

A WELLBEING PUBLICATION
FROM BE WELL

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the

BE WELL BUGLE

The foremost local wellbeing magazine

BACKYARD BIRDING

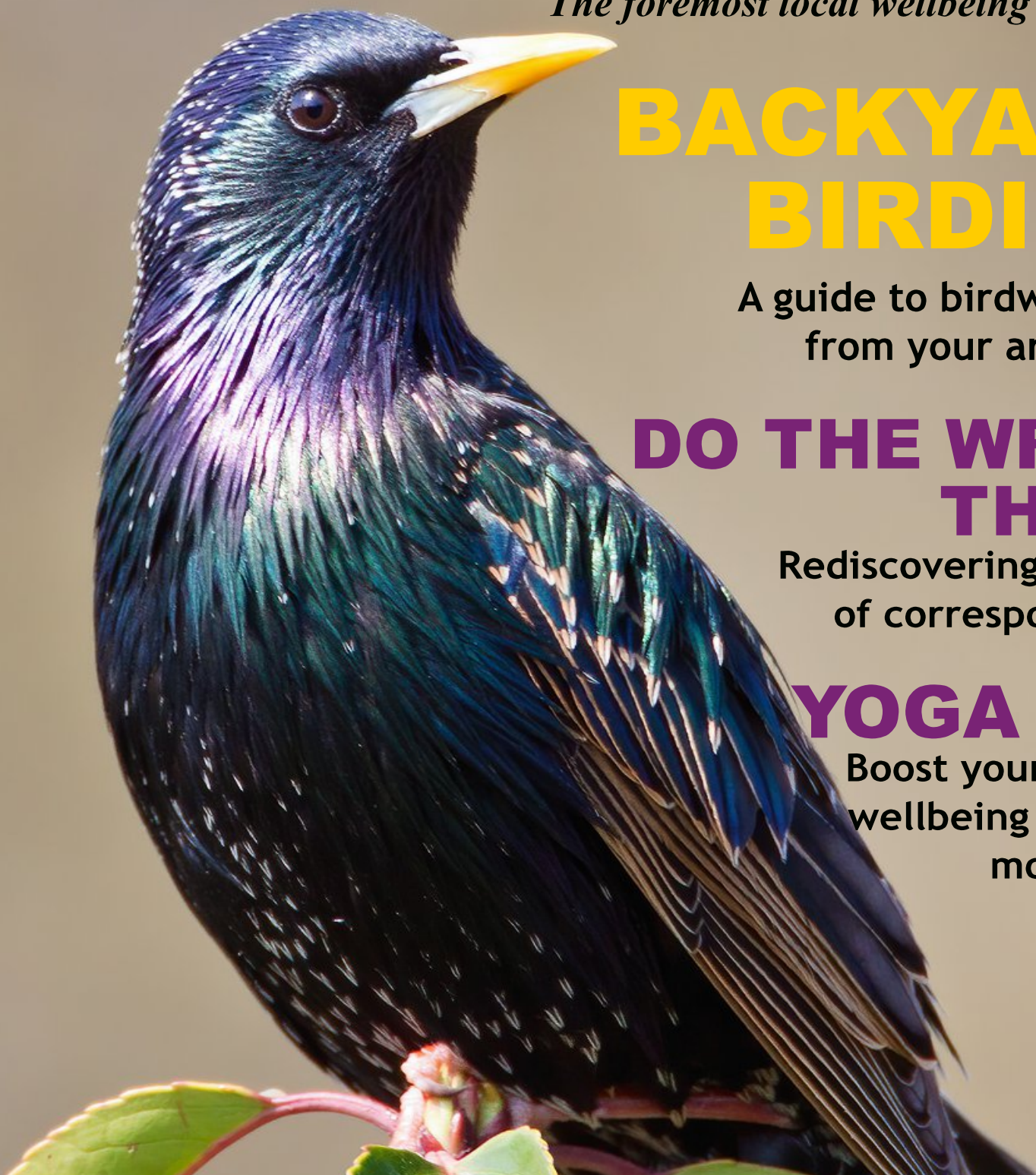
A guide to birdwatching
from your armchair

DO THE WRITE THING

Rediscovering the joy
of correspondence

YOGA 101

Boost your mental
wellbeing through
movement



Recipes



Gardening Tips



Quizzes & Competitions

WELCOME!

Mists and mellow fruitfulness turned up pretty quickly this year - but we're keeping busy here at the Bugle!

On the activities front, Whaley Bridge Walking Football is back and we've started Walking Netball outdoors in Manor Park, which everyone loved. The response has been really positive - "good to be back", "makes such a difference to my week", "I really missed this" were just a few of the comments from netballers and footballers alike. If all the stars align we're taking netball back indoors at Pure Vibes in Whitfield from November.

We're also looking to restart Dancercise in November, also back at Pure Vibes. Information on all activities is available at bewellglossop.co.uk - and we'll update you in the next Bugle.

Finally, the winner of September's Allsorts is Maeve Sweeney. Congratulations, Maeve - if you want the chance to win October's liquorice goodies, just find the Be Well butterfly somewhere in these pages. Email your answer to malcolm.bradford@bewellglossop.co.uk or ring Izzie on 07710 267850 (remembering to tell them the butterfly's location!) with your name and a contact number.

And let us know what you think about the Bugle - all your comments are really welcome!

Mick Owen - Chair of Be Well

Mick



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REDISCOVERING THE JOY OF CORRESPONDENCE

Editor: Malcolm Bradford
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It's All a Bit Crafty

Faced with finding positive activities to share with his granddaughter, Malcolm Bradford has discovered his own inner craftiness

Last month I thought it would be a good idea to do some arty things with my granddaughter during the wet and dark days, something we could do together. With that in mind I set off to The Works at Crown Point (other retailers are available) and after some consideration I bought a Spirograph and a rock painting kit.

As a child I was never impressed with a Spirograph. To me I thought it would be a couple of whizzes with the pen around the circle and then I would be bored. Well, I had to test this kit out to make sure it was suitable for a 7-year-old, and to my surprise it is great fun. Finally, I can begin to appreciate the enjoyment people get from adult colouring-in books.

I looked online and you can buy an adult version

of Spirograph which is made to your specifications and is used by artists and designers. But at £100 plus import duty I decided not to bother. I came to the conclusion that my granddaughter is not quite ready for this product yet so I'll keep it safe and continue to test it. I also think I need to test the rock painting kit!

I was surprised by the satisfaction I got, and I was pleased with my creations. So, try out your artistic talents, either with a familiar skill or something new. Basically, become more crafty, rather than the challenge of creating "art" from scratch.

Malcolm



Famous Artists Wordsearch



Can you find all of the famous artists listed below? There are 19 in total!

VAN GOGH	RUBENS
MICHELANGELO	GOYA
SARGENT	BANKSY
WARHOL	MANET
DEGAS	HOMER
TURNER	MONET
DA VINCI	RENOIR
TITIAN	MUNCH
ROTHKO	DALI
CARAVAGGIO	

Answers to last month's quiz

- | | |
|---|--|
| 1. Tony Hancock, with Sidney James; Moira Lister, Andrée Melly, Hattie Jacques, Bill Kerr and Kenneth Williams. | 6. Brookfield Farm |
| 2. 30 September 1967 | 7. "What's the recipe today, Jim?" and "Orf we jolly well go". |
| 3. The Home Service | 8. Franklin Engelmann, Alan "Fluff" Freeman, Dale Winton, Tony Blackburn, Paul Gambaccini. |
| 4. April 1972 replacing John Dunn | 9. Twenty Questions |
| 5. Waggoners Walk | 10. Just a Minute |

Easy Lemon Drizzle Cake

Thursday walker and occasional seated exerciser **Kay Honeyford** has sent us this month's recipe. She says: "I make this a lot and it's proved a very reliable recipe."

Ingredients

4 oz margarine	1 lemon
6 oz self raising flour	2 eggs
6 oz caster sugar	3 tbsp milk
	1 tbsp lemon juice

Method

1. Preheat the oven to 180 C (350 F).
2. Rub fat into flour, add the sugar and the zest of the lemon.
3. Beat the eggs with the milk and lemon juice and pour into the dry ingredients.
4. Pour into a lined tin and bake for around 30 minutes until a knife comes out of the centre clean.
5. Just before the cake comes out of the oven, mix around 3 heaped tbsp of icing sugar in a bowl with a little lemon juice (this should be quite a thick consistency, a bit like golden syrup).
6. When the cake comes out of the oven, pour over the icing straight away and smooth to cover all the cake.



YOGA 101

Local teacher **Emma Proctor** explains the benefits of yoga and how easy it is to get the habit.

Yoga has become increasingly popular in the West over recent years and for good reason. Along with physical benefits such as improved flexibility, balance and strength, yoga brings huge benefits to mental health. You can do it indoors or out, on your own or in groups, and making a start is not expensive.

Yoga is about more than just movement. Classes incorporate mindfulness meditation, breathing practices and relaxation alongside the 'asanas', our name for the postures or poses. We often explore yoga philosophy, which focuses on ethical guidelines relating to actions towards oneself and others, including values such as kindness, truthfulness and self-discipline.

However, yoga is far from prescriptive. While encouraging ethical behaviours, there is a strong focus on doing what is right for you and interpreting ideas in your own way; even on adapting the postures to suit your needs. One phrase you will frequently hear from a yoga teacher is, "do what works for you; every body is different". Which makes it a great form of exercise for older people - you can even do Chair Yoga!

First and foremost, yoga is about taking time for



Emma demonstrates the tree pose

yourself, to relax, reflect and move a little, whether that's a gentle stretch or a full Sun Salutation. As yoga people say; "Yoga isn't about touching your toes, it's about what you learn on the way down."

When yoga classes can happen outdoors, the health benefits increase. Research has shown that being in a greenspace naturally decreases blood pressure and levels of the stress hormone cortisol. Being outdoors can even help fight cancer at a cellular level! When people take part in outdoor yoga they comment that they have never noticed trees in such detail before or realised how birdsong instantly calms their mind and brings them into the moment.

Indoors or outdoors, the benefits of yoga are undeniable. You only have to give it a go for yourself, take time to discover what parts of the practice work for you and notice how it brings more peace and contentment, as well as adding a little more movement to your life!

Emma

BACKYARD BIRDING

A guide to birdwatching from your armchair

As well as being a gardening guru, Dave Sudworth is a birder - not a twitcher - who has followed his passion all over the world. During lockdown he focussed closer to home, literally his own back garden, and here he invites you to try it yourself.

Since we have all been at home during lockdown, many people have begun to notice garden birds much more. For me, the sight of twenty starlings trying to have a bath in a small birdbath has been endlessly entertaining. Feisty is the word that comes to mind.

In my Simmondley garden I am blessed with huge numbers of sparrows, dunnocks, goldfinches, blue tits, coal tits, great tits, blackbirds, robins and starlings, as well as larger birds such as jackdaws and magpies.



Distinctive markings make goldfinches some of the most colourful garden birds in Britain



Robins and wrens can be seen in Britain all year round



I also see wrens, greenfinches, chaffinches, redpolls, siskins and nuthatches. And I get the occasional great spotted woodpecker and sparrowhawk.

This is all down to having several feeding stations around the garden. I feed mixed seed, sunflower hearts, and mealy worms as well as fat balls, suet pellets and everyday kitchen scraps. Each feeder accommodates different birds and is protected by mesh and covers.

I try to be egalitarian; every bird gets something according to their need and I don't forget the ground-feeding birds such as dunnock and blackbird and spread food under bushes and on the lawn. As a result, I am rewarded by an endless stream of visitors that keep me entertained. If I sit in my conservatory and keep still, I will be rewarded with the sight of most of this list of birds in an hour or so.

If you want to join in this marvel of the natural world, simply start to feed the birds yourself. Feeders cost just a couple of pounds and small quantities of bird seed are available in supermarkets and even pound stores.

As you get more birds you will need larger quantities - believe me, word soon gets round the bird community of any feeding opportunity. I buy seeds in 50 kilo sacks online from garden bird feed suppliers but even if you have a smaller garden or just a window ledge you can get far smaller packets of what you need.

So happy birdwatching to you all. It quickly becomes addictive as I have found.

Dave



Editor's note: If you want even more information on garden birdwatching you can ring Derbyshire Wildlife Trust on 01773 881188, write to them at Derbyshire Wildlife Trust, Sandy Hill, Main Street, Middleton, Matlock, Derbyshire, DE4 4LR or check them out online at: www.derbyshirewildlifetrust.org.uk/actions/how-feed-birds-your-garden

Images courtesy of Kevin Agar. Visit www.kevinagar.uk for more examples of superb bird photography.

BESPOKERY: THE JOY OF PALLET UPCYCLING



Pallets make great planters!

Glossop Community Allotment grows fruit and vegetables, but it also grows people.

Mick Owen has been blooming in a new role as a “wall furniture maker”.

When we set up the allotment, we wanted to help counter loneliness, especially in older men who find it hard to socialise after retirement. Right from the beginning, there has been a focus on “making and mending” with men and women, plus the occasional child, getting involved in everything from laying paths to reroofing the shed. Recently we moved into something I like to call “bespoke wall furniture creation”, using that upcycler’s staple, the pallet.

Whenever the road haulage industry feels under fire from the green lobby, they trot out the slogan, “If you bought it, a truck brought it”. To be fair, it’s pithy, rhymes and is largely true; as anyone who has endured Mottram Moor on a Monday morning will attest. There are a lot of lorries about, and almost every one of them will have their cargo on pallets.

These simple wooden frames enable goods of all kinds to be moved with forklifts. They are plentiful,

reusable and ultimately disposable - which is where we come in. Where a haulier, shopkeeper or builder sees a useless pallet to be discarded, we see an opportunity.

Over time we have stuck to fairly basic jobs with pallets - our front fence consists of them (they are great for planting in) as do our compost bins - but now we are branching out and offering our bespoke, wall-mounted storage solutions to the market. You can call them coat racks.

We started with a commission to solve an Old Glossop resident’s challenge of getting all her coats, hats and gardening paraphernalia into her “garden room”, and can now offer customers tailored solutions to their own space conundrums in exchange for a donation. And while you think about whether you need our help, remember, Christmas is coming!

Mick



Desert Island Discs

This month’s castaway is regular quizzer **Lynn Beale**. To contribute your choices, email malcolm@bewellglossop.co.uk.

All Things Bright and Beautiful

We used to sing this in assembly in Infant and Junior School; an uplifting and happy song.

No Woman No Cry - Bob Marley

Lovely memories of living in East London in the hot summer of 1976. Everyone was out in the street and Bob Marley was always playing in the background.

9-5 - Dolly Parton

I remember on Sunday mornings while Mum was cooking dinner, Dad always used to play his Country and Western records. He always played some Dolly Parton.

Fame - Irene Cara

I went to my first ever concert to see the Kids from Fame at Wembley and I loved it.

Do You Really Want to Hurt Me - Culture Club

Again, I saw these at Wembley, the same day I passed my driving test (first time!)

Living on a Prayer - Bon Jovi

I was about 19 and a few of us went to the Monsters

of Rock concert with Bon Jovi headlining. I went on to see them another seven times, one of the best rock bands ever.

Wonderwall - Oasis

Special song for me as it was out when me and Nick got together. Great song writers and I love the lyrics.

Someone Like You - Adele

Adele is the best female voice I have ever heard and she is a great songwriter as well. I love this song and I guess everyone can relate to it in their own way.

My luxury item would be...

Got to be an everlasting bag of vegan marshmallows. Say no more!

I would take the book

BOSH! How to Live Vegan by Henry Firth and Ian Theasby. I think we should all do something towards a better future for us and our families and one way we can do that is to reduce our intake of meat and dairy products.

Ask Dave

Our community allotment supremo Dave Sudworth offers you his horticultural hints and timely tips for the coming weeks.

With the shortening days there comes the chance of early frost and certainly there will be cold nights, so have fleece ready to cover tender plants and vegetables.

In the garden, now is the time to:

Start planting spring bulbs, but delay planting tulips until November so that they do not flower until Spring frosts have finished.

Perennials can be moved or split to increase numbers or to keep the centres of established plants growing. I just dig up the whole plant, stick two garden forks in the middle and lever the halves apart. Cut away the dead centre and replant whilst the soil still has some warmth to enable them to get away well. The same with Hostas. I grow mine in pots, so I empty them and simply saw the whole plants into halves or quarters and replant. Give the smallest sections away to friends.

On the allotment, it's time to:

Sow winter lettuce. Varieties such as Winter Density, Arctic King and Valdor will overwinter outside to provide early salad crops next Spring. In really cold spells, cover them with a plastic cloche or plastic sheet for

protection.

Keep feeding tomatoes, squash, courgettes and other fruiting vegetables with liquid feed that is high in potassium. This will help fruits to colour up quickly and have a good flavour.

Garlic and onion sets can now be planted.

Runner beans will soon be coming to an end but keep picking when very young for the last few days of the season. When you have finally grown tired of the everlasting runner bean harvest, let the pods stay on the plants until you can see the big bumps of the beans in the pods. Discard the pods but use the beans inside for tasty soups or stews. Keep some of the beans to sow next year. Cut down the plants but leave the roots in the soil as the roots have fixed lots of nitrogen that will benefit the plants sown in this location next year. Use the tops in the compost heap but, before you add them, empty the heaps and put the compost back in with the shredded bean tops. This will speed up decomposition and make good compost for use in planting in the spring.

And it's always the time to dig empty beds. Leave big clumps to break down in the winter frost and save yourself some effort.

DO THE WRITE THING

How do you connect vulnerable people forced to live in isolation who do not use computers or smartphones? Vicky Murphy explains how Be Well went back in time.



At Be Well we have used intergenerational (IG) projects to raise wellbeing for six years and believe that being able to “Connect” is fundamental to happiness and being healthy. We have seen the benefits brought by bringing our most senior customers together with children and young people. We even have a National Lottery grant to help us explore how we can help other wellbeing organisations “get the IG habit”.

So, when lockdown started, we knew it would have an extremely negative effect on both our oldest and youngest participants. In the Be Well office we have a board covered in our images of young and old laughing, learning and playing together and it is inspirational. When the pandemic closed down our communities, we wanted to help capture a little bit of that joy even though the prospect of “being normal again” can seem very distant at times.

“Do the Write Thing” is an Action Together-funded project which uses old-fashioned letters to bring

together the two generations. Every month - more often if the participants want it - a nursery child, helped by their family, send a letter or picture they have made to someone at the other end of the age spectrum living under lockdown, and get one back. As one of the sheltered housing residents who helped us design the project said, “It’s like having a Pen Pal. Just like the old days”. And it is.

First of all, we linked Whitfield House residents with the youngsters they had already met from South View Nursery and we have plans for similar arrangements in Gamesley and Hadfield. Anyone who needs it can have a letter-writing or art equipment pack provided by the lovely people at Wains the stationers, stamps and some help with ideas of what to say or send.

And we are now recruiting people living under lockdown in their own home and linking them to families who volunteer to get involved.

If you would like to take part, call us on 07590 839421.

Vicky

The Book Corner

This month in the book corner, **Sarah Woolley** of Bay Tree Books reviews *The Nickel Boys* by American novelist Colson Whitehead.

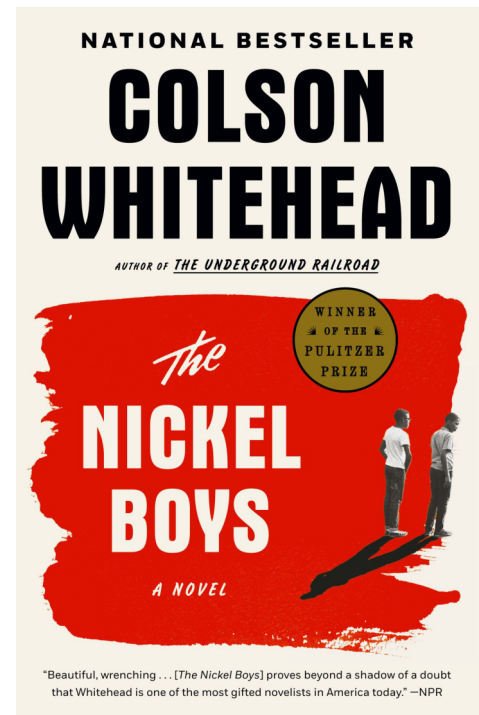


When Elwood Curtis, a black boy growing up in 1960s Tallahassee, is unfairly sentenced to a juvenile reformatory called the Nickel Academy, he finds himself trapped in a grotesque chamber of horrors. Elwood's only salvation is his friendship with fellow 'delinquent' Turner. As life at the Academy becomes ever more perilous, the tension between Elwood's ideals and Turner's scepticism leads to a decision, the repercussions of which will echo down the decades.

Whitehead was inspired by the true story of the Arthur G Dozier School for Boys in Florida which operated from 1900 to 2011. In 2014, he read about a team of university archaeologists who were excavating the cemetery on the former institution's grounds and discovered a number of unmarked graves. Further research revealed that, in 2009, the, then, St. Petersburg Times published 'For Their Own Good', a series about the school that revealed a long history of abuse. Several investigations by state agencies followed.

It is incredible that such events ever happened, never mind so recently. And, of course, there is the probability of other institutions existing where such brutality towards powerless children occurred as a result of their being failed by a system supposed to protect them.

Accredited for his storytelling of American history, Whitehead's latest novel is a harrowing but significant read. It compelled me to probe further into its origins and, considering our year so far, reminded me how incredibly fortunate we are.



A Simple Act of Kindness

David Harris, b. 1972

A simple act of kindness
can stop a million tears.
A little hug
can give so much joy.
A letter now and then to someone
can save so many wasted years.



We should hold every moment precious
and help as many as we can
with a simple act of kindness
every now and then.

The world would be a better place
if we all cared a little more.
Imagine how many smiling faces
would greet us at the door
if we extended that helping hand
with a simple act of kindness
that could spread across many lands.

David Harris was born in England and brought up in Canada until he was fourteen when he settled back here. His work is accessible but its simplicity belies the complexity of themes with which he deals.