

*Wellbeing
Pack*

Winter Edition

December 2021



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CONWY COMMUNITY WELLBEING TEAM



“
Really enjoyed the session, after the session I felt very calm and had no anxiety all day!

Living through challenging times participant

“
The first night of the course I slept until 6am- result!

Sleep therapy participant

“
I go to all sorts now, in fact I don't think there is a class I don't go to!

Duty referral attended mind, body and dance sessions.

ARE YOU OVER THE AGE OF 65?

Would you like to find out what groups, activities and services are available in your local area or online to support your wellbeing such as:



Befriending services



Walking groups



Community transport schemes



Mindfulness and relaxation



Social groups



Arts and crafts



Exercise classes



Singing and dance

Contact the Community Wellbeing Team today for more information:



01492 577449



stayingwell@conwy.gov.uk

Monday - Thursday 9am - 5pm & Friday 9am - 4.45pm



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



<https://www.conwy.gov.uk/en/Resident/Leisure-sport-and-health/Community-wellbeing/Community-wellbeing-team.aspx>



Dewis Cymru <https://www.dewis.wales/>

Salt dough Christmas Decorations



Ingredients:

1 cup of plain flour (250g)
1/2 a cup of table salt (125g)
1/2 a cup of water (125ml)
Christmas pastry cutters
Paint and glitter to decorate
Thin ribbon to hang

Method:

- ★ Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
- ★ Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
- ★ Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out your Christmas shapes. Remember to make a hole in the shape so you are able to thread through the ribbon to hang.
- ★ Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
- ★ Leave to cool and then decorate, thread the ribbon and hang on your tree!

How to stay well this winter

Check out this winter wrapped up guide to help you stay well through winter.

Keep your home warm

- If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C.
- Keep your bedroom at 18C all night if you can – and keep bedroom window closed.
- Use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time.
- Have at least 1 hot meal a day – eating regularly helps keep you warm.
 - Have hot drinks regularly.
- Draw curtains at dusk and keep doors closed to block out draughts.
- Get your heating system checked regularly by a qualified professional.

Help with heating costs

- You may be able to claim financial and practical help with heating your home. Grants available include the **Winter Fuel Payment** and the **Cold Weather Payment**.
- For more information on how to reduce your bills and make your home more energy efficient, go to the government's Simple Energy Advice website **www.simpleenergyadvice.org.uk**, or call the helpline on 0800 444 202.
- You can also find out about heating and housing benefits on **www.gov.uk/browse/benefits/low-income**
- You could get £140 off your electricity bill for winter 2021 to 2022 under the Warm Home Discount Scheme Warm Home Discount Scheme - **www.gov.uk/the-warm-home-discount-scheme**
- You can also contact the **Conwy Welfare Rights Team** for any benefit advice and financial help on **Tel: 01492 576605 Email: welfare.rights@conwy.gov.uk**

Winter Preparedness

Look After Yourself and Each Other this Winter



Ariennir yn Rhannol gan
Lywodraeth Cymru
Part Funded by
Welsh Government

Don't be Lonely and Anxious this Winter

Preventing Falls in Older People

Winter Warmth

Help the NHS keep you well

Small actions, big changes

Preparation is better than crisis. Stay safe and healthy this Winter and enjoy this time of year. Planning can make all the difference to a safe, warm, and healthy winter.

Don't be Lonely and Anxious this Winter

- ✓ Get online and keep connected, technology can help.
- ✓ Access our helpline to access advice, befriending, and shopping services.
- ✓ Get more information about social activity in your area.

Help the NHS keep you well

- ✓ Get advice on keeping healthy – follow recommendations on diet, nutrition, keeping hydrated, a sensible alcohol intake, and generally keeping yourself safe and well.
- ✓ Make sure your up to date with vaccines and don't forget your flu jab.
- ✓ Use the NHS 111 website or telephone for advice before attending emergency department services or using ambulance services but use 999 for real emergencies.
- ✓ Make sure your Feet are healthy and you wear supportive footwear.

Preventing Falls in Older People

- ✓ Get active and stay strong & healthy - Join an activity group, check your medicines and your eyesight.
- ✓ Check you home for safety hazards, simple adaptations on stairs, steps and in bathrooms prevent falls.
- ✓ Make sure your feet are healthy and you wear supportive footwear.

Winter Warmth

- ✓ Check your heating system and draught exclusion.
- ✓ Get help if you can't pay your fuel bills, check your welfare benefit entitlement.
- ✓ Have a healthy winter diet and wear warm clothes when you're out and about.

**For
help
contact:**



0300 303 4498
ageuk.org.uk



0300 111 3333
careandrepair.org.uk



01639 617 333
ageconnectswales.org.uk



Christmas TRIVIA

Some are easy, some are hard, but they're all fun Christmas trivia!

- 1 Which popular Christmas beverage is also called "milk punch?"
- 2 What did the other reindeer not let Rudolph do because of his shiny red nose?
- 3 Where was baby Jesus born?
- 4 What are the two other most popular names for Santa Claus?
- 5 Elvis isn't going to have a white Christmas he's going to have a...
- 6 What words follow "Silent Night" in the song?
- 7 In Charles Dickens' A Christmas Carol, what was the first name of Scrooge?
- 8 Which country did eggnog come from?
- 9 What did Frosty The Snowman do when a magic hat was placed on his head?
- 10 Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"
- 11 Which country started the tradition of putting up a Christmas tree?
- 12 In the song "Winter Wonderland," what do we call the snowman?
- 13 According to the song, what did my true love give to me on the eighth day of Christmas?
- 14 How many gifts in total were given in "The Twelve Days of Christmas" song?
- 15 How do you say "Merry Christmas" in Spanish?
- 16 What is the best-selling Christmas song ever?
- 17 Three of Santa's reindeer's names begin with the letter "D." What are those names?
- 18 What was the first company that used Santa Claus in advertising?
- 19 In the 1964 movie Rudolph the Red-Nosed Reindeer, what was the name of Rudolph's elf friend?
- 20 What are Christmas trees also called?



Head to the back of the pack to find out the answers



Christmas Colouring





Use up your leftover Christmas Day vegetables in this comforting winter soup

Ingredients:

- 1 tbsp sunflower oil
- 1 medium onion , chopped
- 2 celery sticks, chopped
- 2 medium potatoes , about 350g/12oz total weight, peeled and cut into small chunks
- 1 tbsp curry paste
- 1.2L vegetable stock , made from a stock cube
- 550g leftover roasted or boiled vegetables, such as Brussels sprout , carrots, parsnips and squash, roughly chopped
- Natural yogurt or crème fraîche, to serve

Method:

STEP 1

To fry the vegetables, heat the oil in a large saucepan and fry the onion for 5 minutes until golden. Stir in the celery and fry for 5 minutes, then tip in the potatoes and fry for a further 1-2 minutes, stirring often.

STEP 2

Stir in the curry paste, let it cook for a minute or so, then pour in the stock. Bring to the boil and stir well. Lower the heat, cover and simmer for 15-20 minutes until the potatoes are tender.

STEP 3

To serve, tip the leftover veg into the pan and warm through for a few minutes. Pour the soup into a food processor or blender and blitz to a smooth purée. Thin down to the consistency you like with hot water or stock (we added 300ml) then taste for seasoning. Cool and freeze, or serve in bowls with spoonful's of yogurt or crème fraîche swirled on top.

MAKE IT MEATY

Meat eaters can use turkey stock if they have it!

Keeping Busy this

Winter



We know that winter can be a time in which you may feel more isolated and you find yourself struggling with your wellbeing. Whether it be something indoors or outdoors, make sure you try and keep busy!

.... Indoor activity ideas

Cook something new

Dig out an old recipe book, or watch a cooking show and choose a meal that you've never made before.

The more unusual the meal, the better!



Letter Writing

Who doesn't love to receive an actual letter in the post? Brush up your calligraphy skills or just dust down the bic biro and write a letter.



Grow an indoor garden

Indoor gardening has been proven to be therapeutic for adults with Alzheimer's or dementia since it gives them a sense of purpose. Amaryllis is easy to grow indoors and lasts several weeks



..... Online activity ideas

Coffee club

Have a weekly coffee morning video call with your friends. This can be even more fun if you bake the day before, and you can have a little treat with your coffee - and share the recipe.



Make a playlist

make a playlist of songs that take you back to a certain time in life. What were your favourite tunes from the 40's, or what was the soundtrack to a holiday you loved? This can be made easily using apps such as Spotify.



Keep Moving

Have a look for some online exercise videos which you can follow. **Later Life Training** on Youtube has a huge collection which you can watch for free.



..... Outdoor activity ideas

Walk

Walk somewhere you've never been before. You don't have to walk far - just take a few roads near you that you don't normally go down.



Bird Watching

The different seasons bring different birds. Keep watch and try spot some new species you may have not seen before. Why not look at making your own bird feeder?



Photography

Why not dig your camera out go for a walk and take some snaps of your surroundings and nature? You could put a scrapbook together which you could then share with family and friends





Beat loneliness this *Christmas*

Most people feel lonely sometimes, for many different reasons. If loneliness is affecting your life, there are services that can help.

If you are an older adult and feeling isolated within the community, a volunteer will arrange regular visits to your home to enhance your wellbeing.



For more information contact: Ann Allen - Volunteer Coordinator

Telephone: 07580 545601

Email: RVSCompanionshipAtHome@royalvoluntaryservice.org.uk



Age Cymru - Friend In Need

A free telephone friendship service for people in Wales who are 70 or over. Friendship calls will be once a week at the same time, and are 30 minutes in length.

For more information and to register call Age Cymru Advice on 0300 303 44 98 open Monday to Friday, 9:00am to 4:00pm.

Reengage Call Companion

Call companion volunteers make regular telephone calls to lonely and isolated older people providing a lifeline of friendship. The regular chat and companionship offers a vital link with the outside world.

*For more information call:
0800 716543*



Winter WORD SEARCH



H	O	L	L	Y	M	U	K	H	H	P	F	E	E	R	T	F	V	L	S
P	W	Q	S	G	H	J	L	I	U	Y	A	S	A	N	I	R	H	A	C
U	M	P	K	I	N	G	F	O	R	D	I	N	A	D	O	L	I	G	A
M	N	B	M	U	L	L	E	D	W	I	N	E	O	N	B	G	I	R	R
B	G	Q	W	E	R	T	Y	U	I	O	P	L	K	J	T	F	G	H	F
M	N	B	V	C	X	Z	L	K	J	G	G	F	D	S	A	A	P	O	I
C	I	U	Y	T	R	E	W	I	C	E	M	N	B	V	C	X	Z	L	C
A	R	O	L	S	P	M	B	V	C	Y	U	L	T	U	R	E	K	Y	I
R	P	F	G	W	L	K	J	H	G	F	D	N	M	B	O	O	K	L	Y
O	H	G	J	O	O	C	K	U	T	U	R	K	E	Y	W	C	H	I	L
L	O	N	G	N	S	O	C	D	V	B	N	M	J	F	D	H	P	L	A
S	O	N	T	S	W	E	T	S	S	A	N	L	Y	Z	C	I	B	N	M
O	K	B	G	F	D	C	B	O	A	P	I	U	Y	R	F	L	M	N	B
V	C	L	K	J	H	F	D	S	S	M	A	P	O	I	U	L	Y	R	E
K	L	R	E	I	N	D	E	E	R	R	T	I	N	S	P	Y	L	N	B
Q	W	U	U	E	B	N	M	K	L	J	D	S	H	U	I	C	D	E	O
G	L	O	P	Y	U	F	C	M	N	B	V	C	I	P	L	O	I	U	Y
S	E	V	O	L	G	L	O	V	D	S	N	M	D	R	Z	X	C	V	N
M	N	B	V	C	L	K	J	G	Q	W	Y	U	I	P	H	L	K	H	I
L	K	J	H	G	F	D	A	A	S	M	U	D	D	I	H	C	O	P	B
M	W	E	F	E	O	T	E	L	T	S	I	M	B	H	I	O	W	D	O
P	O	I	U	Y	R	E	W	Q	A	S	D	F	G	M	N	B	V	C	R

ICE

CAROLS

TURKEY

CHILLY

ROBIN

GLOVES

HOLLY

REINDEER

SCARF

MISTLETOE

CHRISTMAS

SNOW

SANTA

MULLED WINE

TREE



Head to the back of the pack to find out the answers





On Christmas Morning



I remember when we used to wait for Santa to come,
But this year when we thought everything was done,
I ran down stairs and looked at a beautiful sight,
I knew everything was perfect for tomorrow's delight.

It's exciting that Christmas is so near,
We get to see our family and friends this year,
Tomorrow is the night when Jesus was born,
We'll get up and celebrate when it strikes dawn.

It's Christmas morning and the bells are ringing,
And all the birds outside are singing,
There's Christmas music and cheer,
With Santa and his nine reindeer.

Born in a stable on this special night,
The 3 kings followed the bright light,
Now all the fun stuff has come to an end,
But the real magic of Christmas will never go out of trend.

By Bella and Freya, Ysgol San Sior





Christmas

Wellbeing tips

from the
team at



'Take a Breath - Try to take a moment everyday to check in on yourself. Breath, notice your surroundings, thoughts, feelings and physical sensations'

Shannon, Conwy Mind.



'Christmas is an exciting time for many of us. But if you're struggling this Christmas, for whatever reason, whether you're finding it difficult financially, isolated from your loved ones, or feeling your efforts are not enough compared to everyone else's, remember you are not alone and you are enough. Keep in mind the true reason for the season and take time for yourself and do one thing at a time. Nadolig Llawen pawb!'

Dawn, Conwy Mind



'When I feel like I'm lacking motivation, I put my earphones in and put my favourite tunes on to get me pumped up and ready to deal with the tasks ahead.'

Danielle, Conwy Mind.



'The Great Outdoors - Connecting with Nature is good for me - Look out for things you can see, hear, touch and smell when you're out for a walk. Animals are also very good for our mental health! Pet some dogs, or feed the birds'

Megan, Conwy Mind.



'When life overwhelms me, I take the dogs to the beach and watch the tide coming in and going out and adjust my breathing accordingly, it is both powerful and effective. And, the dogs they run in and out of the sea.'

Mark, Conwy Mind.



'If you are feeling low, do someone a favour. Put the neighbour's bins out, let a stranger go in front of you in the queue. An offer of help helps others and you feel better about the world!'

Nick, Conwy Mind.



'Make self care a priority ! Take time out everyday and give yourself some 'me time'. It could be having a relaxing soak in the bath, reading a book or watching your favourite TV show. Recharge your batteries and de- stress?'

Nikki, Conwy Mind.



'Talk to someone - worried about the festivities or feel overwhelmed or under pressure, don't be afraid to talk to someone that you can trust.'

Julie, Conwy Mind.



'Just Say No - Do what is important to you and have a Christmas that works for you. It's OK to say NO!'

Suzanne, Conwy Mind.



'Christmas is a great time to reconnect with friends and family. If you haven't spoken to someone in a while, why not arrange to meet up? If they live far away, try checking in with them to see how they're doing. A text or phone call is all it takes.'

Tim, Conwy Mind.



'When I'm feeling anxious and thoughts are piling up, I get active. Go for a walk, a run, whatever gets your heart beating and engages your focus. I'm constantly amazed by how differently I feel about things after.'

Michael, Conwy Mind.



'Talking to someone you trust about how you are feeling can help you stay in good mental health and find solutions to problems. Just being listened to can help you feel supported and less alone.'

Denise, Conwy Mind.

Winter watch



Whether it be whilst you're out walking to the shops or even just looking out of the window from the comfort of your own home, take notice of the birds, plants, and all wildlife around you this winter.



House Sparrow

House Sparrows are closely associated with people and their buildings. They eat mostly grains and seeds. House Sparrows nest in holes of buildings and other structures.



Winter Berries

All berries you can see in winter have grown in the autumn. Some will last longer than others, making it as far as February. The berries are a vital source of food for birds in winter.

Snow drops

Snowdrops - from January look out for these beautiful nodding, white flowers. You'll spot them poking their way through the frosted soil of woodlands, churchyards and gardens.



Winter Wildfowl

This is the best time of year to watch ducks, geese and swans for two reasons: the highest numbers of birds are present in winter months and male ducks are in their brightest and best plumage of the year! In winter look out for huge flocks of migratory geese.



Fox

The animals devote most of the winter to hunting or foraging with no need for a den until the mating season begins. It's not uncommon to find a fox sleeping in the open beneath a blanket of fresh snow.

Conwy

COMMUNITY SUPPORT HUB

A one-stop-shop to access information, guidance and practical support, whatever your circumstances.

Call us on **01492 523853** or
07429 503303

You can even send us a text or a WhatsApp to our mobile if you find that easier.



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Nothing has been easy over the past few months but your local **COMMUNITY SUPPORT HUB** is ready to help.

Whether you're looking for information, guidance or practical support, we are your one stop shop for access to:

Lateral flow device testing kits

Food provision / food banks / cooking on a budget

Accommodation / tenancy support

Fuel / heating support

Money / debt management / benefit advice

Mental and physical health support

Domestic abuse support

Addiction and substance abuse support

Family support

Computers / getting online

Entry to and sustaining employment

Social clubs / activities / volunteering

Legal advice (family, employment and civil matters)

Call CVSC's **COMMUNITY SUPPORT HUB** on **01492 523853** or **07429 503303** to speak to somebody in complete confidence.



REPAIR CAFE CONWY

We are a group of volunteers who run a regular free repair event in Conwy. Anyone can bring household items, technology, bikes, clothing along and our volunteer experts will do their best to show you how to repair it.

Rydym yn grŵp o wirfoddolwyr sy'n cynnal digwyddiad trwsio am ddim rheolaidd yng Nghonwy. Gall unrhyw un ddod ag eitemau cartref, technoleg, beiciau, dillad a bydd ein harbenigwyr gwirfoddol yn gwneud eu gorau i ddangos i chi sut i'w drwsio.

Next event:

St Mary's Church Hall

Rose Hill St, Conwy LL32 8LD

2pm – 5pm

Sunday

12th December 2021

St Mary's Church Hall

Rose Hill St, Conwy LL32 8LD

2pm – 5pm

Dydd Sul

12eg Rhagfyr 2021

Repair.cafe.conwy@gmail.com



Repair Cafe Conwy

Events once a month 2022 dates TBC

...the answers

Christmas Trivia

1. Eggnog
2. Join in any reindeer games
3. In Bethlehem
4. Kris Kringle and Saint Nick
5. Blue Christmas
6. Holy night
7. Ebenezer
8. England
9. He began to dance around
10. "Rocking Around The Christmas Tree"
11. Germany
12. Parson Brown
13. Eight maids a milking
14. 364
15. Feliz Navidad
16. "White Christmas" by Bing Crosby
17. Dancer, Dasher, and Donner
18. Hermey
19. Coca-Cola
20. Yule-Tree

Winter Word Search

