

TALES FROM LOCKDOWN



BY ALISON GORDON

Alison cannot currently leave her house. Despite this, she manages to be Team Leader of the Hawksworth Food Bank, runs a Social Distancing café for key workers - from her garden - and knows a thing or two about getting by - see "Alison's Top Tips".

“ During lockdown I have been keeping busy cooking hundreds of meals, creating activity packs, online videos and more.

I have also been finding new and creative things to do with both recycling and waste during lockdown.

I am a mosaic artist so I am used to working with broken things. I think everything and everyone has potential, if you look with fresh eyes. No matter how broken a person or a thing is, it can always be put back together to make something whole and beautiful, something brand new.



SALMA ARIF LOCAL COUNCILLOR



Together we will come through these challenging times

“ The emergence of Covid-19 and the subsequent lockdown has been a very challenging time for everyone. As an elected Councillor for Gipton and Harehills, I have first-hand witnessed the distress and anxiety this has caused many families across the spectrum.

Leeds City Council was quick to respond by launching a volunteering scheme with Voluntary Action Leeds, keeping schools open for children of key workers and providing 14,000 meals for children who normally receive free school meals.

The Council is committed to do all it can to support Leeds to cope, however the biggest way our residents can help is to strictly follow the government's guidance to stay home and follow social distancing rules.

I am extremely grateful to everyone who has volunteered to support the most vulnerable in our city. Together we will come through these challenging times, no doubt stronger and more resilient as a community.

GET IN TOUCH!

Do you like this 'zine? What would you like to see in it? Can you contribute? How about a photo of your local walk - or a picture of the view from your window? A poem, or a letter? You could even send us a video and we will find a way to include it!



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From the Unlocked team - Damian, Lawrence & Suzy

This 'zine has been produced by the Orion Partnership which consists of four local charities (Feel Good Factor, Shantona, Space2 and Zest), and is funded by Leeds Community Foundation & The Leeds Fund

ONLINE SOCIAL GROUPS

Online groups have started to appear and are great for having a chance to chat and to cheer you up. If you have a phone, tablet or laptop with internet access, then there is no need to miss out!

Go to www.fgfleeds.org/unlocked for a list of the groups for men, women and parents.



SERVICES

The following organisations are here to help you:



**HELP IF YOU CANNOT GO OUT
CALL 0113 378 1877**

For help with shopping, prescriptions or just a chat.

DOMESTIC ABUSE

Leeds Domestic Violence Service 0113 246 0401
24 hour helpline for men or women suffering any type of domestic violence or abuse.

CARERS LEEDS Advice Line - 0113 380 4300

If you are struggling to look after someone you normally care for.

MIND Infoline - 0300 123 3393 Text 86463

Mon-Fri 9am-6pm. For information and where to get help.

CONNECT Helpline - 0808 800 1212 (freephone)

Emotional support and information every night for people in Leeds 6pm-2am

SAMARITANS - Freephone 116 123

Need to talk? Confidential and emotional support 24 hours a day

MONEY BUDDIES - 0113 235 0276 / 07936 368 045 / 07716 848 827

Help with money problems. And find information in different languages at www.moneybuddies.org.uk

FORWARD LEEDS - 0113 887 2477

Advice, info and support if you are worried about alcohol or drug use

GAMCARE - 0808 802 0133

Help with gambling problems

CRUSE BEREAVEMENT - 0808 808 1677

If you need help because someone close to you has died from Coronavirus or anything else. Mon & Friday 9.30am-5pm; Tues, Weds, Thurs 9.30am-8pm

**IN A MEDICAL EMERGENCY - CALL 999
FOR NON-EMERGENCIES - CALL 111**



ALISON'S TOP TIPS



GROWING YOUR OWN FOOD

You may be surprised to know how easy it is to grow many vegetables and herbs from food scraps.

POTATOES

Any pieces of potato that include an 'eye' on them (those small indentations from which the shoots grow) can be replanted to grow new potato plants. Simply leave them to dry out slightly overnight and plant them in the soil with the eyes facing up in exactly the same way that you would plant seed potatoes.

ONIONS, GARLIC, LEEKS

Simply take a small section of the base of a bulb or stem, with the roots attached, and place it in a shallow dish of water.



Fairly quickly, new, green material will begin to grow from this base section.

These re-sprouting sections can then simply be harvested again.



BASIL, CORIANDER, MINT

Simply place a stem of around 10cm/4 inches long into a glass of water, making sure that the leaves are well above the water level. Roots will soon begin to grow and as soon as the roots are growing well, these cuttings can be transplanted into containers, or directly into a garden.

Your NHS is still here for you when you need us



Call your GP if you have the following:

- Concerns regarding ongoing conditions
- Ear discharge/pain
- Rashes
- Stomach ache
- Any cancer symptoms such as a lump in your breast, changes in bowel habits, blood in your pee or poo, unexplained weight loss, moles that appear to change or a cough that you've had for three weeks or more (visit NHS.uk for more information)

If you have coronavirus symptoms, please mention this when calling your GP practice.

For further information on coronavirus, visit www.nhs.uk/coronavirus

SEPARATED MUMS AND DADS



Separation can be painful. If your child does not live with you, you still have a right to see them.

The government has issued the following advice: **"Where parents do not live in the same household, children under 18 can be moved between their parents' homes."**

The Rt. Hon. Sir Andrew McFarlane. President of the Family Division and Head of Family Justice

For more info, go to: <https://tinyurl.com/wycodcw>



MIND, BODY & HEART

TAKE CARE OF YOUR HEALTH IN THESE 3 AREAS - TRY 5 OR 10 MINUTES A DAY ON EACH, AND SEE HOW MUCH BETTER YOU FEEL!



YOUR MIND!

DE-STRESS! START A DIARY OR JOURNAL, WRITE DOWN YOUR ANXIETIES, OR SPEND TIME ENJOYING NATURE!

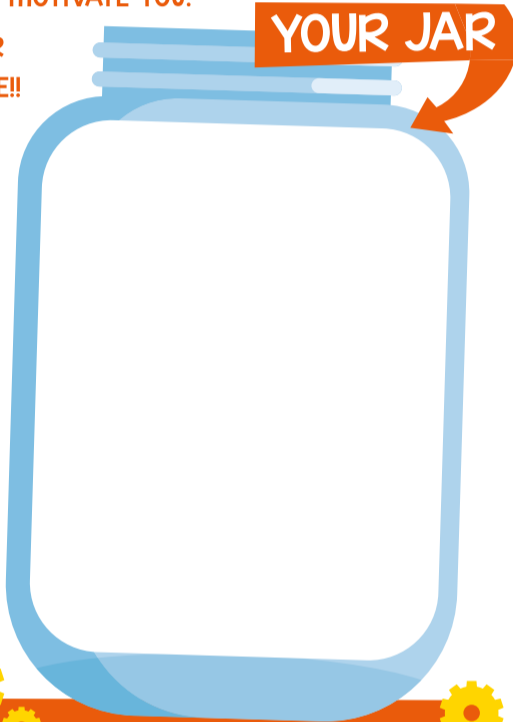


SUZY'S HAPPY JAR!

I'VE FOUND THAT KEEPING A "HAPPY JAR" HAS REALLY HELPED ME DURING THESE TIMES. WHENEVER I LIKE SOMETHING, I MAKE A NOTE OF IT ON A PIECE OF PAPER, AND PUT IT INTO A JAR. WHEN I FEEL SAD I TAKE ALL OF THE PIECES OF PAPER OUT AND READ THEM TO REMIND ME OF HAPPY THINGS. YOU COULD ALSO MAKE A JAR OF PLANS FOR THINGS TO DO AFTER LOCKDOWN, OR A JAR OF JOBS/CHORES SO YOU CAN SELECT ONE EACH DAY AT RANDOM AND IT WILL HELP TO MOTIVATE YOU.



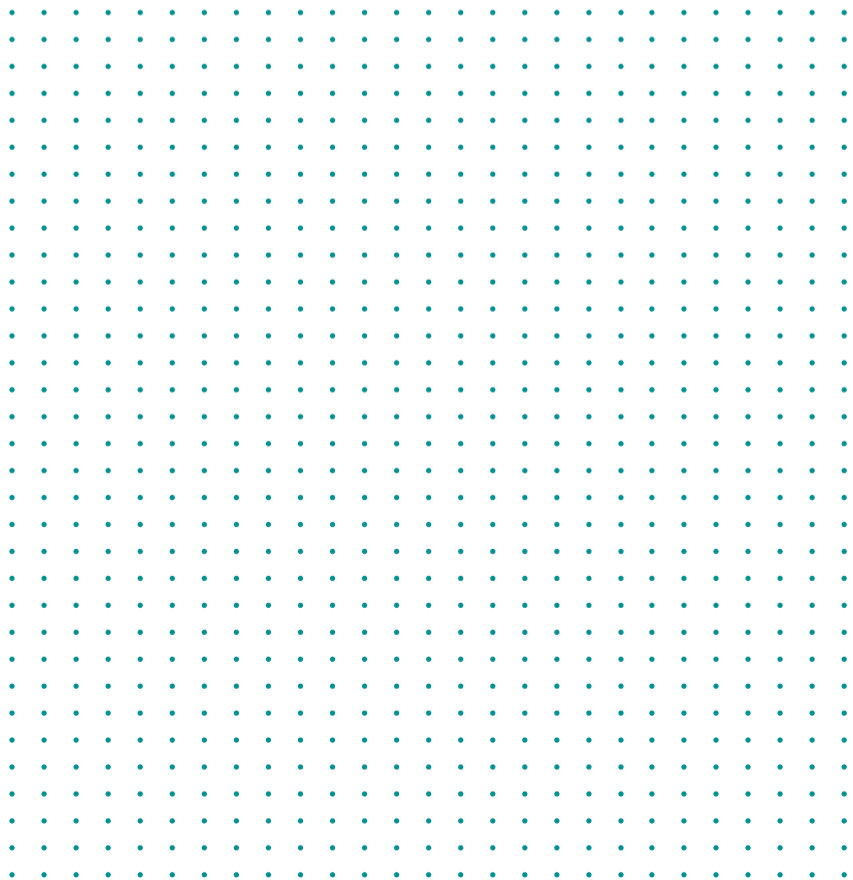
YOU CAN USE A REAL JAR LIKE I DO OR WRITE SOME HAPPY NOTES IN THIS ONE!
ENJOY MAKING YOUR HAPPY JAR!



EXERCISE FOR THE MIND
A HUGE RANGE OF QUIZZES ON ALL DIFFERENT THEMES: www.sporcle.com
TRY SOME BRAIN TEASERS AND PUZZLES AT BRAINGLE: www.braingle.com

SQUARES - CONNECT THE DOTS

Best for 2 or 3 players. Each player takes turns drawing a line to connect 2 dots. Lines can be horizontal or vertical. The goal is to create a square. Each time you create a square, put your initial inside and take another turn. The game is over when all the squares are complete and the winner is the person who has the most. You can make any size grid on any paper and play again.



YOUR BODY

BURN OFF ALL THAT ENERGY. GO FOR A LOVELY WALK. HAVE A DANCE IN YOUR FRONT ROOM!



Do The Macarena!

1. Put your right arm out, palm down. Put your left arm out, palm down.
2. Turn your right palm up. Turn left palm up.
3. Put your right hand on your upper left arm. Put your left hand on your upper right arm.
4. Put your left hand behind your head. Put your right hand behind your head.
5. Put your left hand on your right hip. Put your right hand on your left hip.
6. Put your right hand on your right buttock. Put your left hand on your left buttock.
7. Sway your hips in place for three beats.
8. Hop a quarter turn to the right and start again.

ONLINE EXERCISE IDEAS

TRY SOME GENTLE YOGA TO GET SOME EXERCISE AND IMPROVE THE MOOD: www.facebook.com/yogarootsleeds



Remember to warm up with a few gentle stretches when doing exercise and make sure you have enough space.

YOUR HEART

MAKE A HUMAN CONNECTION. PHONE A FRIEND, WRITE A LETTER, POP A NOTE UNDER A DOOR!

CONNECT WITH OTHERS!
GO OLD SCHOOL AND WRITE A LETTER OR POSTCARD TO YOUR FRIEND OR FAMILY MEMBER. POP IN A NOTE TO A NEIGHBOUR TO SAY HI, OR TO SEE IF THEY NEED ANY HELP.



REMEMBER!

IF YOU JUST NEED A CHAT, YOU CAN CALL THE LEEDS CITY COUNCIL HELPLINE **0113 378 1877**
THE VOLUNTEERS THERE ARE HAPPY JUST TO CHAT - ABOUT ANYTHING!
IF YOU NEED MORE SPECIALIST SUPPORT, HAVE A LOOK AT OUR SERVICES LIST OVER THE PAGE.



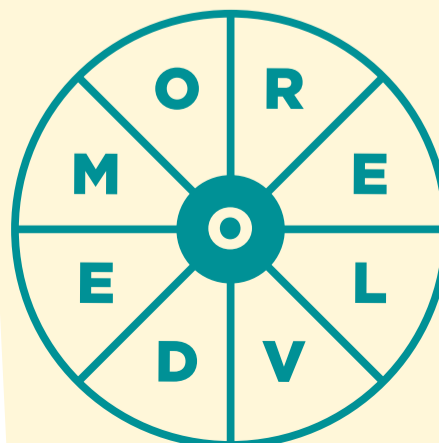
COMPETITION TIME!

? PRIZES TO BE WON! ?

WORDWHEEL

YOUR CHANCE TO WIN A BOOK OF PUZZLES!!!

WE ARE OFFERING A PRIZE TO THE PERSON WITH THE MOST WORDS FROM THE WORDWHEEL - MORE THAN 30 WORDS AND YOU'RE DOING WELL!
SEND YOUR LIST OF WORDS TO: [DAMIAN@FGFLEEDS.ORG](mailto:damian@fgfleeds.org) OR WHATSAPP TO 07701 338841 OR BY POST TO FEEL GOOD FACTOR, 53 LOUIS ST, LEEDS LS7 4BP



FIND AS MANY WORDS AS YOU CAN IN THE WORDWHEEL GRID.

WORDS MUST BE OF 3 OR MORE LETTERS. NO PLURALS OR PROPER NOUNS ARE ALLOWED.

ALL WORDS MUST USE THE CENTRAL LETTER AND NO LETTER IN THE WHEEL CAN BE USED MORE THAN ONCE.

JUST FOR FUN...
CAN YOU FIND THE 9 LETTER WORD HIDDEN IN THE WHEEL?