

Peoples Choice Group

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newsletter

Staying Healthy and Happy



Welcome to our first ever Peoples Choice Group Newsletter.

It is all about staying Healthy and Happy. We hope you enjoy it.

If you would like to help us make our next newsletter please contact us.

Our contact details are on the last page.



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How to stay healthy and happy

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**Our reviews - what we think of some local places.
We have given stars to say how much we liked them.
The best would be 5 stars The worst would be 1 star.**

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happy
reading!



Mindfulness

by Michael Gentle



Vicky Hornby from Pathways ran a course on self-advocacy. It was in Hartford in January and February last year (2017). Dean Donaldson did one session on Mindfulness. It was very good. We could have done with more sessions but there was only one. He spoke to a psychologist at the Blackpool conference and put the course together.



We talked about how we use our minds and what relaxes us. And about what brings stress on and how we can cope with it. It's good to keep active and not sit doing nothing. Your mind overworks if you do nothing. You have to make sure you use your mind to find things to do.

I saw a psychologist years ago when I wasn't doing much. He agreed it wasn't good for me. The mind runs away with itself like a car. It's quite difficult to calm down and try and rethink things.



Different things can cause stress, like different staff, not knowing where you are from one day to the next, people telling you different things, staff doing what they want and not what I want.

If I get stressed I go outside and just walk about, I like listening to the birds. I like keeping busy too.



What is Mindfulness?

By Jackie Goldstraw

I think its about concentrating on what you can feel, touch, see, hear and smell. That can help stop your mind going over thoughts and feelings. And the feelings can go and you can be calm.



Bonkers for Boccia

by Tom Spare



I got a NVQ in Sport and Recreation at Mid Cheshire college in Hartford. The course was a mainstream one and took 2 years. I learned a lot about keeping fit and healthy. We did all sorts of different sports – like football and basketball - all adapted so that I could join in in my wheelchair. I've been doing boccia for over 7years now.



Two teams play and they have to throw special boccia balls that are full of sand. They have to get as close as possible to the white ball. We have a red and a blue team. Red throw first, then blue. Whichever team is furthest away gets to go next. Players in that team have a throw each until their teams' ball is closest to the white, or until all their players have had a go. Then the other teams' next player goes, and so on. Scores are counted after that.



I set it up at the Brio Lifestyle Centre in Winsford so others could join in. We are in the Sports Hall on Tuesday's. We started off with just a 6 week course to see if people liked it. Now we only have Christmas off and we play all year round. There are about 35-45 people playing, it gets very competitive! There are two teams, red and blue. The winners are declared just before Christmas. They get a cup and certificate. It is from 11.30 till 12.30. It only costs £3 – anyone can come – we don't discriminate! Just turn up and you will get a good game!



Boccia is good for concentration and co-ordination. It helps people keep fit and get stronger, and it teaches good sportsmanship – especially if you end up on the losing team! It's a sport where everyone can join in and have fun.



Looking Forward Activities Group

in Northwich



Looking Forward Activities in Northwich run a healthy lifestyle group every Tuesday 10-4pm. Group members are picked up from home and take part in all of the following activities before and after enjoying a healthy lunch:



- Swimming
- Gym
- Badminton/Football/Netball/circuits
- Local Walk



The cost is £12.00 per hour including transport, support and all activities (money needed for lunch and a drink). We provide transport for the following areas: Northwich, Winsford, Sandbach and Holmes Chapel.

If you are interested please contact Michelle on **07511189331** or email **looking.forward@btinternet.com**
www.lookingforwardactivities.co.uk

Looking Forward group members top tips for staying healthy...

Try lots of different exercise like we do here. Like swimming, badminton, football, the gym and going for walks.

Nicola

Eat salad!

Tracy

I like swimming.

Katie

Try fitness DVDs or Fab Abs on Youtube.

Amy



Staying Healthy!

by the Frodsham Vivo Group

The group did a 6 week course at their Vivo day services. It was about a healthy lifestyle. They gave us their top tips.

Eat lots of fruit and veg - choose a banana instead of cake. I handcycle every week for 45 mins at New Scene in Chester. And I go on the bike and treadmill at the gym twice a week. To relax I watch Mrs Browns Boys and Give us a clue. My favourite song is Agadoo.

Andrew



I like jacket potatoes, cheese and beans. I go bowling and to the slim and trim exercise class at the gym. To relax I like going shopping and I like listening to music - Neil Sedaka, Oh Carol.

Rosie



I relax by listening to Spandau Ballet and Elvis - Jailhouse Rock.

Michael

Handwashing helps you to stay well. We got certificates. We should all shower every day, and wash our hair. We should all brush our teeth twice a day. I liked the fruit tasting session - pineapple, mango, kiwi, grapes, apples, pears, strawberries - I like them all. I like fruit salad. I go to the gym. And I like boxing at Brio with Frank the trainer on Mondays in Northwich. To relax I like looking at photos.

Eileen





Karen and Gina's Top Tips

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for staying Healthy and Happy!

Food and Drink



Make sure you drink enough

Remember - a moment on the lips a lifetime on the hips

Everything in moderation, like one diet coke a day, not too much

Try healthy homemade fish and chips instead of takeaway

Gina

When you feel like eating cake try a tongue twister!

Karen



Get some exercise then have a jacuzzi & sauna at the gym

Gina



Be kind to people. If you feel cross take time out and calm down and talk about things calmly.

Gina

Try something you love like ballroom dancing like Strictly! Get out in the sunshine and have a walk

Karen

Hugging is good! And singing and dancing

Try listening to whale music

Listen to songs that make you feel good. Like Itsy bitsy teeny weeny yellow polka dot bikini by Timmy Mallet and Club Tropicana by Wham!

Keep busy with latch hook or jigsaws, colouring, knitting and crochet

Karen

Try swimming or the treadmill at the gym

Gina



I like Barnum by Michael Crawford

Gina

Stay cheerful and go out and meet people

Gina



De-stressing

Exercise



Canal Street Advocacy Group

8

how they stay Healthy and Happy!



Janet:

I go to a breadmaking class and I have completed my food hygiene course. I give the bread that I make to the church for the local food bank. This makes me feel good to help other people in need. For exercise, I like to swim.



Paddy:

I go to my favourite eating place, St Marys in Prestatyn. I have sausage and mash, just a small one. I like to draw flags of the navy and airforce. I love history and work at Chester Castle. I have a walkie talkie.



Penny:

I go to the breadmaking class the same as Janet and I have completed my food hygiene course. I designed a new logo for the breadmaking class, it was used on our certificates! I like to crochet and make cards too.



Tony:

I like football, Liverpool football club, they are the best. I like to play ten pin bowling. I played ten pin bowling in the Special Olympics. In 2017 at Bath I got a gold medal. In 2009 in Leicester I got 5th place and a bronze medal.



Canal Street Advocacy Group

9

how they stay Healthy and Happy!



Vicky:

I like line dancing, I love the music. I go on a Monday in Neston. I also like to play netball, I am sometimes a goal keeper and sometimes a goal shooter. I play this in Ellesmere Port and we go to Dominos pizza after.



Kevin:

I went on holiday to Emmerdale in the Yorkshire Dales. I love drama and I'm a member of RAWD. I have acted in plays and pantomimes, Cinderella, Beauty and the Beast and Robin Hood and his Merry Men.



Anne:

I went to Blackpool for a holiday. I like to visit with the people that I live with. I like to sing and go to concerts and shows. I went to see a musical on my holiday. I like a ham salad for my tea. I like a joke and a giggle.



Nicola:

I love Blackpool. I loved Dover Drive and I used to have bubble baths there, I miss it now. I have a Scottie dog called Cassie. My dad did a 3 peak challenge to raise money for the Mulberry Centre. He took Cassie with him.



More Top Tips

for staying Healthy and Happy!

1

Go for a powerwalk!

Ruth

2

I did a six week course at Eastway called coping skills. I had to close my eyes, imagine somewhere I liked. I chose Tenerife. I imagined my feet in the sand. We listened to calm music. I like to go into the garden in the spring time too and listen to the birds.

Laura

3

I stay active and have busy days. I like volunteering and taking part in different classes like art and the choir.

Rick

4

I like walking at night time in the summer and I go to the Countess Park in Chester and look for the hedgehogs.

Lee

5

I like to eat healthy food. Everyone should make sure they eat healthy food and go out and exercise everyday.

Wendy

6

I like shopping!

Wendy

7

Drink lots of water!

Alison

8

Swap fizzy drinks to sugar free squash. Fill your plate with vegetables and exercise everyday!

Chris



Rate & Review

McDonalds, Northwich

Reviewed by Georgina Hulme, Karen Morrey
and Jackie Goldstraw

Friendliness



The staff were very friendly.

Access



Lots of space and automatic doors.

Atmosphere



Nice and cheerful like home. Very colourful - purple green, orange, yellow, blue, grey. Calm but can sometimes get too busy and noisy.

Toilets



Nice and clean but not much space in the disabled toilet.

Healthy menu choices



There is calorie information on the tray liners. We asked and staff gave us one to look at before we ordered. Some of the food (like fries) is not healthy. But we used the information to choose healthy options. Between us we had 2158 calories less than we would have! Georgina had a fillet of fish and a Shaker side salad. She said 'I love salad but the balsamic dressing was a bit too vinegary. I will have BBQ dressing next time.' Karen had a BBQ grilled chicken bacon wrap and salad. She said 'I feel like a happy rabbit! Jackie had a garlic mayo grilled chicken wrap and salad and said 'It was better than fries!'

Drinks



We chose healthy Tropicana orange juice, milk, and coke zero. There are fruit smoothies which are healthy but fruit has lots of sugar in so people shouldn't have them every day. A large banana milkshake is 495 calories!

Comments

The new order machines look confusing. The menu boards at the till are high up but the staff were helpful taking orders. The calorie information is very small writing.



Rate & Review

Viva Café, Northwich

Reviewed by Karen and Jackie

We loved Viva Café. We both said we would go back again. This is how we rated it.

Friendliness



The two staff were very friendly.

Access



There is a ramp up to the doors. Lots of space inside. The doors are heavy but prop open.

Atmosphere



It is nice and bright and made us feel happy. Nice comfy seats. There were lots of kids chattering. It was sometimes quite noisy.

Toilets



There is large clean disabled toilet. But it might get busy because it has baby changing too.

Healthy menu choices



There were lots of cakes but lots of healthy choices too. They had porridge and toast. And soups - mushroom, carrot and coriander, tomato, red pepper and tomato, minestrone. And jacket potatoes with tuna and salad or beans.

Drinks



They had lots of teas. And fruit smoothies with 98% fat free frozen yoghurt, milk or ice and fruit. Karen had a Tropical Delight smoothie with peach, passion fruit, mango and pineapple juice. She said 'it was cold and lovely and fluffy. Like a caribbean holiday but too many seeds!' Jackie had a Berrylicious smoothie with blackberries, blackcurrant, apple juice and strawberry. She said 'it was a purple juice explosion, lovely!'

Comments

The menu board above the tills was hard to read. But you can ask for a menu and read it at a table. Then go and order.



Rate & Review

Costa Coffee, Barons Quay, Northwich

13

Reviewed by Karen and Jackie

We decided this was perfect for relaxing by the river. This is how we rated it.

Friendliness



The staff were lovely and we had a good chat with another customer too about how nice the cakes looked!

Access



It is all flat and there is lots of space. It is quite a walk to the car park until more of Barons Quay site opens. Its all flat and there are lifts though.

Atmosphere



Its relaxing looking outside at the river. Perfect music, not too loud. Nice and light. Brilliant.

Toilets



There are two toilets, one for men or women, and one disabled with baby changing. Quite clean and lots of space.

Healthy menu choices



There was calorie information on cards near the till which staff let us borrow. There is a new range of salad boxes, fruit and wholegrain porridge and toast. Lots of cakes but lots of healthy choices too.

Drinks



There were lots of healthy drinks but some drinks are very fattening – a large hot chocolate has 488 calories! Karen had a tropical fruit cooler which is 155 calories. She said 'lovely fruity taste and nice and cold on my teeth!' Jackie had a skinny latte and said it was 'lovely'.





Rate & Review

Brio Leisure, Northwich Memorial Court

14

Reviewed by Georgina, Karen and Jackie

Brio Leisure runs the leisure centres in our area. They have a café in their new leisure centre in Northwich. This is how we rated it.

Friendliness



The staff were really friendly. Claire Dickens the Catering Supervisor took some time out to tell us about their food and plans – see next page.

Access



There is lots of space and automatic doors and lots of parking with disabled bays close by.

Atmosphere



There are not as many really comfy seats as in some places. But it is nice and light and clean with lots of fresh air. There are lots of people about but it is not too noisy.

Toilets



There is a Changing Places toilet just around the corner near the swimming pool. It has 2 moveable beds and a hoist. It had an adjustable basin and handrails and a shower. It was clean and had lots of space.

Healthy menu choices



Very good! See next page.

Drinks



They had lots of diet drinks like coke zero and pepsi max and healthy fresh orange juice. And they made a very good cup of tea!



More information

Brio Leisure, Northwich Memorial Court

By Karen and Jackie



The Northwich menu has got lots of meal choices. The Brio Cafe in Winsford sells sandwiches and snacks. They plan to sell more hot food in the future.

All of their meals are home made by them using fresh ingredients. They have a recipes folder so the meals are always made the same. Staff can tell people what ingredients there are and how many calories they have in a meal.



Claire showed us the folder and it had lots of lovely healthy recipes. Things like soups - vegetable, carrot and sweet potato and tomato and basil. And ratatouille with tomatoes and peppers and courgettes.



If people want breakfast they have fruit pots and natural yoghurt. And fruit compote and granola pots and porridge. They do all-day cooked breakfasts which are all grilled not fried. Baked beans and scrambled eggs are healthy options too. And they do homemade pancakes with gluten free flour.



They sell popcorn which is a good low fat snack. And for lunches they sell jacket potatoes and healthy sandwiches. And wraps, pitta breads and salad pots.

Comments



Karen reviewed Brio at Northgate Arena in Chester too. They were very friendly as well and had nice healthy food options. She also said she likes the yoga classes at Northgate Arena, and tai chi – 'they are brilliant and relaxing.'



Rate & Review

Brio Leisure & Aquafit session, Northwich

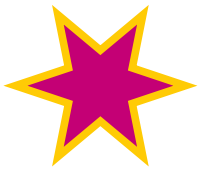
Reviewed by Georgina and Jackie



We went to the Friday morning shallow end Aquafit. We loved it and will go again!



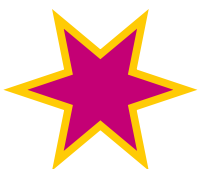
- The leisure centre staff are all really friendly especially Sue on the reception desk.
- The timetables are in very small print and look complicated but the staff will help if you ask. There are lots of good classes.



Brio said they have tried to make their timetables easier to understand. They want to hear any ideas to make them even better so please let us know and we can pass them on



- It was easy for us to use the changing rooms and get into the pool. As well as the Changing Places shower and toilet they have a 'pool pod' with a manual mobile hoist. People can be lowered into the pool if they can't walk down the steps.
- The Aquafit was really good – it is good for your muscles as it is harder to move in water. But it is better for your joints. There were all kinds of different people in the class and it was nice to be part of the community and exercise with other people and make friends. The music was great, it was good fun.
- Georgina likes the gym too and said 'it's a good atmosphere and there are really good machines that burn fat off. I use the treadmill, the rower and weights though they make my shoulders ache! Sometimes the music is a bit loud and hurts my head. I like the Zumba too – very good dancing.'



Brio said they have just started some quiet sessions in the gym with no music – ask staff for details or check the timetables.



Healthy Recipes

by Karen Morrey

On the next few pages we have some lovely recipes by Karen, let us know what you think of these!



Karens Mango Strawberry and Banana smoothie



Some of this recipe might be difficult. Please ask for help if you need it. The ingredients you will need are in **bold writing** below.



- Peel and cut **1 mango** and **1 banana** into chunks
- Take the stalks off a **handful of strawberries**
- Put the fruit in a blender with **300ml orange juice** and mix them together
- Add some water if it is too thick
- Keep it in the fridge and drink it on the same day you make it
- This makes quite a lot – share it with your friends.



Karens Kale and Apple soup



Some of this recipe might be difficult. Please ask for help if you need it. The ingredients you will need are in **bold writing** below.



- Break up **8 walnut halves**
- Toast them in a dry non stick pan for 2 minutes
- Stir them all the time so they don't burn
- Take them out of the pan and let them cool.



- Peel and chop **1 red onion**
- Chop **3 apples** (leave the skin on).
- Put them in a large pan.
(make sure the pan has a lid - you will need it later)



- Grate **2 carrots**. Put them in the pan with **1 tablespoon of cider vinegar**.
- Add **700ml vegetable stock** (made with **4 stock cubes**)
- Bring everything to the boil and simmer for 10 minutes.



- Add **200g chopped kale**. The pan might be very full.
- This is OK as the kale will get smaller as it cooks.
- Put a lid on and simmer for 2 more minutes.
- Then let the soup cool so it is safe to put it in a blender. Blend it till it is as smooth as you like. You can add more water if the soup is too thick.



Reheat the soup when you are ready to eat it. Serve it with the walnuts on top. This makes about 4 portions. Keep any left overs in the fridge and eat by the next day.



Karens Posh Pepper Pesto Pasta



Some of this recipe might be difficult. Please ask for help if you need it. The ingredients you will need are in **bold writing** below.



- Rub the papery skin off **6 garlic cloves**. Trim off the end of each one. Put them onto a square of aluminium foil. Drizzle them with **olive oil** and fold the foil up into a pouch. Put it onto your oven rack. Cook it at 180c for about 45 minutes. Let it cool. The garlic will be soft and lightly browned. Squeeze each clove at the untrimmed end to slide it out. Leave till later.



- Turn the oven up to 260c. Cut **4 red peppers** into quarters and remove the seeds. Put them on a baking tray and drizzle with **olive oil**. Roast them for 15 minutes until the skins are dark. Take them out and put them in a bowl. Cover it with cling film. When they are cool peel the skins off. Put the peppers into a blender with the garlic.



- Add **1 teaspoon cayenne pepper**, **1 teaspoon paprika**, **75g chopped almonds**, **50g parmesan cheese** and **2 tablespoons olive oil**. Blend till they are a chunky paste. Taste and add **salt and pepper** till you like it.
- This makes 6 portions. You can freeze some if you don't use it all at once.
- Cook some **pasta**. Stir in your homemade pesto. Add a handful of torn **basil leaves**. Cut a handful **cherry tomatoes** in half and add them.

Thank you for reading!

We hope you have enjoyed our first issue.

The Peoples Choice Group is for adults with learning disabilities, difficulties and autistic spectrum conditions across Cheshire West and Chester.

Membership is free. We are part of the Learning Disabilities Partnership Board to help give people a bigger voice. Members can have fun and learn new skills helping us make our newsletters and radio podcasts. Members can help us give presentations to tell other people about our group. And training sessions to tell organisations how we want to be treated. We also run drop in sessions in Chester where people can meet in a safe place to make new friends. We are setting up sessions in Northwich, Winsford and Ellesmere Port too. Please get in touch if you would like more details.

If you would like more information:

Chester / Ellesmere Port areas

email **ali.peopleschoicgroup@gmail.com**

or call 07746 422 282



Northwich / Winsford areas

email **jackie.peopleschoicgroup@gmail.com**

or call 07596 322 854



Please leave a message and Ali or Jackie will call you back.

The Peoples Choice Group is a project run by See Communications CIC funded by Cheshire West and Chester Council.

www.peopleschoicgroup.co.uk
www.see-communications.co.uk

Hello,
We are the
Peoples Choice
Group!

see
communications

Issue: 1
February 2018