

Peoples Choice Group

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newsletter

Staying Healthy and Happy



Welcome to our second 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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happy
reading!

Breadmaking at the Wesley Church

how the group stays Healthy and Happy!



Christopher (pictured left) can only see light and dark. He joined the Breadmaking group but was worried at first, because he didn't know what it would be like and if he would cope with everything. Christopher said,

'I come every week and I enjoy it, I get a lot out of it and can do things by myself now. I've made lots of friends. We are busy trying to get a cooperative going so we can sell the bread. I hope to be involved with that as well. Mary and Moira are so helpful they give me tips to do things like kneading the bread, I don't hammer it anymore. The bread is much softer now. I don't feel that I can't do it because of my sight everyone is so helpful. If I want any help I just ask'.



Pictured left are Beverley, Steve and Moira.

Beverley's joke:

What do Aliens eat for lunch?

Mars Bars! (We think Aliens are very unhealthy!)



David talks about staying healthy...

'One thing about staying healthy is don't eat too much food. You can have a little treat now and then but cut down on all the unhealthy stuff, like cakes, beer, crisps, biscuits and mars bars. There are lots of calories in those!

The bread we make here is really good for you. We have made garlic and courgette bread, it's lovely!

Most people here have support workers and they can talk to us about health issues. If I don't understand something I ask and my support worker. They go to my health check with me. **A health check every year is important too!**



What a fantastic fun group and a pleasure to meet!

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**Steves
big buns!**
by Beverley



**I like to
help Mary**
Julia



**I like kneading the
bread and making the
bread. I give some to
the homeless and I take
some home to share.**

Paul



**I eat wholemeal
bread because of
my diabetes**
Sally

**Wholemeal is
my favourite!**

Jonathan



**I volunteer here and
I am going for my gold
Duke of Edinburgh Award.
I have been to Buckingham
Palace in London!**

Sarah



**What a fab
day of baking!
This kitchen is
now closed!**

Mary



www.breadtogether.org.uk
Twitter: @ChesterBread
Instagram: @bread_together

Rate & Review

The Kitchen, Storyhouse

Reviewed by Penny Scott and Ali McAvoy



Friendliness



The staff were very friendly and helpful.

Access



Ramp into Storyhouse with automatic doors. Lots of space.

Atmosphere



Busy in The Kitchen area but not too noisy. There is nice lighting over the tables and a very relaxed atmosphere. We love the decor here at Storyhouse!

Toilets



Nice and clean. The disabled toilet has lots of space. There is a Changing Places upstairs, easy to get to in the lift.

Healthy menu choices



Very good selection. There isn't a big menu but there are choices for everyone. There is a selection of meals - meat, seafood, vegetarian and side salads.

Drinks



Nice coffee - our favourite is a cappuccino and it comes with a lovely shortbread biscuit. There is a good selection of drinks. They sell wine, beer and cider too.

Comments



The seats are comfortable with large tables. The menu text could be bigger, but you can ask staff to help. It's a fancy menu but reasonably priced. The staff talked to us about the portion sizes and helped us decide if we needed a side dish with our main meal. The Waiter who brought our food over was friendly and asked if we needed anything. There was a nice amount of food, we felt comfortable afterwards. We found out some fancy words on the menu!

Labneh is natural yoghurt

Freekeh is wheat grain like cous cous

Badagarni fancy name for the dish (aubergine rolls)



Ricks Top Tips

for Chester Bus Interchange

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what to do if you need help!

1

No staff at the Customer service desk

If there are no staff at the Customer Service desk there will be a sign on the window. Staff might be out around the Bus Station area, they will be wearing yellow jackets. The desk is open everyday 8.30am till 5.30pm.

2

If people need extra support at the Bus Station

If someone needs extra support at the Bus Station they can call the Transport Team before they travel to arrange this. A member of staff can be there at the agreed time. For further information ask at the Customer Service desk.

3

If you need the shopmobility service

As a member of Shopmobility, book your equipment before you travel. The Shopmobility Service button is to the side of the Customer Service desk.

4

If you lose an item in the Bus Station or on the bus

If you lose an item at the Bus Station ask at the Customer Service desk. They will keep lost items for 1 month. If you leave an item on the bus you will need to contact the bus operator directly. Ask at the Customer Service desk.

5

Rick asked how to find out about changes

You can ask at the Customer Service desk during the opening times. Any changes to bus services will be online at www.cheshirewestandchester.gov.uk.



If you have any issues or feedback about the bus station please get in touch with us and we will try to help. Our contact details are on the back page.



Top Tips

for staying Healthy and Happy!

Martin



1. Try not to eat sweets - ignore them and go past if you see them in the shops.
2. Try some fruit instead if you are hungry.
3. Don't eat chips that often!
4. Make sure you do plenty of exercise.

Martin attends the Grub Club, Singing group, Drama and Crafty Chatters.

Alisha



1. Use fry light and oven bake healthier versions of things like chips, sausages and fish.
2. Cut down on sweet things like chocolate and cakes.
3. Try oven baked sweet potato with baked beans.
4. I lost lots of weight cutting down on things and doing lots of walking.

Alisha attends the Grub Club, Singing group, Drama and Crafty Chatters.

Nicole



1. Water is very healthy but I don't like it so I add cordial.
2. Dancing is good exercise - I copy musicals and dance to them.
3. I go out in the garden with my dog and run around with him.
4. I eat lots of different foods to stay healthy. I like rice and fish and tomatoes.

Nicole attends the Singing group and Drama.

Gina



1. Make a healthy chicken korma at home using some thing like natural yoghurt.
2. Try a healthy seafood salad or homemade sweet potato fries.
3. Swimming is great exercise, I love it.

Gina attends the Grub Club, Drama and Crafty Chatters.



Recipe: Courgette Cake

by Petty Pool Vocational College

You can scan the recipe to your phone or tablet. You will need to download a **QR scanner App**



Scan below
to check
me out!



Ingredients:

- Butter to line tin
- 2 large eggs
- 125ml Vegetable oil
- 85g Caster Sugar
- 350g Courgette, coarsely grated
- 1 tsp Vanilla Extract
- 300g Plain Flour
- 2 tsp Cinnamon
- 1 tsp Mixed Spice
- ½ tsp Bicarbonate of Soda
- ½ tsp Baking Powder
- 140g Sultanas
- 100g Soft Cheese - For topping
- 100g Icing Sugar - For topping

Method:

- Heat oven to 180 degrees / 160 degrees fan / gas 4.
- Butter and line a 2lb loaf tin with baking parchment.
- In a large bowl, whisk the eggs, oil and sugar together, then add the courgettes and vanilla.
- In another large bowl, combine the flour, cinnamon, mixed spice, bicarb, baking powder and sultanas.
- Stir the dry ingredients into the wet mixture, then pour into the lined loaf tin.
- Bake the cake for 1 hour or until cooked. Allow cake to cool.
- Mix icing sugar with soft cheese.
- When cake is cool spread topping across and allow to set.
- Serve and enjoy!



Rate & Review: Diet Fizzy Drinks

By Gina Hulme and Jackie Goldstraw



- They don't have sugar in them so you can have them even if you are diabetic.
- They don't have any calories in so you can have them if you are trying to lose weight.
- They taste nice.
- There are lot of different choices - things like Coke Zero don't have any caffeine in either.



- They are bad for teeth even though they don't have sugar.
- They have citric acid in them which destroys tooth enamel
- They are bad for your stomach. They are carbonated which can make people feel bloated.
- They have lots of extra additives and ingredients in. Some of these might be dangerous. Some people say that 'caramel colouring' could be linked to cancer if people drink a lot of fizzy drinks.
- They have sweeteners like Aspartame in. Some people say this can cause headaches, digestive problems or mood swings. Coca Cola say it has been thoroughly tested and is safe. Some people say it can still make people gain weight due to the signals it sends to your body which confuse it as your body thinks it is having something sweet.
- Some people say it might be linked to heart disease, stroke and diabetes but some people say it isn't.
- It has no nutrition in it for your body.
- Some people might get addicted to it, or the caffeine in some diet drinks.



We have decided that like other things it is probably OK in moderation but **there are healthier things to drink**, like **water** or **no added sugar cordial**.

The Grub Club!

and their tips for managing hayfever!



We meet once a month in Northwich on a Tuesday evening. The idea is that people can make new friends and support each other with whatever is going on in their lives.

Everyone chooses and pays for their own meal. We chat to staff and find out about healthy options from the menu. We chat about what we think of the place and food.



We put our reviews on our social media page and in our newsletter. If we have a problem with anything, like disabled access for example, we talk to the staff and try and sort it out.

At each meal we choose where to go next time. We also choose a topic of conversation to get things started - like favourite TV programmes or music. We talk about lots of things including favourite Dr Who, favourite puddings, what to do about bullying and also hayfever!



Keep in mind for next Spring, our top tips for managing hayfever...

Don't go to farms!

Sleep it off if you are having a very bad day

Find some tablets that work for you



If you would like to join in please contact Jackie for details.
jackie.peopleschoiceworkgroup@gmail.com or 07596 322854.



More top tips

and useful links!



Slimming World

Friendly group leader Michelle Meenan told us that 'Slimming World have been trialling an Easy Read pack to support members who have learning disabilities. The great news is that following a successful pilot study the pack is now ready and available to order for members who would benefit from it alongside their New Member Pack.'

Contact Michelle on **07761742440**. Michelle runs groups in Northwich at Castle Community Centre, Monday **9.30am** and **11.30am**. Winnington Rec, Thursday **5.30pm** and **7.30pm**.



A message about Staying Healthy from the Community Learning Disability Team.

We offer bespoke advice when someone is open to a member of our team. We would also refer people to generic community resources such as The Beehive, who run diabetes awareness sessions, or the Leisure Centres which will have exercise opportunities. We encourage everyone to attend Annual Health Checks with their GP, who can help with issues such as weight and offer advice.



Useful links...



- www.accessiblechef.com/recipes.html
- www.southwestyorkshire.nhs.uk/get-involved/eyup-charity/cook-and-eat-easy-read-books/
- www.peoplefirstinfo.org.uk/health-and-well-being/taking-care-of-yourself/help-with-weight-loss.aspx
- <https://www.learningdisabilitytoday.co.uk/slimming-world-rolls-out-adaptations-to-make-weight-loss-clubs-more-accessible>

Thank you for reading!

Hello,
We are the
Peoples Choice
Group!

We hope you have enjoyed our second 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. 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 social sessions in Chester, Ellesmere Port, Winsford and Northwich where people can meet in a safe place to make new friends. 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 322854



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

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see
communications

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

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