
CHIME



BOUQUET OF  
FINGERPRINT  
FLOWERS



WASHCLOTH  
BUNNY AND CHICK



HOW TO MAKE  
MERMAID SLIME

The **Victoria and Albert Museum** website has some great projects ideas for crafters who are a little more experienced

<https://www.vam.ac.uk/info/make-and-do>



#### Make your own Japanese style 'boro' bag

Want to use up or repurpose left-over fabric scraps? Try your hand at crafting your own shopping bag, inspired by the Japanese *boroboro* tradition of recycling and reworking pre-existing textiles.

Includes full instructions. This design can be sewn by hand or machine.

SEW IT ▶



#### Sew your own Frida Kahlo inspired huipil

A 'huipil' is a sleeveless tunic, traditionally worn by women in many regions of Mexico and Guatemala. This sewing pattern is inspired by the huipiles worn by the artist Frida Kahlo, as well as examples in our textile collection.

Includes printable sewing pattern and full instructions. Designed for complete beginners.

SEW IT ▶

**64 Million Artists** has loads of ideas to get your creative juices flowing! They offer creativity packs and great daily creative challenges.

<https://64millionartists.com/>

<http://dothinkshare.com/>

**DAY 18** 18th May 2020

## 100 DRAWINGS

- Can you choose 1 of these to have a go at?
- Draw a dream
  - Draw something soft
  - Draw something tough
- Draw to the sound of your favourite music
- Draw something natural.

It's not about getting it 'perfect.'  
Could you draw without looking at the page? Could you 'draw' in something other than pens and pencils? Could you do all 5 drawings in 10 minutes?

CREATE TV CONNECT

Challenge set by: Accumulate  
#CreateToConnect  
www.64millionartists.com

**DAY 19** 19th May 2020

## CARDS FOR CONNECTION

Design and decorate a card however you like - you could use paper, card, material - you could draw, cut, stick, make, paint or photograph...

Make your card bright and cheerful, then write a positive message, poem or quote inside, and give it away. You could post it through a neighbours door, send it to the staff at your local hospital, leave it outside for someone to find, or share it with friends online on social media, it's up to you!

CREATE TV CONNECT

Challenge set by: Holborn Community Association  
#CreateToConnect  
www.64millionartists.com

## Relax!

A lot of us may be experiencing heightened levels of stress and anxiety at the moment so it's important that we allow ourselves time to breathe and step back from things.

**Insight Timer** – This app and website has a huge selection of free guided meditation and relaxation sessions

<https://insighttimer.com/>

**Headspace** – The Headspace app and website is free to sign up and offers a number of free meditation and mindfulness sessions.

<https://www.headspace.com/>

**Feeling Good: Positive Mindset** – This app has a selection of free audios to help improve your thoughts, feelings, self-esteem and self-confidence.

<https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>

**DIY Face masks**- Pamper yourself from the comfort of your own home!

<https://www.self.com/gallery/7-easy-diy-face-masks>

## Key services

### Salford City Council

#### The Spirit of Salford Helpline ☎

The Spirit of Salford Helpline has extended its support in response to community need and teamed up with partner agencies to support a range of issues

- They can help you with a number of issues such as benefits, council tax, housing advice and getting food and emergency supplies. They can also arrange regular phone calls for anyone struggling with loneliness or isolation.
- If you're struggling with your mental health at the moment, get in touch and they can help. Fill out the form at [http://orlo.uk/sos\\_dTOLP](http://orlo.uk/sos_dTOLP)

### The Spirit of Salford Helpline

 **0800 952 1000**

(Mon - Fri 8.30am - 6pm, Sat 9am - 1pm)

**[www.salford.gov.uk/spiritofsalford](http://www.salford.gov.uk/spiritofsalford)**



Salford City Council

**The Silver line** is a confidential, free helpline for older people in the UK. All calls are free and they also offer regular friendship calls for those struggling with isolation.



<https://www.thesilverline.org.uk/>

**The Greater Manchester Bereavement Service** offers support and advice to anyone in Greater Manchester who has been bereaved. Call on 0161 983 0902 or visit: <https://greater-manchester-bereavement-service.org.uk/>

A graphic for the Greater Manchester Bereavement Service. It has a light blue background. On the left, the text "GREATER MANCHESTER BEREAVEMENT SERVICE" is written in bold, dark grey capital letters. Below this is the phone number "0161 983 0902". Underneath the number, the service hours are listed: "Monday to Friday, 9am to 5pm", "Wednesday, 9am to 8pm", and "Except bank holidays". At the bottom left, the website "Greater-Manchester-Bereavement-Service.org.uk" is provided. On the right side, there is a circular logo containing three stylized leaves in yellow, orange, and green.

**SHOUT**- a free text support service for anyone over the age of 16.

An advertisement for the SHOUT text support service. The background is white with a blue border. On the right side, there is a photograph of a person's hands holding a smartphone. The text on the left reads: "The Coronavirus outbreak is affecting the way many of us live our lives, and it's normal that this will affect our mental health." followed by "If you're aged 16+ you can now text for". Below this is the heading "FREE 24/7 CONFIDENTIAL HELP IN A CRISIS". Underneath, the phrase "Just text" is written in bold. To the right of "Just text" is a list of text numbers for different areas: "Text GMBury to 85258", "Text GMBolton to 85258", "Text GMManchester to 85258", "Text GMOldham to 85258", "Text GMRochdale to 85258", "Text GMSalford to 85258", "Text GMStockport to 85258", "Text GMTandG to 85258 (Tameside and Glossop)", "Text GMTrafford to 85258", and "Text GMWigan to 85258". At the bottom left is the GMCA logo (Greater Manchester Combined Authority) and at the bottom right is the NHS logo with the text "in Greater Manchester".

## Domestic Abuse Help

Women can call the **National Domestic Abuse Helpline** free 24/7 on **0808 2000 247**. They have translators if needed.

**The Men's Advice Line** is free on **0808 801 0327**.

**The National LGBT+ Domestic Abuse Helpline** is on **0800 999 5428**.

**The Mix** has free information and support for under 25s on **0808 808 4994**.

Or see [http://orlo.uk/Salford\\_domestic\\_abuse\\_support\\_RBeLe](http://orlo.uk/Salford_domestic_abuse_support_RBeLe) for details of lots of organisations which can help.



From the start of this month, Boots and other pharmacies have joined a scheme to make their consultation rooms safe spaces for people seeking help because of Domestic Abuse.

### Boots Pharmacy information

<https://www.boots-uk.com/our-stories/boots-pharmacy-consultation-rooms-become-safe-spaces-for-victims-of-domestic-abuse/>

### Superdrug information

<https://www.hestia.org/news/superdrug-join-safe-spaces-scheme-for-victims-of-domestic-abuse-almost-a-quarter-of-all-uk-pharmacies-now-taking-part>

## Salford Food Bank



Salford Food bank provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

They are now partnered with Salford Foundation who are providing doorstep deliveries

Please email any queries to [info@salford.foodbank.org.uk](mailto:info@salford.foodbank.org.uk)

<https://salford.foodbank.org.uk/get-help/>



## Mustard Tree

Mustard Tree has an established track record over the past 25 years, supporting people across Greater Manchester in poverty and facing homelessness.



Mustard tree are still open for Food club. Anyone on any benefit or pensioners can access the food club to choose 10 items of food for £2:50.

They are also distributing Food parcels at both Eccles and Little Hulton Mustard tree shops and for those who need to self-isolate they can call the Ancoats Mustard tree on 0161 850 2282 and self-refer for food delivery to their door. The items that will be delivered will all be ambient goods.

### Opening hours

Eccles Mustard tree shop - Mon and Wed - 10am until 2pm.

Little Hulton Mustard tree - Tues and Wed 10am until 2pm

## Lucie's Pantry

Lucie's Pantry is a social supermarket located at the main Emmaus Salford base on Fitzwarren Street in Pendleton.




People who want to use the social supermarket become a member of Lucie's Pantry. Members pay £2.50 per week and are able to choose items to the value of approximately £15 each week. Membership is limited by need and geographical distance to the outlet.

For more info or to become a member, visit their website.

<https://emmaus.org.uk/salford/our-services/lucies-pantry/>

## Until Next Time...

The Energise Team is continuing to work from home but we will keep you updated on our plans moving forward. For any general enquires, email [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) and someone will get back to you.

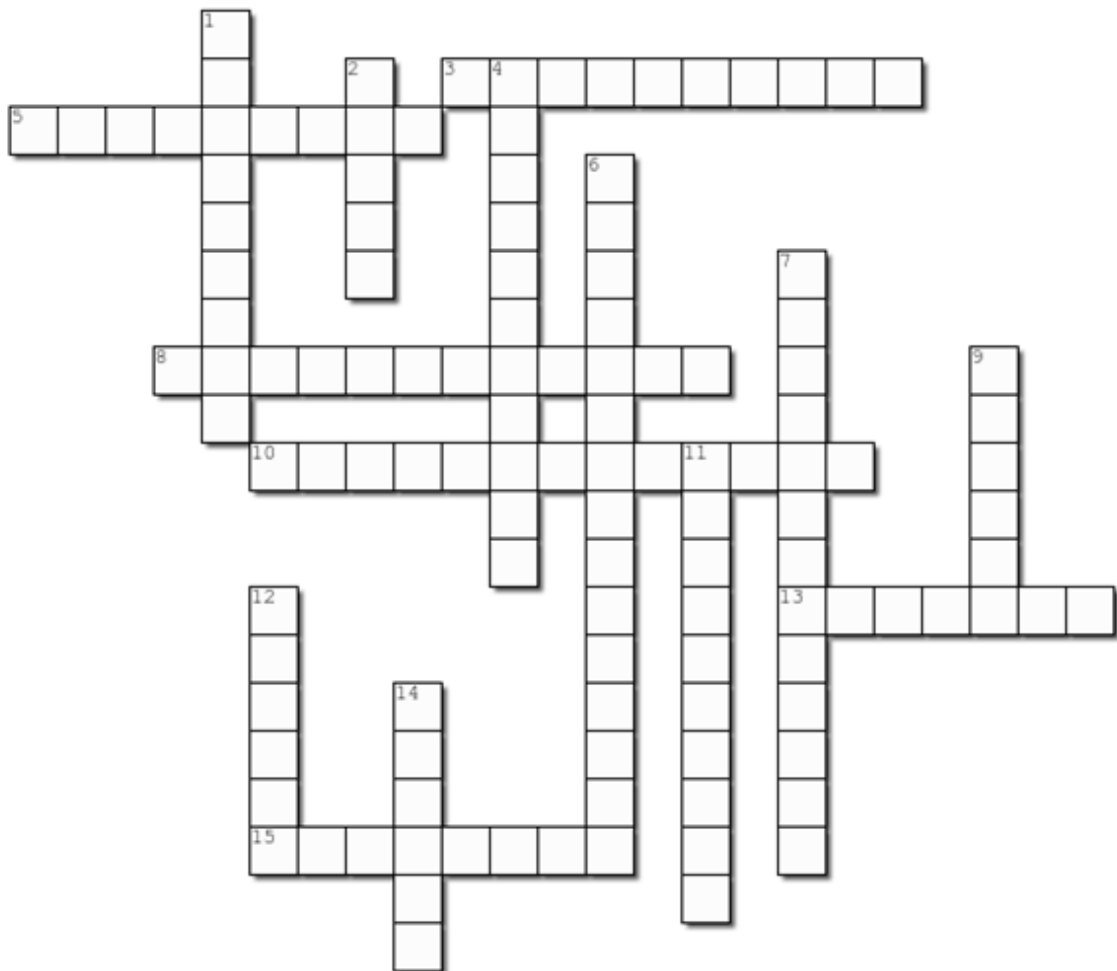
For regular updates, follow us on twitter  @EnergiseCentre

And like our Facebook page  @EnergiseCentre

For now, keep in touch! We love to hear from you and we hope to see some familiar faces on Zoom. Be kind to yourself, be kind to others and most importantly, stay safe!



## The Energise Quick Crossword!



Created using the Crossword Maker on [TheTeachersCorner.net](http://TheTeachersCorner.net)

### **Across**

- 3. Home of the BBC since 2006 (5, 4)
- 5. Which Christopher from Salford played a famous Dr? (9)
- 8. Supposedly haunted Tudor manor house (7,4)
- 10. The road our centre is on (7, 5)
- 13. Ex United footballer (7)
- 15. Pharmacy at The Energise (8)

### **Down**

- 1. Green space that is home to Salford Museum (4, 4)
- 2. Artist famous for his paintings of matchstick men (5)
- 4. Flakey pastry filled with currants (6, 4)
- 6. A nice place to walk off Littleton Rd (6, 7)
- 7. Local Church, school and community centre (2, 10)
- 9. River that runs through Salford (6)
- 11. Rugby league club in Salford (3, 6)
- 12. John \_\_\_\_\_ Clarke (6)
- 14. Square that's home to Salford Town Hall (6)

\*Answers will be included in the next newsletter.