

Holbeck  
Together



# SUMMER WELLBEING PACK



### *About us:*

Your Space provide groups, events and workshops for community wellbeing in Leeds

Phone: [0113 426 1141](tel:01134261141)

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Facebook: [Your Space Leeds](#) | Twitter: [@YourSpaceLeeds](#)

Instagram: [@your\\_spaceleeds](#) | YouTube: [Your Space Wellbeing](#)

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### Your Space partners:



#### **HOLBECK TOGETHER**

The Old Box Office, 99 Domestic Street LS11 9NS

Phone: [0113 245 5553](tel:01132455553)

Website: <https://www.holbecktogether.org/>



#### **TOUCHSTONE**

Touchstone House, 2-4 Middleton Crescent LS11 6JU

Phone: [0113 271 8277](tel:01132718277)

Website: <https://touchstonesupport.org.uk/>



#### **WOMENS HEALTH MATTERS**

Suite 44a-48 The Refinery, Sugar Mill Business Park LS11 7DF

Phone: [0113 276 2851](tel:01132762851)

Website: <https://www.womenshealthmatters.org.uk/>

### With thanks:

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**Your Space is  
funded by:**





# TIME TO GET OUTSIDE!

As the weather warms up, it's time to make the most of the great outdoors. Here are some suggestions for cheap and fun activities you can enjoy this summer...

## Enjoy your local parks

In Leeds we're lucky to have so many lovely parks and nature reserves on our doorstep - from Middleton to Roundhay, there's something for everyone. Whether you prefer a woodland walk or a lakeside stroll, our parks are easily assessable on foot or via public transport - check out the [Leeds City Council parks + countryside website](#) for more info.

## Pack a picnic

Nothing evokes the summertime quite like a picnic - simply pack up some food and drink that can be easily eaten from a blanket of picnic bench and find an nice spot to enjoy it in! We recommend the [BBC Good Food website](#) for easy to follow recipes if you want to make your own picnic grub!

## Go for a bike ride

There's a real joy to pedaling about with a gentle breeze on your face, isn't there? If you have a bike that's in need of repair contact [The Pedallers' Arms](#) on 0113 245 7274 (Mon, Wed, Thu 4-8pm) to learn how to fix it.



# KEEPING WELL

## this summer

### Be Sun Safe

However much melanin your skin produces, it's important to use and regularly re-apply SPF sun-cream in the summer months. The lighter your skin tone, the higher Sun Protection Factor (SPF) you will need.

The British Skin Foundation recommends everyone uses SPF30+, applying 20-30 minutes before you leave the house and at least every 2 hours after this. Check that your cream is rated a 4 or 5 star for UVA and protects against UVB light too - this is also known as "broad spectrum" sun-cream.

Bear in mind that sun-cream loses effectiveness over time, so check for a best before date and purchase a new bottle if this has past or you're unsure how old it is - supermarkets like Aldi offer good quality creams at a reasonable price.



'Facing the Storm' by Sarah Thornton. Sarah made this piece following the death of her husband David. David died from pancreatic cancer on 7th February 2021, and Sarah turned to painting to express the overwhelming emotions she faced at that time.

## COPING WITH LOSS

In addition to dealing with change of a massive scale as we sought to manage the international outbreak, many people have been going through the bereavement process - sometimes related to COVID-19, sometimes not. However a loved one dies, it takes time to understand and make peace with our loss, and grief affects us mentally, spiritually and physically. Please remember you are not alone in your grief, and there are a number of organisations you can reach out to for support (opposite).

# SETTING BOUNDARIES

## Hayfever

Many of us struggle with seasonal allergies, which can leave us feeling tired, headachy or sneezy. If you think you might be experiencing hayfever talk to your pharmacist, as many of the common symptoms are treated with over the counter medicines.

## Bereavement Support

[Leeds Bereavement Forum](http://lbforum.org.uk/)  
<http://lbforum.org.uk/>

[Cruse Bereavement Care](http://www.cruisebereavementcare.org.uk/)  
0808 808 1677

[West Yorkshire + Harrogate Grief + Loss Support Service](http://www.wyhl.org.uk/)  
0808 196 3833  
(8am-8pm)

As we continue to manage the risks that the pandemic brings through changing local and national restrictions, it's more important than ever that we respect others' boundaries and feel confident to explain our own.

Much of the advice we are given now says that the precautions we take against coronavirus come down to personal choice, and as we have seen over the last year the advice from scientists changes as they learn more about the risks, which can lead us to adapt our thinking about safety too.

How do we translate all we're learning and how we're feeling into our behaviours and social plans? Well, to show respect goes both ways, it's a good idea to ask people if they feel comfortable with plans and offer alternatives - this may include adapting plans for going to public spaces like pubs or restaurants or physical intimacy such as hugging, for instance. Sharing information about what precautions are in place at different venues can also be helpful.

The more we practice these considerations like asking for consent to be close to others and planning social engagements ahead of time, the easier it becomes for us all to voice and protect our boundaries.



# GROW YOUR OWN

## SOWING SEEDS IN JUNE

### **Nasturtiums**

With their colourful and edible flowers nasturtiums are easy to grow and also work well as companion plants for veg crops including French and runner beans.

### **Beetroot**

Perhaps sow a few at the beginning of the month and a few at the end so that in September and October you'll have some beetroot to harvest.

### **Herbs**

June may be your last chance to sow seeds of herbs such as coriander, basil, chervil, fennel, dill, and parsley before the weather becomes too warm for them to germinate reliably.

### **Carrots**

June is the last chance to sow carrots that will be ready for harvesting in September or October.

### **Courgettes, summer squash, and marrows**

You can now sow these seeds directly outside now that the soil has warmed up thoroughly. Leave plenty of space between plants as they spread widely and need a lot of room!



To learn more about the benefits of gardening and being in nature on your wellbeing, check out [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk) and [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk).

Interested in growing your own fruit, vegetables or herbs? Now is the perfect time. As temperatures rise the earth warms up, and when combined with longer days (more sunlight hours) plants have great conditions for growing.

We've listed some common plants you can grow this time of year (left), which can be found in seed form at your local supermarket, garden centre or online for £1 or so per pack.

Why not pitch in with neighbours to each grow an ingredient for common dishes, or try some friendly competition for the tallest sunflower or largest marrow?

# Save Our Earth

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

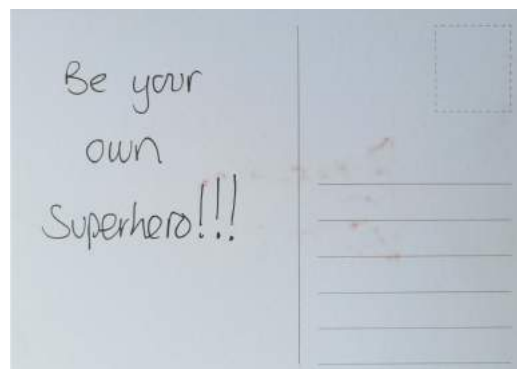
I	N	E	V	N	A	E	C	O	R	E	R	E
H	Y	H	W	A	T	R	L	K	E	S	P	L
T	W	I	S	U	I	H	T	L	S	E	H	C
R	N	A	L	A	A	T	I	U	O	L	R	Y
A	E	L	O	B	R	T	N	P	U	T	E	C
E	O	R	I	R	T	T	L	E	R	T	C	E
P	E	T	E	E	A	E	I	V	C	O	E	R
N	A	P	R	S	F	N	A	R	E	B	M	O
T	A	W	A	T	E	R	I	R	T	R	O	S
P	R	T	E	T	H	H	A	M	S	N	H	E
S	E	E	U	E	K	O	S	Z	A	N	K	N
R	X	F	E	R	W	M	J	R	W	L	A	R
F	U	E	L	S	E	E	R	A	L	O	S	C

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Air  
Animals  
Bottles  
Cans  
Earth  
Fuel  
Habitat

Home  
Litter  
Nature  
Ocean  
Paper  
People  
Pollute

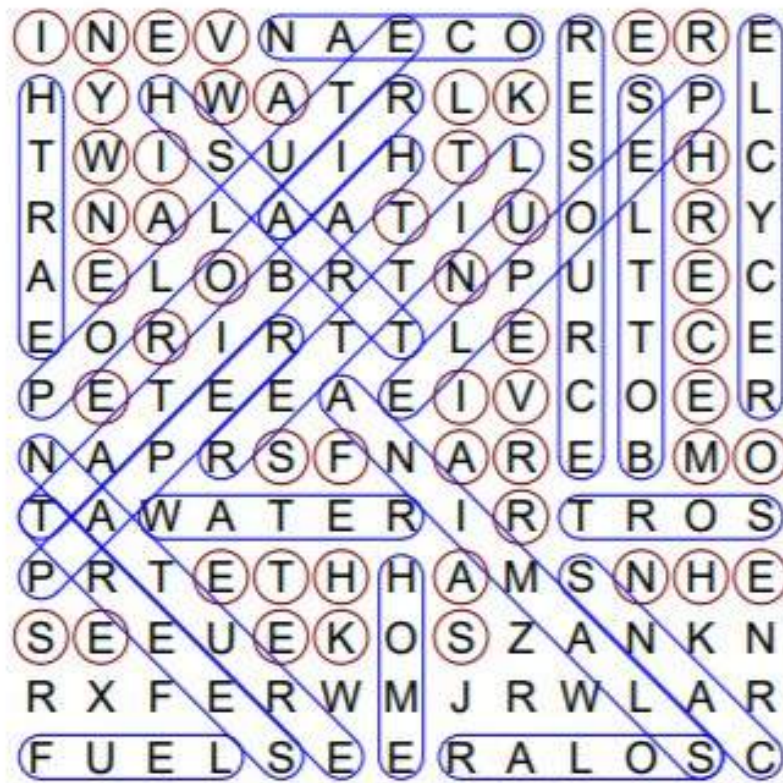
Recycle  
Resource  
Solar  
Sort  
Trash  
Trees  
Water



Postcard design by  
Helen Carr



## Wordsearch answers:



Answers in blue.

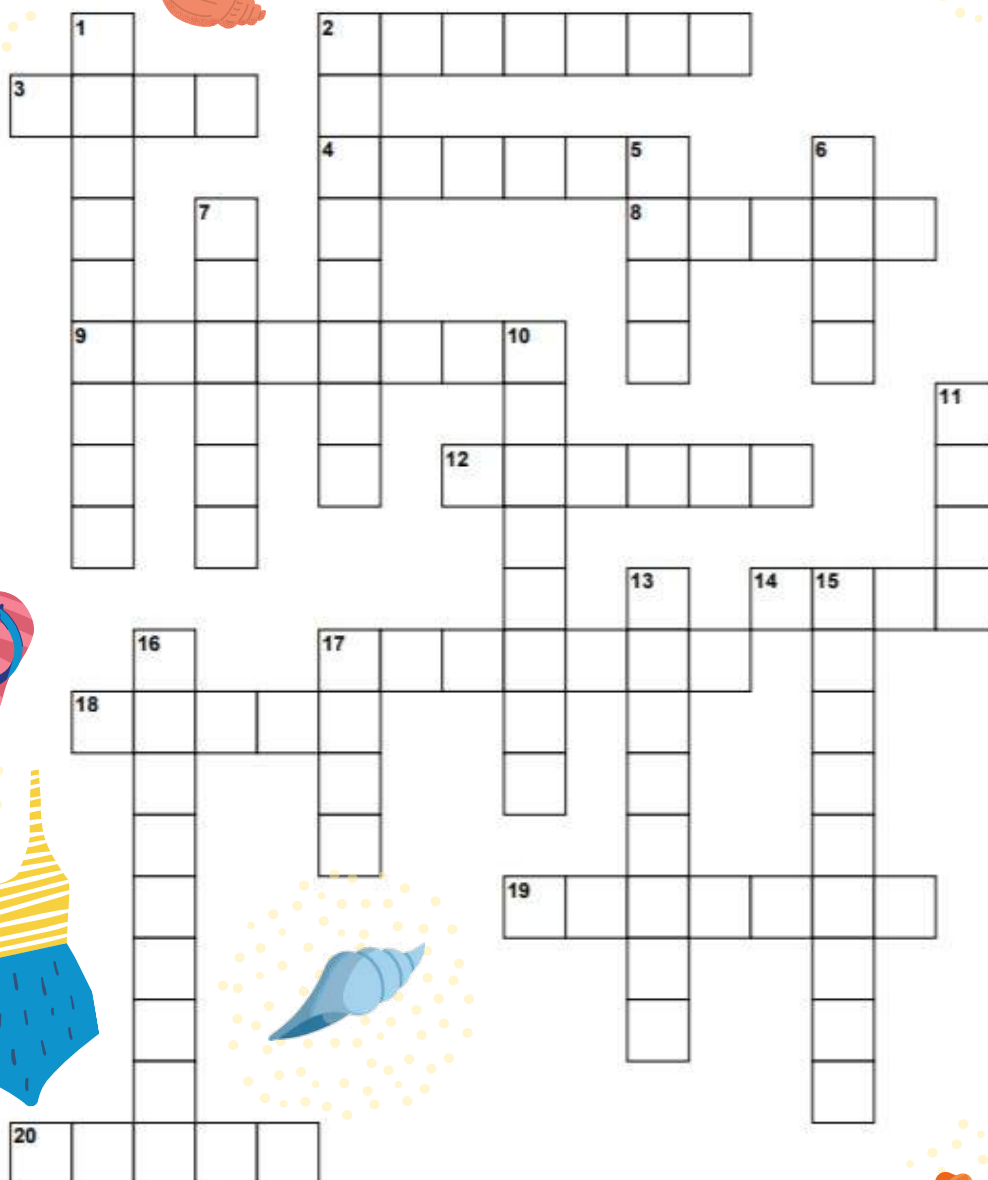
Hidden quote in red circles, written out below.

"In every walk with nature  
one receives far more than he  
seeks"

- John Muir



# SUMMER



By Evelyn Johnson - www.qets.com

## ACROSS

- 2 Open shoe with sole and straps
- 3 Sixth month
- 4 Hot summer month
- 8 Release from effort or strain
- 9 In the open air
- 12 Informal outdoor meal
- 14 Unrestrained movement or action for fun
- 17 Day on which business activity is suspended
- 18 Open boat with pointed ends that is paddled
- 19 Activity of using a water craft for pleasure
- 20 Humid and steamy

## DOWN

- 1 Tall plant with yellow sun shaped flowers
- 2 Land bordering an ocean
- 5 Journey, voyage or excursion
- 6 Outdoor space with temporary shelters
- 7 Short trip away from home
- 10 Activity of propelling one's body through the water through physical movement
- 11 Month with Independence Day holiday
- 13 Container to carry camp gear
- 15 Flashes in the sky
- 16 Cultivation of flowers and plants
- 17 Degree of warmth

Answers - no peeking! Across 2 - sandal / 3 - June / 4 - August / 8 - relax / 9 - outdoors / 12 - picnic / 14 - play / 17 - holiday / 18 - canoe / 19 - boating / 20 - muggy. Down 1 - sunflower / 2 - seashore / 5 - trip / 6 - camp / 7 - outing / 10 - swimming / 11 - July / 13 - backpack / 15 - lightening / 16 - gardening / 17 - heat

# THE GRATITUDE ATTITUDE

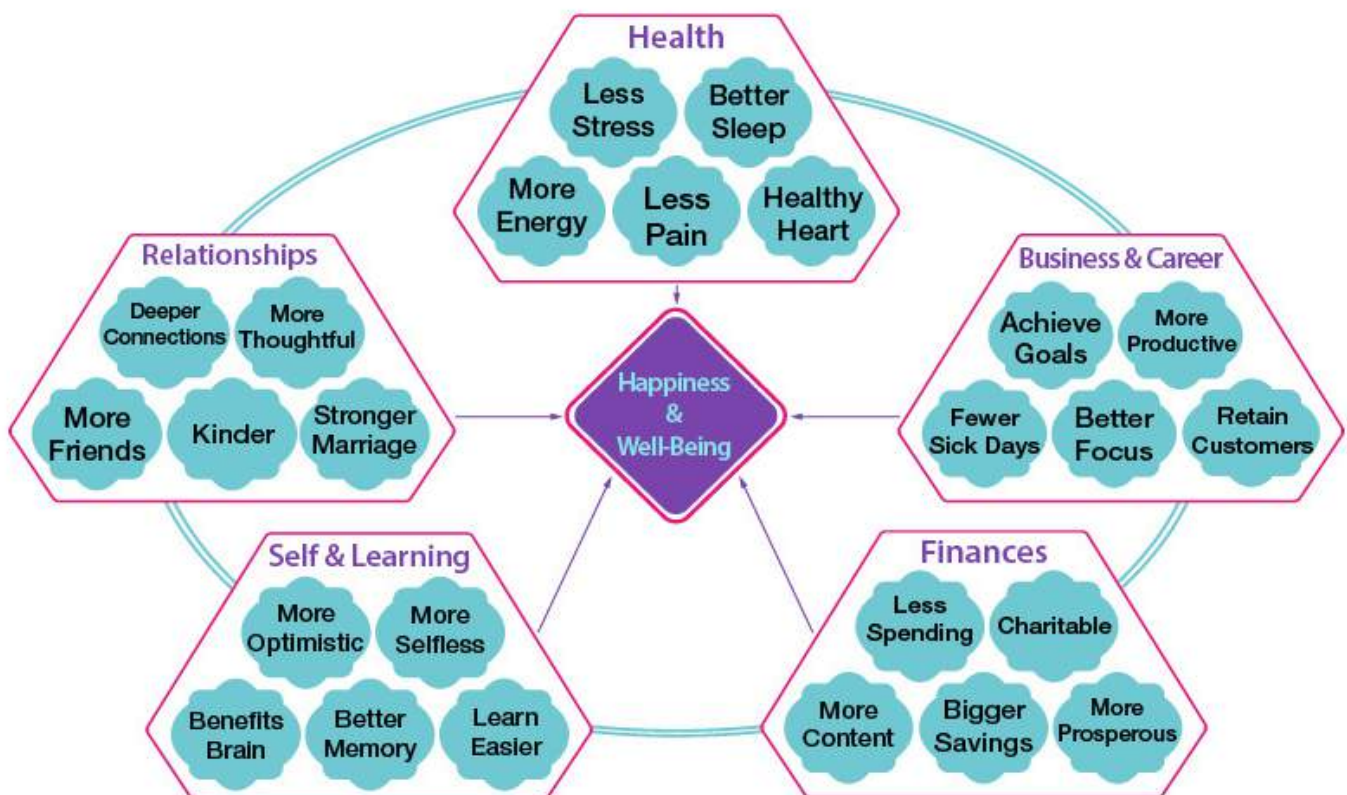
Finding ways to appreciate the small things in an imperfect world is one way we can take better care of ourselves. Practicing gratitude has known benefits on different areas of our

lives, as shown in the chart below.

Not sure where to start?

Don't worry, gratitude is like any other skill, it can be learned and practiced and the more you do it the easier it will be! A great way to get started is to consider moments you enjoy in day to day life or what to do more, even something like your

## SCIENCE-BACKED BENEFITS OF GRATITUDE



Data: More than 26 studies from the NIH and Universities.

Courtesy of Pat Wyman, Author

The One-Minute Gratitude Journal: For the Moments That Matter



first cup of coffee of the day can be a moment to be grateful for. Savour the smell and taste, the warmth of the mug in your hand. If you want to, you could choose a time of day each day where you think of the things you're thankful for, like Anne shares (below).



My wife encourages me to share 3 good things that happened to me before we go to sleep. Some days this takes a while but I can always find something to finish off the list, however small!

Anne

Another great way to practice gratitude is through sharing

- tell people about the good stuff happening in your life or the local area,
- let people know when you're thankful for the things that they do,
- talk about why you enjoy their presence in your life.

Your comments could well become something the other people in your life are grateful for!

If you enjoy this process, why not start a gratitude journal or jar that collects together the moments, people and things you are thankful for? These records can also act as positive reminders on days you feel down. Don't be tempted to be hard on yourself if you have off days, though. It's important that you allow yourself to be human and sometimes that means having a moan or being sad. Gratitude gives us perspective - life has it's lows but it also has it's wonderful moments that we can treasure.



# UPCOMING

## HOLBECK GROW OUR OWN



gardening

share ideas



having fun



**FREE GARDENING GROUP  
THURSDAYS 6-7.30PM**

Grow fruit, vegetables, herbs and flowers;

Learn more about gardening + creating an eco-friendly outdoor space;  
Share ideas and get support from other gardeners!

For residents in South Leeds aged 16+ and families.

No experience needed!



For further details please contact Anne on 07920 461 253 or email [annem@touchstonesupport.org.uk](mailto:annem@touchstonesupport.org.uk).



**Wellness  
Wake-Up**  
with Your Space

**Wednesdays 8.25-8.55am**  
FREE drop-in sessions on Zoom

Take a pause and feel ready for your day with guided stretching, breathing and mindful exercises

To register contact Kim: 07341547493 or [kimg@touchstonesupport.org.uk](mailto:kimg@touchstonesupport.org.uk)



**DISCO  
TUESDAYS**

DANCE SESSIONS WITH YOUR SPACE!

Tuesdays 6-7pm on Zoom

Dance to feel good!

Drop-in, beginners welcome!

FREE for adults in LS8, LS9, LS10 & LS11  
Contact Kim on 07341547493  
[kimg@touchstonesupport.org.uk](mailto:kimg@touchstonesupport.org.uk) to sign-up



# ACTIVITIES



**Your Space** *everyone can*  
**BE CREATIVE**

FREE CREATIVE  
PACK PROVIDED

Join Your Space for our fun and informal  
online creative group!  
Running weekly on Mondays 7-8.30pm  
Includes: arts + crafts, creative writing,  
journaling + MORE!

FOR RESIDENTS 16+ IN SOUTH + EAST LEEDS  
Contact Anne on 07920 461 253 /  
[annem@touchstonesupport.org.uk](mailto:annem@touchstonesupport.org.uk) to register

DO YOU HAVE A  
PASSION YOU WANT  
TO SHARE?

Your Space can help you set up a  
community group or activity in your  
area!

Call 0113 426 1141 or email

[yourspace@touchstonesupport.org.uk](mailto:yourspace@touchstonesupport.org.uk)  
for more info.



## Women's Cycling & Social group

Mondays or Fridays 4.30-5.30pm in Beeston  
Contact Arlie to register on 07435 914 350 or  
email [arlieh@touchstonesupport.org.uk](mailto:arlieh@touchstonesupport.org.uk).



### FIND US ONLINE:

Keep up-to-date with our  
events and activities on  
social media - search for  
"Your Space Leeds"



# Keeping COVID-safe

The coronavirus COVID-19 pandemic continues to affect us all, even as restrictions ease. We've pulled together sensible advice from the government and NHS to make sure you feel confident looking after your health while navigating public and private spaces.

## Asymptomatic testing at home:

Around 1 in 3 people with COVID-19 don't have any symptoms. This is why regular rapid testing is so important to prevent the spread of the virus and help us return to normality.

Everyone in England, including those without symptoms, can now take a **free rapid COVID-19** test twice a week via:

- The home ordering service, online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or if you cannot order online, call 119. Lines are open 7am to 11pm and calls are free.
- Local PRC testing sites (after 2.30pm),
- Selected pharmacies (e.g. Cohen's Chemist, 5A Shafton Lane, Holbeck, Leeds, LS11 9LY)
- Local Community Hubs (e.g. Dewsbury Road Community Hub & Library, 190 Dewsbury Road, LS11 6PF)

**If you experience any COVID-19 symptoms such as:**



A new, continuous cough



A high temperature



Loss or change to your taste or smell

If you experience any of these symptoms you must stay at home and book a test (see opposite).



# Stay Safe. Save Lives



Keep a safe distance from others.



Wash your hands regularly, for 20 seconds.



You must wear a face covering on public transport, in shops and in healthcare settings.



No one in your household should leave home if any one person has symptoms.



If you have symptoms, stay at home and book a free test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or ring 119.



If you need to stay at home and have no family or friends for support, ring 0113 376 0330.

For the latest government advice see

<https://www.gov.uk/coronavirus>

For local information and advice see

<https://www.leeds.gov.uk/coronavirus>

For health advice see

<https://www.nhs.uk/conditions/coronavirus-covid-19/> or ring 111.



All testing sites operate on an appointment only basis – please do not attend without an appointment. Appointments can be booked via the NHS online booking system

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/> or by calling 119.

When booking, you will be shown a list of the nearest places to go for your test. It is important to be tested no more than five days from when your symptoms started.



Artwork by Helen Carr

## **Support for Leeds residents**

Leeds City Council COVID-19 helpline  
0113 376 0330 or text 07480 632 471 if hard  
of hearing.

West Yorkshire 24 hour mental health  
helpline  
0800 183 0558 (freephone)