

UNLOCKED

THE LOCKDOWN
'ZINE FOR LS8 & LS9
AND BEYOND



THE HUMBLE POTATO ISSUE!

TALES FROM LOCKDOWN

“ Hi, my name is David and I live in East Leeds.



Early on in Lockdown I was worried that I would be laid off from my job; luckily, I was furloughed. Work is important, not just for financial reasons, but also because of the laughs I have with my colleagues and how I now feel about myself. I get on very well with my workmates and we have been doing quizzes together online during Lockdown.

Another big change is the improvement in my situation as a separated Dad. I've been doing the shopping for my ex and my son to keep them safe. I didn't see him regularly before, much as I wanted and tried to; but now, I have been seeing him through video-calls and through the window of his house. And from next week, I'll be able to have him with me every Monday... I am so excited about that.

I have done lots of jobs around my flat, and I have focused on my hobby of keeping fish. I now have 3 fish tanks, so keeping them clean, watching the fish and observing their different personalities keeps me occupied.

My advice to survive Lockdown is to keep your mind busy, find a hobby, and keep in touch with friends or family, however you can.



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 & Leeds City Council

MEN'S HEALTH WEEK 15 - 21 JUNE

Women are much better than men at staying alive. Yes, women live longer and men are LOTS more likely to die from cancers, coronavirus, suicide, DIY... the list goes on.



So let's look out for our men, this Men's Health Week. If you or someone you know needs help or advice on how to stay well, why not call us, or any of the services listed in this 'zine?

LOCAL RADIO

Here at UNLOCKED, we want to help you stay connected. What better way to do that than by tuning in to your local radio stations?



EAST LEEDS FM - 94.6FM

Local information, music and stories. Up-to-date details on local resources such as food deliveries, medical services, wellbeing help and more.

FEVER FM - 107.3FM

Education, information, entertainment and inspiration. Serving South Asian communities throughout the city.



ALISON'S TOP TIPS

CHECK THE TEMPERATURE OF YOUR FRIDGE!

Food will stay fresher for up to three extra days if it's set to 0-5°C



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 everyone.



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.

NHS Mental Health Helpline - 0800 183 0558

24 hours/day confidential support and advice for anyone concerned about their mental health.

RETAS Migrant Helpline - 07440 402028

Support for people settling in the UK. Mon-Fri.

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**



DR. HELEN HAYWOOD



GP & Clinical Lead for Children & Families, NHS Leeds CCG

As Lockdown measures continue so that we help to protect the NHS and save lives, it is also really important to understand that the...

NHS IS STILL HERE FOR YOU

<http://www.leedsccg.nhs.uk/HereForYou>

If you are worried that you, or someone you care for, is seriously unwell or struggling with their health, you must still seek urgent medical advice. Many problems can be cleared up on the phone, by messaging or by video consultation, so to keep everyone as safe as possible:

- **DO** contact your GP for help
- **DON'T** just turn up at your GP practice without an appointment. If necessary, they will arrange to see you.
- **DON'T** delay if you have become suddenly unwell and are getting worse, for example with pain, breathlessness and drowsiness or confusion, perhaps with a temperature or rash too.
- **DO NOT** ignore anything that could be a sign of cancer - a new lump in your breasts, balls, neck or throat, blood in your pee or poo, coughing or vomiting blood, difficulty swallowing, weight loss for no reason, moles that appear unusual and are changing, or a cough lasting more than a few weeks.

Out of hours advice is available through 111. When there is a real possibility of an immediately life-threatening emergency, do still call 999.

Remember as well, to look after your mental health and wellbeing and to look out for that of others. If you're not coping support is there for you.

Here is a poem you might find helpful...

TODAY WILL PASS

(by Lemn Sissay, *Gold from the Stone*, 2017)

Dew drops in the morning,
The fallen tears of night,
Evaporate in the ever dawning of daylight.

And here comes the day after,
The sun climbs above the horizon,
Cries turn to relief and laughter,
And the metal melts from the prison.

When tomorrow leaves you
Then you will cry.
But tomorrow stays by you
While today slips by.

Look the other way to your fear,
Happiness needs no excuse.
Flick away a fallen tear,
Let go, get off and let loose.

When tomorrow leaves you
You're sure you will cry.
So you hold tomorrow with you.
And today passed by.

HM Government



CORONAVIRUS STAY ALERT TO THE SYMPTOMS

**HIGH TEMPERATURE OR NEW/ CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.
Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



orion Engaging People Inspiring Communities.

ACTIVITIES FOR YOU



MAXIMUM TASTE → MINIMUM WASTE!

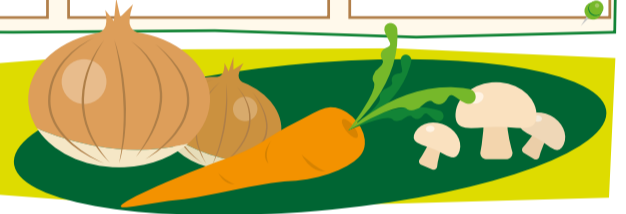
SPENDING ALL YOUR MONEY ON TAKEAWAYS? FOUND SOME NICE CHEAP VEG BUT DON'T KNOW WHAT TO DO WITH IT? HERE AT UNLOCKED, WE MAKE A LITTLE GO A LONG WAY!

USE OUR **WEEKLY MEAL PLANNER** TO MAKE YOUR FOOD GO FURTHER!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:
WEEK 2	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:
WEEK 3	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:	BREAKFAST: DINNER: TEA:

VEG STEW

YOU CAN MAKE LOADS OF THIS AND MAKE IT LAST!
ADD OTHER VEG AND SPICES FOR MORE VARIETY!



- 1 teaspoon Olive Oil
- 1 medium onion (chopped small)
- 2 carrots (peeled and cut into small cubes)
- 2 segments of garlic (chopped small)
- 1 teaspoon dried thyme, 1 teaspoon paprika
- Some mushrooms (sliced)
- 2 potatoes, peeled and cut into small 1cm cubes
- 1 stock cube
- 1/2 head of cauliflower, broken up
- Tins of veg – green beans, baked beans etc
- Salt and pepper

1. Heat a large frying pan or saucepan until medium hot, add the olive oil and onion and cook on low heat until just softened (5-10 minutes).
2. Add the carrots, garlic, paprika and thyme and stir to combine. (Why not add some mushrooms too?) Cook for 5 minutes.
3. Add the potatoes, stock cube and a pint of water, mix well and bring to the boil.
4. Turn the heat down and simmer for 5 minutes until the potatoes are just softening then add the cauliflower and simmer for another 5 minutes.
5. By now, all the vegetables should be nearly cooked. Add the beans that you want and cook for 3 minutes. Why not add some chopped parsley?
6. Season well with salt and pepper.
7. Serve with green veg, mashed potato, bread etc.



DON'T FORGET A JACKET POTATO! TASTY, FILLING, EASY TO MAKE, AND CHEAP!

IF YOU FANCY A CRISP POTATO SKIN, BAKE IT IN THE OVEN. THEY TAKE ABOUT 45 MINUTES.
OR IF YOU PREFER, JUST 7 MINUTES IN THE MICROWAVE.

Here's a simple but tasty spinach, mushroom & tomato dish for your Baked Potato

1. Butter a dish you can put in the oven and create layers of sliced tomato, sliced mushroom and spinach. After each layer add a few knobs of butter, salt and black pepper.
 2. Cover with tin foil and bake in the oven, 200C, for 40 minutes.
- You can try this with other veg too if you have them to hand.



COMPETITION TIME! SPOT THE POTATO!

WIN A FACE MASK!
KEEP YOUR EYES PEELED AND ROOT OUT THE HIDDEN SPUD IN THIS PIC!
SEND A PHOTO WITH THE POTATO CLEARLY CIRCLED TO:
DAMIAN@FGFLEEDS.ORG OR
WHATSAPP TO 07701 338841 OR BY POST TO FEEL GOOD FACTOR,
53 LOUIS ST, LEEDS LS7 4BP

Congratulations to our Wordsearch winner, David Dixon of Gipton

A Mindful Colouring book is on its way to you!

KEEP YOUR ENTRIES COMING IN PLEASE!



SHOPPING TIPS

- ! EAT THE SEASONS - SEASONAL MEAT, FISH, FRUIT AND VEGETABLES COSTS LESS!
- ! BUY A MIXTURE OF FRESH, FROZEN, TINNED AND DRIED FOODS
- ! AVOID SIMILAR TASTES BY ADDING SOME SPICES AND HERBS!
- ! BE CAREFUL WITH THOSE SPECIAL OFFERS - SOMETIMES THEY ARE NOT THE CHEAPEST OPTION. (DO YOU REALLY NEED THREE PEPPERS WHEN YOU WERE ONLY SHOPPING FOR ONE?)

**NOT EATING WELL?
CALL 0113 8430905**
(COVID-19 MALNUTRITION HELPLINE)
ADVICE & IDEAS TO HELP WITH YOUR EATING & DRINKING HABITS

