

Peoples Choice Group

3

newsletter

.....
Staying Healthy and Happy
.....



Welcome to our new Springtime 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.



Springtime

How to stay healthy and happy

happy
reading!

We've made some changes to our Newsletter.

We hope to make our Newsletters more often and send out in Spring, Summer, Autumn and Winter. These are called Seasons.

Every Season we will give you some top tips about staying healthy and happy and you will hear from our members. This might be some ideas, a poem, a story or a drawing!

Did you know:

There are **5 important things** that work together to keep your body Healthy and Happy?



1 Food

2 Exercise

3 Mindfulness

4 Sleep

5 Hydration

1

Food

To keep your body healthy and happy



The food choices we make are important.



It's okay to have a treat now and then.
But we should **try to eat as many different fruits and vegetables as we can.**



Think about the rainbow. How many colours are there?

Some examples:



- **Red** - apples
- **Yellow** - bananas
- **Pink** - watermelon
- **Green** - spinach
- **Orange** - sweet potatoes
- **Purple** - grapes
- **Blue** - blueberries



Top tip:

Fill up your plate with vegetables or salad at mealtimes!



For more information on the **eat well guide** visit:
www.nhs.uk/live-well/eat-well/the-eatwell-guide/

2

Exercise

To keep your body healthy and happy



Exercising our body is important.

This is good for our **body** and also our **mind**.



We should try to **move our body everyday**.

It has been difficult to get outside because of lockdown and also the weather but we can still exercise indoors.



Why not put on your **favourite music**?

Try something new, you might like it!



There are lots of things to do, you could try

- Chair aerobics
- Dancing to your favourite music
- Arm exercises with bottles of water
- Yoga



Top tips to try

- Count your steps every day
- Challenge yourself to try something new
- Use a calendar, write what you aim to do everyday and stick to it.

3

Mindfulness

To keep your body healthy and happy



Mindfulness is good for our brain.

It is good for our **mind** and also our **body**.



Mindfulness is 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.



Martin and Jenny talked about mindfulness. They did a relaxing meditation in one of our drama workshops.

You can view it here: <https://youtu.be/h3wWVVI0OzA>

There are also mindfulness apps for your phone like, Headspace, Calm, Medito, The Mindfulness App.



Top tip: Try exercise and mindfulness together.

Go out for a short walk. For the first few minutes, Feel you feet touch the ground.

Listen to your feet or wheels touching the ground.

Then look around you. What colours can you see?

Can you see any new flowers? If you can, smell them, What about the trees, do they have leaves yet?

Then notice what you hear. What sounds are there?

Can you hear the noise of any cars or the birds singing?

Then concentrate on your breathing, are you breathing louder than usual? How do you feel now?



4

Sleep

To keep your body healthy and happy



A good nights sleep is important.



We are all different. And that is okay.
But **8 hours a night** is what we should be aiming for.
This can be difficult. We might be a light sleeper.
We might have thoughts going around in our head.
We might be worried or anxious about something.



Think about...

How many **hours do you sleep** at night?



If you **sleep well** how do you feel in the morning?
We guess that, you might feel happy, in a good mood and eat well.

If you **dont sleep well** how do you feel in the morning?
We guess that, you might feel unhappy. You might be tired and eat sugary foods.



Top tips for a good sleep

- Go to bed earlier
- Turn off your phone or ipad
- Read before bed
- Listen to a sleep podcast before bed
- Have a cup of camomile tea

Try one of our tips - how do you feel?

5

Hydration

To keep your body healthy and happy



Hydration means drinking lots of fluids.

This might be **water, tea, coffee** or **juice**.

These are important because our whole body needs fluids to be alive.



Drinking water helps to keep our heart healthy. It helps our body to process foods. And it helps to keep our body at the right temperature.



We should aim to drink 2 litres of water a day. This is about 8 glasses.

If you **don't like water** why not try:



- **Try a fizzy water drink**

Be careful because some are high in sugar.



- **Add flavour**

This might be some fresh lemon, fruit or cucumber Or a splash of your favourite fruit juice. Just a small amount will add flavour to your water.



- **Eat lots of fruits and vegetables**

Almost all fruits and vegetables are mostly water. You could eat more salads, or try homemade soup!



- **Tea or Coffee**

These count towards fluids. You could try a decaf option!

Now for our

members corner!

In this Newsletter you'll hear
from Jo, Nicole, Samantha,
Gary, Tash and Chris! Enjoy :)

The lovely photo on our cover is a beautiful drawing by
our member Katie. This was from our Bird Craft Pack.



Hello,
We are the
Peoples Choice
Group!

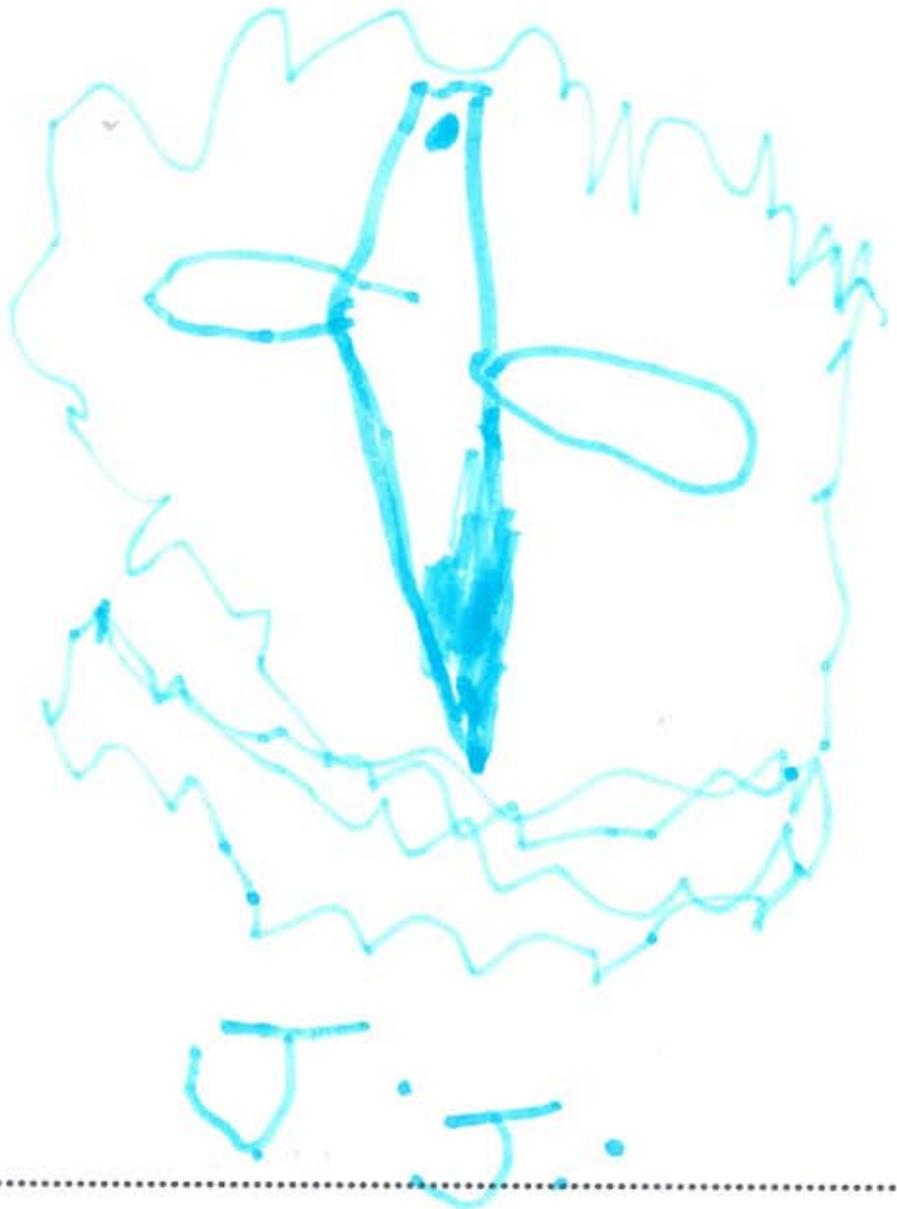
My name is

Jo

The Town I live in is called

Winsford.

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.



I wanted to share this because... to share my picture of a sealion with everybody





My name is

Nicole

The Town I live in is called

crewe

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.



I wanted to share this because... I love my dog
Teddy he all ways makes me happy



Hello!
We are the
Peoples Choice
Group!

My name is

Samantha

The Town I live in is called

Chester

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.

my dog is called Lilly. Bet
she's a LL black and
she's a Springer spaniel and
has soft fur I like to take Lilly bet for
a nice long walk with my mam Lilly
she has a nice lead for when
we go on nice walks
I like going to Canal Street
Monday to Friday. I enjoy doing
Art baking bread making cooking
Lunch Zumba Bingo, Tai kwon do yoga
Karaoke, I enjoy everyones company

I wanted to share this because...

I Like IT



hello
We are the
Peoples Choice
Group!

My name is

mtj

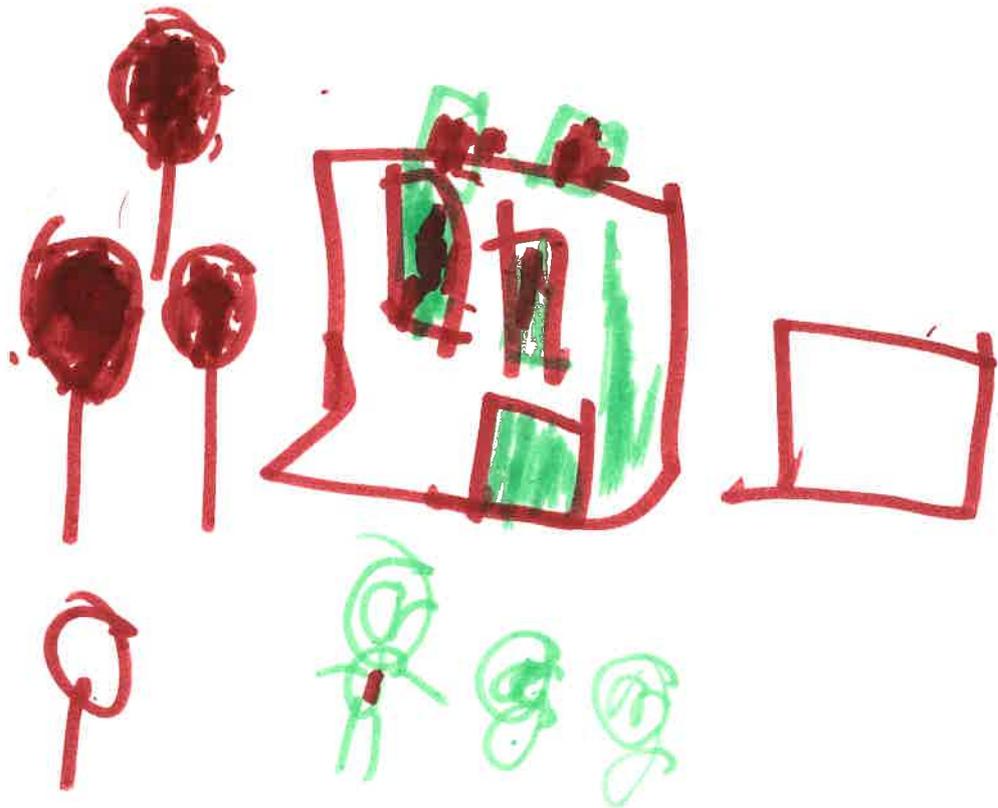
Gary

The Town I live in is called

~ hqhtatq

Chester

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.



my hause and family

I wanted to share this because...

It's a nice place to live



We are the Peoples Choice Group!

My name is

Tash

The Town I live in is called

Chester

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.

I like coming to canal street
because its my favourite centre.

I like ~~to~~ listening to music on the telly
I like singing and dancing. I like
to play darts and bowling on the xbox
most of all I enjoy being with my
friends

I wanted to share this because... Its important for me

to like coming to canal street and being
happy.



Hello,
We are the
Peoples Choice
Group!

My name is

CHRIS

The Town I live in is called

CHESTER

In the space below, draw a picture or write about what you want to share with others. This might be your top tips to stay healthy and happy. It might be something that makes you feel happy. It might be a poem or a story. Or it might be a beautiful picture or about your pet. Or a song you love.



I wanted to share this because...

LIVERPOOL CHAMPIONS OF EUROPE

Our member Joanne designed this for Wellbeing Winsford. This is a week long of fun events across the town. Why not have a go at colouring? This helps to make you feel less stressed.



Another lovely colouring page by Wellbeing Winsford to try...



WISH YOU
WERE NEAR

Thank you for reading!

Hello,
We are the
Peoples Choice
Group!

We hope you have enjoyed our third 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 link into the Learning Disabilities Partnership Board meetings to help give people a bigger voice on important issues. We support people to speak up about things that matter to them in their local communities.

We also work to stop people feeling isolated. We usually run social sessions across the area for people aged 16 and over. But because of the Covid 19 virus we are now in contact with people in different ways. 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.

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

see
communications

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

Issue: 3
March 2021