

# Summer 2020



**Local Trust** | **Big Local**  
**North Meets South (NMS)**  
is by residents, with residents & for residents  
of Marks Gate & North Chadwell Heath  
[www.nmsbl.org.uk](http://www.nmsbl.org.uk)



## THANK YOU COMMUNITY HEROES!

On behalf of everyone in Marks Gate & North Chadwell Heath, we say a big thank you to all community heroes – the special individuals who went above and beyond on their own initiative to help others, the volunteer shoppers and deliverers, foodbanks, good neighbours, parents, carers, supermarket workers, school staff, rubbish collectors, NHS, healthcare and other key workers. We appreciate you!



### IN THIS ISSUE:

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- East Road area benches
- Colour in Marks Gate & North Chadwell Heath
- Protecting mental wellbeing in & after lockdown
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## EAST ROAD AREA BENCHES



Earlier on, older residents asked for benches so they have somewhere to rest, particularly on their way to and from the High Road shops. We met with the council who narrowed down the suggested sites to three. We then sent a consultation letter to all East Road and Rose Lane addresses. The result is that the potential for anti-social behaviour near people's homes means it won't be possible.

**Instead, please let us know if more benches in St Chad's park would be helpful: contact Ola on 07419 285839 or email [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)**



## COLOUR IN MARKS GATE & NORTH CHADWELL HEATH



Use your creativity to beautify our area with Street Space's 'Colour In Marks Gate & North Chadwell Heath'. While in lockdown the Chadwell Heath Nimble Fingers group has been busy knitting more than 160 flowers towards this North Meets South funded project! You can join in too! Learn how to make colourful pom poms: <https://www.youtube.com/watch?v=SXFCO3LBjss>

There's even an interactive map for you to show where you'd like to 'colour in' – follow the link from our website: [www.nmsbl.org.uk](http://www.nmsbl.org.uk)

**Contact Phillippa for supplies on 07984 145794 or email [phillippa@wearestreetspace.org](mailto:phillippa@wearestreetspace.org)** There's a collection box for your pom poms and knitted flowers at Rose Lane Co-op. Please leave strings of wool attached for tying.





# PROTECTING MENTAL WELLBEING, IN AND AFTER LOCKDOWN

## 5 STEPS TO A BETTER YOU

Evidence suggests there are 5 steps we can take to improve our mental health and wellbeing. Trying these things could help us feel more positive, and able to get the most out of life.

### 1. Connect with other people:

Good relationships are important for our mental wellbeing. They can help build a sense of belonging and self-worth, give us an opportunity to share positive experiences, provide us with emotional support, as well as allowing us to support others. There are lots of things you could try to help build stronger and closer relationships. For example, setting aside time to spend with family or friends without the TV – playing a game with the children, calling a friend, or chatting over a cup of tea.

### 2. Be physically active:

Being active is not only great for our physical health and fitness, it can also improve our mental wellbeing by raising our self-esteem. Setting goals or challenges (even if small) and achieving them causes chemical changes in our brain which can help to positively change our mood. You don't have to spend hours in a gym; it's best to find activities you enjoy and make them a regular part of your life. Walking is one of the easiest ways to get more activity into the day. Or why not try running with the NHS's 'couch to 5k' podcasts? Go to:

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

### 3. Learn new skills:

Learning new skills can also improve mental wellbeing. By boosting self-confidence and raising self-esteem, learning new skills helps to build a sense of purpose. If you feel you don't have enough time to take on a long course, there are lots of different ways to bring learning into your life: working on a DIY project, learning to cook something new, or trying new hobbies like knitting or pom pom making. There are lots of free youtube tutorials online.

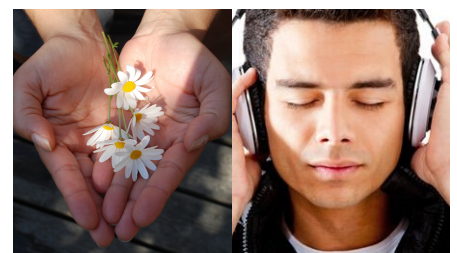
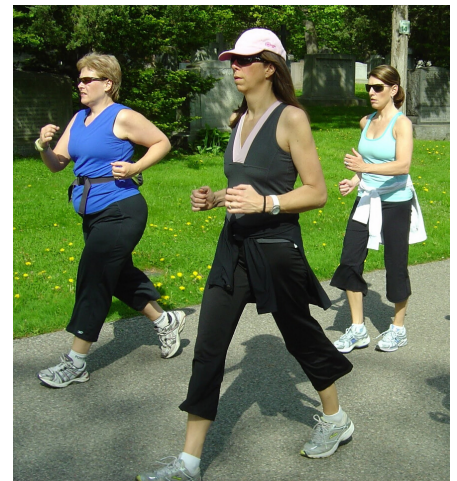
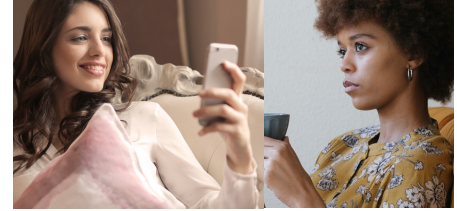
### 4. Give to others:

Research suggests that acts of giving and kindness can help improve our mental wellbeing by creating positive feelings and a sense of reward. Giving contributes a feeling of purpose and self-worth, as well as helping us connect with other people. It could be small acts of kindness towards other people, or bigger ones like volunteering in the local community. Here are some things you could try: spending time listening to and talking with older neighbours or relatives who are lonely or need support, or helping out at a local foodbank.

### 5. Pay attention to the present moment (mindfulness):

Paying more attention to the present moment can also have a positive impact on our mental wellbeing. This includes focusing on our thoughts, our feelings, our body and the world around us, appreciating nature, and acknowledging the little things in our lives we can be thankful for.

*Courtesy of the NHS*



**NEED A FACE MASK? Dagenham Asda has low cost, re-usable face masks in their clothing section.**

## SPECIALIST AND EMOTIONAL SUPPORT WHEN YOU NEED IT

**Talking Therapies (IAPT):** NHS self-referral service providing online, self-help, and one to one telephone or video call support, as well as weekly group webinars for emotional wellbeing. Call **0300 300 1554 option 3** 9am-5pm Monday-Friday, or email [bdtalkingtherapies@nhs.net](mailto:bdtalkingtherapies@nhs.net)

**Samaritans:** Talk about anything that is upsetting you 24 hours a day, 365 days a year. Call **116 123** free from any phone

**The Mix:** Free information and support for under 25s on sex, relationships, drugs, mental health and more. Phone **0808 808 4994** Sunday-Friday 2pm-11pm or use the chat service: <https://www.themix.org.uk/get-support/speak-to-our-team>

**NELFT Mental Health Direct:** Ring **0300 555 1000**, 24 hours a day, 365 days a year for NHS support

**Switchboard:** If you identify as gay, lesbian, bisexual or transgender, call **0300 330 0630**, 10am-10pm every day (phone operators all identify as LGBT+). Email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use the webchat service: <https://switchboard.lgbt/>

**CALM:** The Campaign Against Living Miserably is for men aged 15-35. Phone: **0800 58 58 58** (daily, 5pm to midnight) or use the webchat service: [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/)

**Solace:** Free and confidential advice and support in a range of languages, for women affected by abuse. Includes women with insecure immigration status or No Recourse to Public Funds. Phone **0808 802 5565** Monday-Friday 10am-4pm, and Tuesday evenings 6pm-8pm

**YoungMinds:** Information for parents, about child and adolescent mental health. Ring **0808 802 5544**, Monday-Friday 9.30am-4pm. In a crisis text YM to 85258

**NSPCC:** 24-hour helplines dedicated to ending child abuse. Adults concerned about a child or young person, phone **0808 800 5000**  
**Children and young people, please call Childline: 0800 1111**

**Refuge:** 24-hour helpline and advice on dealing with domestic violence. Phone **0808 2000 247**

**Alcoholics Anonymous:** Phone **0800 917 7650** (24-hour helpline)

**Cruse Bereavement Care:** Call **0808 808 1677** Monday-Friday 9am-5pm

**Family Lives:** Advice on all aspects of parenting, including dealing with bullying. Phone **0808 800 2222** Monday-Friday 9am-9pm. Also Saturday-Sunday 10am-3pm

*The above information is currently correct but could change as things progress.*



### A MOMENT OF PEACE AND CALM

This calming breathing technique for stress, anxiety or panic, takes just a few minutes and can be done anywhere, every day, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

- 1 Make yourself as comfortable as you can. If possible, loosen any clothes that may restrict your breathing.
- 2 **If you're lying down**, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.  
**If you're sitting**, place your arms on the chair arms or your hands in your lap. Put both feet flat on the ground, roughly hip-width apart.
- 3 Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- 4 Try breathing in through your nose and out through your mouth.
- 5 Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. Don't worry if you can't reach 5, at first.
- 6 Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again.
- 7 Keep doing this for 3 to 5 minutes.

*Courtesy of the NHS*



# HELPING YOU BOUNCE BACK



## STRUGGLING TO MAKE ENDS MEET?

If you live in Marks Gate / Chadwell Heath, North Meets South may be able to help. Contact us: 07419 285839 [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)



## BEAT THE HEAT

All you need to make this summer fan is light card or scrapbook paper, and string. Why not decorate each side differently before starting?



**STEP 1** Turn your paper over to the back. Fold up the edge about an inch (2.5cm), and crease well.



**STEP 2** Turn your paper over to the front, and fold as in Step 1.



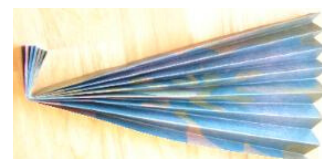
**STEP 3** Turn your paper over to the back again, and fold the edge up again: you're making accordion-like folds.



**STEP 4** Repeat the above steps of folding until you reach the end of your paper. If it doesn't line up, just trim it off.



**STEP 5** Pinch one end of the paper, and fold it upwards.



**STEP 6** Wrap your string round the bottom end of this fold, moving upwards as you wrap.



**STEP 7** Wrap all the way up to the top of the fold, and tuck the extra string under your wrapping with a pencil or pen, to finish.



*Courtesy of Crafty Classroom*

## LOOKING FOR WORK?

Click **VACANCIES** on North Meets South's homepage for nearby job opportunities. Plus, if you're 19+ and live in Marks Gate/North Chadwell Heath, our bursary fund could pay accredited course tuition fees up to Level 3. To help move your career forward, visit [www.nmsbl.org.uk](http://www.nmsbl.org.uk)

## UPSKILL YOUR JOB PROSPECTS

North Meets South is offering free online courses for our Marks Gate & Chadwell Heath community to help improve your job chances. Email [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)



Choose from these short, flexible online courses delivered by iHASCO, and receive your completion certificates:

- 1 Food Safety & Hygiene Level 2 (includes Level 1)
- 2 Mental Health Awareness
- 3 Essential Health & Safety
- 4 Equality & Diversity
- 5 Fire Awareness
- 6 Customer Service Skills
- 7 Manual Handling
- 8 Risk Assessment
- 9 Safeguarding Children Level 2
- 10 Safeguarding Vulnerable Adults
- 11 Coronavirus Awareness



**Could North Meets South help you or someone you know? Contact Ola on 07419 285839 OR email [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)**

**Watch out for summer holiday sports/fitness: [www.nmsbl.org.uk](http://www.nmsbl.org.uk)**

