



MAINTAINING YOUR HEALTH AND WELL-BEING

For People with learning disabilities.



June 2020

The information contained is intended to support People with a Learning Disability to try to maintain their health and well-being. This booklet was produced in request to a need identified by Calderdale Learning Disability Partnership Board.

The booklet was identified as being a useful resource for people who may not be sure where to go for reputable information on health and well-being.

The booklet has been circulated electronically, but it is intended that this can be printed by family, friends and/ or care givers where a person with lived experience has limited access to technology or finds it difficult to navigate technology. If you are printing this booklet, it is suggested that you print the 2 annex sections attached to the email.

A hard copy of the booklet can be requested by contacting

ActiveCalderdale@calderdale.gov.uk

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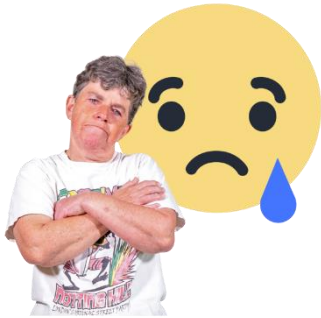
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Additional documents are attached to the email

Attachment One – Activities for your daily walk (Mencap, 2020)

Attachment two – Some recipes for you to try (Mencap, 2020)

Section 1: Five Ways to Wellbeing



Spending time in our home and not seeing family or friends can make us feel sad, anxious or even angry.

It is normal to feel this way, but there are some simple things we can do to feel better – they are called the five ways to wellbeing:



1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give



1. Connect

Stay in contact with your family and friends. We can keep in touch with people using the phone, text messages, social media or video calls.



If you have only got a minute:

- You could plan with people what you will talk about next, for example TV programmes, films, Books, comics or magazines.
- You could send a text message to family, friends or a work colleague to ask how they are.
- You could set up a group chat with family or friends on WhatsApp or Facebook
- You could send an email to a friend



If you have got an hour:

- You could listen to music or a podcast to help feel less lonely
- You could spend some time making sure you have the right phone number for everyone



If you have got lots of time:

- You could join a pen pal scheme to write or draw and share things with someone new
- You could organise your old photos into an album



2. Be Active

It is important to stay active now to help us stay fit and healthy. There are lots of ways to do this.

Staying active has many benefits, which include being able to sleep better, learning new skills and improving your memory.



Experts suggest 150 minutes of physical activity a week to really improve your health, as well as strength exercises (such as lifting weights, climbing stairs, heavy gardening such as digging) 2 times a week, but some activity is better than none

If you have only got a minute:

- You could plan what you want to do, think about what you would like to get out of it (for example to enjoy the countryside or relax, have a bit of fun).
- You could search the internet for videos of exercises you want to try



If you have got an hour:



- You can go for a walk, even if it's walking to the shops when it's time to buy your food for the week.
- You could try walking, cycling, jogging, bodyweight exercises, or exercise videos.

There is more information about keeping active at the end of this booklet.



3. Take Notice

There are lots of amazing things in the world around us. Taking the time to appreciate the things that make us feel good can help us to feel less sad.



If you have only got a minute:

- You could try to stop listening or watching things that you find upsetting



If you have got an hour:

- You could make up a routine to help you do more things that you enjoy, like learning, playing or relaxing.



If you have got lots of time:

- You could try some calming breathing exercises, and work on getting lots of sleep at night.



4. Keep Learning

Learning how to do something new, or getting better at something is a really great way to help us stay feeling well.



If you have only got a minute:

- You could think about the types of things you'd like to learn, maybe it's cooking, playing an instrument or how to fix things around your house.



If you have got an hour:

- You can read a book, or watch a video to teach you how to do something new.



If you have got lots of time:

- You can spend as much time as you want learning new things, it all depends on what you'd like to try!



5. Give

It can feel really good to do something nice for someone else. You could do something nice for your family, a friend or a stranger.



If you have only got a minute:

- You could send messages to your family and friends.
- You could wave to people, and say hello if you see them in the street.



If you have got an hour:

- Do something kind in your home, like tidy up the house.

If you have got longer:



- You could join up with a volunteering group.

Section 2: Healthy eating

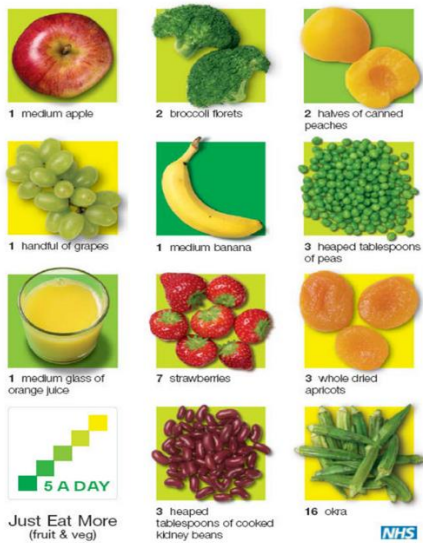


To stay healthy, it's important that we eat lots of different types of foods. Foods like sweets and chocolate and fried food taste good, but they are not good for your health.

Healthy eating means choosing foods that are healthy most of the time. It doesn't mean you can't eat unhealthy foods, but try to eat less of them.



There is a list of the types of food you should try to eat below, and we've also included a guide with pictures. You can find out more on the NHS website here too: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



Every day, we should:

- Try to eat at least 5 portions of different fruits and vegetables a day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates
- Eat less foods that have a lot of fat, salt or sugar in them
- Eat some beans, pulses, fish, eggs, meat and other protein
- Have some dairy or dairy alternatives (such as soya drinks and yoghurts)
- Eat small amounts of oils and spreads, and try to choose unsaturated ones
- Drink 6-8 glasses of water, lower fat milks, lower sugar and sugar-free drinks, tea and coffee

If you are looking for some easy, healthy and tasty recipes to follow, we have included a guide from Mencap for you to try out.

Section 3: Keeping Active

Why physical activity is important



- It is important to keep active even if you cannot do your usual activities, because it helps us feel better physically and mentally.
- Staying active has many other benefits, like being able to sleep better, learning new skills and improving our memory.



What counts as physical activity?

- Experts suggest 150 minutes of physical activity a week to really improve your health, as well as strength exercises (such as lifting weights, climbing stairs, heavy gardening such as digging) 2 times a week, but some activity is better than none.



- This could include walking, cycling, jogging, bodyweight exercises, exercise videos. Anything that gets your heart racing, which may make you feel little bit out of breath.

- One of the easiest ways to build physical activity into your day is to walk more where you can.



- Being physically active is not just about sports competitions, it is about being able to have fun too and it is for everyone and everybody can take part



Things you can do to stay active right now

- If you are unsure about what kinds of exercise and activity you want to do, think about what you would like to get out of it (for example to enjoy the countryside or relax, have a bit of fun). This might help decide whether you go on a walk or do a workout video for example
- Do not worry about what other people think, as long as you are enjoying yourself
- You can fill out an activity planner, like the one we sent you, to help you decide on what you want to do.



There are loads of things that you can do at the moment that are fun, and will be allowed within the new rules. These include:

- Walking –We have sent you an activity sheet which will make your walks a lot more interesting.





- Gardening – this can vary from mowing the lawn, digging out weeds and planting seeds, which might be fun to watch something grow. You can also do this in a chair and put the plants on a table at a height that works for you.



- Online workouts – there are some great online workouts for people of all abilities. Many of these are on YouTube and allow you to stop and start to be able to go at your own pace



- Badminton/ball games – if you have the equipment, then you can get in the garden with a family member you live with and you can try and adapt what you may usually do there

More Support:

For more support and help around being active you can contact Calderdale Disability Sport and Physical Activity Development Team by emailing:

debbie.greenwood@calderdale.gov.uk

Useful links

This guide produced by Mencap explains physical activity and the importance with some example activities. A lot of these include activities that are unable to be done right now, but there's a lot of advice during lockdown.

<https://www.mencap.org.uk/sites/default/files/2016-04/ELDSA%20easy%20read%20v1.pdf>

The NHS has produced some information on why it is important to stay active and gives a couple of examples

<https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

Here's some guidance on going out walking and also how this can benefit you.

<https://www.walkingforhealth.org.uk/sites/default/files/Mencap%20guidance%20update%20brand.pdf>

Sources of support

We are all individuals and there is no right or wrong way to cope or feel. For most of us, especially if we have never experienced problems with anxiety or low mood before, these feelings will gradually disappear over time. However, some of us will need more help.

Do contact national and local sources of support

Adults' emotional health and wellbeing

- The **Samaritans** offer a listening ear if you need to talk to someone. You can ring them on **116 123** or visit samaritans.org
- The **Silver Line** on **0800 4 70 80 90** is a free confidential helpline providing information, friendship and advice to older people, open 24 hours every day of the year.
- **Healthy Minds** is Calderdale's local mental health charity – you can contact them on 01422 345154 or visit healthyminds Calderdale.co.uk
- Overgate Hospice has set up '**Hear for You**' **COVID-19 support line** which provides telephone advice and support for health and social care professionals providing a advice in response to COVID-19, relatives and friends of patients being cared for in any health and social care setting in relation to COVID-19, bereaved relatives and friends. The telephone number is **01422 387172** and the line is open between 10am and 6pm seven days a week.

Bereavement

- **CRUSE Bereavement Care** offers support, advice and information to children, young people and adults when someone dies. Its helpline **0808 808 1677** is open from **9.30am to 5pm Mondays to Friday, with extended opening hours till 8pm on Tuesday, Wednesday and Thursday evenings**. You can also e-mail on helpline@cruse.org.uk or visit their website at <https://www.cruse.org.uk/>

The National Bereavement Alliance is a group of organisations providing support to those who are bereaved. Information on support available can be found at its website <https://nationalbereavementalliance.org.uk/support/>