



## Look out for each other/neighbours/friends/family We can still be social while keeping our distance

We have changed how we work but not what we do!  
Since March 2020 – September 2020 we were very busy supporting our communities!

- |     |  |
|-----|--|
| 761 | People were contacted in March to assess their needs and requirements.   |
| 362 | People were provided with weekly support telephone calls.  |
| 116 | Referrals to citywide Community Response teams giving people access to food delivery, hot dinners, community restorative justice, housing support, prescriptions & financial advice.                     |
| 698 | Activity packs were distributed in April containing a Staying Well Newsletter with physical, mental and nutritional information as well as activities including word searches and mindfulness colouring. |
| 438 | Activity packs were distributed in May containing a Staying Well Newsletter with physical, mental and nutritional information as well as activities including jigsaws, exercise booklets and DVDs.       |
| 417 | Activity packs were distributed in July containing a Staying Well Newsletter with physical, mental and nutritional information as well as activities.  |



FACT PROJECT - YOUNG PERSONS CYCLE



VIRTUAL JOG IN THE BOG



URBAN VILLAGES- RESILIENCE PROGRAMME PACKS



Transform your Trolley

NUTRITION - TRANSFORM YOUR TROLLEY



NO SMOKING DAY



RAINBOW ROOMS SUPPORT PACKS

WHAT WE  
HAVE BEEN  
UP TO THIS  
YEAR!



SCHOOLS NUTRITION PROGRAMME



HEALTH CHECKS



WALKING GROUP

#ThankyoufromBBHF



# TO ALL OUR PARTICIPANTS

We are coming to the end of what has been a uniquely challenging year for communities right across the world, including our own. As Co-Chairs of the Bogside and Brandywell Health Forum, we are full of pride at the character shown by you during what has been and continues to be an extremely difficult and often frustrating time – stick with it!

Throughout the year, we have aimed to deliver our work as safely and meaningfully as possible and, as a Board of Directors, we are very proud of the commitment and determination of our staff, facilitators and volunteers this year. We are also pleased to have worked in partnership with fellow community organisations to help support the most vulnerable in our community. However, our most valued partner is you – the community

– we thank you for your partnership and we look forward to continuing our work together into the future to continue to promote health and wellbeing.

In the meantime, we would like to wish you and your loved ones a peaceful and safe Christmas.

Caomhan Logue,  
Co Chairperson,  
Bogside and Brandywell  
Health Forum



CAOMHAN

Maureen Collins,  
Co Chairperson,  
Bogside and Brandywell  
Health Forum



MAUREEN

## PROGRAMMES DELIVERED FROM MARCH TO SEPTEMBER 2020:

WHAT WE  
HAVE BEEN  
UP TO THIS  
YEAR!

- Nutritional programmes
- Tearmann counselling service
- FACT Family support & programmes
- SPRING Connect Well mental health workshops
- RETHINK Resilience Programme
- You tube channel videos
- Social media advice and support
- Outdoor events; walking group, family & young people cycles, Saturday Cycle Club & outdoor physical activity classes
- Young people Zoom entertainment and delivery of OCN programmes
- WhatsApp support groups for people taking part in our programmes
- Volunteer training through the Communities in Transition Programme

## MEET THE TEAM



AILEEN



AISLING



BRIAN



BRONAGH



CATRIONA



CIARA



DANIELLE



GRAINNE



GEORGE



KAYLEIGH



KEALAN



LEANNE



LORRAINE



MARY



MICHAELA



NORA



OONAGH



ORLA



SARAH



SINEAD



SUSAN



# ADVICE AND GUIDANCE ON RECOVERING FROM COVID

## DR PAUL MOLLOY, CLARENDON MEDICAL PRACTICE

More and more people are now presenting after COVID. While most people seem to recover completely, some people do seem to suffer from longer lasting effects.

The vast majority of these patients are similar to Chronic fatigue cases that we see after the flu for example. For some reason the virus sets off an immunological reaction in the body.

People feel very tired very quickly. They notice that exercise they could easily do before are now very difficult. They feel short of breath and physically drained very easily and it takes them a good while to recover. They also notice joint pains and muscle pains and a fuzzy head. that makes it difficult to concentrate on simple things they could do previously.

The advice would be firstly to give yourself time and be kind to yourself. Hopefully you'll get back to normal. Eat well, drink plenty of water and get plenty of rest. Build up your exercise slowly. Start

with a short walk and not the jog you were doing before. Over weeks or even a few months slowly increase your exercise.



Keep active, engage with others and engage your mind. It's very easy to get down and anxious especially if you feel you aren't improving. Improvement can be slow and gradual.

The after effects of COVID or "long COVID" are still largely unknown. There are centres being set up to deal with patients. It is very likely over time we will learn more about this.

Obviously medication can help at times as can a kind word, counselling or physio. Cognitive behavioural therapy has also been shown to help Chronic fatigue syndrome and might be worth enquiring about.

## A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

[@BELIEVEPHQ](#)



### LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



### LIMIT NEWS

Limit the amount of time you spend on social media and checking news



### TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



### STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



### COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



### PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



### POSITIVE HABITS

Write down a list of 5-10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



### HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



### CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



### STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



### ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



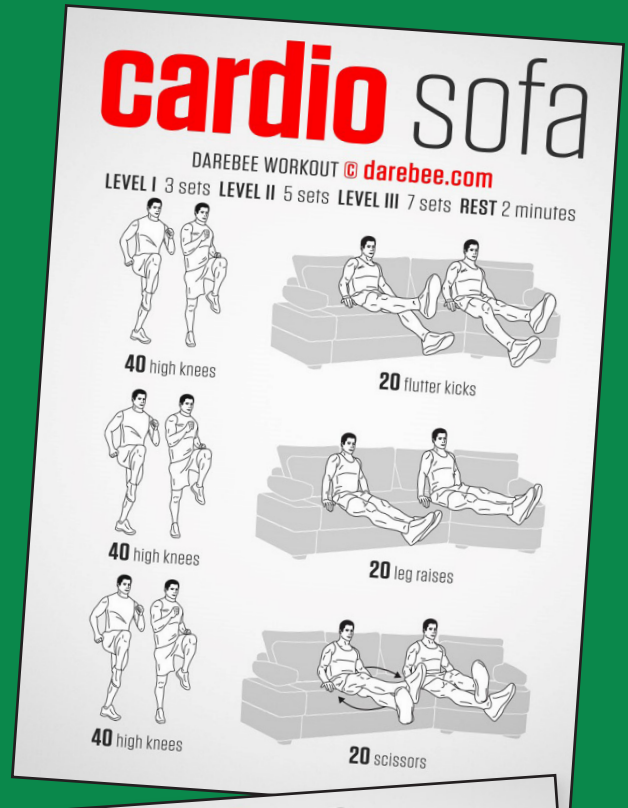
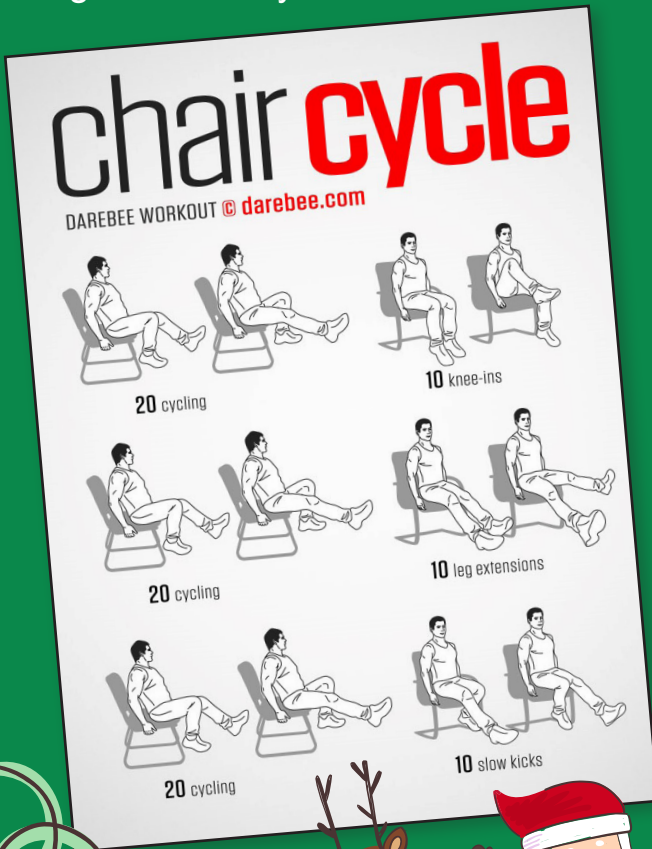
## KEEPING WARM THIS WINTER

### Top tips on how to keep warm at home during Winter

- Wear layers of clothes both inside and outside
- Ensure the temperature in your main living room is at 18-21
- Ensure that your home is adequately ventilated to avoid carbon monoxide poisoning
- Wear bed socks and thermal underwear at night time
- When going outside wear layers of clothes, a coat, hat and gloves

# TOP TIPS ON HOW TO KEEP ACTIVE DURING WINTER

- Go for a walk, run or cycle alone or with members of your household. Wrap up warm if it's cold.
- Go outside and tend to your garden, ensuring that you're wearing the adequate clothing.
- Try some of our exercises in the posters attached. These are a great way of exercising at home and ensuring that you move throughout the day.

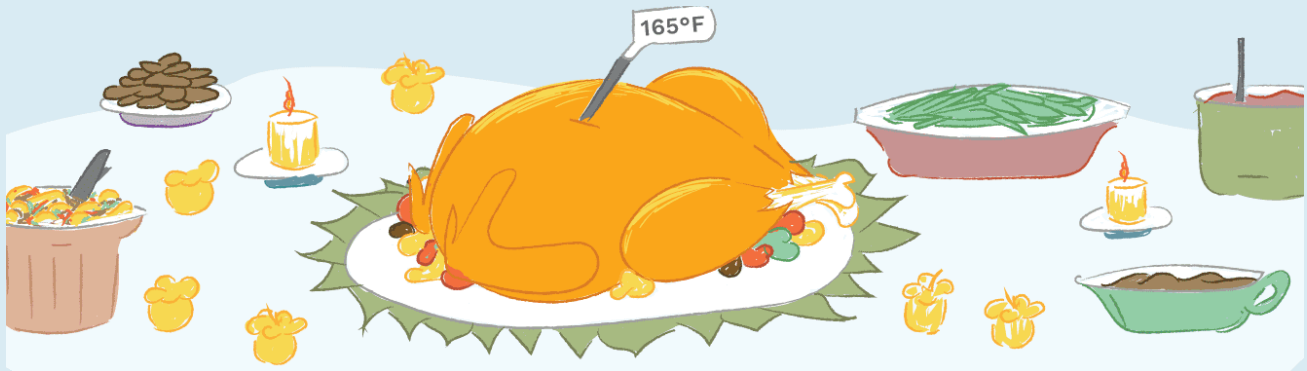


## STAY SAFE, SAVE LIVES

When exercising inside or outside the home, always ensure to adhere to the guidelines that are in place in relation to Coronavirus. Wear a mask! Wash your hands! Stay 2 metres apart! Protect yourself and others.



# HOW TO SAFELY COOK YOUR TURKEY AT CHRISTMAS.



Weight   Servings	325°F oven temperature	
	UNSTUFFED	STUFFED
6-8 lbs   2-4 servings	2.5 – 3 hours	3 – 3.5 hours
8-12 lbs   4-6 servings	3 – 4 hours	3.5 – 4 hours
12-16 lbs   6-8 servings	4 – 5 hours	4.5 – 5.5 hours
16-20 lbs   8-10 servings	5 – 5.5 hours	5.5 – 6 hours
20-24 lbs   10-12 servings	5.5 – 6 hours	6 – 6.5 hours

## POTATO AND LEEK SOUP

### INGREDIENTS

- 1/2 medium leeks
- 1 small onion
- 2 medium potatoes
- 1 tablespoon unsaturated oil e.g. sunflower
- 1 low-salt stock cube (vegetable/chicken) dissolved in 2 1/2 cups (600ml) boiling water
- Black pepper
- Chopped parsley to garnish (optional)

### METHOD

- Slice your leeks into small pieces and wash well.
- Slice and dice your onions.
- Peel and chop your potatoes into small pieces also.
- Add oil to a saucepan and cook leeks and onions for around 10 minutes.
- Add the potatoes, stock and black pepper. Bring back to the boil, cover, reduce heat and simmer gently for 20-30 minutes or until the vegetables are tender.
- Blend the soup for a smoother taste.
- Serve by adding some parsley on the top (optional) and with wheaten bread.





# COMPETITION TIME!!!

Let's start the Christmas celebrations in your home! Have a look at our competition below with a great prize to be won! A voucher for Bishops Gate Hotel where you can go and enjoy a romantic evening or a great family dinner. We can't wait to see all your pictures! Thank you to the Feile Team for agreeing to judge this, they'll have a hard job on their hands!!

## Send us a photo of your family re-enacting the Nativity at home



WIN A VOUCHER FOR BISHOPS GATE HOTEL

It can be as many or as few people as you want! The only rule is...

### TAKE A PICTURE

You have to use items that are already in your home! Be innovative and use your brilliant imagination!!

### SEND

Send your photographs to [info@bbhealthforum.org](mailto:info@bbhealthforum.org) to be in with a chance of winning!!

### WIN!!



Closing date 18th Dec with the winner being announced on 21st Dec

LAUGHTER IS MEDICINE FOR THE SOUL. LET'S BRING ON THE CHRISTMAS CHEER!!!



## FUNDRAISING RESULTS 2020

We want to take this opportunity to say a massive #ThankyoufromBBHF to everyone who donated to our Mental Health Services this year by taking part in our fundraising events. The Colm Quigley Jog in the Bog was a bit different this year but in true Derry style, you all came out and supported us, even as far as South Korea, Australia and many more countries around the world. Big shout out to the Swilly Swimmers who raised much needed funds too. Without all of your support, our Mental Health Services would not be possible. All funds raised will provide a life line to people in our community.

**#ThankyoufromBBHF**



## READY FOR A CHANGE IN THE NEW YEAR? #RETHINK YOUR RESILIENCE

Sign up for a new **FREE RESILIENCE BUILDING** Programme or workshop.

FREE PROGRAMMES		
PROGRAMME SESSION (1-6)	DATE	TIME
<b>1: Adjusting the way we think</b> - positives and challenges, Cognitive Behavioural therapy (CBT)	Tues 5th January	12noon -1pm
<b>2: Think Well - Maintaining a healthier mind.</b> (unhelpful thinking styles - thoughts-feelings-behaviours)	Thurs 7th January	12noon -1pm
<b>3: Feel Well - Maintaining a healthier you.</b> (Eat Well - Food/Mood)	Tues 12th January	12noon -1pm
<b>4: Plan Well - Keeping Active -</b> Setting SMART Goals	Thurs 14th January	12noon -1pm
<b>5: Connect Well -</b> Exploring our personal relationships and how we communicate.	Tues 19th January	12noon -1pm
<b>6: Explore problem solving and reflecting on our learning.</b>	Thurs 21st January	12noon -1pm

FREE ONLINE WORKSHOPS		
WORKSHOP	DATE	TIME
<b>Advice on redundancy, benefits and debt management</b>	Mon 25th January	2pm - 3pm
<b>Relaxation/ Meditation</b>	Tues 26th January	2pm -3pm
<b>Coping/ Motivation</b>	Wed 27th January	2pm -3pm
<b>Understanding and living with Bereavement</b>	Thurs 28th January	2pm-4pm
<b>Seasonal Affective Disorder</b>	Fri 29th January	2pm -3pm

*\*Courses delivered via zoom*

Each participant will receive an information learning pack for each session. Complete the full six sessions and receive a Wellness pampering pack and pedometer.



For further information and to register your interest contact [mary@bbhealthforum.org](mailto:mary@bbhealthforum.org)

## KEEPING AN ACTIVE MIND DURING WINTER

Here are few tips on how to maintain an active mind during this winter. Winter is a time where we spend more time inside and with the ongoing pandemic inside our homes is where we are spending most of our time. Give these exercises a go...

- **Do a jigsaw.** It will improve your memory. It is very relaxing and can relieve stress at the end of a busy day.
- **Do a crossword.** Learning new things is a productive way to pass the time and helps keep your mind active.
- **Have conversations.** Whether it's face to face at a safe distance, on the telephone or online via

Zoom calls or FaceTime. Conversation creates connection and by connecting with others, you become bigger than yourself.







- **Meditate.** Learn techniques on YouTube or by visiting the Bogside and Brandywell Health Forum's YouTube page where you will find meditation for beginners. Beneficial for contributing to a positive mood and outlook, self-discipline, healthy sleep patterns, and even increased pain tolerance.
- **Read books or the newspapers.** Reading can help to settle you down to sleep in the evenings as it reduces stress in the body, lowers your heart rate and blood pressure.

## PROGRAMMES JANUARY 2021

PROGRAMME	CONTACT
Communities in Transition	aisling@bbhealthforum.org or ciara@bbhealthforum.org
Diabetics Together	aisling@bbhealthforum.org
Walking Group	Oonagh@bbhealthforum.org
Counselling Services	If you are aged 18+ and would like to make this brave and positive step, please contact Bronagh on 028 71365330.
Coh-sync On-line Health & Well-being programme	lorraine@bbhealthforum.org
Chronic Pain	ciara@bbhealthforum.org
Weight Management	Contact BBHF on 02871 365330
New Year New You	lorraine@bbhealthforum.org
Stepping on Programme	lorraine@bbhealthforum.org
Social Cafe	Oonagh@bbhealthforum.org
Born 2 Run	sarah@bbhealthforum.org
Womens Fitness Class	sarah@bbhealthforum.org
Circuit Class	sarah@bbhealthforum.org
Boot Camp	sarah@bbhealthforum.org
Chi Me	sarah@bbhealthforum.org
Yoga	sarah@bbhealthforum.org

WE WISH YOU A VERY MERRY CHRISTMAS  
AND A HAPPY, HEALTHY NEW YEAR.

Bogside and Brandywell Health Forum  
Gasyard Centre, 128 Lecky Road, Derry.

-  02871 365330
-  info@bbhealthforum.org
-  Bogside and Brandywell Health Forum
-  Bogside Brandywell
-  Bogside and Brandywell Health Forum
-  @BBHealthForum

## USEFUL NUMBERS

### COMMUNITY RESPONSE TEAMS

If you are in crisis or need help to access essential food or household items, you can contact your local community response team.

The Moor Community Response	028 71261916
Foyleside Community Response	028 71268748
Ballyarnett	028 71358787
Waterside	028 7134 2959

### CHILDREN AND YOUNG PEOPLE'S SUPPORT

Parenting NI	0808 801 0722
NSPCC	0800 800 5000
Childline	0800 1111
Action for Children	028 6632 4181

### DRUGS AND ALCOHOL

Alcoholics Anonymous	028 9035 1222
Northlands Centre	028 7131 3232
Start360 Daisy West	028 7137 1162

### MENTAL HEALTH SUPPORT

Lifeline	0808 808 8000
Samaritans Helpline	116 123
Relate	028 9032 3454
Zest	028 7126 6999
AWARE	028 7126 0602
Men's Action Network NI	028 71377777

### DOMESTIC ABUSE SERVICES

24 Hour Domestic & Sexual Abuse Helpline	0808 802 1414
Foyle Women's Aid	028 7141 6800
Victim Support Foyle office	028 7137 0086
Dove House Women's Advocacy Project	02871 269327

### BENEFITS AND FINANCIAL ADVICE

Advice North West	03003033650
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Bogside & Brandywell Health Forum would like to thank the following funders and partners for their support:

