

# KeyRing News

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## Healthy Fundraising Challenges!

Some Members have been getting active and setting themselves targets. This can be a good way to do a healthy activity and for some Members to raise money for good causes!

### 1 Million Steps



Steven and Richard out walking

Steven, Richard, Robert and their support worker Sue are walking 1 million steps to raise money for Diabetes UK. They are doing this in memory of their friend George from the Low Edges network. George had diabetes and passed away in 2018.

They started during lockdown and they aim to walk 1 million steps each. They are doing this by walking 10,000 steps each day. Sometimes they go for a walk together and sometimes they do their 10,000 steps separately.

Steven keeps track of his steps on his phone when he is out walking, then transfers the information to his computer. He says *"It is keeping me healthy and active. I've lost about 6 pounds in weight. It's a good thing to do, I'm enjoying it."*

### Cycling for a good cause



Victoria is volunteering with the Orford network. *"The Orford Network is starting a cycling club on a Tuesday afternoon. This will keep us all happy and healthy for both body and mind. Social distancing will be adhered to at all times. I have also been asking Members if they would like to take part in a fundraising event. The funds raised will go towards our Community Hub. It is nice to be doing something fun and positive in these uncertain and difficult times."*

### Newcastle to Gateshead



In October last year Wayne cycled from his mum's house in Newcastle to Gateshead. He raised £210 for St Oswald's Hospice. He said *"I have more plans for next year. Cycling is a good way of getting around during lockdown. It's really good exercise."*

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# Looking after your health and wellbeing



In this edition we have lots of stories about health and wellbeing.

Thank you to the Members, Self-Advocates and staff who came to the Talking About Health meetings:

Richard Farmer, Anthony Fletcher, Sam Henthorn, Steven Holley, Wayne Johnson, Karen Murray, Natasha Nathan, Christopher Porter, Kim Sanders, Samuel Sellers, Dean Snowdon, Debbie Vickers. They came up with lots of ideas to share in this paper.

## Flu jabs and annual health checks

This year it is even more important to have a flu jab. It is free for some people, including people with a learning disability.

This year it is also recommended that you should have it if you:

- \* are 65 years old or over
- \* are pregnant
- \* have certain medical conditions
- \* are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- \* live with someone who's at high risk of Coronavirus (on the NHS shielded patient list) or you expect to be with them on most days over winter

If you usually have an Annual Health Check it is still important to do this. If you are due to have one soon your doctor might do this online so that you don't have to go in person. Check with your surgery to find out what they are doing.

We have also sent some information about how to get your flu jab with this newspaper.

### Getting a Flu Jab



Nigel is happy to get his flu jab

My name is **Nigel** from Bath KeyRing Network.

*"I have had a flu jab every year. I always feel ok about going to have it done because I know it is going to be done very quickly and I am familiar with the nurse who has done it as it has been the same one most times I have gone. I have been to the Practice often*

*for Asthma & Health checks, so I know the surgery very well. I feel good after I have had it done and it doesn't hurt at all."*



**Mike**, KeyRing's Deputy CEO, was eligible for a flu vaccination. He made an appointment

with nurse Jade at his GP surgery. It was very straightforward and felt really safe, with screens, masks, distancing and hand wash. Jade said how important it was for eligible people to have their flu jab, especially this year with Covid-19. Mike said, *"it really didn't hurt, was quick and I even got a sticker!"* Mike's wife is having hers done at the local chemist.

Talk to your KeyRing worker, chemist or surgery about whether you should have a flu vaccination and how to arrange it.

# Wellbeing in Lockdown

Amir and Daniel are both Members in Oldham

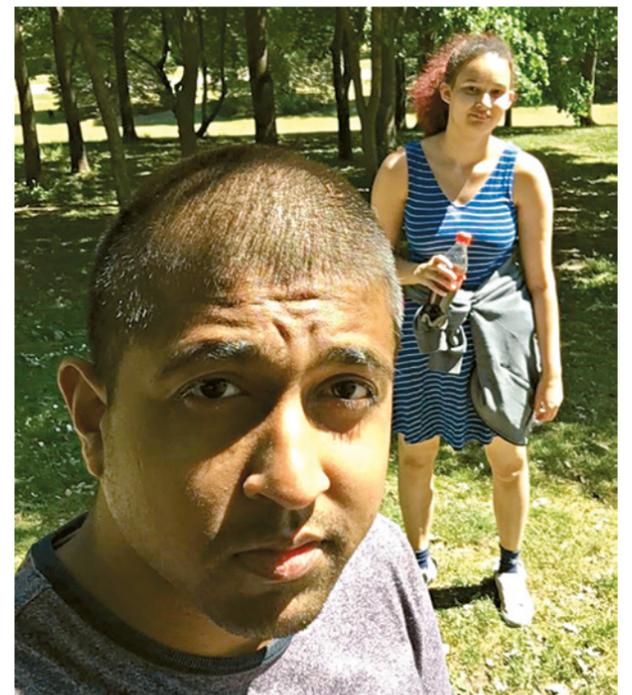
## Amir's Story

● BY LUKE ENTWISTLE & AMIR HUSSEIN

Lockdown has been really hard in some ways. It has meant that I cannot see my family as much as we did before.

We can't do the things that we did before and my support has had to adapt. It hasn't been all bad news though and I've found some things have even got better. KeyRing set up a Whatsapp group for my local networks and I found it really easy to get involved. I feel like the anxiety I have at meeting people in person for the first time isn't there as much when I am not face to face with them. I've found myself doing things I would

never have thought possible before without the support of the group like Tik Tok dances. I have made new friends and I've been able to get support from other Members and to give support to them too. My support workers have pointed out how good I am at helping others in similar situations as me and in the future I'm hoping to do some voluntary work with other Members to help them where I can.



Amir and his partner Louise

One other thing that has kept me and my partner Louise going has been going for our walks each day. We always go the same way and past our favourite trees. Being there makes me feel happy, especially in the sunshine and it gives us a chance for some fun exercise together too.

## Self Help During Lockdown

● BY KATHRYN ROWCROFT

Daniel Francis is a gentleman who lives alone and was concerned about how he would manage when lockdown was announced.

He has however surprised himself with how well he has managed to cope during these strange and difficult times. He has used the time to sort through his flat and have a clear out which he arranged himself and has refurnished it with items he has found in charity shops while out taking his daily exercise.

Daniel suffers from quite severe memory loss and also has a diagnosis of bipolar disorder so he has decided to get some books on the conditions and read up on ways that he is able help himself feel better. He has found this really interesting and also helpful in understanding his thoughts and feelings.



Daniel is looking forward to getting back to normal but has really used the time to his advantage and really deserves a huge well done.

# Walking for Wellbeing



## Lee's Story

● BY LEANNE SEVILLE

When life seemed to be chaotic and turned upside down and routine was out of the window, Lee took it upon himself to make some positive adaptations to his daily life

Lee has always relied on having routine, this is something of extreme importance to him and when Covid came along, his routine unfortunately had to change.

Lee relied heavily on the gym to help with his mental health and to socialise with friends and also for his fitness and physical wellbeing. When the gyms closed,

Lee started to walk every day. Lee would make sure that come rain or shine, he got up, dressed and walked down to see his mum who is part of his social bubble.

This walk gave Lee the opportunity to exercise, get some fresh air, have some head space and continue to look after his emotional and mental wellbeing.

The journey helped to relieve some of Lee's anxieties and really helped to put him on a positive footing for the day.

Lee spoke through how he was feeling and was keen to ensure that he stayed upbeat and in good spirits. On the days that Lee did feel he was struggling to cope, he would openly talk to staff about this so that we could put a bit of a plan together.

Lee has learnt that it is vital to look after both his emotional and physical wellbeing, which in turn, leads to a happier and more positive outlook.

## From Woolwich to Greenwich!

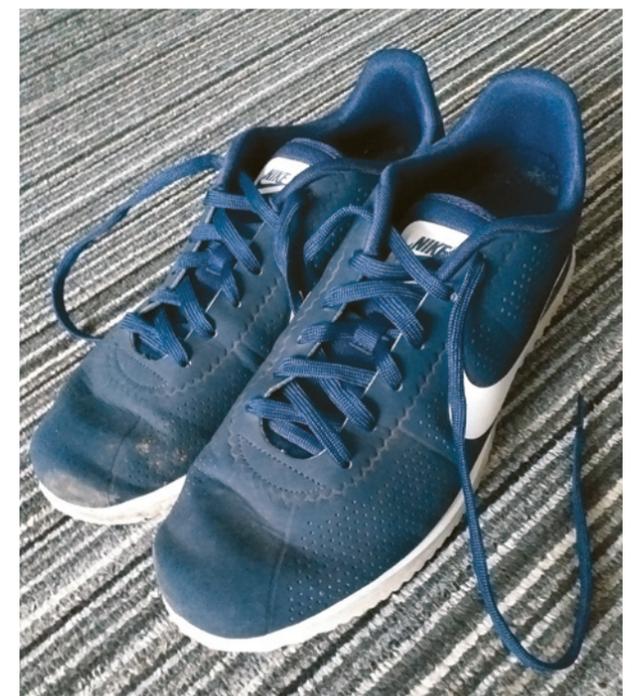
● BY RHIANNON COPELAND

Paul in Woolwich has taken up a new hobby in lockdown. With lots more time on his hands, he decided to go walking every day.

At first, *"it was just something to do"* and Paul said he "walked round in circles." But with practice, he started to get better: *"I walked from here to Greenwich. I walked along the river and watched the boats go past"*.

Paul explained that "It makes you sweat when you walk; you have

to take plenty of water." He has also noticed some improvements: "I have lost some weight and I can walk further." He has been walking so much that his trainers got a hole in them so he had to buy a new pair! Paul hopes to continue with his walking once the lockdown restrictions have eased. He also wants to cut back on



Paul's new trainers

unhealthy takeaways to lower the risk of heart problems.

## Walking and staying calm

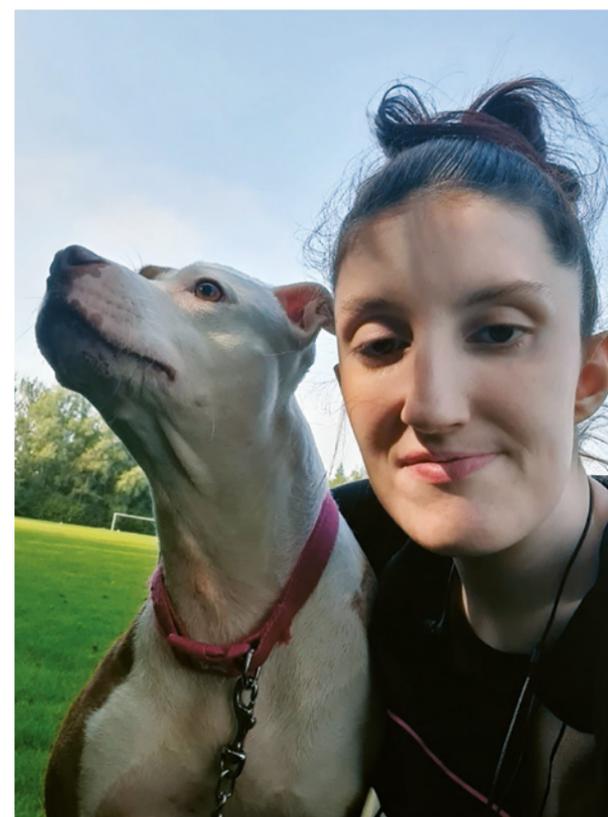
● BY AMY CONNELL

I love to go for walks daily with my dog and listen to music when walking as it takes my mind off bad energy and leaves me feeling more positive throughout the day as I struggle with my anxiety.

I also like to do colouring and arts and crafts to take my mind off things too and I've also started listening to nice calming music at night time and having the smell of lavender in my bedroom to keep me relaxed and content as I struggle to sleep through my mental health.

I have my support workers Debbie and Jake who are a great help and help me with breathing techniques and strategies.

I have become so confident since I've been with KeyRing and I am going to keep up with the things I do as I love it.



Amy and her dog

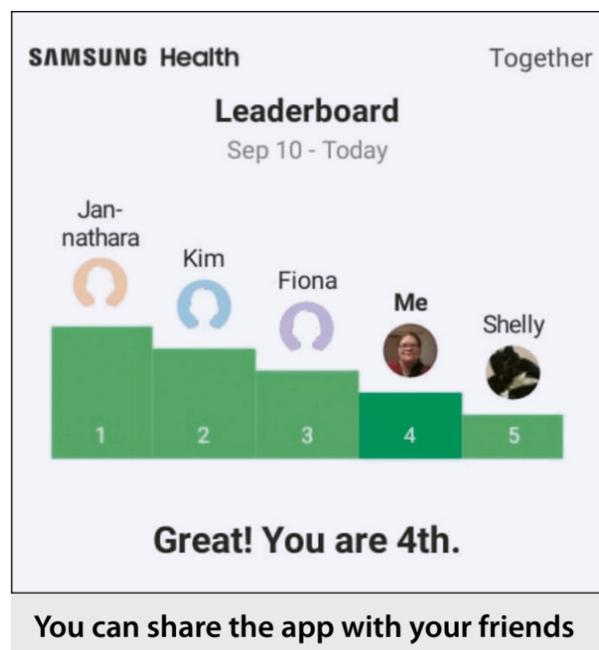
## Sam's Walking App

Sam Henthorn has been enjoying walking as it makes her feel good and she knows it is good for her health.

She sometimes walks into town instead of using public transport and feels proud of this.

Sam has been using an app called **Samsung Health** which can be downloaded from PlayStore. The app allows you to

track your walking distance and time, and to compete with your friends.



Sam has been doing really well, and likes seeing her progress on her phone.

## Karl's Healthy Smoothie

Karl loves making smoothies, and experiments with fruits and vegetables. Karl's favourite is:

- \* 1 peeled and chopped mango
- \* 2 chopped nectarines/peaches
- \* A glass of milk of your choice (Karl used oat milk)
- \* A handful of fresh mint leaves
- \* A little chopped ginger (this has very good health properties)



All blitzed with ice in a blender.

# Nathan and Dean's Big Journey

● BY NATHAN PENFOLD



Back in July myself and my friend Dean both decided that we needed to do something to break the stress of being in wheelchairs, stuck indoors during a pandemic. We decided to do something for charity. We decided it needed to be a big event, it needed to grab attention away from panic and stress and it needed to be realistically possible for us both.

So we decided on a 189 mile challenge from my house in Rhyl (North Wales) to his house in Kings Langley (Watford).

We would do it over 6 days, staying in hotels I would be travelling by self-propelled wheelchair and taking a support vehicle with us driven by my partner Michelle, to carry any

equipment we would need. The chosen charities were the **NHS** and **Lee Spark Foundation**.

We set a start date (Monday 3rd August), organised some support from many companies in North Wales and even had a special guest appearance from Spencer Wilding (Rogue One's DARTH VADER) to start the event for us.

**DAY 1** was Rhyl to Chester. We arrived about 9pm, tired, sweaty, sunburnt and exhausted.

**DAY 2** was Chester to Telford. Morale was low as Chester was severely difficult to navigate in a wheelchair, even the satnav on my phone had a meltdown.

**DAY 3** was Telford to Birmingham. Spirits were high on reaching Birmingham as that was a massive accomplishment for us both.

**DAY 4** was Birmingham to Daventry into a 4 star hotel for an evening of good food, good laughs and a mood lifting beverage or 2 at the bar. By this time we were settled into the event and enjoying every second.

**DAY 5** was Daventry to Milton Keynes. Pickton Installations had paid for a Premier Inn room for us as a donation from them to support our event.

**DAY 6** was Milton Keynes to Kings Langley. Just after breakfast of this final day Dean had an accident and dislocated his shoulder. I was ready to stop the event there and then as I didn't want him to miss out. After a big conversation and a phone call for an ambulance Dean pleaded with me to carry on the event and keep him informed during the day.

It was strange doing this on my own but I was determined to finish this, not just for me, but for Dean and for all the people who had showed us support.

When I got within 1 mile of the finish line I called Dean. He had just got into a car to come to me and finish the event. I was so proud of him, after everything he went through that day he still wanted to do the final mile! So I waited for him and we crossed the line together.

Looking back on this event my mental health has become better, there is something about the open air and travelling without being enclosed that just makes you feel free and alive inside. We can't wait to do another event.



# Talking about Mental Health and Wellbeing



● **BY NATASHA NATHAN**

Natasha is the Health Rep in the North Yorkshire Self-Advocacy group. She went to a workshop about mental health that she thought was very good.

## ▶ Why I thought it was important

With some bad mental health issues, surrounding my family. At the very beginning, I felt so alone because there is so much stigma around mental health. People are scared to talk about it. Also as your health rep suddenly living in this new world of COVID-19.

Now that we mostly no longer have our regular meetings or even meet up with family/friends it's even more important for us to have a full understanding and talk about mental health and wellbeing. What does it mean because we hear them mentioned all the time?

So I attended a wonderful Zoom meeting by an organisation called Our Space hosted by Anna Mansfield. It helped me learn not only what mental health was, but how common are mental health issues.

## ▶ What we learned

It started by everyone introducing ourselves. To help us relax and make us more united we did a "mindfulness exercise". Then we were put on mute, for an easy to follow slide show. Using simple language words which every ability could understand each slide was on long enough for us to absorb them.

## ▶ What was covered

Difference between signs of good mental health, and signs of poor mental health.

## ▶ What we mean by mental health and wellbeing

- \* What factors affect our wellbeing?
- \* What are common mental health issues?
- \* What might poor wellbeing or mental health issues look like?

- \* Having positive conversations
- \* Dealing with different topics like self-harm, suicide, neglect, addiction, abuse, assault, depression, bereavement and anxiety
- \* Hearing voices.

## ▶ What is Wellbeing?

Wellbeing is the state of being comfortable, healthy or happy. It can be understood as how people feel and how they function, both on a personal and social level, and how they evaluate their lives as a whole.

## ▶ What I liked

Even though the slide was laid out with lots of information it was very easy to follow/understand.

## ▶ Skills I learned

- \* Positive conversation:
- \* The other person feels listened to, understood and supported
- \* Reduce social stigma and personal feeling
- \* Ask open questions
- \* Check your understanding, of the person you are helping
- \* Practice empathy
- \* Acknowledge/name the issue
- \* Signpost them so they get the right support
- \* Agree a plan moving forward
- \* Get support yourself if needed.

## Decorating my Flat

● **BY DAVID WRIGHT**

During lockdown I have been keeping myself really busy by decorating my flat and buying new furniture for it.



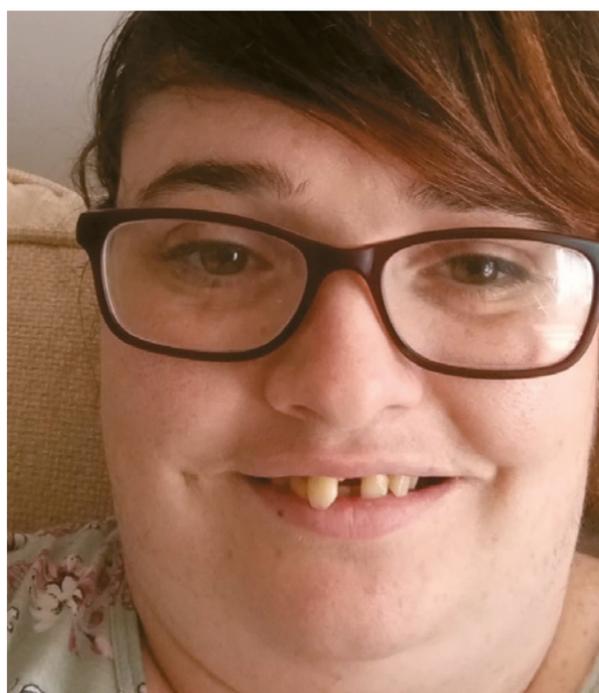
I have really enjoyed building the furniture with my friend, Ashley, who is also a KeyRing Member. We have put up new blinds, a desk and coffee table and we are just building a TV unit and have even put some LED lights inside that change colour. It has taken a lot of time and hard work to get here but my flat feels really homely now and is somewhere I enjoy spending my time. I can't wait to make a start on my kitchen next!



## Relaxing at the Seaside

● **BY SOPHIE O'BRIEN**

My name is Sophie. I have struggled a bit with lockdown so I went to Southport with my mum and dad.

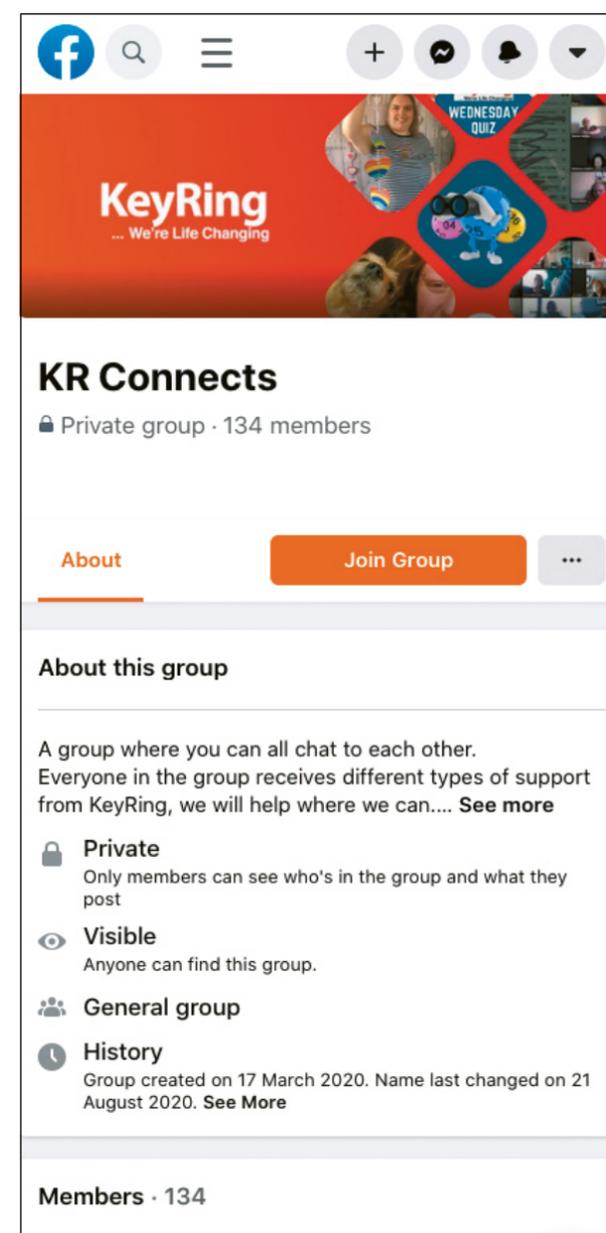


It was nice to go to a different area with a sea, and do different things and see different shops. I was getting fed up with lockdown so it was just what I needed. I was chilled out whilst I was there and forgot about all the stresses I had at home. I am also going to Wales with my boyfriend and my mum and dad. I can't wait sea air is the best!



## Staying in touch online

The KeyRing Facebook group has changed its name from **KR Coronavirus Support** to **KR Connects**.



You can find it by searching for **KR Connects** on Facebook.

**Anyone from KeyRing is welcome. It is a place for sharing ideas, jokes and questions. You can also join the weekly bingo sessions, quizzes and singalongs.**

# Your Photos

**Jacqui** from the Happy Mondays group would like to thank the volunteers who worked on the garden project with her. Here is a photo of what they have been doing in Monkchester.



**Becki** has a new PA called Nicola. *"Nicola was my carer before. I asked for more support and Social Services agreed she could be my PA as well. She does my bills, reads my letters, helps with housework, on top of support from KeyRing. It's working well."*



**Terry and Bob** have been having a lovely time every Wednesday taking a walk to the pub. We meet at New Cross Gate Station and take about a 45-minute walk to a nice pub to have a soft drink and take a walk back. It's a great opportunity to catch up after lockdown and have some exercise.



Join us on **Wednesdays at 2pm at New Cross Gate**. Contact **Ollie on 07944952172** to make sure there aren't more than six people.

**Members of the Croydon Hub** and their support worker Elise planned an outing to Southall Market in West London when they were able to meet up again.



Tranume showed them around. She said *"I go there myself for my shopping. There are lots of clothes stalls and fabric stalls. Everyone liked it because it was wedding season so there was a lot to see. We're going to go again."*

**Gareth and Susan** have been watching the skies! *"This is comet neowise that has been passing by the earth and has been seen at 4am every night. In this photo it is over the UK. The direction it is going is North East and we worked it out by using a compass."*



**Derek Nolan** celebrated his birthday and wedding anniversary in style by renting a limo! He has been married to his wife **Beverley** for 10 years. *"We went up to the West End and back. A couple of our friends came too. We had champagne. I had never been in a limo before. It was something we could do while everything else was locked down."*



## News From the Trustees

The Trustee meeting on 30th July 2020 was a virtual meeting.

THANK  
YOU

The Trustees want to say a very big thank you to all the volunteers and staff who have been supporting Members throughout the lockdown and who are now adapting our support to cope with local changes in rules. It is really important that everyone follows the rules to reduce the spread of the virus and keep safe and well.

### OUR NEW PROJECT

The Trustees spent a long time at the meeting talking about a new project, the **KeyRing Collaboration**. The project will help other organisations learn how to do KeyRing Networks. This is a difficult time to start something new and Trustees wanted to make sure we had checked everything thoroughly before launching the project early next year.

### 4 NEW TRUSTEES

We have recruited 4 new trustees to the Board, one of whom will be our new Treasurer as Lindsey will be at her last meeting in October.



The new Trustees have skills and experience in IT and digital, finance and business development. We will introduce them to you in the next edition.

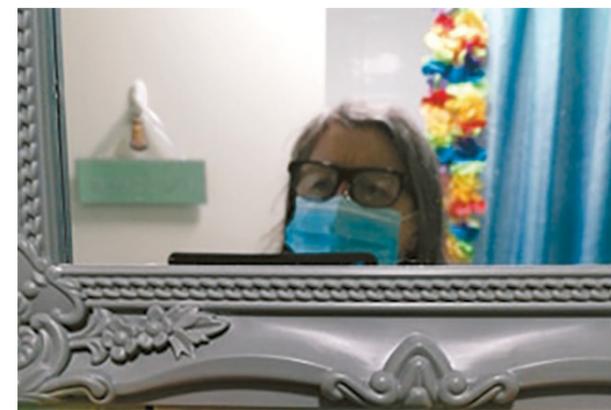
### KEYRING FINANCES

The Trustees also looked in detail at our finances. Covid-19 has had a big impact on the UK economy and this means that councils will have less money to pay for the essential services they provide. The Trustees are confident that KeyRing is ready to weather any storms that may be coming.

## Wear a mask if you can!

● **BY BELLA EDWARDS,**  
KEYRING TRUSTEE

Some people in Bristol are not wearing masks on the buses or not wearing them over their noses. I wear mine, and if I forgot it I would go home to get it and catch the next bus. If I was out and my mask ripped I would ask someone to go into a shop for me to get another one before I go home. I use hand sanitiser that is available.



Bella wearing her mask

I have also seen lots of masks being dumped on the floor. Lots of people have died and if we want things to get better we need to follow the guidelines and take it seriously.

While I've been at home I've started planning a Time Bank group in Henbury. If someone needs something we can help. For example someone does my shopping for me and I can help people on the buses.

## Staying Healthy Wordsearch

BLOOD	FITNESS
CEREAL	FRUIT
CHOLESTEROL	HEART
CONSTIPATION	OVERWEIGHT
DIABETES	PROTEIN
DISEASE	SALT
EXERCISE	SUGAR
FIBRE	WATER

Thanks to the KeyRing Self-Advocacy groups for sharing this Keeping Healthy wordsearch.

T	S	H	D	E	O	U	S	S	R	T	D	N	A
S	N	H	I	T	V	S	R	I	L	O	H	I	C
H	P	R	O	T	E	I	N	E	O	E	C	O	F
E	E	E	L	N	R	W	T	L	R	E	N	A	M
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S	O	A	R	I	E	U	I	I	H	E	A	S	A
W	E	L	O	D	I	S	I	U	C	F	T	H	O
N	E	N	E	N	E	A	I	R	I	S	Y	D	E
R	E	Z	H	Y	I	S	A	D	E	S	A	I	E

## Jokes

**Q.** What do you call a nut that sneezes?

**A.** A cashew

**Q.** What did one hat say to the other?

**A.** You stay here. I'll go on ahead

**Q.** What do you call a pony with a cough?

**A.** A little hoarse



## The next edition and get in touch...

**63** We're not sure what will happen with the next edition. We hope we will be able to get out and meet with people again soon. We will

share the information when we know what is happening.

**That's all for this time!** If you have anything you would like to see in

the paper or on our social media pages please send it to: Sarah Hatch at [sarah.hatch@keyring.org](mailto:sarah.hatch@keyring.org).

**For an audio version** of the paper phone 020 3119 0960.