

Living Better

July 2020



Welcome, everyone,

to the second of our three LGOWIT newsletters. Thanks for all the positive comments about the first one - glad it brought a little bit of colourful cheer into these dark times.

It's great that so many of you have contributed stories, photos etc for this edition. Thank you for sharing how you're passing your time during lockdown and the amazing things you are getting up to - we always knew LGOWITeers are an enterprising bunch!

Elsewhere we have more tasty treats for you to try out and tips on making the most of your garden (or patio), plus lots of creative ideas for stretching your mind, including crafts, fitness, puzzles and art, not forgetting our Limerick Competition. Sit back and enjoy!

What's New?

Our online **Sound Therapy** sessions with Ann Marie are proving very popular. They can be accessed each Wednesday at 7.00pm on Facebook Live - just contact Mary (details below) if you would like to join this new Closed Facebook Group.

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Later this month Donna from Vitality Retreat in Caithness is offering two **Wellbeing Coaching** sessions for each of our areas - contact your local Community Networker if you would like to join in. There are also spare places on Donna's weekly Friday morning session at 11.00am focussing on **Mindfulness and Emotions** - contact Mary if you would like to take part.

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We recently said a sad farewell to **Alan Grant**, our Development Officer, who has taken on a new role within the Highland Third Sector Interface. As he will still be working out of our Dingwall office we will continue to be uplifted by his smiley face (and awful jokes) for some time to come!

How to Contact Us?

LGOWIT is a charitable project hosted by the Highland Third Sector Interface - SC 0043521.

Tel: (01349) 807061

Email: lgowitadmin@highlandtsi.org.uk



Living in Lockdown

One of many disguises donned by June's postwoman in Nairn over the past few months. She has also appeared as Superman, Barbie, Dracula, a Geisha Girl - and even as a scrumptious cake!

View more pictures and reflections of life in Lockdown in our centre spread.





Community Networker, Kirsteen

How long have you worked for LGOWIT? Just over two years

What did you do before you joined LGOWIT? I worked for a project called Befriending Caithness

Which aspect of your work with LGOWIT do you find most satisfying? I love the Living Better Goups. I like to see everyone every month to see how they are, enjoy the social side of tea and cake and we have done some great activities together.

What has been your most memorable moment with LGOWIT? Last December after organising a successful fashion show fundraiser I was able to bring all my groups together for the first time for a wonderful Christmas party. We had a great day, everyone mixed so well. It was wonderful to see new friendships being formed and I loved being able to treat everyone - and we had a very special visitor in a red suit!

What is the most amusing incident you can recall? Last year when we went to the Bilbster hall for the Wick Big Lunch, we couldn't figure out how to turn on the electricity. Babs came in and flicked a switch! Oh, we laughed!

What do you like to do in your spare time? I love to bake and cook. During lockdown I have been trying lots of new recipes, it has been great getting my kids involved too.

What is your favourite holiday destination, and why? We have been fortunate to have had a good variation of fantastic family holidays at home and abroad but I think it is Blackpool that stands out the most. It was packed with fun and I conquered my fear of heights to go up the tower!

What has been the worst aspect of coping with lockdown? Missing people – family, friends and my groups.

Limerick Competition

Have you seen any good limericks lately? Remember it's a 5-line poem with 1st, 2nd and 5th lines rhyming - here's one I (Roy) wrote earlier:

A young kiwi looked up to the sky
And said with an audible sigh
To explore the blue yonder
Would be a true wonder
If only I were able to fly!



How about writing your own limerick, starting:

In Lockdown LGOWIT is just the job,

Prizes for the most moving and the funniest entries received.

Kate's Quiz Answers

(from first newsletter)

1. Alaska
2. They are all followed by exclamation marks
3. Stonehenge
4. Boxing
5. Psycho
6. The Adventures of Tom Sawyer
7. Table tennis
8. Zagreb
9. They were all invented by women
10. Shake My Head

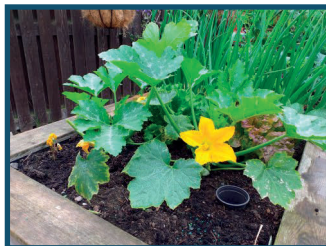
Tasty Treats



Here are a few more tried and tested recipes from our talented team of LGOWIT bakers and chefs.

Courgette and Boursin Soup

3 courgettes 2 med. potatoes 1 onion
Mixed herbs and garlic
Optional. half packet Boursin cheese
Chicken or vegetable stock



Peel potatoes and onions and chop along with courgettes
Sauté in olive oil for 5 mins.
Cover with stock, bring to boil and simmer for 20 mins.
Add herbs and cheese to taste.

Ruth in Inverness



Aquafaba Meringues

400g of tin of chickpeas (should yield 100ml aquafaba) 1 tsp vanilla extract
110g of caster sugar

Preheat the oven to 130°C/gas mark 1/2.

Line 2 large baking sheets with silicone mats or baking parchment.
Whisk the aquafaba in a stand mixer fitted with the whisk attachment at high speed for at least 15–20 minutes until stiff white peaks have formed.
Add vanilla.

With the mixer running, add the sugar a few tablespoons at a time, whisking well after each addition until the sugar granules have dissolved before adding the next batch.

When all the sugar is incorporated and the meringue mixture is thick and glossy, it's ready.

If you are dairy free like me then Elmlea have brought out a dairy free double cream which whips up perfectly. Just right for the meringues.

Keep them in an airtight tin. They are best eaten the same day!!

PS If you are new to the idea of aquafaba - a few years back some genius discovered that the water (brine) from a can of chickpeas acted much like egg whites when mixed. Find out more at www.aquafaba.com.

June in Nairn

Ice Cream

1tsp vanilla essence
1 tin condensed milk
600ml thick cream

Beat the cream with an electric mixer until it thickens, add vanilla extract and beat again until lightly whipped.

Gradually add the condensed milk, beat again until it thickens into a thick cream.

Pour into a plastic polythene container. Place in freezer.

Geraldine in Wick

Cheese Oatmeal Biscuits



2oz oatmeal
1oz flour
Pinch salt

1/4tsp baking powder
1/2oz margarine
1oz cheese

Mix dry ingredients, rub in fat and add water.

Mix to a stiff dough
Knead and roll to 1/4in thick, cut out and bake.

Catherine in Inverness

Lorraine's Recommended Read

The Girls by Lisa Jewell

A really good read, starts off as a story about a family and those surrounding them, but quickly changes and turns into the thriller I didn't expect. I recommend it, if you like a good in-depth thriller.

L I V I N G in L O C K D O W N

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"Streets have been a lot quieter. Lots more people are out walking, running and cycling with very little traffic on the go."

Derek in Wick

It has been a strange and challenging last three months, but life goes on in the land of LGOWIT, as testified by these images and reflections.



"T'ai Chi class with Sandra has been a lifesaver during lockdown. Even when feeling unwell the session helps me to feel energised and to keep my muscles working. I'm an unfit beginner but Sandra is patient and explains things really well. It makes me feel I've accomplished something and stops me feeling useless. My two cats find it relaxing too!"

Kirsteen in Muir of Ord



"Initially we all got down to doing what we had left from ages ago as all leading busy lives - garden tidying, spring cleaning, sorting wardrobes, drawers etc. Now we have done all that after 14 weeks of lockdown, we are needing to meet people again, as the four walls are closing in on us.

Although those not shielding can go shopping and take dogs for walks, it's still awkward not being able to see friends and family, especially the grandchildren. Sometimes you wonder, should I get out of bed in the morning-What For ?? but we do."

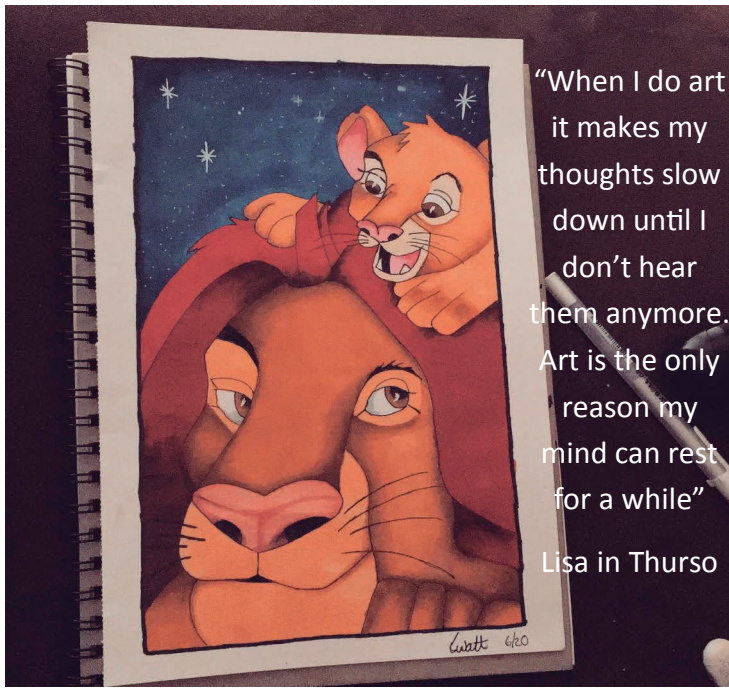
Lynn in Carr Bridge



"I always loved learning and had a real thirst for knowledge after completing an SVQ and HNC in business admin. I have now turned my attention to my real passion which is trying to understand and hopefully use my own experiences along with the training to help others who suffer with mental health. If I manage to help one person it is worth it"

Claire in Wick

L I V I N G in L O C K D O W N



"When I do art it makes my thoughts slow down until I don't hear them anymore. Art is the only reason my mind can rest for a while"
Lisa in Thurso



Delightful butterfly and two fairies lovingly created by
Tricia in Dingwall

We always knew our LGOWIT members are a very talented bunch - here's the evidence to prove it!



"Never too old for a cuddly toy!," says Isobel in Inverness



As well as doing around 20 different crafts Laurette from Inverness is also teaching herself the harmonica.



Labour of love by Angela in Inverness



"Never too early to prepare for Christmas," says Kathleen in Dingwall

GARDENING

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As we move into high Summer (although the weather doesn't always reflect it) our gardens should hopefully be blooming nicely. As well as more handy hints from our green-fingered 'experts' we have some lovely photos you have provided of your own green oases, including the one on the left of the gorgeous peonies from Barbara in Nairn.

Keep your garden looking good by regularly dead heading bedding plants and repeat flowering perennials and you'll enjoy a longer display of blooms.

Mow your grass regularly (ideally weekly) to keep it in top condition. It's also a good time to apply a quick-acting summer feed to give it a boost. Keep the edges of the grass neatly trimmed too as it makes such a difference to the appearance of your whole garden.



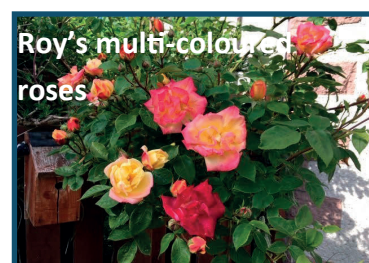
Jean's unusual fuschias in Nairn

Autumn flowering bulbs, such as colchicums (autumn crocuses) can be planted now for added late colour in your garden.



Angela's novel pallet garden in Inverness

Start collecting seeds from plants you want to grow next year, especially annuals, such as marigolds, poppies and love-in-the-mist.



Roy's multi-coloured roses

Get On Yer E-Bike!



In Skye and Lochalsh the 'Kyle Community E-Bikes' have arrived and have spun into action! The new LGOWIT project which has purchased 4 electric bikes of different sizes and an electric cargo taxi trike for community use, was set up as part of a pilot project around 'green prescribing' by GP surgeries to support people with long-term conditions to ease their way into fitness. "With the help of some electric - assisted pedal power this should be a real boost for folk who are looking to get their recommended 1.5 hours of exercise in a week and are worried about fatigue preventing them." said Kate Hathway, Community Networker for the area. Similar to the Inverness Project "Cycling Without Age", the idea behind the electric cargo taxi trike is to help folk who may feel isolated in their homes to get out and get some fresh air and be transported for short trips from their home to the shops, cafes or even just a nice spin to help with their overall wellbeing. Who doesn't enjoy the wind and rain in your face whilst travelling in style! To find out more or to book and E-bike trial contact Kate Hathway on 01599534731 or email lgowitkate@highlandtsi.org.uk

Kate's Recommended Read

The Salt Path by Raynor Winn

In a short space of about a week, Raynor Winn loses her home of 20 years and her livelihood - a holiday rental business they ran from the farmhouse home. The next massive blow is that her husband is diagnosed with an incurable, terminal neurological disease.

In the depths of despair, homeless, and virtually penniless, the couple who are both in their 50s decide to walk the length of the South West Coast Path, from Somerset, through Cornwall and Devon to Dorset. - all 630 miles of it carrying some bare essentials in a rucksack and wild camping every night, eating things like pot noodles trying to spend as little as possible.

Without giving anything away, Raynor is incredibly honest, and writes in such a way that you feel as if you're experiencing every part of the dramatic coastal scenery, sometimes wondrous, sometimes totally wild and that you take every frequently tortuous, step of the undulating route alongside them.

Here's a little idea to get those fingers crafting!

These pretty flowers are made from one large and one mini cupcake liner. Fold them in half three times and cut to shape the flower. Fold them in half three times and cut to shape the flower.



Crafty

Corner

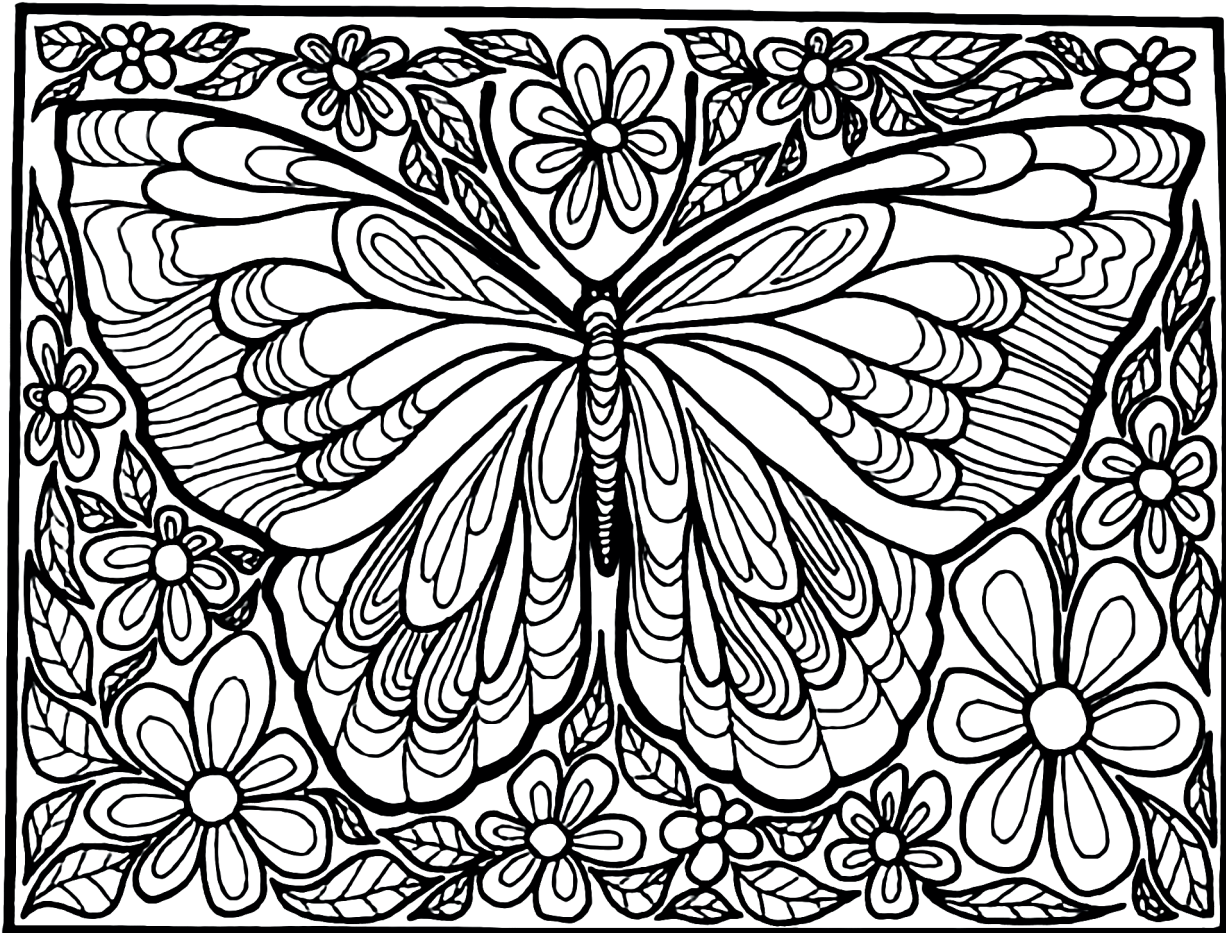
Then glue the mini cupcake flower on to the larger one and bend to a flower shape.

You can add a shiny button or bead in the centre of your flower. Take a lolly stick and paint it green. Cut out some bright green leaves from paper or felt and attach to the stem. Finally glue your flower to the lolly stick.

Why not make a posy of flowers to put in a small vase?

Colouring Picture

Have fun colouring in this picture of this beautiful butterfly

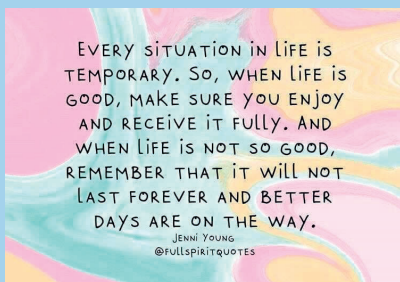


Staying Positive

Moving Through the Day Mindfully

When you spend your time in the present moment it becomes so much easier to cultivate positive emotions and stay practical about what you can actually do about anything in your life. When you get lost in the future worries and concerns very often end up getting bigger and failures and mistakes from the past can drag you down.

Focussing on what is going on around you and giving it your full attention can make a considerable difference to whatever task you have in hand.



MAN Alive!

Can you find these words all beginning with 'Man'?

1. Chinese civil servant
2. Required by law
3. Musical instrument
4. Hard, grey metal
5. Tree found in coastal swamp
6. Type of pea
7. Cosmetic hand treatment
8. Province of Canada
9. Used to display clothes
10. Document written by hand
11. Instructional book
12. Large mammal

Fun Fitness

Here's another couple of simple, gentle exercises, this time to help strengthen your balance and prevent falls.

Simple Grapevine



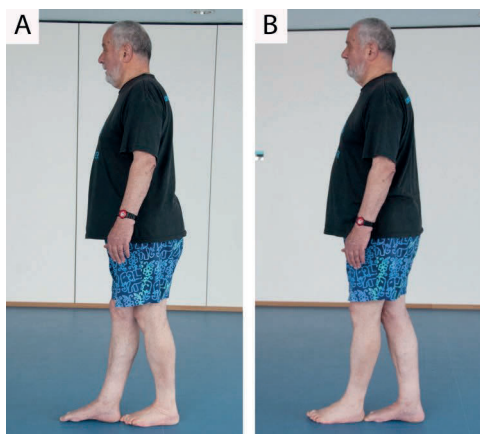
This involves walking sideways by crossing one foot over the other.

A. Start by crossing your right foot over your left.

B. Bring your left foot to join it.

Attempt 5 cross-steps on each side. If necessary, put your fingers against a wall for stability. The smaller the step, the more you work on your balance.

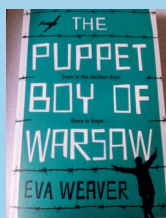
Heel-to-Toe Walk



A. Standing upright, place your right heel on the floor directly in front of your left toe.

B. Then do the same with your left heel. Make sure you keep looking forward at all times. If necessary, put your fingers against a wall for stability.

Roy's Recommended Read



I came across this book recently and was totally gripped by the story of one boy's incredible journey of survival during the Nazi occupation of Poland. When Mika's grandfather dies in a Warsaw ghetto he inherits not only his great coat, but its treasure trove of secrets, including lots of puppets. His performances trigger a chilling succession of events, which will tug at your heart strings.