

Peoples Choice Group

5

newsletter

Staying Healthy and Happy



Welcome to our new Autumn 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.



Autumntime

How to stay healthy and happy

happy
reading!

Welcome Autumn!

In this Newsletter, we will give you some **season tips** to **look after your physical health** and **your mental health**. A parent shares a **personal story** about her son, who is one of our lovely members! We have a special **autumn word search**. And you will hear more and see some **fab pictures** from more of our members. We hope you enjoy!

Love Autumn!

Autumn is a great time to focus on your physical health and your mental health.



Physical health means doing some regular exercise. Something that you enjoy and is suited to your needs. This might be a walk or just getting out in the fresh air and moving.

Mental health affects how we think, feel, and act.

You can help both your physical and mental health by eating a balanced diet with lots of fresh fruit and vegetables. And getting a good sleep at night!

Your mental health is just as important as your physical health. We will share some ideas for this colourful season!





Season tips for health

To help your physical and mental health



Autumn is such a colourful time of the year!
The leaves are falling from the trees.
And there are lots of colourful vegetables to eat.

- Did you know that the **colours in Autumn**, the reds, the oranges and the yellows **can boost your mood**. Try to get outside as much as you can. Especially while the sun is shining. Why not visit a local park or get to one of our lovely canals or to the riverside.



- You could try a new **creative project**. This might be taking photographs of nature. Or you might want to do something creative with leaves. There are lots of great projects for this online. We found these:
<https://artfulparent.com/10-autumn-leaf-crafts-for-kids/>
<https://www.woodlandtrust.org.uk/blog/2020/10/autumn-leaf-crafts-for-kids/>



- Try some **new recipes with the vegetables and fruit in season**. Things like apples, oranges, pumpkins, sweet potatoes and butternut squash. Soups are great too!



- Getting a **good sleep at night is really important**. One hour before bed, turn off your phone, ipad and TV. Set you alarm for the morning and get some rest!



- **Drink plenty of water and fluids**. This is important for your body. If water is too cold, you could try some herbal teas.



Personal Parent Story

By Pauline Oultram



Hi everyone. This is my son, **Martin McGuinness**, who has been in a wheelchair since a road traffic accident at the age of 8 left him with brain damage that affected his physical and mental ability.

When he was 28 he moved into a Weaver Vale Housing Trust bungalow with a full time care plan and has lived there for 20 years now.



When he first moved in, there was a lean-to off his kitchen.

A **lean-to** is a building such as a shed or garage.

This is attached to one wall of a larger building and usually has a sloping roof.

This was handy for storage, but not accessible for Martin because it had two steps down into it.



We wanted to replace it with a conservatory, levelled through from the kitchen, so he can use it as an extra room to have a table to eat at and to do his artwork. It will also give him ramped access straight onto his lovely big garden, which he never really sees unless we take him out through the front door.



When the door of the lean-to finally broke in 2018 and would not close, we made applications for help to remove and replace it, but unfortunately these were unsuccessful. We did, however get quotes for a replacement, so at last had an idea of how much it would cost.



Martin already had some money saved up, but nowhere near enough for a replacement.

In May this year, we did a sponsored push round Marbury Park, which raised almost £3000 to add to his savings, which was fantastic!



Martin really enjoyed taking part and we could not believe how generous people were. We also managed to save a LOT more during the Covid lockdown and now have just enough to go ahead with our plans.



Building will begin in January next year. Martin is very excited about the whole project and looking forward to adding such a lovely, usable space to his bungalow.

A BIG thanks to all those people who donated to his fund raiser. Without this money he would have to wait another year before we could have started the project.





Autumn Word Search

Have a go - how many can you find?

a	i	g	h	w	o	l	l	e	y
s	p	s	s	s	s	u	s	m	a
u	u	p	s	s	m	s	i	s	u
n	m	s	l	e	a	v	e	s	t
e	p	s	d	e	r	s	s	s	u
g	k	r	s	u	t	u	a	e	m
n	i	s	m	s	s	a	s	s	n
a	n	z	s	h	s	s	r	s	s
r	t	p	s	s	w	k	s	t	s
o	u	t	s	i	d	e	u	l	b

Apple Tart lovely from the oven! / The colourful **leaves** are falling from the trees / **Pumpkin** soup is one to try / **Yellow** and **red** and **orange** are the colours of the **autumn** season / Get **outside** and enjoy the sunshine!

Now for our

members corner!

In this Newsletter you will hear
from Irene, Jessica and Sian.
And details of our Christmas
Hoodie competition!



Irene



Hello.
We are the
Peoples Choice
Group!

My name is

Jessica Chadwick

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.

The Titanic was built in Harland and Wolff Ship yard in Belfast. It took 2 years to build with sister ships Olympic and Britannic. 10th April 1912 it sailed from Southampton to New York on its maiden voyage. It stopped at Cherbourg in France and picked people up from the RMS Titanic.

The White Star Line was a company from Liverpool the man B J I Smay. The original architect was Alexander Carlisle, but he fired him four months before the voyage because he wanted enough life boats, so he hired an apprentice Thomas Andrews. There was a fire in boiler Room 4. When the ship set sail. At 14 April 1912 at 11.45 pm it hit an iceberg. Captain Edward John Smith was very experienced Captain for the White Star Line. RMS Titanic was the biggest people ship in the world at that time.

I wanted to share this because...

~~said~~ and lost 1500 people

I have the Titanic and I believe I died on Titanic

past line



Irene



Hello,
We are the
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Group!

My name is Siân Erentz

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 enjoy making my own soups - e.g., potato & leek, Butternut Squash, tomato.

ingredients Tomato soup

tin of tomatoes

1 Carrot

1 onion / Garlic

Vegetable Stock cube

Butter

olive oil

method

Sprinkle

chop onion & 1 Garlic clove or a couple of
sprinkles of Garlic Granules into a
pan with a bit of olive oil. Cook
for a couple of minutes turning with a
spatula. ~~add~~ chop carrot and add to
pan ~~add~~ &

I wanted to share this because...

~~add~~ can of tomatoes, ~~add~~ a vegetable
stock cube with Boiled water according
to instructions on how much water to
prepare stock cube in a measuring jug

pour Stock in with Soup & add a
Table Spoonful of Butter. Keep on Simmer
for 10-15 mins stirring occasionally.
After 10-15 mins leave Soup to ~~cool~~ ^{cool},
and Blend in Blender (do not place
the Soup too ~~hot~~ ^{hot} in Blender as it
will make the lid blow off!)
After Blending to a good consistency,
Reheat Soup if necessary to warm up
again, & Serve with Crusty Bread
with Butter.



Christmas Hoodie Competition!

For adults with a learning disability, difficulty or autistic spectrum condition
in Cheshire West and Chester.

Create a snazzy Christmas design you would like on the
front or back of a Hoodie. This can be colourful or
glow in the dark. Or metallic or glitter or gold!

The rules:



1. It can be based on **anything** you choose.
2. The design **needs to fit on an A4 page**.
3. The design can be **any shape**.
4. We will choose **two winning Hoodie designs!**
5. You can send in as many designs as you like.
6. Competition closes on **20th November**.
7. Once the winners have been chosen, they will get their **Hoodie made for FREE in time for Christmas**.
8. Depending on winning designs, we may be able to sell to the public in time for Christmas.

How to enter:



Send your design to:
ali.peopleschoicelgroup@gmail.com
or to mobile (text or whatsapp):
07596 322 854

Good luck!!



Cheshire West
and Chester

see
communications

Hello,
We are the
Peoples Choice
Group!

Thank you for reading!

Hello,
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Group!

We hope you have enjoyed issue number five.

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. Our social sessions are running again. Some of these are different than they were before Covid. We are working within government guidelines to keep everyone safe. 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

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