

Happy Healthy Neighbours

A guide produced
by neighbours for
neighbours with
community at the
heart!



Introductions

This brochure was written with the help and support of the lovely ladies in Dalston Community, Cumbria. We shared stories over tea and cake and did some fun group exercises. We talked and talked about what makes a Happy Healthy Neighbour and together came up with the following brochure. We hope you enjoy reading it as much as we did writing it.

Thanks to **Electricity North West** for their Priority Register Service, to **ACTION with Communities in Cumbria** and **Cumbria County Council** for their support.

Created by **iCan Health & Fitness** and published by **Vibes Publishing Ltd.**

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What does Neighbourliness look like?

This brochure is designed to help you become a happier, healthier neighbour and enjoy your neighbourhood!

Respect our differences

Be considerate

Be tolerant

Be accepting

Be kind

Random acts of Kindness

Offer to help others

Take pride in your neighbourhood

Make friends

Smile often

Pick up litter



Contact Details of your Neighbours:

Name

Telephone

Email

Address

Community

What is the definition of COMMUNITY?

'The people living in one particular area or people who are considered as a unit because of their common interests, social group, or nationality'

"Humans aren't meant to be alone all the time: connecting as part of a meaningful community is important for our mental well-being".

Dee Marques

No matter how independent we are, we all like to know that there is someone nearby who can support us with a helping hand or friendly gesture. Sometimes you might need a little extra help, or if you don't, maybe you can be the helping hand to someone else?

"Bringing one or more people together for an activity constitutes a COMMUNITY"
(Kings Fund)

5 STEPS TO WELLBEING...

5 steps to wellbeing* is a well-researched and established model used throughout the world to identify the key factors we need in our lives to be able to live a balanced and happy life.

CONNECT

- Being well connected and sociable with people around us is good for wellbeing and mental health
- Develop positive relationships with your family, friends and neighbours that enrich your life every day
- Going out and mixing with other people will help you stop focusing on your worries and fears
- Plan in more time to be sociable, join a club or meet new people
- Consider old friendships you would like to remake.

Further Information: ACT - www.cumbriaaction.org.uk

BE ACTIVE

- Physical activity can improve wellbeing, reduce anxiety and depression
- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity eg. 30 minutes on at least 5 days a week
- Find an activity you enjoy and that suits your mobility and lifestyle
- Build exercise into your daily life.

Further Info: iCan Health & Fitness CIC or Active Cumbria
www.icanfitnesscumbria.co.uk - www.activecumbria.co.uk

*Information from www.neweconomics.org

- Taking notice, being aware and mindful is associated with positive mental health and wellbeing
- Take time to notice and appreciate nature, everyday life and moments
- Be aware of the world around you and how your body responds to this and what you are feeling
- Pause and reflect
- Learn to recognise signs of poor mental health and stress in yourself and your friends and family :
 - Changes in sleep or eating patterns
 - Angry for no reason
 - Anxiety
 - Difficulty concentrating and making decisions

Further Info: iCan - www.icanfitnesscumbria.co.uk

KEEP LEARNING

- A lifestyle that values learning is positively associated with mental health and wellbeing
- Try something new or rediscover an old interest
- Take on a challenge you will enjoy achieving
- Think about what you would like to learn, what your interests are and what would be useful in your life
- You can access books and other resources to support your wellbeing through your library.

Further Info: Adult Learning Cumbria County Council
www.adultlearning.cumbria.gov.uk

GIVE

- People who enjoy giving are open to receiving, have improved mental health and wellbeing
- Do something nice for a neighbour or friend
- Thank others who give you their time
- Enjoy helping friends and doing things to help other people like volunteering or fundraising for a local charity.

Further Info: ACT - www.cumbriaaction.org.uk

SO NOW WE KNOW HOW IMPORTANT IT IS TO CONNECT IN YOUR COMMUNITY, WHERE DO WE GO FROM HERE?

If there is something you would really like to see in your community, rest assured there will be others who feel the same... So instead of waiting for it to happen...**BE THE CHANGE YOU WANT TO SEE!**

For more information, please contact ACTion with Communities in Cumbria on
Tel: **01768 425666** or visit our website:
www.cumbriaaction.org.uk

"Making time for someone else, even for just a couple of hours a month can benefit them (and you) in such a positive way" ACT

Why not set up a neighbourhood watch if there isn't one in your community?

Neighbourhood watch: www.ourwatch.org.uk



Actions speak louder than words, here are some suggestions how you can make a difference in someone else's world.

Reading

Baby-sitting

Shopping

Computer Work

Gardening

Picking up Prescriptions

Buying Newspaper

Transport

Befriending

Letter Writing

Ironing

Baking

Washing

Cooking

Collecting Post

Dog Walking

Putting the rubbish out

Anything and everything you need to know about neighbourliness, communities, kindness and general information in your area, can be found on www.cumbriaaction.org.uk

ACTion with communities in cumbria

champions community and rural issues



Community Emergency Planning

ACT is working with communities across Cumbria to support and raise awareness of Community Resilience and Emergency Planning.

We understand that sometimes being a good neighbour means respecting each other's space and privacy. Not everyone is a social butterfly and that is OK. You don't have to participate in every social gathering to be a good neighbour.

"I love my neighbours and my community, but I panic at the thought of people dropping in for tea unannounced" - **Pat - Dalston**

If you are feeling low or isolated, there are many community services available. Please reach out as they are there to help:

■ **Local Authorities**

■ **Local Parish Council** (Visit Cumbria Association Of Local Councils at www.calc.org.uk)

■ **Community Centres** (Visit ACT at www.cumbriaaction.org.uk/what-we-do/community-buildings)

■ **Medical Centres** (Visit NHS North Cumbria Integrated Care at www.ncic.nhs.uk)

■ **Social Groups** (Visit Cumbria Libraries at www.cumbria-libraries.org.uk)

Please remember, even if you don't need or want help, some of your fellow community members might. You may not feel like you can offer much, but a simple smile, listening ear and an offer of help can go a long way to changing someone else's life! **BE KIND**

You might want to stay in touch with just an app...
Try this one: **Nextdoor App**
(download for free)



When you need extra help, try calling your GP and ask to speak to the Social Prescriber link worker. You can also access Social Prescribers through multi-disciplinary (MDT) teams, social workers, allied health professions, local authorities, hospital discharge schemes, police and fire services, pharmacies, job centres, housing associations OR directly through iCan Health and Fitness by downloading the form on this link www.icanfitnesscumbria.co.uk/wp-content/uploads/2022/03/iCan-Referral-Form-2022.docx

What is the 'social prescribing link worker' role?

The social prescribing link worker role has emerged over the past few years and has mainly been pioneered by voluntary sector organisations, working in partnership with GP practices and other referral agencies. Link workers are employed in non-clinical roles. They are recruited for their listening skills, empathy and ability to support people.

Social prescribing link workers help to reduce health inequalities by supporting people to unpick complex issues affecting their wellbeing. They enable people to have more control over their lives, develop skills and give their time to others, through involvement in community groups. Link workers visit people in their homes, where needed.

On average, link workers have between 6-12 contacts with a person, depending on their needs, over a three-month period. They connect people to community groups and help the person to develop skills, friendships and resilience. The term 'social prescribing link worker' is used generically. However, locally there are many different names used to describe the link worker role. These include community connector, wellbeing advisor, community navigator, health advisor, depending on local preference. Different terms have emerged as local areas have developed their own local schemes.

For more info visit - www.england.nhs.uk/personalisedcare/social-prescribing

What is a Good Neighbours Scheme?

If you, or someone else you know would like to be more involved in a Good Neighbours Scheme, then please go to the link below. If you are not familiar with how to do this, ask someone who is... this is a great example of neighbourliness.

Good Neighbours Schemes are community run initiatives linking people who are in particular need, with community volunteers who are willing to help.

Below is a link to the ACTION with Communities in Cumbria website with a comprehensive tool kit to Good Neighbours Scheme.

www.cumbriaaction.org.uk/resources/toolkits/dt059goodneighbourstoolkitrevisedoct2018.pdf

The Neighbourliness Network

10 communities who meet monthly to discuss promoting neighbourliness in their community. For further information visit ACT at www.cumbriaaction.org.uk.



"I love my neighbourhood and would welcome supporting anyone who needs my help"

J - Belle Vue

"I have an open-door policy, and neighbours can pop in for tea at any time"

M - Dalston

On the next page the lovely ladies of Dalston came up with the idea of popping a 'thumbs up' in their window to let their friends and neighbours know they are 'open for a cuppa and a chat'.

Why not start this trend in your community?

"Community is the essential ingredient for living lives with a sense of purpose"

Jeremy Millhon

THRIVING COMMUNITIES





If you have an open-door policy for neighbours to pop in for a cuppa, then place this icon in your window! (You can always take it down when you are not up for a visit).



Mindfulness & Mental Wellbeing

We live in an ever-increasingly chaotic world where so much is expected of us and yet we are only mere mortals!

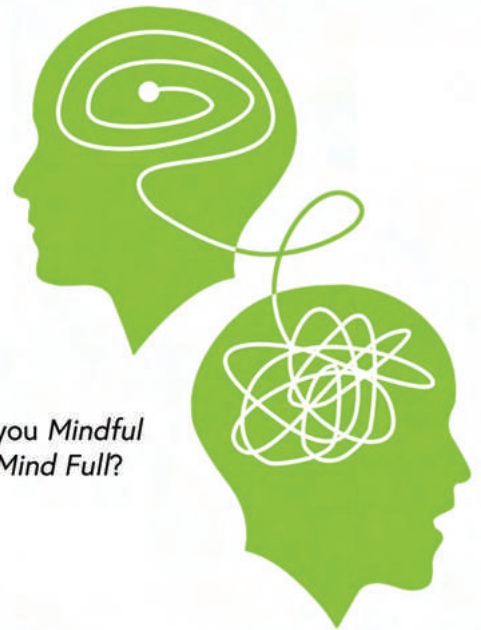
Society, media, careers, jobs, education, our social surroundings, peer groups, families, etc. all play a massive part in our stressful lives.

This section is not about curing everything that is wrong in your life! It is simply a guide to help you cope with some of the everyday things that inevitably get us down from time to time.

One of the easiest and quickest ways to combat stress is to **STOP, BREATHE and REMEMBER:**

Being a good neighbour is just as much about looking after yourself too! Here are some useful tips on mindfulness, coping strategies, and general health tips!

Are you *Mindful*
or *Mind Full*?



It can wait
Control your breathing
Appreciate the moment
Now, be in the now!

Coping Strategies Survival Guide

Fill in this Survival Guide so you can refer to it whenever you're having a hard day - the names, the memories and the motivation you write here are part of your coping tool kit!

People who support me

Best hug giver/listener



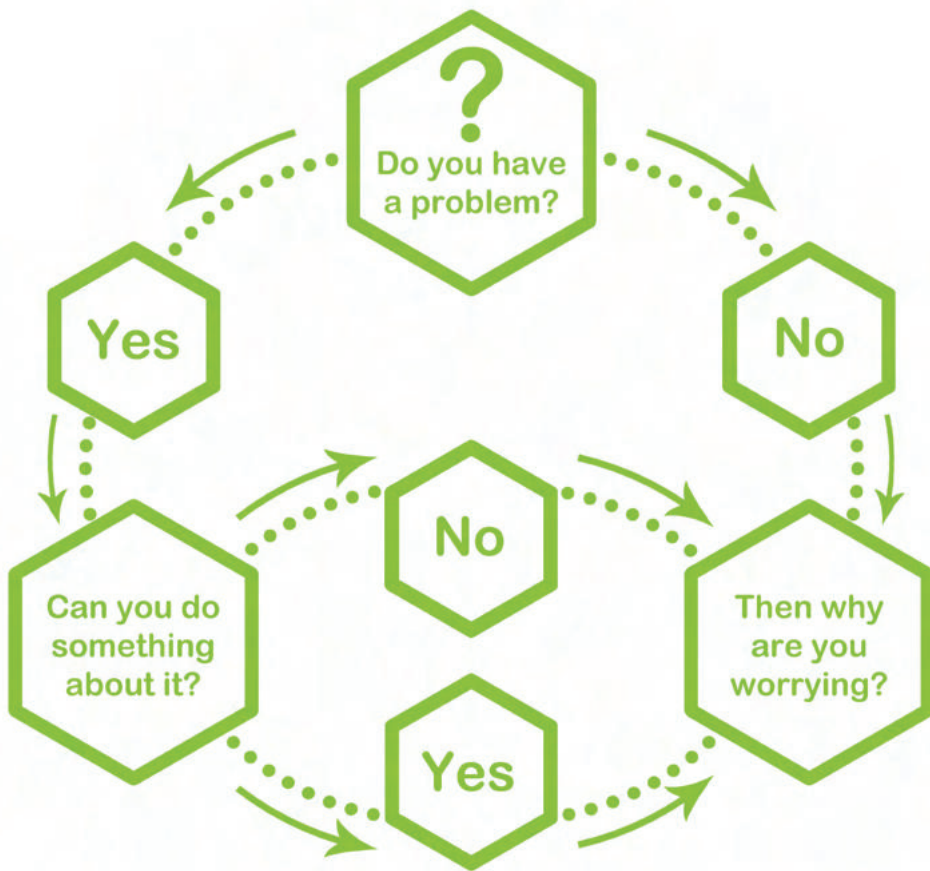
"Mindful breathing sends a message of calm to our minds, slows down our heart rate & reduces feelings of stress..."

Things that make me smile & laugh

Do you have a problem?

Problems can sometimes feel like they're all encompassing and ever-multiplying - just as soon as you get around one issue another rises to fill the gap, but how often do you stop and ask yourself if you actually have a problem?

After all, if you know you can change the circumstances you're in and you know that there is a solution to the problem you're facing then is it *really* a problem at all.



Hydrate Well

Just as we need air to breath, we need water to survive. It is a known fact that you can live longer without food, than you can without water. Water is the "medicine" of life!

Water keeps our joints 'oiled' and our body temperature stable, as well as preventing infections. It flows through our system delivering vital nutrients to our cells. Our kidneys and liver work hard at getting rid of toxins, so the more water we drink, the easier it is for their function.

Being dehydrated is often mistaken for hunger, making you eat more food = more calories



Being Hydrated

- Lubricates and cushions joints
- Gives you energy
- Makes you more attentive
- Improves your short-term memory
- Improves your mood
- Helps your heart pump blood around the body more easily and in turn, to your muscles
- Will keep your urinary tract healthy and stop infections
- Will keep you regular (your digestive tract)
- Has been proven to reduce duration and intensity of headaches

Breathe Well

Living in the now is one of the best things we can do for our mental health! So is breathing correctly. We have to breathe to live, but it is how we breathe that can change our health.

Taking just a few moments each day to practice some deep breathing exercises can decrease stress, relax your mind, body and can help you sleep better, amongst other numerous benefits:

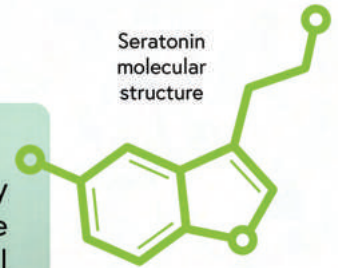


Why not add some deep breathing into your life...

Natural Pain Relief

When you breathe deeply, the body reacts by releasing endorphins which are feel-good hormones and provide natural pain relief.

Serotonin
molecular
structure



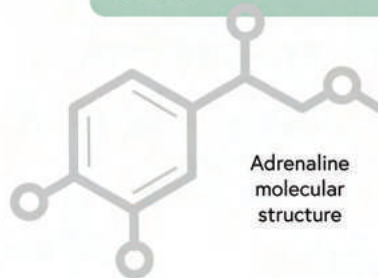
Circulation

When we take deep breaths, the raising and lowering of the diaphragm helps to shift the toxins out of the body which improves blood circulation.

Energy Levels

With improved circulation and increased blood flow, we get more oxygen into our blood which results in increased energy levels.

Adrenaline
molecular
structure



Improved Posture

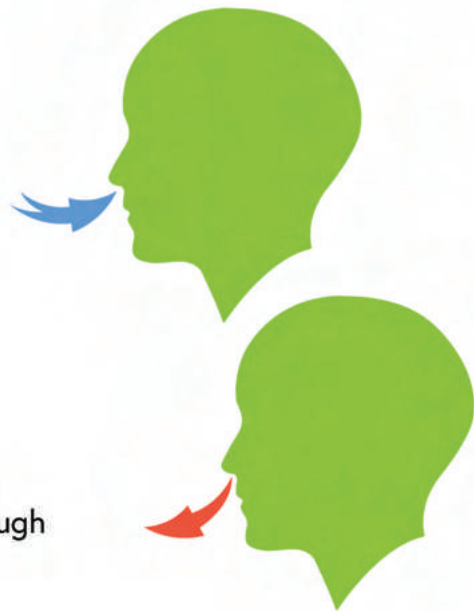
When breathing deeply you'll notice that your spine and rib cage open and your body straightens up. When your lungs are filled with air this automatically causes you to stretch and improves your posture.

Breathing Exercises

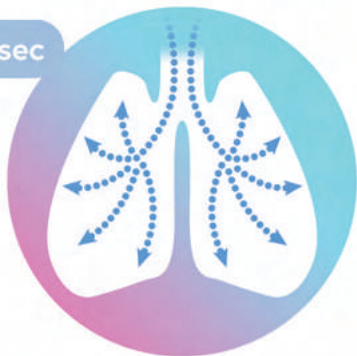
Sit or lie comfortably with your arms by your side. Keep your shoulders down and relaxed and take a deep breath in through your nose. Your stomach should inflate, and you can feel this if you place a hand on your tummy. Now breathe out slowly, again through your nose if you can. Your breath out - should last longer than your breath in, so use the 7/11 technique.

Breathe in slowly through your nose for the count of seven and breathe out slowly through your nose (if you can) for the count of eleven.

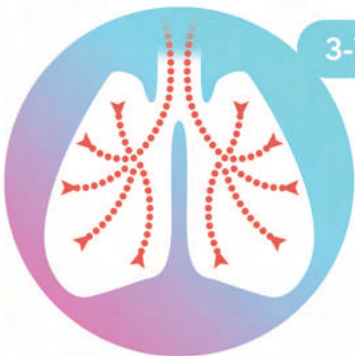
If this is too difficult at first, use the 3/5 technique. Breathe in slowly through your nose for the count of three and breathe out slowly through your nose (if you can) for the count of five.



5-11 sec



3-7 sec



Practice deep breathing as much as you can, it can improve your health significantly if done regularly.


Sleep Well

Try the following techniques to help you establish healthy sleeping patterns.

Having a good night's sleep is super important, it's more important than you think! Have you ever gone to bed late and woken up early? If so, did you feel extra run down with really heavy eyes?

This isn't good for your brain or your health.

Sleep also boosts your immune system which means that if you get sick, sleep will help you to recover.



Relaxing before bed with a warm bath, reading a book or listen to relaxing music.

Exercising regularly, but avoiding vigorous exercise too close to bedtime.

Try to avoid food and alcohol very late at night.

Going to bed and waking up at roughly the same time each day.

Sleep in a bedroom that is dark and quiet.

Not having a TV or other electronics in the bedroom.

Make sure you're sleeping in a comfortable bed.

Chocolate Chickpea Brownies

1 tbsp of cocoa powder
1/2 tsp of baking powder
1/2 tsp of oil (rapeseed/vegetable)
240 grams of chickpeas
100 grams of chocolate chips (dark)
3 tbsps of milk powder
2 tbsps of sugar substitute
2 tbsps of oats
1/4 tsp of salt
3 egg whites



Healthy eating is vital to a healthy lifestyle,
Why not make a healthy treat for a neighbour!

Directions

1. Mix the chickpeas (1 can drained is 240g), egg whites, cocoa powder, milk powder, 2 heaped tbsps of oats, stevia/sugar, salt and baking powder in a food processor until the texture is nice and smooth
2. Put the oil and dark chocolate chips in a micro-wavable bowl and heat for a few minutes in a microwave or bain-marie, then add to the food processor with the other ingredients and mix thoroughly
3. Pour into a small baking tray lined with baking paper and smooth out with a spatula
4. Bake in the oven for 25 minutes at 175 degrees or gas mark 3 until cooked
5. Slice in to 12 pieces, allow to cool and enjoy!

Stair Exercises

Each time you go upstairs, come down again then go back up, to increase your heart rate. Make sure you lift your knees nice and high. Keep your back straight, your head held high, shoulders down and tummy tight.

Try and increase the time you go up and downstairs.

This is a great exercise that can be done almost anywhere as it requires only a flight of stairs, a single step or even a curb and better still, it's free.



Warm Up



Control your breathing

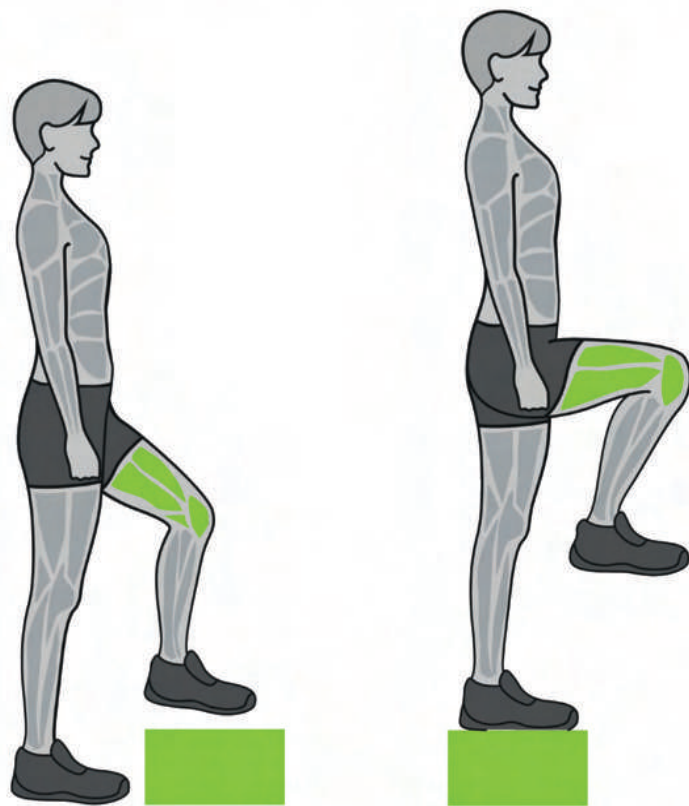


Hydrate



Try going up & down the stairs twice to start

Try adding more exercise into your daily routine such as:



As part of being a happy and healthy neighbourhood, please ensure that you sign up to electricity north west Priority Service Register. It is free and to support vulnerable people in the community in case of a power cut. This might not be you, but you probably know someone who would really benefit.

Be kind, spread the word.

Or visit our website and fill in the online form at;
www.enwl.co.uk/priority

electricity
north west

We are Electricity North West and we own, operate and maintain the electricity network across the whole of the North West region. We keep the power flowing from Congleton to Cumbria, and we're proud to be here to support you 24 hours a day, seven days a week.

Electricity is often taken for granted and it's something we all rely on for every aspect of our daily lives.

We invest millions of pounds every year to improve our network so we can power our region, but even with this investment, there are times when the power does go off.

When this happens, we work hard to get the lights back on as quick as possible, and make sure that everyone is safe.

Some customers need additional support when they are without power. We have our free Priority Services Register and a dedicated Welfare Team to keep these customers safe and comfortable if they do have a power cut.



Priority Services

Register information

We know that power cuts are inconvenient for everyone but we understand some of our customers may require additional support during this time.

Important:

It's important that your details are kept up to date. We can help you much better and much more quickly if we know what support you might need, so please do remember to contact us and tell us if things change for you, and we will update your records.

We are committed to protecting and respecting your privacy. Please visit www.enwl.co.uk/privacy to understand our views and practices regarding your personal data and how we will treat it.



www.enwl.co.uk/priority



customerwelfareteam@enwl.co.uk

How we can support you

Regular power cut updates



You will receive updates 24 hours day, including through the night, please complete your preferred method of communication on the next page.

Support from other utilities



If you consent we will share your details with other energy providers, such as water, gas and electricity suppliers to receive similar priority services from them.

Nominated contact



Nominate a friend or family member for us to keep updated in the event of a power cut.

Password sign up



Register a unique password so if we ever need to visit you at home you feel safe knowing we are who we say we are.

Additional support



We can provide accommodation, hot meals or additional services to help support your individual needs.

Helpful advice



We can provide you with helpful advice to help reduce your household bills, including tariff and benefit checks including energy saving advice and text message weather alerts.

Community Organisations

Multicultural Cumbria - Supporting Cumbria's ethnically diverse communities to develop a sense of belonging and ownership of their rich heritage and culture: multiculturalcumbria.org.uk

Furness Multicultural Forum & Youth Hub - For BAME adults and young people: facebook.com/FMCFyouthclub

Vistula - Polish community association in Cumbria: vistula.org.uk/en

Awaz Cumbria - Empowering the voices of Black and Minority Ethnic (BME) People and Communities in Cumbria: awazcumbria.org

iCan Health & Fitness - leading health and wellbeing organisation in the Cumbrian Community. Empowering people to live healthier, happier lifestyles: www.icanfitnesscumbria.co.uk

People First Cumbria - Independent Advocacy supports people to have their voices heard and their rights and choices respected. www.wearepeoplefirst.co.uk

Cumbria Action For Sustainability (CAFS) - here to help Cumbrians to reduce their carbon footprint and prevent damaging climate change. www.cafs.org.uk

Age UK Carlisle & Eden - www.ageuk.org.uk/carlisleandeden

LGBThq - LGBThq is Cumbria's home for lesbian, gay, bi, trans and other information & advice services: www.lgbthq.org.uk

Lancashire & South Cumbria, Health & Care Partnership - www.healthierlsc.co.uk

ICS Integrated Care System North East & North Cumbria - www.northeastandnorthcumbriaics.nhs.uk

Welcoming

Welcome everyone to your neighbourhood! Not everyone looks and thinks the same - and today, more than ever it is important to embrace everyone's uniqueness.



Notes

Happy Healthy Neighbours

With a special thanks to the lovely ladies
of Dalston Community, Carlisle, Cumbria and
the community of Ulverston.

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by Electricity North West & Cumbria County Council



www.icanfitnesscumbria.co.uk



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