

## Want to be a Winter Well-ie?

So it's deepest darkest January, the festive season is over and snow is likely on the horizon (especially for those in the Colne/Holme valleys or Calderdale!) so it's understandable if we just want to squirrel ourselves away. However, here at the Recovery & Wellbeing College we want us all to thrive rather than just survive this winter so join us on one of our many enlightening and uplifting courses this New Year and become a 'Winter Well-ie!'



# Knitting for Wellbeing

We've been loving seeing the progress of learners on our Knitting for Wellbeing course!



They've created some beautiful knitted items that they can be proud to wear or gift to loved ones. Here's how one learner, Margaret, describes her experience of the course:

"The knitting course has been very creative and confidence boosting for me. I've enjoyed meeting new people and learning to have conversations again. Learning to knit has been a very good new skill, which has given me something to look forward to on an evening at home. It fills my time and helps me not to worry about life. I look forward to expanding my new knitting skills in the future."

*Margaret is shown here wearing her new knitted hat, which she made on the course.  
(We're very impressed!)*



**Interested in getting involved?**

**Look out for a new Knitting for Wellbeing course starting 15th March!**

Delivered in partnership with  
Kirklees Success Centre



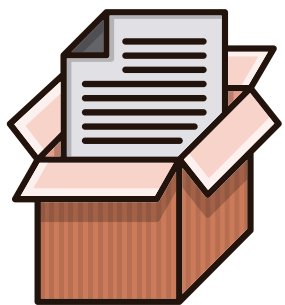


# Spotlight On.....

## West Yorkshire Archive Service

**West Yorkshire Archive Service collects and cares for over 800 years of unique documented local history.**

There isn't enough room here to tell you about **all** the collections they hold, but in short, they have records relating to pretty much everything from local people, businesses, schools, hospitals, churches and much more. In fact, they have so many collections that if you placed the boxes end to end, they would stretch for over 40 miles! The records support people from all backgrounds across the world in their search for answers to their family and local history.



They are kindly offering us an introductory workshop called **What the heck are archives?** at the



RWC in Mirfield later this month, giving you the chance to discover exactly what archives are and how you can use them to learn more about your own heritage and unlock the doors of your family history.

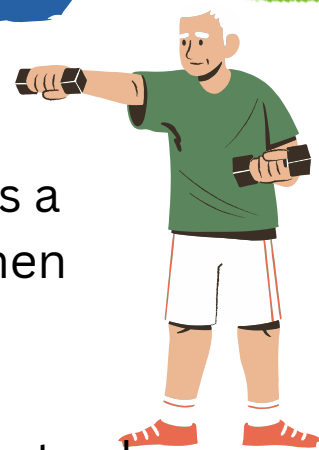
They also deliver other sessions such as: *How to search your house history*, *Recipes across the years* and the *West Riding Pauper Lunatic Asylum* which looks at the history of mental health support over or the last 200 years. These are delivered at the fabulous History Centre in Wakefield and learners will have the opportunity to book on these workshops later in the year.

**Contact us to book on *What the heck are archives?* on Wednesday 18 January or visit our website for more details.**

**For more info on West Yorkshire Archive Service visit their website:**  
<https://www.wyjs.org.uk/archive-service/>

# Let's Get Physical

## Age is just a number!



If like us, you still think of the chocolate bar *Snickers* as a *Marathon* and the sweets, *Starbursts* as *Opal Fruits* then this article is aimed at YOU!

Perhaps you are an active person already with no plans to slow down. Maybe you feel that as you get older you need to take life at a gentler pace. Perhaps physical activity has never appealed to you and you feel that there's no point starting now. Whichever applies, please believe us when we say that being more active as we age is definitely a worthwhile venture!

Moving more can help us to live longer, healthier and even happier lives (yes really!) Exercise, in its many forms can help improve our balance, muscle and bone density, reducing the risk of falls and broken bones (which could result in long hospital admissions). It can improve our brain function, keeping us sharp and aiding our memory. It can dramatically reduce the risk of serious health issues – and all the associated medication and side effects. And that is just the tip of the iceberg! Even what we expect to happen to us in our dotage can have an impact on our overall health as we discovered on the fascinating podcast 'The Expectation Effect: Super Agers' by David Robson.

So, with the start of a new year, it's the perfect time to move more! There are activities suitable for every age and ability. Don't let your lack of youth be a barrier to getting more active, think differently. Maybe you're too old NOT to exercise, and age really is just a number!



If you have any health concerns, please check with your GP before starting an exercise programme

# The Bottom Line

## Eat Well for Less - Top Tips!

Learners on our recent *Eat Well for Less* course have kindly shared their top tips on how to save money on your food bills. Big thanks to them and to Kirklees Success Centre who delivered this helpful course.

**Shop in cash:** When shopping, leave your bank/credit cards at home and just take as much cash as you plan to spend. This means that you have to think carefully about how much you're spending and are less likely to over-indulge in your favourite supermarket isle!

**Online savings:** If you do your supermarket shopping online, don't check out straight away, leave your items in your online trolley or basket for a couple of days. Sometimes the supermarket will then email you discounts and offers on the items you've chosen, as an incentive to finish checking out!

**Have food sharing get-togethers:** Why not share some meals with your friends or family members? Not only is this a lovely incentive for a get-together but there can be savings buying in bulk. If you each receive your pay or benefits at a different time of the month, it also means you can host a meal when you've just been paid and then enjoy a free dinner when money's a bit tighter before pay-day!

**Follow your nose:** 'Best Before' dates are just advisory. If food looks, smells and tastes okay then more than likely it is fine to eat.

- Check your cupboards before hitting the shops
- Avoid taking the kids shopping!
- Batch cook and freeze portions
- Bulk-buy items that won't go off
- Find out shop discounting times and look for the yellow stickers





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## Aim for wellbeing in 2023!

It's the time of year when many of us think about New Year's resolutions. We're often told, if we don't have a goal to aim for, we're less likely to create the change we want in our lives. Often, we find our good intentions fade away as the weeks go by, so below are some tips to improve the chances of achieving your goals in 2023.

**Start small and build from there:** set small, achievable goals, making it more likely you'll reach them. It's a great feeling when you can say, "I did it!" and encourages you to set new, more challenging goals. E.g aim to walk around the block twice a week, rather than deciding to walk 2 miles everyday (although this may be something you work towards).

**Plan what you WILL do, not what you won't do:** E.g "I'll call my friend once a week", instead of "I won't forget to stay in touch with friends."

**Make specific goals:** E.g "I'll meditate for 20 minutes twice a week" rather than, "I'll meditate more often".

**Write it down:** this makes it seem like more of a commitment and harder to ignore!

**Don't judge yourself for set-backs,** and don't give up! Just keep trying!



### Contact us

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