

BWBWBW

BE WELL BI-WEEKLY



KICKING UP
THE PAST

The football team that went to war



STAY
ACTIVE &
FEEL GOOD

A WAY WITH
WORDS

DELVE INTO OUR
POETRY PAGE

HOME RECIPES
CHEESE SCONES

Welcome to

BE WELL BI-WEEKLY

Can you find the Be Well Butterfly in this edition of BWW?



AND THE GREATEST OF THESE IS CONNECT

In our last edition we talked about the concept of The Five Ways to Wellbeing, what they mean to Be Well and how they have influenced the growth and development of the Partnership. Of the five we think Connect is the most important for our people and this article explains why.



When Be Well began, it was called WellFit - a play on the words Wellbeing and Fitness. We used the word "wellbeing" but didn't really understand it and had started our journey focussing on getting people active. In marketing terms that was our "sausage" - our basic product - but we soon found that people were buying our services for the "sizzle" - the benefits the activity brought them - and the sizzle was all about socialising with other people like them. That's what we take Connect to mean, meeting other people with whom you have some affinity.

In 2017 we changed our brand name to Be Well to reflect our new understanding of Wellbeing and the evidence from our customers. One regular - a lovely man called Brian who was a "frequent flyer" at his GP practice before he discovered Walking Football - epitomises why Connect is so important. In a filmed interview, he said "I used to be lonely, staying in my bungalow all day and never seeing anyone. But then I found Walking Football and now I have about a dozen new friends. We have a laugh and a bit of a game and now I don't go the GP's as much and I feel much better."

The key part of Brian's story is that, after years of growing isolation he had re-joined his community. Brian eventually had to give up football because of a medical condition but last time he popped in to say hello he had joined a weekly walking group (longish walk, slightly longer lunch) and was volunteering to drive his neighbours to hospital appointments.

Connecting with neighbours, family and friends old and new is a key component for mental health and that's why we have worked so hard during lockdown to counter the isolation so many people are feeling. Initially we used the internet but, having realised that many of you out there don't use computers, we started this magazine. The sausage is a series of short articles on things which might interest you and the odd nice picture. The sizzle, we hope, is that you feel we are here for you, that you belong to the Be Well Family and that maybe, just maybe, you will get back in touch and perhaps join in with an article of your own, or your Desert Island Discs or your favourite poem. What do you say?



Ask Dave

Hints & Tips For Your Garden



Question: My potatoes have begun to get curly leaves and they are turning yellow. What is causing it?

Answer: Unfortunately the warm wet weather of the last two weeks is perfect for causing blight on potatoes and tomatoes. Spray with a fungicide and pick off the affected leaves. Do not put these leaves on the compost heap but burn them or put them in your green bin as they could reinfect the soil next year. If you have tomatoes in the greenhouse spray them now before they are affected. Use a standard fungicide available from garden centres or online.

Tips

Many flowers are in bloom right now - to keep them flowering for longer, dead heading will help. When the flowers die, seed pods start to form and we remove these "dead heads" to help the plants keep producing more flowers. Most flowering plants - including fuschias, dahlias, roses and chrysanthemums - will keep going for longer. Lilies won't re-flower, but taking off the seed head means the plants don't use energy to make seeds. Instead, the bulbs get bigger and make more flowers next year.

The warm, wet soil is perfect for sowing in the vegetable garden right now. Sow dwarf french beans direct into the soil. Sow radish, lettuce and salad crops and they will quickly germinate and grow. A late sowing of broad beans can be done now to extend the cropping season. "Difficult to grow" crops such as pak choi or mooli can be sown every two weeks so that there will be a supply in the autumn. These crops are very prone to bolt and run to seed so never let them dry out.

Start thinking about winter crops. Hardy black radish sown now will be ready in October and can be lifted and stored for winter use. Sow salad crops where they can be covered with a cloche in September and will keep growing and give us some salad in October and November

And keep weeding!

Dave Sudworth

A HAPPY ACTIVE LOCKDOWN

Keeping active during lockdown has been a challenge for old and young and Helen Rose, very much one of the latter, has shared her experience which, we think, will ring some bells with many of our readers. Helen is a “born and bred” Glossopian and a friend of Be Well. Nowadays she shares a small house in Belfast with her partner and is a writer and editor.



I've never been good at exercising – that is, doing exercise for its own sake. No gym memberships or fitness apps here – the easiest way to get me moving is to make it part of something else. Team sports work well, both because of the social element and the fact that my competitive streak means I'm more motivated by a score board than a personal best! But mostly I try to incorporate physical activity into my everyday life.

I don't drive, so walking and cycling keep me moving on a daily basis. I've also tended to have active jobs where I was on my feet, and, when I've worked in offices I've tried to make the most of my lunch break and go for a walk, as much for the fresh air as anything else. I won't be running marathons any time soon, but I've been able to keep a fairly active lifestyle that has kept me healthy and happy.



And then came lockdown! Suddenly the world shrank to the size of a two-up-two-down with no garden. No more walking to work. No more cycling into town to meet my friends. I've found it so difficult to motivate myself to get moving.

Apart from the few and far between non-gym-bunny-friendly ones like Kirsti's, the flood of lockdown workouts online hasn't helped. I don't want to “work it”! I don't want to be told this activity will give me a tighter tummy or to think about how many calories I'm burning. I just want to stay active, because it makes me feel good, mentally and emotionally as much as physically.

Going on walks with my partner has helped – we can talk to each other rather than it feeling like we're 'Out To Exercise'. And I've been doing yoga at home – the focus on mental balance rather than fitness really works for me. I don't think I really appreciated how much daily activity I had before lockdown. I'll certainly be more grateful for it now!



STAY ACTIVE ... AND FEEL GOOD!



Tunics for Goalposts: A Wellbeing Journey



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The path from A to B is not always a straight line and the story of the genesis of one of Be Well's most successful projects is wavy bordering the unlikely. It all started with a game of football...

In 2014 when Be Well was still called WellFit and all its volunteers and staff could fit round one table for Christmas at the Bluebell Wood, we decided that "learning new things" was a great way to build wellbeing and that "heritage" was a useful vehicle.

Our evidence for both was a little sparse but "strongly indicative". A fortnight before we had organised a Walking Football Tournament to commemorate the 1914 Christmas Day Football Match between the German troops and the British which marked the end of the first phase of the Great War, the "gentlemanly, cavalry charges and respect for your enemy" phase after which things all got a bit more industrial and far more gruesome.



As part of the tournament, held at what is now Glossopdale School, we involved some older students in the organisation, had a number of classes come out to spectate and we invited the Head Teacher to play for a side including the High Sheriff of Derbyshire and the Leader of High Peak Borough Council. It was a great morning but key to our future plans was what happened after lunch.

We arranged for some of our players to spend an hour with a small group of students and talk about Glossop and its heritage, including any insight the men might have into the effect of war. With a couple of men whose families had been in the town for a few generations we had some 'received wisdom' and the teacher felt it was a worthwhile experiment.



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It went remarkably well. The men were able to speak in small groups with two or three students and, although their questions were eclectic and challenging, everyone said they found it valuable and enjoyable and wanted to do some more.

At the very next football session our leader Mick Owen, who had researched an application to the National Lottery Heritage Fund and formed a sketchy idea for a project, asked one of the men, Allen Battersby, "Do you like heritage stuff, then, Al?" Allen said he was very keen on the subject and was recruited, then and there on the touchline of the school's 3G pitch, to help research the Glossop Football Club team which "went to war".



The men, shown in the picture, were photographed in a game played as part of the highly controversial 1914-15 season in the second division of the Football League. They could play a bit.

By dinner-time the following day Allen had researched two men - one from Scotland, one from Durham - and was lit up like the pub Christmas tree with enthusiasm and purpose. The rest is history, as they say, and in the next edition of BWW Allen will take up the project's history and tell some of the men's stories - which include medals and glory, playing for Manchester United and the whiff of scandal.....

The 2014 footballers enjoying camaraderie of their own





NOWT ON THE BOX?

JAYNE OWEN GIVES US HER THOUGHTS ON UNMISSABLE TV

Being part of the Be Well finance department, I try to 'look on the bright side' when faced with adversity, so, when we were all faced with an unspecified time under strict lockdown conditions, I tried to be positive. Conversational Italian? Walk more with the dogs? Try that running app thing for the third time? Well, goals are supposed to be realistic, so how about catching up on the telly programmes I have always wanted to see? And when I say "I" in this context I do mean "we". My husband and I only have one telly so most of our evening's viewing decisions are compromises. So what did we see?

Top of our list to get through was "Game of Thrones". At 73 episodes over 8 series it takes some watching but, luckily, we had a "Thrones Coach" (our eldest) who mentored us through it. After three, she said, we would be hooked, and we were.

What's it all about? Warring families - think Arthurian knights slash Vikings; lots of fighting, blood and gore; surprising amounts of sex involving unclothed super-models; complicated plots; and a bit of magic. Most surprising thing? The writer tends to kill off leading characters willy-nilly. Verdict. Watch it! At least the first three episodes.

You should also watch The Vicar of Dibley. What a hoot! It was written and made by Richard Curtis (Four Weddings, Mr Bean and the fantastic Blackadder) so it's very, very funny, clever and endearing. Comforting's the word, like a cupboard full of Smarties (see Episode 13).

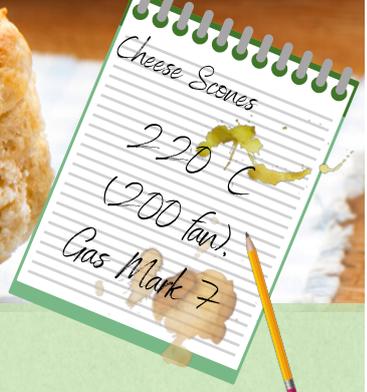
And on "real telly"? Normal People is about two Irish teenagers falling and being in love, the course of which doesn't run smooth. 2 series, 12 episodes. Strangely addictive. Nudity and minor violence, neither gratuitous, and a happy ending. No, it's not. Yes, it is. You decide. It's a bit like that. Watch it!

And if you can't "catch-up", do try Flog It with Paul Martin - the sexiest antique dealer on telly (which isn't saying much!) Some lovely antiques, some tat, lots of fascinating British heritage and some sale room drama. Nice.





*This Week's
Recipe Comes from
Sarah Grantham*



Sarah's Cheese Scones

Sarah grew up in Glossop. Her mum, Margaret Padley, was an excellent baker who always seemed to have a tasty treat just out of the oven in case of visitors (or a hungry daughter just back from school). Sarah remembers these cheese scones with particular affection and still has her mum's handwritten recipe in her increasingly battered cookery notebook.

Ingredients

- 8oz plain flour
- 1 tsp cream of tartar
- ½ tsp bicarbonate of soda
- 2oz butter or margarine
- 4oz grated cheese, plus a little for sprinkling (mature cheddar is best)
- ½ tsp mustard powder
- About ¼ pint milk

Method

Pre-heat the oven to 220 (200 fan), gas mark 7. Grease a flat baking sheet. Sieve together the flour, cream of tartar and bicarbonate of soda. Rub in the fat thoroughly. Add the grated cheese, a sprinkling of salt and pepper and the mustard powder and mix to a soft dough with the milk.

Turn onto a floured board, knead lightly if necessary to remove any cracks and roll or pat out gently until the dough is about 1 inch thick. Cut into rounds, triangles or finger strips and place on the baking tray. Glaze with milk, sprinkle with the extra cheese and bake for 10-13 minutes – keep an eye on them after 10 minutes and take out when the tops are golden and the scones have risen. Wait as long as you dare before tucking in; they're delicious pretty much straight out of the oven but can be gently reheated if necessary.

Eat them the same day – you won't be able to resist them for long anyway!

WHAT IS A SENIOR CITIZEN?

One of the challenges of reaching a "ripe old age" is picking a way to describe yourself which suits you from the many on offer. Are we 'pensioners', 'OAPs' or 'elders'. Ron Seymour from our Men's Social Club clearly sees himself as a 'Senior Citizen' and he took the trouble to send us this definition. One or two of the examples are a little dated and would not be used by Be Well in another context.

A Senior Citizen is one who has been here before the pill, television, frozen foods, contact lenses, credit cards...and before man walked on the moon.



For us, 'Time Sharing' meant togetherness not holiday homes, and a 'chip' meant a piece of wood

'Hardware' meant nuts and bolts and 'Software' wasn't even a word.

We got married first, then lived together, and thought cleavage was something butchers did.

A 'stud' was something that fastened a collar to a shirt and 'going all the way' meant staying on a double decker to the bus depot.

We thought 'fast food' was what you ate in Lent. A 'Big Mac' was an oversized raincoat and 'crumpet' we had for tea.

In our day, 'grass' was mown, 'pot' was something you cooked in, 'coke' was something you kept in the coal house and a 'joint' was cooked on Sundays!

We are today's Senior Citizens. A hardy bunch when you think how the world has changed!



Bible or Shakespeare ? That is the Question.

Below there are 6 quotes: are they from a Shakespeare play or from the Bible?

1. Yet man is born unto trouble as the sparks fly upward
2. This above all, to thine own self be true
3. Weeping may endure for a night, but joy cometh in the morning
4. Stay me with flagons, comfort me with apples for I am sick of love
5. A merry heart doeth good like a medicine
6. How poor are they that have not patience



Answers from last edition. Top Teasers Answers: Future, Bank Word Link Answers:

WORD A		WORD B
DOOR	POST	BOX
CHESS	BOARD	WALK
THUMB	SCREW	DRIVER
FLAP	JACK	POT
LETTER	HEAD	ACHE
STONE	WALL	PAPER

Can writing poems help your mental health? The Grapevine Wellbeing Centre based in Buxton certainly think so and when our contributor (who asked to remain anonymous) signed up to their writing group, he discovered they are right. This poem is just part of his lockdown output.



THE VILLAGE FETE

The parish council, egalitarians all
(By order of the National Lottery)
Are pleased to announce an Open approach
To this year's Village Hall and Produce Show.

The breeze-blocked, shiny, plated glass behemoth
A present from the nation's small-time gamblers
Squats, sore-thumb anomalous, the backdrop
To an ancient, Anglo Saxon pageant
Played out on greensward given over by a Norman knight
With entries in from every nook and cranny of the social mise-en-scene.

Highly coveted, the Certificate for "12 times party bun (themed)"
Excites the crowd.

A dozen crafted castle keeps,
Decked in the colours of the county's foremost families;
Entered by a vintage vision in thrift-store-chic,
Sourced online from impeccably artisan suppliers
Troubles the self-appointed standards Stasi."
Shop-bought fondant" snipes the one.
"Transfers. Transfers!" sneers the other.
Sotto voce as they scuttle past.

Three courgettes", a battle of the Titans, this.
Two weather-leathered pensioners in matching accent, cap and scowl
Have fought this fight since "Small marrow times 3 (identical)
"Was on the order paper.

While in the ring the smiles are lacquered on like lovers' lipstick
Lest any mother let it slip how much she needs her little one to win
"Most endearing pooch (no size restriction)".

Above it all,
Sherry-serene and socially unsinkable
The Judge.
This year - lessons learnt - the vicar's wife from two parishes along;
A veteran of village conflicts
From sabotaged potato crops to disregarded icing regulations
And winner of a few; no quarter given.
Taking no side, with no need to curry favour or play the parish politicking game
Her judgement, like the Lord's, is swift and sure.
And beaming smiles can be unfurled
And carefully composed "magnanimous in defeat" expressions practiced
Yet again.

The two old marrow men
Sharing beer and grudging praise, long since, prop up the bar
Their newly inked-in certification couriered by squealing grandkids,
Both knowing more than most what days like this are for.
And as the sun descends, another shift complete,
The village sighs; content that casualties were few
And those only flesh wounds.



In the last edition we published a piece by Susan Foster about her favourite poem. Unfortunately (and for reasons that completely escape all of us) we forgot to include the poem itself – so here, with a sincere apology to Susan, is The Listeners by Walter de la Mare.

THE LISTENERS

**"Is there anybody there?" said the Traveller,
Knocking on the moonlit door;
And his horse in the silence champed the grasses
Of the forest's ferny floor:
And a bird flew up out of the turret,
Above the Traveller's head:
And he smote upon the door again a second time;
"Is there anybody there?" he said.**

**But no one descended to the Traveller;
No head from the leaf-fringed sill
Leaned over and looked into his grey eyes,
Where he stood perplexed and still.
But only a host of phantom listeners
That dwell in the lone house then
Stood listening in the quiet of the moonlight
To that voice from the world of men:**

**Stood thronging the faint moon beams on the dar
That goes down to the empty hall,
Harkening in an air stirred and shaken
By the lonely traveller's call.
And he felt in his heart their strangeness,
Their stillness answering his cry,
While his horse moved, cropping the dark turf,
'Neath the starred and leafy sky;**

**For he suddenly smote on the door, even
Louder, and lifted his head:-
"Tell them I came, and no one answered,
That I kept my word," he said.
Never the least stir made the listeners,
Though every word he spake
Fell echoing through the shadowiness of the still
From the one man left awake:**

**Ay, they heard his foot upon the stirrup,
And the sound of iron on stone
And how the silence surged softly backward
When the plunging hoofs were gone.**

Walter de la Mare

