



Learner Name:

WELCOME TO THE WINTER WELL-IES WORKBOOK

Tis the Season to be.....?

With the festive season upon us we may imagine that, as the Christmas Carol suggests we should be feeling 'jolly', but for many of us, this time of year can feel anything but. With the dark nights upon us, rising energy and food prices, worries about Covid/Flu and the pressures that Christmas can bring, it can be a difficult time for lots of us.

However, as you probably already know, one of the things we like to do here at the Recovery & Wellbeing College is to focus on everything that is right with an individual (and the world), rather than what is wrong. That doesn't mean we are ignoring all the very real issues described above, in fact quite the reverse. This workbook has been designed by RWC staff and some of our volunteers to help you, our lovely learners, to thrive rather than just survive the season ahead.

Practical tips to help you manage your finances, money saving tips for the festive season and beyond, activities and games to keep you and your families entertained as well as suggestions to keep you well throughout the winter ahead are all included in this workbook. So, no need to squirrel yourselves away, get your wellies on and let's try and make this season as joyous as possible!

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<https://www.facebook.com/CnKRecoveryWellbeingCollege>



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1. SEASONAL SAVINGS

We're all aware that prices have been rising, and this can be particularly challenging around the festive season. When money's tight, there can be worries about keeping warm at home, buying gifts and making Christmas special for the family. In this section we have a couple of activities to help you to think about where you may be able to make a few savings and details of organisations that can help you manage your finances and get money help if you need it.

Need vs Want

It was Oscar Wilde who said *"To recommend thrift to the poor is both grotesque and insulting. It is like advising a man who is starving to eat less."* We are not implying that anyone is 'poor' but in the current climate pretty much all of us have either had to or are having to make cutbacks in our lives. The following exercise is designed to get you to think about the everyday things that you spend money on to see if you can find anymore areas where savings can be made, but it maybe that you have already made all the cutbacks you possibly can.



List your everyday spending costs in the table below, dividing them up based on whether they are essential or luxury (we use this word in the loosest term) items. Or go through your list of direct debits and check there isn't something lurking in there that you have forgotten about, like a monthly donation to a charity that you may want to stop - or not as the case may be. Everyone's list will be different, there's no wrong or right answers. For example, TV/Video subscription services may be essential, if you're unable to go out much but maybe you could reduce the number of services you subscribe to? And while it might not be feasible to cancel your mobile phone or internet contract you may want to consider looking round for a cheaper deal.

Need (essential)	Want (luxury)
Example- Warm winter clothes	New outfit for the festive season

Now, using the table below, choose 2 or 3 of your luxury items and think of cheaper alternatives:

Luxury Item	Alternative
Example- Take-Aways	Supermarket meal deals

These lists are aimed at helping you to think about costs that you can cut down on, should you need to. It can also help you to think about ways to still enjoy some of those luxury items when you haven't got much money.

You can use a similar process to plan your Christmas gift buying, to avoid getting carried away and spending more than you can manage. It's a good idea to work out your budget and plan your gifts before hitting the shops and placing your online orders! (see section 3 for more ideas).

Getting help with money...

Christmas is always an expensive time of year, and this is another winter where many of us are feeling an extra squeeze on our wallets and purses. Hopefully you'll find some ideas in this workbook that can help you save a few pounds, but we realise that may not be enough if you're struggling to make ends meet.

There are organisations out there who can help if money is tight – please read on for details and do reach out and ask for support if you need it.



Get what you're entitled to: Are you claiming all the benefits you're entitled to? If you're unsure, try using this online tool: [Turn2us Benefits Calculator](https://benefits-calculator-2.turn2us.org.uk/) (<https://benefits-calculator-2.turn2us.org.uk/>) or ask Citizen's Advice (details below) to go through it with you. There are also grants and loans available to help in emergencies or if you are really struggling to cope, read on to find out more.

Get help with bills and budgeting: There are ways to reduce spending and budget more effectively that can help to stretch your income further. You can get free help with your household budget from Citizen's Advice and StepChange (details below).

Get support with debts: If you are in debt there is help available that can really make a difference. Debt management plans can bring repayments within realistic levels. If you're eligible there are even ways you can reduce or eliminate debts. Free specialist advice services can tell you your options, work out plans with you and help you apply for debts to be reduced or written off.

Get your home warm: Help is available to improve the efficiency of your heating, reduce your energy bills and provide advice about claiming the Warm Homes Discount and accessing charitable funds that can help you heat your home for less.



Below are details of some organizations who can provide money help.



Citizens Advice: Free advice service offering help with budgeting, debt, benefits, work, housing and much more.

- Calderdale: [Calderdale CAB](https://calderdalecab.org.uk/) (https://calderdalecab.org.uk/) **Tel: 0808 278 7879**
- Kirklees: [Kirklees Citizens Advice](https://kcalc.org.uk/) (https://kcalc.org.uk) **Tel: 0808 278 7876**



StepChange: A national charity providing a free advice service covering benefits, budgeting, and specialist help with debt.

www.stepchange.org Tel: 0800 138 1111

Coping with the rising cost of living:

For information, support and advice on how to manage the cost of living go to your local council pages here:

Calderdale Council: <https://www.calderdale.gov.uk/v2/residents/community-and-living/money-and-wellbeing-calderdale>

Kirklees Council: <https://www.kirklees.gov.uk/beta/cost-of-living/index.aspx>

Food Help:

Halifax Community Fridge

The Halifax Community Fridge provides free food for anyone in the local community who is in need, between 11am and 12.30pm every day, at 131 Gibbet Street, Halifax.

They also offer a warm meal for their neighbours in the community, every Thursday afternoon. Check out their Facebook page for details:

<https://www.facebook.com/HalifaxCommunityFridge>

Call: 07790 758618

The Bread and Butter Thing (Kirklees)

The Bread and Butter Thing is a charity which is distributing surplus food from shops, supermarkets and farms to people who need it. They cover several areas of Kirklees including Rawthorpe, Dalton, Deighton, Batley and Chickenley, providing weekly food bags at a fraction of the cost of buying them from the supermarket. Click the link for more information: <https://www.breadandbutterthing.org/members>

Council Welfare Support: Your council can provide a range of help, including benefits, budgeting and housing advice, referrals to food banks and they can provide emergency assistance if you are in immediate financial difficulty that could affect your family's health or safety. This can include providing food parcels or help towards energy costs, for example, for eligible households.

- Calderdale: **Tel: 01422 288005** (applications are by phone only)
- Kirklees: **Tel: 01484 414782** Email: lw@kirklees.gov.uk

Other local help in Calderdale:

- Noah's Ark Centre: A local charity offering a money / debt advice service, budgeting courses, employment support, temporary food support and counselling services.
Tel: 01422 364664 <http://www.noahsarkcentre.org.uk/>
- Halifax Opportunities Trust (HOT): Another local charity which supports local communities. They can provide advice on housing, money / debt, benefits, finding work, childcare, and more through their Hopeful Families programme.
Tel: 01422 342552 www.regen.org.uk/employment/hopeful-families

Other local help in Kirklees

- Huddersfield Mission: The Mission provides a support service which helps with benefits claims, housing and tenancy problems, emergency provisions and crisis support, and referrals to other local services. **Tel: 01484 421461** or pop into the Mission café for a chat: 1-3 Lord Street, Huddersfield town centre.
- Better Off Kirklees: An online service offering help finding out which benefits you can claim, making an application and looking for work: www.betteroffkirklees.org.uk

Staying Warm

Green Doctor service: A free service by the charity Groundwork, providing help with switching energy supplier to save money; resolving issues with energy suppliers including billing, debt and meter connection issues; access to emergency top ups (pre-pay meters); help with emergencies like broken heating; support to access heating grants and discounts; energy efficiency measures to save money and keep your home warm; advice on damp and mold. **Tel: 0113 238 0601** www.groundwork.org.uk/services/green-doctor/



Warm Spaces network: To save on heating costs you can find a warm place to go that's open to the public using this searchable online service: <https://www.warmwelcome.uk/>

My money plan: write below up to five manageable steps you plan to take to save money and/or to get help with your money, including contacting organisations or services in the list above if it would help you.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



2. EAT WELL FOR LESS

What we eat can have a real impact on our wellbeing, both physically and mentally. Eating lots of fruit 'n' veg not only boosts our immune system (which is particularly helpful in the winter months) but, according to research, certain types give our mood a boost too. Below are some hints and tips to get started and ways to save money along the way....

Get organised!

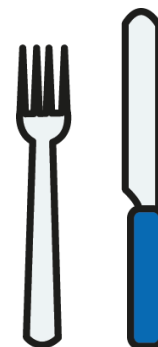
Menu planning might not sound like the most exciting of activities but we assure you it is an effective way to reduce those food bills! Deciding on what to eat for the days ahead means that you only buy in what you need. Knowing what's on 'the menu' and having the ingredients in also means you are less likely to order expensive takeaways. Just remember to make a list of the items you need before heading to the supermarket to make sure you don't buy any unnecessary items. Also, consider going to your local butchers / green grocers as you can usually buy things in smaller (or larger) quantities, getting the exact amount you need.

Choosing what we eat is equally important. For many, a meat-based dish is the go-to, but beef, chicken, pork and lamb are all expensive to buy so why not opt for a cheaper, veggie-based dish for a change? In the space below, create your own menu plan for the week ahead, with or without meat. We've given you an example for inspiration.

Sunday	Roast Chicken Dinner	Sunday	
Monday	Left Over Chicken and Chips	Monday	
Tuesday	Sweet Leek Carbonara	Tuesday	
Wednesday	Tomato Dahl with flatbreads	Wednesday	
Thursday	Jacket Spud with Beans	Thursday	
Friday	Veggie Chilli Tacos	Friday	
Saturday	Thai Green Veg Curry & Rice	Saturday	

Waste Not, Want Not

Whether cooking just for yourself or for family, calculating the right amount to cook can be a tricky business, meaning sometimes we have more than we bargained for! So, if you have over-catered, make sure you put the leftovers to good use. They can be enjoyed the next day for lunch, popped in the freezer for another time or, depending on the dish, used as a base for another meal entirely (think bubble & squeak!) As well as saving ££ it also saves time and effort cooking something from scratch too. Soups are a great way to use up leftover veggies. It doesn't matter if they are past their best or if you have a mixture of things; carrots, parsnips, courgettes – anything goes. Just chop up, chuck in a pan with some softened onions and some stock and hey presto! Grab a chunk of buttered bread and you have yourself a cheap healthy meal.



Alternatively, you could plan to over-cater. For example, if buying meat for a roast dinner, you could get a slightly bigger joint and save some for the following evening which could be eaten with chips, or sweet potato wedges. Winner, winner, chicken dinner!



Now, your challenge, should you choose to accept it, is to go and look in your fridge, pantry, veg rack and see what you can make from the ingredients you have to hand. Feel free to get recipe books out or get googling. I find searching for '**easy recipes with.....**' a useful way to utilize food I might have otherwise thrown away. Write your ideas below:-

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Cooking for Christmas!

We take our (party) hats off to those of you who are brave enough to cook for the family at Christmas. Having additional friends or family round for the festivities can be heavy on the wallet as well as pretty exhausting. Here's some suggestions to help keep the costs down:-

- Write a list of what you need! Don't go berserk in the supermarket aisles, just on the off-chance Auntie Gladys might fancy some chocolate coated brazil nuts!
 - Ask others to get involved. There is nothing cheeky about asking your relatives to buy and prep the veggies and/or bring dessert. Certainly, if corks are going to be popping then let your guests know you're happy to provide the corkscrew if they bring the fizz!
 - Shop around. Whether you have turkey or something else as the star of the Christmas meal, compare prices locally to get the best value product.
-

Finally, here are a couple of low-cost everyday recipe ideas you might want to try. We'd love to know how you get on!

Tremendous Tuna Pasta

Ingredients:-

1 tin condensed mushroom soup
 1 tin tuna
 Handful of frozen peas
 Milk
 1 tsp Cayenne pepper
 Any pasta
 Cheddar cheese



Method:-

Pre heat oven to 180 or gas mark 4. Drain tuna and place in a bowl, add the condensed soup and mix well. Add milk to the mixture and cayenne pepper. Put peas into a jug and pour boiling water over them. Drain and add to the mixture. Mix everything well. Boil a generous amount of pasta,(a quarter of a bag should be enough) and while that is cooking, grate a small amount of cheese. Warm the tuna mixture in the microwave for around a minute, mix and cook for another 30 seconds.

When pasta is cooked and drained, add to your bowl of tuna, stirring well. If it is a little dry add a little more milk. Place into a casserole dish and top with the cheese. Add a little cayenne on top of the cheese. Cook at 180 for 20 minutes. Top with croutons for a bit of crunch!



Warming Vegetarian Cottage Pie (serves 4, reduce quantities if cooking for less people)

Ingredients

1 cup dried red lentils
 Half an onion, cut finely
 2 small carrots, diced
 3-4 potatoes, chopped
 Butter / milk for mashing
 Half tsp Marmite or veg stock cube
 Herbs, salt, pepper to taste
 60g grated cheddar cheese (optional)



Method: Rinse the lentils and put them in a pan with 1.5 cups of water. Bring to the boil and then cover and simmer on a low heat, adding the chopped onion and the carrot when the lentils start to soften. Simmer until fully soft, stirring occasionally. Avoid letting the mix get too dry – you can add more water if necessary. Add the Marmite and herbs and salt / pepper to taste (if you prefer you can substitute a dissolved veg stock cube for the Marmite). Meanwhile boil the potatoes until soft and mash with the butter and milk. Add salt / pepper as needed. Put the lentil mixture in the bottom of a pie dish and spread the mashed potatoes on top. Sprinkle the grated cheese over the top if using. Put the dish on a baking sheet in the oven (220C/400F/Gas 6) for around 20-25 minutes or until the potato is golden and the cheese is melted. Serve with some broccoli or buttered cabbage – yum!

3. THE GIFT OF GIVING

Christmas can be an expensive time of year, so let us help lighten the load this year with some sustainable, low-cost gift giving ideas. When buying presents, we might automatically head for the high street but why not give a gift with a difference instead? After all, it really is the thought that counts.

Do something together: Instead of buying a gift why not make them a voucher for something you can enjoy together during 2023. Offer to cook a meal / an evening at the cinema / to help them with their garden / offer to babysit / teach them to knit.....the list really is endless! Alternatively, you could buy a cheap diary or calendar and fill it with occasional events throughout the year such as a walk in the park or a trip to a local art gallery (which are normally free). Alternatively, you can use MSE's free printable Christmas 'cheques'. You can do this by visiting their website at www.moneysavingexpert.com/shopping/xmas-gift-cheques

Pre-loved: Ever heard the term "one man's junk is another man's treasure?" We aren't talking about palming off your old rubbish onto your unsuspecting friends and family but if you have some unused, unwanted items at home that could be re-purposed, or you love scouring second-hand stores, then this is a great way to give sustainable, low-cost gifts. For example: If you know someone who is a keen gardener, then perhaps you might have an old pack of seeds or bulbs in the back of the shed. Add these to a gardening themed mug found in a charity shop and you have a thoughtful gift for not much more than a couple of pounds.



Mini hamper: Why not put together a collection of your loved-one's favourite goodies? Filling a small box with their fave treats is a relatively cheap and thoughtful way to show someone you care.

Hand-made: If you enjoy arts and crafts or love baking, why not make something with your own fair hands? This is a great way to do something that you enjoy as well as giving a unique present that we're sure your loved ones would appreciate. Have a 'twitcher' in the family? Why not make them a bird feeder? Or decorate a jar and fill it with bird feed? There are loads of ideas online if you're in need of inspiration.



Be a Secret Santa: this Christmas tradition is where members of a group (such as family, friends, colleagues) are randomly assigned a person to whom they give a gift. Traditionally, a budget is agreed between the group and the identity of the gift giver remains a secret – hence the name. This can be a great way to reduce the number of people you buy for and means that everyone still receives a present.

It's a wrap! So, after all that list writing / searching / shopping / creating you are now left with all the wrapping! You don't have to spend a small fortune on matching wrapping paper and gift tags, you can create beautifully wrapped presents from rolls of brown paper with a bit of twine, newspaper, or pre-used wrapping paper (if you've had the foresight to save any you've received). This is a wonderful opportunity to get creative!



Still need to head to the High Street shops? Then write a list of who you intend to buy for and allocate a budget for each person and stick to it! Be careful not to let clever retailers persuade you to part with more money than you want to spend! And, if anyone says to you “please don’t get me a present this year” then we suggest you take them at their word.

Person	Budget	Ideas	Amount Spent
<i>e.g Niece</i>	<i>£5</i>	<i>Jigsaw</i>	<i>£4.50</i>



4. DECK THE HALLS

Is there anything more festive than decorating your home for Christmas? If you don't already have decorations, or if you fancy something different this year, there are plenty of low-priced festive decorations available in pound shops and charity shops that can add that cosy touch to your home. Or you can get crafty and make your own seasonal trimmings for next to no cost! Getting lost in creating something can help us feel positive but be careful not to start criticizing your efforts if it doesn't go to plan first time. Try to enjoy the process and remember that practice makes perfect 😊

Below are some Christmas craft ideas to get your creative juices flowing!

Christmas cut-outs: Cut simple Christmas tree shapes out of a cardboard box or packet. If you're using a packet with a printed outer-side, glue two together to hide the printing. Paint or embellish with glitter, ribbon, leaves, spare buttons or whatever you have to hand. A simple line of white stitching around the edge of a plain card shape can give a cosy, rustic look. Make a small hole at the top to attach string or use wooden pegs to hang these up around your home. Get creative and make them any shape you like; stockings, snowmen, stars, etc.

Paper snowflakes: Maybe you remember making these as a child? Draw round a saucer then cut out the paper circle. Fold in half, then in half again, and a third time, leaving you with a pizza-slice shape. Cut out little shapes from along each edge and cut off the pointy corner with a wiggly cut. Make sure you leave part of each fold intact to stop your snowflake falling to pieces! Unfold to see your beautiful, six-pointed snowflake. You can experiment by changing the size, position and shape of your cut-outs. Try adding colours or glitter for a bit of seasonal glam!



3D snowflakes: If you're ready to take your snowflakes to the next level, there's a very simple method for making gorgeous three dimensional paper snowflakes which you can find on the internet, for example try this video: [3D Paper Snowflakes DIY - YouTube](https://www.youtube.com/watch?v=IT2oeNkTOAk) (https://www.youtube.com/watch?v=IT2oeNkTOAk). If you don't use the internet, get in touch and we can send you a sheet with written instructions.

Perfect pompoms: Start with a 20cm piece of wool, string or yarn and place it between the first and middle fingers of your non-dominant hand. Hold it in place by holding your fingers together. Then wrap more yarn around the fingers (wrap 25 times around 2 fingers for mini pompoms and wrap 45 times around 3 or 4 fingers for larger ones). Wrap the 20cm piece around the centre of your wrapped yarn and pull gently off your fingers. Tie a knot in the 20cm piece to hold all the loops together tightly in the middle. Cut around the loops and trim to make a cute pompom. Using white and red yarns creates a very simple, seasonal effect.

Foraging Finds: Nature provides a storehouse of beautiful 'decorations' that are totally free, so why not go for a walk and see what you can gather? Pinecones, leaves, twigs, berries and branches all offer decorative potential, but please be careful to cause no damage – things that have already fallen to the ground are best. Let your creativity run wild (no pun intended!) Natural objects can look lovely arranged in a bowl or basket, hanging from ribbons, painted in seasonal colours, embellished with glitter or bundled with twine. If you can find evergreen twigs and branches, these will add some seasonal greenery to your display and can be used as garlands to decorate tables, shelves, mantel pieces and bannisters.



You can take this idea a step further and find a small branch with a nice shape to put in a pot or bucket, held in position with stones. Decorate your branch with your hand-crafted decorations for a unique, low cost and beautiful alternative to a Christmas tree!

Twinkle Lanterns: An easy way to add festive cheer to your table – decorate glass jam jars and pop a tealight inside for a festive glow. You could glue lengths of coloured ribbon or twine around your jar or glue a layer of white tissue paper around it and then stick coloured tissue paper shapes over the top, such as Christmas trees or stars. Simply gluing white glitter all around the jar and tying twine around the rim can look very effective too. Embellish if you want to!



Stunning Centre Piece: Arrange foraged pinecones and fir branches around a candle or handmade lantern placed on a cake stand or plate. Alternatively, stand attractive twigs and/or greenery in one or more plain glass tumblers and dangle a few of your handcrafted decorations from them.

Make a Mini Wreath



To make your mini wreath you will need one small polystyrene wreath ring. These can be bought in the Range and online at Baker Ross. Alternatively, for a cheaper option just use cardboard cut into a ring (which is easier to use as you can see through the card to secure embellishments.)



To cover the wreath, you can use all sorts of materials, such as jute ribbon, string, coloured ribbon and old fabric or denim cut into strips. The denim is very user friendly. I like to use it because it gives good coverage. If using fabric or denim cut into long thin strips.



You will need to add something to hang the wreath from. Again, choose whatever you want.

Make a tied loop around the top of the ring. If you have some material glue or PVA you can add a little to the base of the loop to stop it from moving. Now you can begin to evenly wrap the chosen material around the ring. If using jute or string you may need to go round the ring twice.



Don't worry if your material runs out halfway round, just ensure that you start the next set of wrapping from that point. It can be useful to use material glue (or PVA) to secure the fabric you're wrapping.



Now you have created your wreath, the world is your oyster – get creative in whatever way suits you! Add ribbon, twine, buttons, sequins, Christmas embellishments... again these can be picked up for very little cost at various places such as The Works and The Range.

You can also use embroidery wool on the wreath by cutting out a small denim (or fabric) square and use the wool to sew little knots into it. I added sequins and beads.

Just use your imagination. It is your own creation so have fun!



5. FUN & GAMES AT CHRISTMAS

Did you know that playing games with family and friends can boost your mood and help strengthen relationships? It can be a fun thing to do (if you don't take it too seriously) and can make a pleasant change from just sitting in front of the telly. So why not dig out those old board games or pack of cards and spend an hour or two enjoying some care-free time? Alternatively, we have instructions for a few games below, that are suitable for 2 players or more, that you might like to try:-

Guess Who: You don't need any equipment other than post-it notes and a pen. Think of a fictional character or real-life celebrity. Write that name on a post-it note and put the note on a player's forehead without them seeing it. (Tip: when you write the name on the post-it note, turn the pad upside down, with the sticky band at the bottom. This is easier to wear on your forehead without the note covering your eyes!) The goal of the game is for the person with the sticky-note to ask questions, which everyone else answers until they discover 'who they are'! Then go on to the next player.



Two Truths and a Lie: This game is pretty much what it sounds like. Each person takes a turn making three one-sentence statements, two are true and one is false. The goal is to make one false statement that sounds like it could be true but would never happen. Also try to make your two truthful statements something that others might be surprised by. This makes it sooooo difficult to detect the lie! Each person takes a turn making their three statements. Each person is allowed to ask the speaker one question then everyone takes a guess as to which statement is a lie, then they reveal the truth.

Humdinger: This is a basically 'name that tune'. Each person takes a turn to hum (or ding, ding, ding) a famous tune (choose any well-known song or perhaps a Christmas Carol) while everyone else has to.....you guessed it – name that tune!



6. TAKE A HOLIDAY (FROM THE NEWS!)

The information we receive on a daily basis, whether it be via a newspaper, social media, the internet or TV has an impact on our thinking, our behaviour and our emotions. So if all the information we receive is negative then surely that is bound to have an effect on our mood?

In these modern times, information is constantly being drip fed to us, hour by hour over the course of each and every day; news alerts flashing up on our phones, regular news bulletins on the telly and conspiracy theories on social media. If all that data was good news then we'd probably go about our business with a spring in our step. Unfortunately for us, it isn't 😞

While we recognise it is important to keep up to date with matters of the world, we also believe that taking a break from all the doom and gloom every now and again can help with our mental wellbeing. So consider:-

- Taking a break from social media – anything from 24 hours upwards. Alternatively, switch to more positive people and organisations to 'follow'
- Taking any news alerts off your phone or tablet
- Taking a break from reading or watching the news – again, we suggest anything from a day to a week or more. If you still want to keep up to date with the main headlines then listen to the brief news bulletins on the radio
- Try swapping your usual news channel for something more uplifting, such as: [Positive News | Good journalism about good things - Positive News](#)

If you still need convincing that 'ignorance is bliss' (at least in the short term) then try:-

- Strike a balance between being informed and being overwhelmed by the media
- Recognise that a constant stream of 'sensational' or 'disaster' reporting can have an effect on our stress levels and can trigger symptoms such as anxiety or trouble sleeping
- Remember that some of the places we get our news are from profit-making organisations or entertainment shows. This means they may have particular reasons to over-dramatise events and portray the worst case scenario to their public.

7. IT'S ALL ABOUT THE HYGGE!

You'd be forgiven for thinking the above is a typo but 'Hygge' (don't ask us how to pronounce it) is how our Scandinavian cousins (the Danes in particular) live life well. A skill we're sure, would be useful to master! As far as we know there is no literal translation of Hygge. It is not a thing. It is more about an atmosphere, an experience, a feeling. It is about enjoying the simple pleasures in life, and in this section we hope to help you find ways to do this. Although first of all, we probably need to tell you a little more about Hygge....

We reckon, if Hygge was a drink it would be a cup of steaming hot chocolate with all the trimmings, enjoyed after a cold winters-day walk, with both hands warming, tightly wrapped around the mug of sweet deliciousness. If Hygge was a food, it would be freshly baked bread, just out of the oven, slathered in butter and eaten warm. If Hygge was a place it would be a cosy log cabin in the middle of a forest, complete with a roaring log fire, sheepskin rugs and lit purely by candlelight. Are you getting the jist yet?

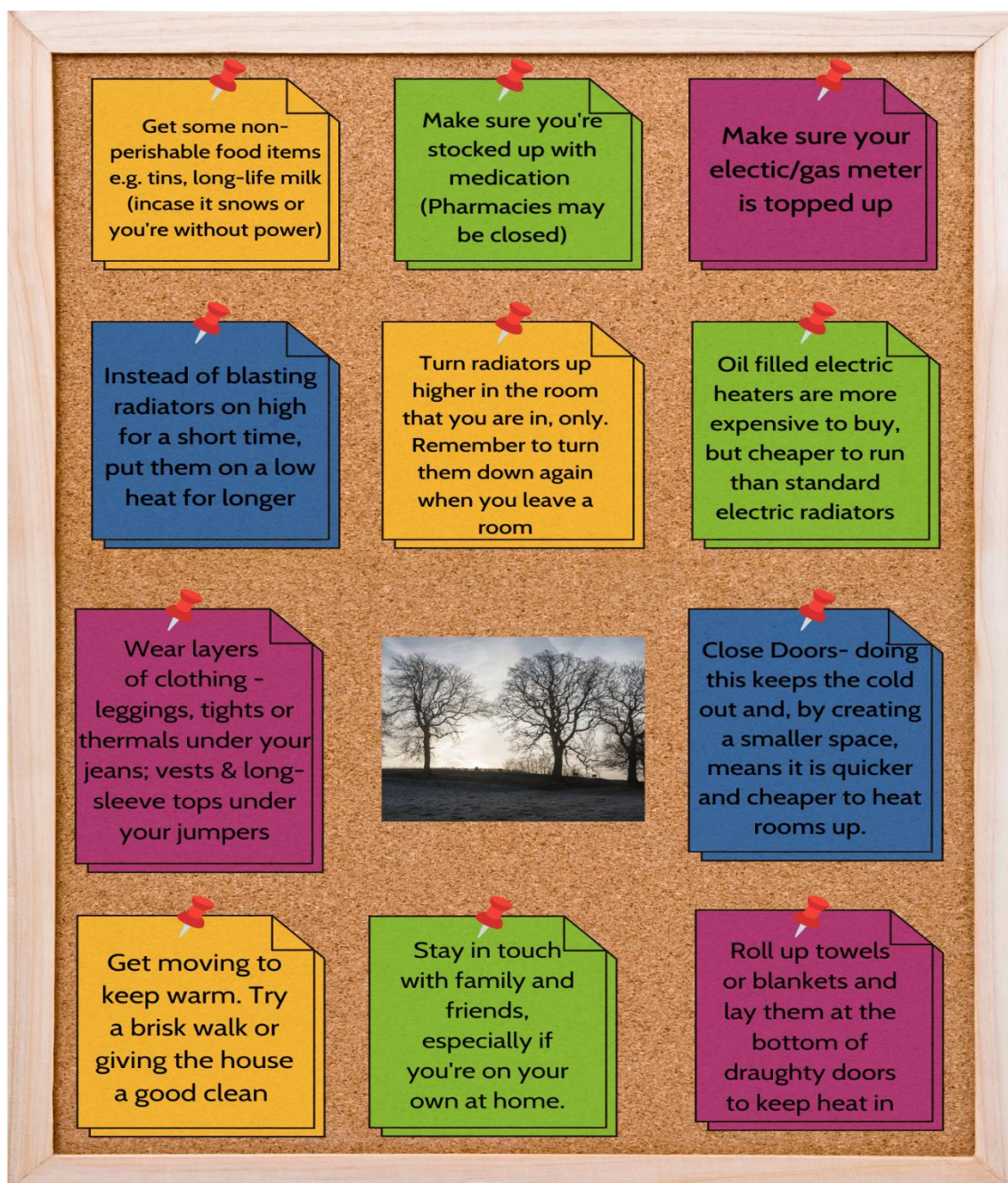


Thinking about all the things that give you feelings of comfort, security, gratitude, togetherness and harmony, write a list of all the small things that bring you pleasure in life that you can start to enjoy almost immediately and throughout the season ahead. Remember to take time out to enjoy these things during the hectic festive period. We've given you an example to get you started:-

Simple Pleasures
<i>e.g a hot bath with bubbles, candles & music</i>

8. GET WINTER READY

Winter can be a tricky time, it's dark, cold and can feel a little gloomy. This season can be an anxious time for a lot of people; the weather is unpredictable, services close for the festive period and money can be very tight. Being prepared and having a plan in place may help to reduce feelings of anxiety, so we encourage you to use this section to think about getting prepared for the winter months ahead. Below are some ideas to get you started. There is also a Winter Toolkit template for you to complete on the next page.



Winter Toolkit

The Winter Toolkit below will help you to prepare for winter. We have divided the toolkit into sections, when completing it think about the ideas in this workbook. Write about what you have got, would do (e.g. if it snowed), or need to do. Please see the example below:

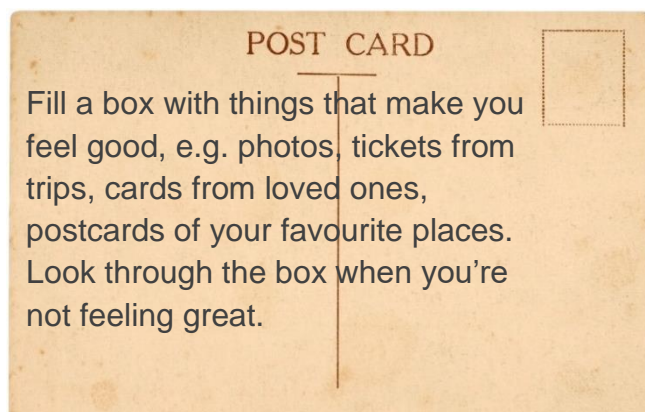
Medication	I need to order medication on 18th December , so that it is ready to collect before the doctors and pharmacy close for Christmas.
-------------------	---

	My winter plan...
Food Think about... Do you have non-perishable items in case it snows? Have you budgeted for food over the winter months? Have you got enough food to last if shops are closed over the festive period? Do you know where to go if you run out of money for food?-e.g. Where is your local food bank.	
Staying Warm Think about... Have you budgeted for power? Is your electric/gas meter topped up? Have you got blankets/hot water bottles?	
Medication Think about... Have you got enough medication? Think about if it snows, or if the pharmacy/ doctors are shut over the festive period	
Power Cuts Think about... Are your warm clothes easy to find (if it's dark), have you got a torch with batteries, do you have food that doesn't need to be heated up.	
Getting out and about Think about... Have you got a warm coat? Have you got waterproof shoes with a good grip? Have you got a torch for when it's dark? Have you got an ice scraper/de-icer for your car?	
Staying well Think about... What activities could you do if you can't get out? Who could you contact if you're feeling low? Are there any simple things you could do to improve how you're feeling?	

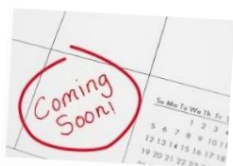
9. WINTER WELLBEING

Whatever the season, looking after your wellbeing is always important. This section includes some ideas and suggestions about how you can take good care of yourself and look after your own wellbeing.

We all have bad or off days when we just don't feel great. Being prepared for days like these can be helpful, check out the tips below of how to manage these difficult days.



Make a Positivity Jar. Write down some positive things about you, e.g. things you are good at. Put your paper positivity pieces in a jar, read them on a bad day.



Plan things to do, so that you have something to look forward to. This could be seeing family and friends, decluttering at home, doing a course, or working your way through the activities in this book. Use the weekly planner below to get started.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M							
P M							

Being active can improve your wellbeing and get endorphins (happy hormones) pumping. Even a 10-minute walk can work wonders...why not try the Active 10 app, on a smartphone, or check out our Get Active section?



Let someone know that you're not feeling great. This could be a friend or family member, or an organisation. Please see our useful contacts/signposting section on pg 30-31.



10.GET ACTIVE

Getting active is good for your mental health; we release feel good endorphins when we exercise. It can also give us structure and routine, something to focus on, and it's a great way to burn off anxious energy. Oh...and...there are loads of ways that you can get active for free....

It can be difficult to stay active during the winter, especially when it's bad weather, but we have some ideas for how to get active throughout the coming months...

Climbing stairs is a great way to increase your daily activity and wellbeing and most of us don't even have to leave the comfort of our own homes to do so. You can use the stair tracker on the next page to record your progress.

We have a number of virtual buildings and mountains you could climb!

Mountain	Steps	Flights
Slieve Donard—Northern Ireland	5390	360
Scarfell Pike—England	6180	412
Mount Snowdon—Wales	7120	475
Ben Nevis—Scotland	8810	587
Mount Blanc—France	30,420	2,028
Mount Kilimanjaro—Tanzania	38,680	2,578
Mount Everest—Nepal	58,070	3,871



Building	Steps	Flights
Millennium Dome—England	320	21
Sydney Opera House—Australia	425	28
Clifton Suspension Bridge—England	490	33
Big Ben—England	632	42
Forth Rail Bridge—Scotland	680	45
BT Tower—Birmingham, England	997	66
Blackpool Tower—England	1036	69
Seattle Space Needle—USA	1164	78
Canary Wharf Tower—England	1600	107
Petronas Twin Towers—Malaysia	2860	190
CN Tower—Toronto, Canada	3500	233

There is no need for any special equipment, no need to get your shorts and sweat bands, just add some extra flights each time you use the stairs, like when you nip to the loo or make a brew. Find a way that works for you. Maybe you could have a competition with family or friends?



Just count the number of times you step up and down. It can be hard to keep track of the number of individual steps each day, so instead record the number of flights climbed using the tracker below.

	Week 1 Date:	Week 2 Date:	Week 3 Date:	Week 4 Date:
Weekly Flight Goal				
Virtual climb NAME				
	Number of flights climbed each day			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total flights climbed this week				

Please note on average there are 15 steps per flight of stairs

If you don't have any stairs or you would prefer to be outdoors, then why not step it up...literally. Walking is a great way to improve our wellbeing and get those endorphins (happy hormones) pumping. Using the step tracker below, you can keep a record of your daily, weekly and monthly steps or miles. Remember every step counts – whether indoors or out!



Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total	
Steps									
Miles									
Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total	Total so Far
Steps									
Miles									
Week 3	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total	Total so Far
Steps									
Miles									
Week 4	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total	Overall Total
Steps									
Miles									

If you're not sure where to start, check out our winter walking tips...

Go walking with a friend(s), a family member(s), or whilst you're talking on the phone.

Make sure your footwear has a good grip, as it may be slippery.

Pace yourself, plan to increase your daily step count/walking distance each week.

Make walks mindful. Take note of what you can see, smell, hear. Or find a spot to take some deep breaths.

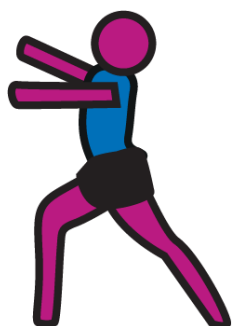
Wrap up warm. Wear layers so that you can remove clothing if you get too hot.

Listen to music, a podcast or take photos. Maybe take a picture of the same spot and see how it changes over time.

COMING SOON

Keep an eye on our website and social media for our courses and a range of other learning and wellbeing opportunities offered by Calderdale & Kirklees Recovery & Wellbeing College.

Whether you want to get creative, get active, develop coping strategies, or improve your confidence we have a course for you.



Mood and Food

Steps to Success

Yoga: Breathe, Move, Relax

An Introduction to Self-Soothe & Self-Care

Write Time for Wellbeing



11. GOALS FOR 2023

The New Year is a great time for making resolutions, goals and plans for the year ahead. However, many of us make the mistake of aiming unrealistically high which leaves us feeling disheartened and disappointed when we don't manage to achieve the goals we set ourselves.

So, it's worth putting some time into thinking carefully about what is manageable for you and aim for something you're likely to stick to. For most of us, planning to go swimming with a friend once a week is more realistic than aiming to go swimming every day. When we stick to our resolutions and meet our goals there is a lovely sense of achievement and positivity that goes with it – which will encourage us to keep going and may even help us feel ready to take things up a level 😊



Consider the points below then write down three wellbeing goals, or resolutions, you'd like to achieve.

Plan what you will do, instead of planning what you won't do (e.g. *I will use a wellbeing tool from my toolkit every time I feel low*, rather than *I won't forget about my wellbeing toolkit*).

Write down an ongoing activity you plan to do, not an end point you're aiming for (e.g. *I will eat a piece fruit every day* rather than *by February I'll have lost four pounds in weight*).

Try to make your goals realistic and very specific, think about how often, for how long, who with, etc (e.g. *I will get off the bus two stops early and walk the rest of the way home, three times a week on Mondays, Wednesdays and Fridays*).

My wellbeing goals:

- 1.....
.....
- 2.....
.....
- 3.....
.....

Now put your goals / resolutions, in order of difficulty, from the easiest to the hardest to achieve:

Easiest:.....

.....

Middle:.....

.....

Hardest:.....

.....



Starting with the easiest goal in your list, think about any barriers or obstacles you might face in achieving it. Maybe it will cost a lot of money to do, or perhaps you know you don't really enjoy it (even though it's good for you) or you don't have easy access to any equipment or facilities you might need etc. Really think around it and be honest with yourself!

Write the potential barriers below:

Example: *I hate getting wet, so I know I won't want to get off the bus early on rainy days.*

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Now think about what actions you can take to overcome any barriers. If you find that some of the barriers are too difficult to overcome, then you may decide this goal isn't very realistic after all – in that case you would need to go back a step and think of an alternative goal.

List actions you can take to overcome the barriers you've identified:

Example: *If rain is forecast on a day I get off the bus early, I'll take a raincoat and umbrella.*

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Follow the above steps for each of your goals.

Now book a date in your calendar when you intend to start your first (easiest) resolution. Consider this as an appointment with yourself. Between now and then spend some time imagining yourself carrying out your goal and think about how good it will feel each time you achieve your goals.

Then, when the time comes - JUST DO IT! Even if you don't feel like it!

As you continue to follow through on your first goal you should find your motivation increasing for the second (middle difficulty) one, and then the hardest one. Often, the more we do, the more we feel like doing! Hopefully by the time you're tackling the hardest goal it won't feel like such a difficult challenge anymore.



Good luck!



12. PLACES FOR HELP AND SUPPORT

We know that some people find the winter holidays a difficult time. If you are feeling lonely, low or struggling to cope there are places you can turn for company, a chat and for support. Please do reach out to one of the services below if you are finding it hard to manage your wellbeing this winter.

Mental Health Helpline (for Calderdale and Kirklees residents):

01924 316830 or 0800 183 0558 - If support is required urgently; 24 hours a day.

Safespace (For Residents in Calderdale)

Offers emotional support for people in distress during evenings and weekends from 6.30 – 10.30pm. The last call taken will be at 10pm.

Call 01422 345154

Email safespace@healthymindscalderdale.co.uk

Website: <http://www.healthymindscalderdale.co.uk/safespace.html>

Facebook: <https://www.facebook.com/safespacecalderdale/>

Well Bean Café (For residents in Kirklees)

This is a Crisis Café that supports anyone in a crisis – it provides a safe place for people in crisis to go and to prevent avoidable attendances at A&E. It has cafes in Huddersfield and Dewsbury town centre.

Anyone wishing to attend the cafes can self-refer or ask a professional health or social care worker to refer them. The phone lines for referrals open from 6pm at both cafes.

Call [07741 900395](tel:07741900395) for the Huddersfield café Call [07867 028755](tel:07867028755) for the Dewsbury café

The Samaritans offer emotional support 24 hours a day – in full confidence.

Call 116 123 – it's FREE Or email jo@samaritans.org.uk



SANEline

SANEline is an out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems. They also provide a free text-based support service called Textcare.

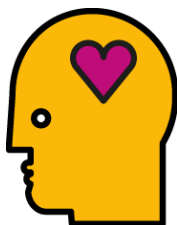
Available between **4.30pm – 10.30pm each evening**, every day of the year.

Contact:

- Telephone: **0300 304 7000**
- Textcare: www.sane.org.uk/what_we_do/support/textcare
- Website: www.sane.org.uk

You can also find more useful contacts for your mental health at the Recovery & Wellbeing College website:

<https://www.calderdalekirkleesrc.nhs.uk/resources/learner/>



13. FINALLY...

You have now reached the end of this workbook. We hope you've found it useful. For us to improve, we would be really keen to hear how you've got on. Please complete the questions below, tear off this page and return it to us in the pre-paid envelope provided.

Thank you. 😊

1. Have you enjoyed this workbook? Please state your answer & reasons below

.....

.....

2. Have you found it useful? Please state why

.....

.....

3. Do you feel better for completing it and if so, why?

.....

.....

4. Is there anything you would change?

.....

.....

5. Is there anything you would have liked to have been included?

.....

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6. Has it been easy to read and understand?

.....

.....

7. What type of courses or workbooks would be of interest to you in the future?

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