



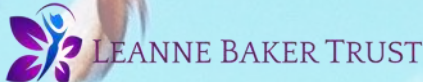
Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



S2R

WELLBEING PACK 9





Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



Hello from S2R

We want to help you stay well and feel good while you navigate the 'new normal'. Facing a new set of challenges can be difficult so we wanted to send you a little something to help you build a resilience toolkit keeping you feeling well, engaged, creative and confident.

These Wellbeing packs are designed around the national Ways to Wellbeing initiative, recognised to keep you fit and healthy in different ways, each pack will have different tips and creative activities for you to try.

Packs 7 - 12 are looking at ways you can regain healthy daily structures, routines and habits after lockdown. As well as being active and having a balanced diet, sleep is also extremely important for wellbeing.

This pack looks at the benefits of sleep and how you can have BETTER SLEEP.

Remember it's really important to follow current Government Guidelines to keep yourself and others safe.

If you would like to chat with someone about your wellbeing or would like to know more about S2R please give us a call on 07933 358 800 (between 10am - 4pm).

Stay well and keep in touch

Support to Recovery

Facts About Sleep

Sleep in numbers



**annual cost
of lost sleep
to the UK¹**

200,000 working days lost



**in UK every year to
insufficient sleep¹**



1 in every 3

**people in the UK are
affected by insomnia³**

Better sleep

is the biggest
single contributor
to living better⁶



We naturally feel
tired at two different
times of the day:

2pm



2am

Health risks:



Adults who sleep fewer
than **6 hours** a night have
a **13% higher mortality
risk** than adults who sleep
at least 7 hrs¹



Adults who sleep less
than **7 hours** a day are
**30% more likely to be
obese** than those who
sleep for 9 hours or more⁴

Working **night shifts**
has about a **25-30%**
higher risk of injury
than working day shifts⁷



**3.2
million**

**night workers
in the UK⁵**

And **1 in 9** workers
who work night shifts⁵

Adults **need**
between



7 & 9

**hours of
sleep a night²**



We spend about
**1/3 of our
lives sleeping**

<https://publichealthmatters.blog.gov.uk/2018/01/30/is-lack-of-sleep-affecting-your-work/>

The sensation of
falling while half
asleep and then
abruptly waking up
is called 'hypnic
jerks'

Humans are the only
mammals that
willingly delay sleep

A giraffe only needs
1.9 hours of sleep a
day, whereas a brown
bat needs 19.9 hours
a day

Within 5 minutes of
waking up, 50% of
your dream is
forgotten

12% of people dream
entirely in black and
white

Mindfulness

With the daily demands of work, family, caring for friends or relatives, keeping in touch via social media and 24 hour entertainment it is becoming more difficult for many of us to relax and switch off. By introducing a bed-time mindfulness practice to your night time routine you are helping your brain to find the sense of peace and calm it needs to shift into sleep mode. Try this simple practice or try listening to some guided meditations for sleep – here's a good one <https://www.mindful.org/a-mindfulness-practice-for-better-sleep/>

How to Practice Mindfulness

mindful
mindful.org

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



Sleep Quiz!

Take a look at these statements about sleep and decide if you think each one is true or false. Once you've finished, turn over to see the answers!

1. During sleep your brain rests.
- True or False?

2. Sleeping just one hour less a night can prevent you from learning or functioning normally.
- True or False?

3. Boredom makes you feel sleepy, even if you have had enough sleep.
- True or False?

4. Resting in bed with your eyes closed cannot satisfy your body's need for sleep.
- True or False?

5. Snoring is not harmful as long as it doesn't disturb others.
- True or False?

6. Everybody dreams every night.
- True or False?

7. The older you get, the fewer hours of sleep you need.
- True or False?

8. No matter how sleepy you are, you can force yourself to stay awake.
- True or False?

9. If you're sleepy, raising the volume of your radio is a great way to stay awake while driving.
- True or False?

10. Sleep disorders are mainly due to worry or psychological problems.
- True or False?



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Quiz Answers!

1. False

While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

2. True

Most adults need eight hours of sleep to function at their best. 6 hours at a minimum.

3. False

Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmasks it.

4. True

Rest is not a substitute for sleep. Sleep is as necessary to health as food and water. When you don't get the sleep you need, your body builds up a sleep debt.

5. False

Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnoea. People with sleep apnoea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnoea are unaware they have this condition.

6. True

Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

7. False

Sleep need remains unchanged throughout adulthood. Older people who sleep less at night tend to sleep more during the day.

8. False

If you're sleepy enough, you can fall asleep anywhere. It's also possible to fall asleep for a few seconds and not even realize it. These "microsleeps" can be dangerous if they happen when you're driving.

9. False

Playing a radio, chewing gum, and opening windows are not great ways to keep sleepy drivers alert because their effects are short-lived. If you're having trouble staying awake while driving, try to pull over at a safe place and take a short nap or have a caffeinated drink. The best solution is to drive after a good night's sleep.

10. False

Sleep disorders have a variety of causes. Sleep apnoea, for example, is caused by an obstruction of the airway during sleep. Narcolepsy is characterized by severe daytime sleepiness and sudden sleep attacks, and it appears to be genetic. No one knows yet what causes restless legs syndrome, in which creepy, crawly feelings arise in the legs and are relieved, momentarily, by motion.

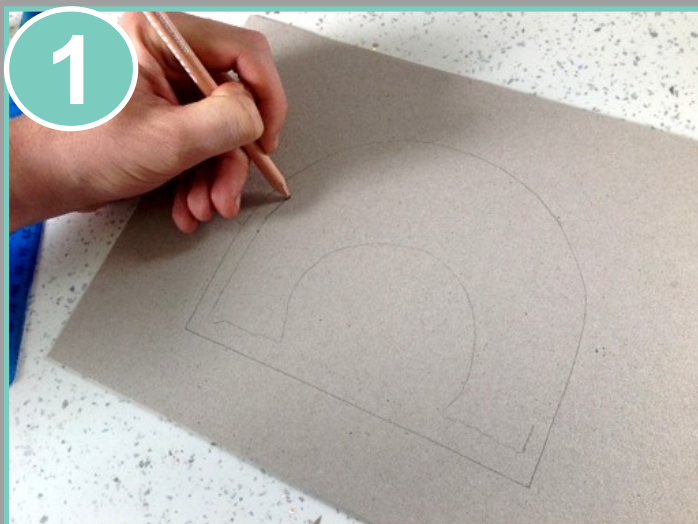


Sleepy Hedgehog!

You will need:

- 1 side of a cereal box
- 1 loo roll tube
- Glue stick
- Scissors
- Ruler
- Pencil
- Paint / Felt tips / colouring pencils

Hedgehogs
typically
sleep 10
hours a day!



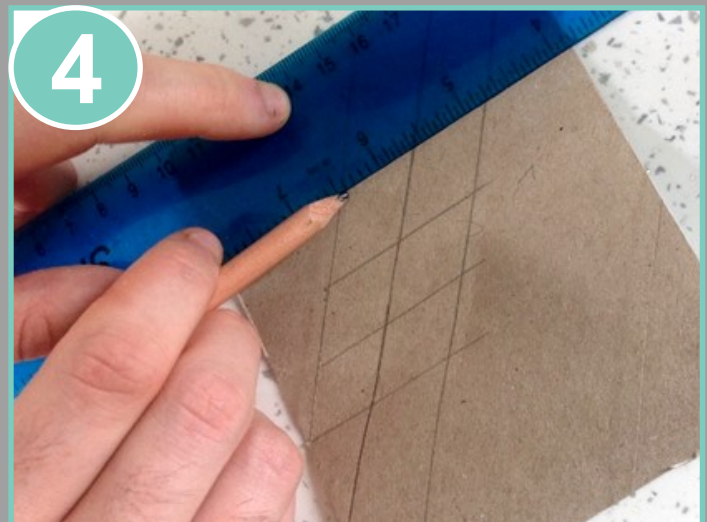
1) On the cereal box card - draw the arch shape shown above.



2) Using the image above as a guide - carefully cut out the arch shape.



3) Now cut a line down the length of the loo roll tube.



4) Flatten out the loo roll tube and use a ruler to draw a series of diamond shapes and cut them out.

Sleepy Hedgehog!

5



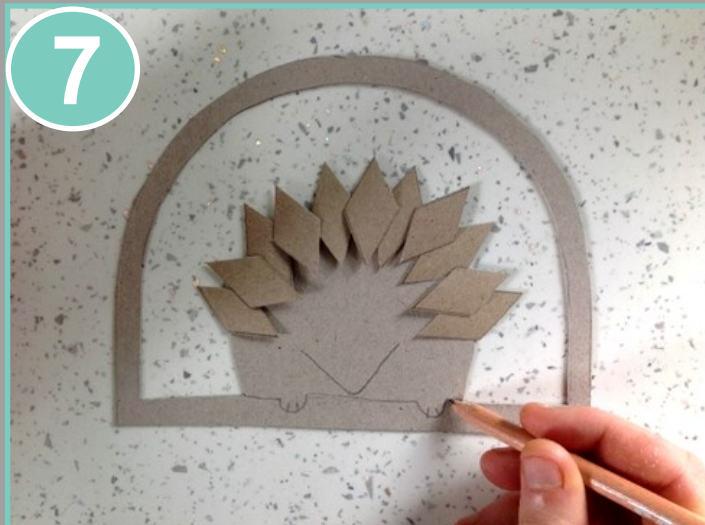
5) Glue 6 diamonds, equally spaced, around the internal dome part of the card.

6



6) Then glue another 5 on top to cover the gaps.

7



7) Draw on the paws hanging over the edge and a v shape for the jaw.

8



8) Next add the facial features: ears, eyes, noes and whiskers.

9



9) Now you can decorate your hedgehog! We painted ours but you can use anything you like.

If you want to try making different animals you could change it to a mouse or other animal by slightly altering the drawing and losing the spikes.

We'd love to see pictures of what you make, remember to send them in on social media or by email - for details see the back of this pack.



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"I'll Sleep Well Tonight!"

So often our days are filled with frantic activity that leaves us tired and yet we might never even leave the house! We spend the day sorting out the kids, talking on the phone or in a Zoom meeting whilst prodding away at a keyboard. All of this leaves us feeling tired. But this mental tiredness alone can lead to difficulties in sleeping.

Once you have done all you can to cut down on the things causing you stress, such as having to make too many decisions, then nature can help you with the rest.

For many years I have been leading practical environmental tasks with groups from Solicitors to young offenders. Clearing out streams, planting trees, drystone walling or just litter picking and the most common comment at the end of the task is "I'll sleep well tonight". There is an inherent feeling of satisfaction reported by participants and it is related to three things:

1. Exercise - balancing our mental fatigue with a physical one that puts us in a more natural balanced state

2. Giving back - a sense that you have done something good for a community and for nature

3. Connecting - with nature and other people – you have worked as a team and achieved something whilst surrounded by fresh air and the natural world that we are evolved to be part of.



There are lots of ways to try Environmental volunteering.

You can join S2R's Workday group on a Tuesday for example or you can get in touch with *Natural Kirklees* and search their database for a group near you that you might like to work with.

<https://www.naturalkirklees.org/>

Or contact the us at The Great Outdoors Project and we can try to link you up with something suitable.

contact@s2r.org.uk

07541 095 455

Even if you can't get out volunteering- get out in the garden. Make time to take a break. Do a few minutes pruning or have your lunch outside. If you can't manage this why not do what your teacher always told you not to do: stare out of the window for a few moments just to remind yourself what it's really all about.

Aromatherapy For A Good Nights Sleep

If you're dealing with insomnia or other sleep difficulties, essential oils may offer some relief. Extracted from flowers, leaves, and other plant parts, essential oils each have the unique scent of the plant.

Some of the best oils to use for good sleep are:



Lavender - This is the most popular essential oil for sleep and relaxation and the first, general go-to recommendation for people looking to try aromatherapy for sleep. Lavender is a soothing scent that's long been associated with relaxation and sleep, and used as a natural remedy for anxiety.



Bergamot - is a hybrid fruit somewhere between a bitter orange and lemon or lime. It has been traditionally used in Italian folk medicine and has been found to relieve tension and anxiety. Bergamot essential oil is often used in fragrances as well as food flavouring, and is also known to have antibacterial properties.



Cedarwood - As well as treating a number of physical complaints, cedarwood essential oil has natural sedative properties and can be used to combat stress and ease tension. It has a calming effect on the mind and for those with any sort of sleeping problem; it can encourage you to get a decent, uninterrupted night's sleep.



Ylang Ylang - essential oil is sweet floral aromatic extracted from the flower of a tropical tree in Southeast Asia. Ylang Ylang aroma has been shown to be relaxing and decrease blood pressure. Ylang Ylang aroma can calm the nervous system, leading to lower heart rate and blood pressure.

How to Use Essential Oils for Improved Sleep:

- Put a few drops on a cotton ball, and place on your pillow.
- Place drops directly on your pillow.
- Purchase a cold diffuser. (Heat lessens the effects of these oils).
- Place some diluted drops of your chosen oil on your hands, and rub them together*
- Dilute with a carrier oil and place some directly behind your ears*

*Never use undiluted Essential Oils directly on your skin. Always mix with a carrier oil (vegetable oil or nut oil) or other medium.



Food Tips for Better Sleep

For good sleep it is recommended you eat a balanced diet with regular meals and snacks. The right bedtime snack can help you fall asleep faster and sleep for longer.

Certain foods are recommended over other foods because they contain more of the right nutrients to aid sleep: **Magnesium, Tryptophan, B Vitamins, Carbohydrate, Protein and Calcium.** Examples of sleep promoting foods are: oats, almonds, walnuts, honey, lettuce, marmite, cheese, herbal tea and more.

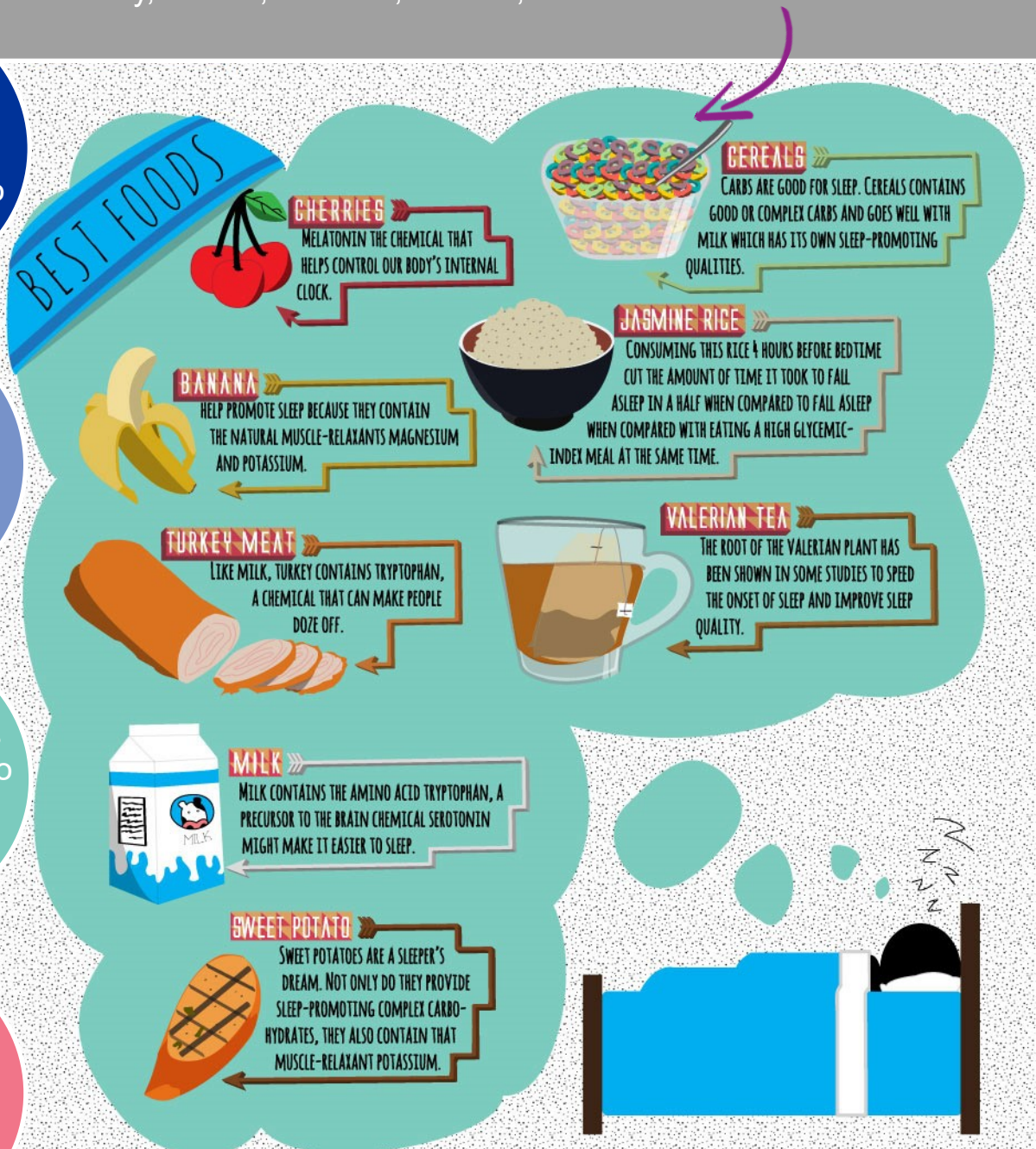


Going to bed on an empty or full stomach can make it difficult to drift off.

Drinking alcohol before bed results in poor quality sleep, expect to wake up multiple times!

Avoid large meals before bed! Stick to a small snack instead.

It's best to avoid caffeinated drinks like black tea, coffee and energy drinks before bed.



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Does Counting Sheep Actually Work?

1

**Keep to a sleep
routine and go to
bed at the same
time every night**

Most of us have tried counting sheep to help us get to sleep. Unfortunately there's little evidence to suggest that counting sheep actually helps us drift off to sleep. In fact research shows that for people struggling with insomnia - counting sheep is no better than doing nothing at all! Apparently this is because counting sheep is too boring.

2

**Keep your
bedroom pitch
black at night**

So why doesn't boredom help you sleep? Well part of the purpose of using a distraction strategy when you're struggling to sleep is to stop you from thinking about the things in your life that are stressful or worrying you. The problem with counting sheep is that it's so simple that your mind continues to stray back to those worrisome thoughts.

So if you can't sleep - what *can* you do?

3

**Avoid phones and
other
electronic screens
for at least 30
minutes before
bed**

The advice is to engage in relaxation imagery. Just because counting sheep isn't distracting enough, that doesn't mean imaginative exercises won't help you get to sleep. So when you're lying in bed awake - try imagining something that really immerses your five senses. For example, picture yourself on a beautiful beach. What does it look like? Can you smell the sea air? Hear the waves? Immerse yourself in this relaxing environment to calm your mind and help you get some shut-eye.

<https://www.carespot.com/blog/medicine-or-malarkey-counting-sheep-can-it-help-me-sleep/>

4

**Maintain your
bedroom
temperature
between 16 - 18
degrees
centigrade**

5

**Exercising earlier
in the day will
help you sleep at
night but don't do
it right before bed**

6

**Keep daytime
naps to below 20
minutes long**

How well do you sleep?

Try tracking your sleep for a week using the sleep diary below. If you notice any positive or negative patterns, try to figure out why they may be happening so you can replicate the positive patterns and improve on the negative ones.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you go to bed last night?							
After settling down, how long did it take you to fall asleep?							
How many times did you wake up during the night?							
If you woke up during the night, how long were you awake for in total?							
What time did you wake up today?							
What time did you get up today?							
How long did you spend in bed last night (from when you first got in bed to when you got out today)?							
On a scale of 1 to 5, how would you rate the quality of your sleep last night (1 being very poor - 5 being very good)?							



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Your Wellbeing Journal

10 minutes to reflect on your day

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task - getting up, dressed, cleaning teeth..
2. Activity - work, hobby, exercise...
3. Relaxation - reading, bath, calling a friend...

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task
2. Activity
3. Relaxation

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task
2. Activity
3. Relaxation



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Your Wellbeing Journal

10 minutes to reflect on your day

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1. Essential task

2. Activity

3. Relaxation

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task

2. Activity

3. Relaxation

Any other thoughts, feelings or notes you'd like to record about your week?



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Kirklees Libraries

Kirklees Libraries are beginning their phased recovery of physical services as coronavirus lockdown restrictions are lifted across the country.

The first stage of this is the “ring and read” offer.

Contact the library service on 01484 414868 to find out more and to book a slot.

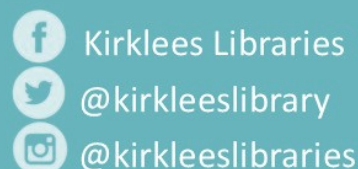
Staff will choose books for you (based on what you tell them about your reading preferences) and they will be ready to collect from 27th July at your pre-arranged time and library of choice from the list below:

- **Almondbury** - Monday 1pm to 3pm & Thursday at 2pm – 5pm
- **Batley** - Monday, Tuesday, Thursday and Friday 12:30pm - 3:30pm
- **Chestnut Centre** – Monday to Friday 9am – 5pm
- **Cleckheaton** – Monday, Tuesday, Thursday and Friday 12:30pm - 3:30pm
- **Denby Dale** – Tuesday 10am – 1pm and Friday 1pm – 4pm
- **Dewsbury** – Monday, Wednesday, Thursday & Friday 10am – 3pm
- **Holmfirth** – Monday, Wednesday, Thursday and Friday 10am – 1pm
- **Honley** – Tuesday and Friday 1pm - 4pm
- **Huddersfield** – Monday to Friday 10am – 1pm
- **Lindley** – Monday, Tuesday, Thursday, Friday 10am – 12pm
- **Rawthorpe Dalton** – Monday 3pm – 5pm and Tuesday and Friday 12noon to 1:30pm
- **Slaithwaite** – Monday 10am – 12pm, Tuesday 1pm – 3pm and Thursday 3pm-5pm



You can also return books in the bins provided outside each of these libraries, at these times.

We are:
**Kirklees
Libraries.**



WORKING TOGETHER BETTER

Are you looking for Mental Health & Wellbeing support? We are here for You!

During this Pandemic the Community Mental Health Services have been doing things differently to make sure everyone is being kept safe. We have been providing on-line activities, telephone support or posting out information. Most importantly we are here to support, listen and provide a service to people across Kirklees.

If you need support, information or want to contact any of our services please see our contact details below:

Touchstone - Kirklees Advocacy & Peer Brokerage Services		Adult Mental Health Advocacy across Kirklees community and hospital setting, helping people to understand their rights and speak up for them. The Peer Support Service is delivered by people with lived experience of mental health issues: providing information about services, advice on practical support or just someone to talk to.	Tel: 01924 460211 Email: advocacy@touchstonesupport.org.uk peerbrokerageservice@touchstonesupport.org.uk Web: www.touchstonesupport.org.uk
Richmond Fellowship - Kirklees Employment Service		Our employment service supports people to find meaningful paid employment, volunteering opportunities, education or training.	Tel: 01484 434866 Email: info.kirkleesES@richmondfellowship.org.uk Web: www.richmondfellowship.org.uk/yorkshire
Hoot Creative Arts		Creative activities for people experiencing issues with their mental health or wanting to maintain their wellbeing. Singing, music, creative writing, visual arts and digital music activities run by professional community artists all available online now.	Tel: 01484 516224 Email: info@hootmusic.co.uk Web: www.hootcreativearts.co.uk/hootfromhome
Community Links - Engagement and Recovery Service CLEAR		The Community Links Engagement and Recovery Service (CLEAR) provide a range of group activities and courses aimed to support people over the age of 18 in Kirklees with a range of mental health needs including Dementia.	Tel: 01484 519097 / 01924 465054 Email: clear.huddersfield@commlinks.co.uk clear.dewsbury@commlinks.co.uk Web: www.commlinks.co.uk
WomenCentre - Women's Mental Health & Wellbeing Service		A woman-only service supporting women living in Kirklees to improve their mental health and wellbeing. We offer counselling and a wide range of 1:1 and therapeutic group work, topic based courses, peer group support and activities.	Tel: 01484 450866 Email: wmh@womencentre.org.uk Web: www.womencentre.org.uk
Support to Recovery (S2R) - The Great Outdoors Project		Opportunities for adults to engage in activities connected to the natural environment. Delivered in small group settings and through online activities to improve emotional and physical well-being.	Tel: 07933 358 800 / 07561 612 604 Email: contact@s2r.org.uk Web: www.s2r.org.uk
Cloverleaf Advocacy - Carers Count Mental Health Service		We support carers whose loved ones have mental health needs, or are using drugs/alcohol or both. We also provide advocacy support to help carers speak up for themselves.	Tel: 0300 012 0231 Email: info@carerscount.org.uk Web: www.carerscount.org.uk



The Well-Bean Café is a safe and confidential 7 day service offering mental health support to anyone in crisis living in Kirklees. They are currently operating as a phone service only. If you wish to access the service please ring from 6pm to make a referral. FRI - MON Tel: 07741900395; TUES - THURS Tel: 07867028755



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Support

Mental Health Help Line

0800 183 0558

Offering confidential help and support 24 hours a day. The helpline will provide a listening ear, emotional support and guidance to adults with new or existing mental health conditions. It will also provide information, advice and support to carers.

Kirklees Better Outcomes Partnership (Emergency Advice)

07562252940 (8am - 8pm)

Kirklees Gateway to Care – social services

01484 414933 (24 hours a day)

Pennine Domestic Abuse Partnership

0800 0527 222 (24 hour helpline)

Well-bean (Crisis) Cafe

Huddersfield 07741 900395

Dewsbury 07867 028 755

Community Response Helpline

01484 226 919 / 0800 4561114

(8am - 6pm weekdays, 10am - 4pm weekends & bank holidays) *Updated*

Support to Recovery (S2R)

07933 358 800 (10am - 4pm weekdays)

SPA mental health - Single Point of Access

01924 316 830

Folly Hall - Mental Health Service

01484 343 100

IAPT for people with low mood or anxiety

01484 343700

Grief and Loss Support Service

0808 196 3833 (8am - 8pm)

In West Yorkshire...

Rogue Trader offering 'free' cavity wall insulation and a free boiler upgrades.

Reports of a Rogue Trader cold calling homes in Huddersfield offering 'free' cavity wall insulation and 'free' boiler upgrades. The Trader claimed to offer 'free home improvements' regardless of whether, "you're on benefits or not, you are guaranteed to get the free upgrades". This is false. Please note that the Government Green Homes Scheme is not yet live and any traders offering services for 'free' are likely to be false.





We haven't beaten the virus... yet!

COVID-19 is still in our community.

The only way to eliminate it is to stop it from spreading.

All of us have the power to beat the virus.

Here's how you can play your part...



1 Stay 2 metres apart

Only get closer to people within your household bubble.

If you have to get closer then consider wearing a face covering



4 Wear a face covering

especially if you're using **public transport** or expect to be less than 2 metres away from others



2 Wash your hands

Wash your hands regularly with soap and warm water for 20 seconds - **Especially when you've been out**



5 Isolate with symptoms

If you get symptoms – **isolate immediately, call 111 and get a test**



3 Stay away from crowds

even **small groups in small places** can spread the infection



6 Test & Trace

If you are contacted by NHS Test & Trace – **isolate immediately and follow their instructions**

The future is in our hands

www.kirklees.gov.uk/coronavirus



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We hope you find this pack useful and enjoyable.

If you are comfortable using the internet - check out our website and social media pages for more wellbeing tips, nature-based and creative activities:

Website: www.s2r.org.uk

Facebook: [@S2R Create Space](https://www.facebook.com/S2RCreateSpace)

Twitter: [@CreateSpaceS2R](https://twitter.com/CreateSpaceS2R)

Instagram: [@S2RCreateSpace](https://www.instagram.com/S2RCreateSpace)

Please tell us what you think of this Wellbeing Pack: all feedback is appreciated, and if there is anything you would like us to include in future packs - do let us know - all ideas will be considered. Remember to send in photos of activities you have been doing too, it could be pictures of nature or a craft activity, we would love to see them and share with others.

S2R is a Mental Health & Wellbeing Charity delivering Wellbeing, Nature-based and Creative activities across Kirklees communities.

If you would like to support S2R by making a donation, you can do so online by visiting the 'Support Us' page of our website here:

www.s2r.org.uk/supportus

Or by post, addressing cheques to:

Support to Recovery, 5 - 7 Brook Street, Huddersfield HD1 1EB

Thank you