

Keep calm

AND LOOK AFTER YOUR MENTAL HEALTH

Although Arun Wellbeing are primarily concerned with a person's physical health, where we work with them to improve diet, take part in more exercise and stop smoking, there is no doubt that their state of mind has a major impact upon the choices that they make. How many of us prefer to slump in front of the TV and eat ice cream/ chocolate/ crisps when we are feeling down? If we are not careful this can get into a downward spiral which can be difficult to stop.

In this article we are going to share some tips for looking after your mental health. There is some scientific evidence to support the theory that if we practise being happy and learn to work at it we can improve our mental health resilience.*

As part of this theory we look at the 5 ways to Wellbeing – 5 areas of your life where it is advisable to take action to ensure good mental health. These are:



Keep learning – keep your mind active by trying out new things.

- Sign up for a class in something new
- Do a crossword or Sudoku
- Research something you've always wondered about
- Read a newspaper or a book.



Connect – make connections with the people and community around you.

- Phone or go and talk to someone instead of sending an e-mail
- Spend time with people and friends who make you feel positive about life.
- Ask how someone's weekend was and really listen when they tell you.
- Join others in a hobby or pastime that you enjoy, such as painting, singing or table tennis.



Give – this can mean giving back to others or even giving time to ourselves.

- Volunteering or helping someone with something.
- Try a small act of kindness at least once a week; even better, once a day.
- Spoil yourself a little – take a lunch break, watch that TV programme you were looking forward to, make a nice meal even if it is just you eating it.



Take notice – take time to see things around you, especially beautiful things.

- Slow down – take a little bit of time to notice birdsongs, flowers, trees – how often do we suddenly notice that winter has turned to spring? How often do we eat food and not even notice the taste/texture?
- Notice the family – at mealtime, have a conversation rather than everyone looking at their phones.
- Have a 'clear the clutter' day at home and/or at work. It will help to clear your mind.



Be active – physical activity releases endorphins – 'feel-good' hormones.

- Where possible take the stairs and not the lift.
- Have a lunchtime walk if at work. If you have a dog, walking your pet means you are active and connected to a community around you.
- Walk to someone's desk instead of phoning or e-mailing.
- Choose a physical activity that you enjoy. If you hate the gym you will not go – try gardening, dancing, swimming, running, walking, yoga or cycling instead.

Another useful tip is to have a 'mental health first aid kit' for when you are struggling. This could include photos of things that make you happy, like beautiful scenes in nature, or loved ones, or your pet. It might also include thank you cards or notes of compliments, or a collection of small things that bring back happy memories.

Hopefully if we pay attention to how we are feeling and the world around us, we will be resilient enough to withstand the everyday challenges that life throws at us. However, if you begin to struggle, please do not ignore it – talk to someone, as just having someone listen to you helps immediately and just might set you on the right path to recovery.

For sources of help with mental health difficulties in West Sussex, go to: www.pathfinderwestsussex.org.uk

For immediate crisis help call Samaritans 08457 909090



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Finding some time to get outside in natural daylight, especially in the mornings can help you to sleep. As much time spent outside as possible is good for sleep, so try to get at least half an hour of time outdoors, preferably in the mornings if you can.



Sweet dreams

Say goodnight to sleepless nights with these top tips...

Try to make sure that you do not fall asleep when you are resting and also try not to rest in your bedroom, find another room that is quiet and relaxing to rest in.

Make sure that you have a comfortable bed and that your bedding is not too thick in the summertime or too light in the wintertime.

If you wake up in the night and have trouble going back to sleep, leave the bedroom and only go back and try to sleep again when you feel tired (a good sign of this is yawning). This may be around 45 minutes after you have woken up.





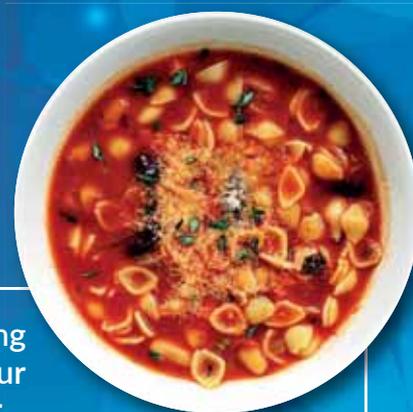
Try to make sure you have a very regular bed time and get up time. This includes weekdays as well as at the weekend.

If you are waking up in the night to use the bathroom, try to drink less liquid in the evenings before you go to bed.

If possible, avoid drinking too much in the evenings, especially in the two hours before you go to bed.



Try not to exercise in the two hours before you go to bed.



Eating late into the evening has the effect of raising our body temperatures as our stomachs get to work on digesting and absorbing our food. The sugars produced give us a boost in energy, which also does not help us to get off to sleep.

Try to finish eating at least two hours before bed and also try to avoid over-eating.



Alcohol and caffeine can interfere with sleep so try not to drink too much of either of these, especially in the afternoons and mornings.





Wellbeing at White Meadows Primary Academy

Arun Wellbeing have been working with a local school in Littlehampton to raise the awareness of healthy eating and especially sugar intake in children and adults.

We are working with Years 5 and 6, the school staff and the parents to listen and learn about the real-life practicalities of eating a healthy diet.

We looked at the Eatwell guide together to ensure that the children understood the main food groups and how they keep the body healthy.

Learning about sugar was something we wanted to spend time on as many children in the UK consume TWICE their daily recommended sugar intake. The maximum daily amounts of added sugar are:



Be careful with what you eat and drink, choices like some flavoured water, fruit juice and smoothies contain sugar and should be avoided. It would be much healthier to eat the fruit instead as this can include the skin and flesh.

Change for Life scanner app

A fun way to track what's in your food and drink is to use the free app which acts as a food scanner, downloadable from the iTunes store and Google Play.



The White Meadows students did a great job coming up with healthy lunchbox ideas for Monday to Thursday and we all agreed that the occasional sugary treat would be fine to include in a Friday lunchbox!

For lots more, ideas and information about sugar look at the Change 4 Life webpages www.nhs.uk/change4life/food-facts/sugar

or NHS choices www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/#



Carers Support West Sussex
for family and friend carers

Helping carers look after their own wellbeing



Many carers who look after a family member or friend are often so busy with the day to day stresses and strains of caring that they neglect their own wellbeing and health.

A parent carer who was feeling exhausted by looking after her disabled son was referred by her health visitor to Carers Support West Sussex. She explains how being encouraged by Carers Support to think about her own wellbeing helped her to cope with her caring role.

“It was difficult adjusting as a mother anyway but then there was the added complication of my son’s cerebral palsy. He doesn’t sleep well, and he is physically unable to move so there is hoisting around physically.

I had heard about the Carer Health and Wellbeing Fund - I thought it was meant for the family, but I was told it was for a break or something else to help carers look after themselves! By chance, my yoga teacher was organising a retreat and I really wanted to go and wondered if I could make it work but was not expecting anything. The yoga retreat allowed me to completely let go, focussing on my spine and being

in the company of lovely women. It just gives you that space to focus your mind, get sleep, which was invaluable, and space to think – I was also able to come up with some other ideas to help with my son once I got home. For instance, introducing a new feeding routine which has cut the time down from six hours a day to less than two.”

She also emphasises the importance of carers having the opportunity to have a break. “You can often feel like a hamster on a wheel and just always ‘go, go, go and do, do, do’ and then suddenly you think - ‘I’m burned out and at my wits end, what do I do now?’

But you can’t give on empty - nobody can. If we take away the guilt and think in the opposite way that without doing something for ourselves, taking something, then we can’t give. Giving to yourself is giving to the people we care for.”



For details of all the services offered by Carers Support West Sussex visit www.carerssupport.org.uk
Telephone - 0300 028 8888 Email - info@carerssupport.org.uk



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01243 521041

Worried about energy bills? Struggling to keep warm? Do you need tariff advice?
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Wellbeing Home
Arun 01903 737862 or
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You can self-refer to our service via the secure E-forms on www.arunwellbeing.org.uk
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You may qualify for a free home energy visit.



Free energy and money saving advice.

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- Wellbeing information and support
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Feel the beat

Raising your heart rate during any form of exercise like running, fast pace walking or swimming can help with weight loss because as you work harder you will use more calories especially if you sustain target pulse rate zone of 50% - 70% over a long duration (see points below). Other benefits include raising your heart rate, which can help improve your cardiovascular system meaning your risk of heart disease will be reduced as your body is able to support and provide more oxygen to your heart and lungs, you will feel less out of breath when doing daily chores and you will feel less fatigued throughout the day.

For example: steady walking to begin with, gradually building to a jog and progress to running whilst maintaining in the target heart rate zone.

So, what are you waiting for – get that heart pumping!

Pulse rate is the number of times your heart beats a minute (bpm)

When exercising, the average pulse rate should be between 50% - 70% of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220 to get an age-predicted max heart rate.

A resting pulse rate is what your pulse rate would be like when resting and not doing any exercise, a normal pulse rate at resting is between 60bpm – 100bpm.

Exercise to increase your pulse would be aerobic exercises like fast pace walking, running, swimming, cycling, exercises at home like star jumps, playing sports.

Healthy advice for the summer

With the summer now finally here, many of us are looking forward to spending time outdoors in the warm weather.

However, it's important to remember that hot weather can pose a health risk and there are some simple precautions we can take to ensure we enjoy a safe and healthy summer.

Protect your skin

from sun damage by regularly applying sunscreen, with a SPF (Sun Protection Factor) of at least 30, to protect against UVB. Ensure the sun cream has not past the expiry date. It is important because sunburn increases your risk of skin cancer, and you can burn in the UK, even when it is cloudy. So aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight (Vitamin D is needed to help the body absorb calcium and phosphate from our diet). We should also spend time in the shade when the sun is at its strongest (Usually between 11am and 3pm in the UK). Extra care should be taken to protect babies and children.

Protect your eyes and wear appropriate clothing

– Sunglasses with wraparound lenses or wide arms with the CE mark and British standard mark 12312-1:2013E. For clothing, opt for a wide brimmed hat that shades the face, neck and ears, long sleeve tops and ample items of clothing.

3 months



Stay Hydrated

Longer and warmer days can increase the symptoms of exhaustion and dehydration, especially for people with health issues such as diabetes or high blood pressure. It is also worth keeping an eye on elderly neighbours and relatives. Guidelines for hydration are 6 to 8 glasses of water a day, minimum.

Also, many of us may feel inclined to indulge in alcoholic beverages. A cold drink on a hot day is as refreshing as it gets, if we are picking up the right drink! Indulging in alcoholic drinks should be done responsibly and, unfortunately, a lot of summer activities can become dangerous when alcohol is involved. The ways the sun and alcohol affect our body are more similar than we may think, making a mixture of the two a dangerous cocktail....



Food poisoning

BBQs are a favourite summer treat - so it is important to follow some simple steps to avoid food poisoning. They include checking meat is fully cooked before eating, washing hands with soap before and after handling raw food and ensuring cold food is refrigerated. **See the NHS website for further information and tips: <https://www.nhs.uk/live-well/eat-well/10-ways-to-prevent-food-poisoning/>**





working with



NEW pilot sessions

What is the course?

A series of informal wellbeing workshops for parents/carers of young children living in an area of deprivation.

Why did we initiate the course?

Previous unsuccessful attempts to deliver weight management courses to young parents owing to poor or erratic attendance due to family pressures, appointments, childcare, financial pressures etc.

What was our goal?

To successfully run a series of informal workshops in a deprived area of Arun linking in with key partners and organisations to allow our target audience the opportunity to attend drop in information workshops with no formal commitment. If the pilot is successful it will be replicated throughout the district.

What was involved?

Nov 18 Scoping exercise: Wellbeing MOT's (health checks using specialist body composition scales) for parents and discussions revolving around the 5 ways to Wellbeing • Jan 19 Course details, location and partner organisations identified and confirmed (based on info from above) • Feb/March 2019 Delivery of 5, 1 hour workshop sessions held at the Bersted Children and Family Centre • Partners involved – Home start, MIND, UK Harvest, Freedom Leisure, Arun Wellbeing • Workshops will be rolled over every 2/3 months to allow parents the flexibility to attend appropriate sessions

Week 1 - Healthy Eating
Week 2 - Mental Wellbeing
Week 3 - Food and Mood
Week 4 - Meals on a Budget
Week 5 - Being Active



The pilot was a huge success and well received by clients attending and partner organisations delivering the workshops. Both male and female parents attended who had children of preschool and school age. We are awaiting the survey results to analyse the data and to help us identify future needs and course content. We hope to include smoking cessation and drinking advice in future sessions.



“ It has been a pleasure working with Amanda and Sylvie (Arun Wellbeing advisers), together with ideas and looking at the needs of our families, I feel we have been able to touch on areas of wellbeing that some of our Home Start families wouldn't have been able to access. A huge thank you, it's been lovely hearing the positive feedback from parents after the sessions. Looking forward to hopefully running this pilot in both our Yapton and Littlehampton Groups. ”

Emma Johnson, Family Group Organiser, Home-Start Arun, Worthing & Adur



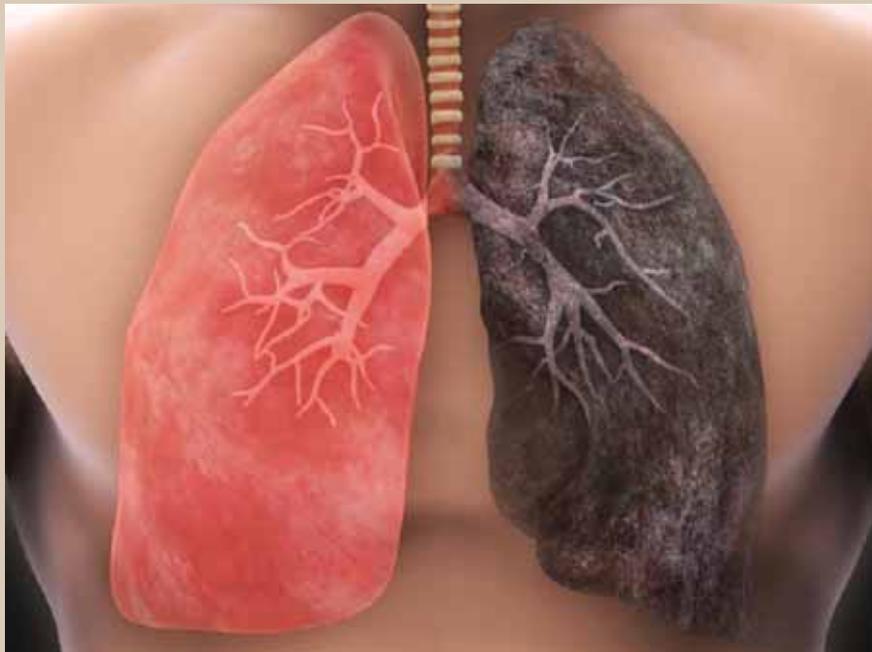
FREE

Stop smoking services

Smoking remains the single biggest preventable cause of death and ill health in England. Any difference in smoking prevalence across the population inevitably translates into health inequalities.

On average there are 1,300 deaths each year in West Sussex which can be attributed to smoking and it is estimated to cost society approximately £196 million in West Sussex.

One in four households with a smoker in West Sussex falls below the poverty line. If the cost of smoking was returned to the household, approximately 14,500 people would be elevated out of poverty. Arun District has the highest smoking rates (17.5%) in the county (average 12.8%) with a high prevalence in male, routine and manual work.



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JOAN QUILTS!

Joan from Bognor Regis used a similar Stop Smoking service to help her quit smoking. After 30 years of smoking between 10-15 cigarettes per day she decided she would like to quit. Joan was fed-up with feeling sluggish, she had noticed facial wrinkles appearing and had started to be concerned about her health, not to mention smelling of smoke, the antisocial

aspect of smoking and the cost. She had tried to quit for good three times, but failed thinking she could dabble in and out and be able to stop as she had done it before. Joan had managed to reduce her smoking to just four a day, but she needed a helping hand to get her over the line to a full quit. She chose her local chemist for help and settled on nicotine

replacement patches and a smoking aid (just to keep her hands occupied). She had weekly appointments and found the carbon monoxide monitoring inspirational. It took her three months to quit and has not smoked for almost a year. Joan said "I am delighted that I quit. I am wealthier and healthier and love being smoke free."

Quitting smoking is the biggest thing you can do to improve your health including:

- halving the risk of developing lung cancer after ten years
- risk of heart disease and strokes declines
- accelerated decline in lung function reduces
- improved reproductive health
- improved recovery from surgery

Many smokers who want to quit aren't sure about the best way to go about it. A smoker is four times more likely to succeed with help than attempting to quit on their own.

Arun Wellbeing will be able to offer:

- free one-to-one support for six weeks
- skilled consultation to prepare for change
- facilitate goal setting to quit
- weekly monitoring of Carbon Monoxide levels in breath
- supply of suitable nicotine replacement products



Contact Arun Wellbeing if you would like to know more about our new free STOP SMOKING service. West Sussex Tobacco Control Strategy 2019-2022 www.westsussexwellbeing.org.uk

Bus catcher to marathon runner!



In February 2016 Nicola Kettley took part in an Arun Wellbeing Learn to Run Course (LTR) – a free 8 week course, lead by a fully qualified instructor and designed for absolute beginners.

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“ I literally couldn’t run for a bus and would always opt to catch the next one rather than exert myself, something which is a bit of a standard joke in my family now! ”



“ As part of my training I gave up alcohol, the driest January in history! So in some ways, another lifestyle improvement brought about from running ”

Feedback on Learn to Run

I found the course to be really well structured and my instructor Keith, was so supportive, recognising that we all were of different ages and abilities but also encouraging us every step of the way. He pushed us a bit further each week to challenge ourselves on what we thought we could achieve, but that is what the course is all about and we were all in it together. Keith encouraged us to try some runs on our own between sessions as the course does require a bit of effort on your own part, but I was happy to have a go and was really starting to feel the “runners high” I heard about. I was sad when the course came to an end and worried a bit about going it alone and whether I would keep it up.

Goals

Lose weight, get fit, and lead a more active family life



Results

- Joined Parkrun (www.parkrun.co.uk) & Tone Zone (local running club)
- Lost weight - gone down 2 dress sizes
- Made a network of friends, something Nicola didn't have before & that she finds invaluable
- Ran 25 x 10k races, 5 x 10 mile races, 7 x half marathons and 1 Marathon!
- Improved fitness

“ It’s now a joke between us that I grumbled when Keith (my Learn to Run instructor) said I had to run for 3 minutes without stopping – something which he reminds me of, whenever the niggling doubts about my ability creeps in ”

“ I now know that anything is possible if you put your mind to it. If you want something enough and are willing to put your heart and soul into it you can achieve it. The aches and pains are all worth it and as they say toenails are for wimps! ”

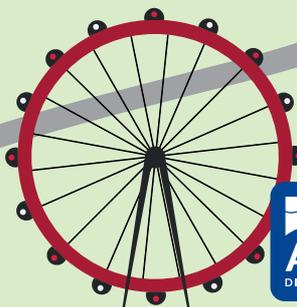


“ The sense of achievement I feel now is unbelievable, I literally can’t stop talking about it, I’ve become a marathon bore! The worst thing is that it’s all over and I don’t know how I’m ever going to top it ”



Marathon success

Nicola ran her first London Marathon (26 miles!) on Sunday 28 April 2019



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