

## Welcome to our Wellbeing at home activities pack



Healthy Lifestyle



Managing stress  
and anxiety



Living with  
health conditions



Volunteering



Alcohol  
and drugs



Employment



Housing issues

“The book reviews are great, I used to read the reviews to my Mum and see if she wanted to read one but I’ve found myself reading a few myself. I’d forgotten how much I liked reading and have made time to read which makes me feel better too.” G – Prestwich

Within our local community there is a wide range of community groups, activities, events and services all of which can help improve our health and wellbeing, making us feel more connected to our neighbourhood and where we live. We know that it’s not always easy to get involved with these for many different reasons whether it’s working, caring for family members, or being unable to leave your home. We’re working with local residents, community groups and organisations to create a series of activities which give you the chance to get involved from your own home.

You can do as many of the activities as you want to and activities can be adapted to suit your needs whether that’s reading to grandchildren or setting up a knitting group in the care home you live in.

**Your social prescriber can help make the changes you need to improve your own health and wellbeing.**

### To get in touch

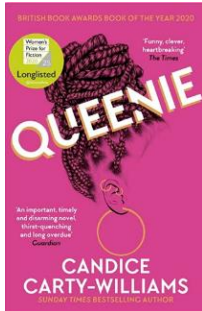
- Email: [julie.bentley8@nhs.net](mailto:julie.bentley8@nhs.net)
- Call: 07713 750 458,
- Follow our Facebook page Bury GP Fed and join our Facebook group Together Prestwich
- Come along to one of our weekly social drop in:

Every Tuesday 1pm – 3pm at Church Lane Community Centre,  
Church Lane, Prestwich

Every Monday 10:30am – 1pm at St Gabriels Community Room, St  
Gabriels Church, Bishops Road, Prestwich

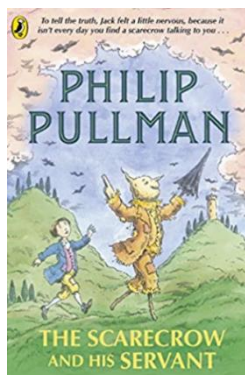
**If you have received this pack through another source and wish to continue receiving it, please email [julie.bentley8@nhs.net](mailto:julie.bentley8@nhs.net)**

**Thanks to Gemma at Lowther Road Free Little Library for the monthly book reviews!**



**Queenie - Candice Carty-Williams** - On the surface this feels like a throwaway holiday read, a bubbly story of poor choices and wanton self destruction. In fact I almost put it down after chapter one as the main character seemed so one dimensional. Boy am I glad I stuck with it! Queenie sneaks up on you with its subtly, reflecting accurately that mental health is often times chipped away without you realising it. The story of 26yr old Queenie and the ending of her relationship actually becomes a story of race, gender, society, politics, and feminism. Wandering the fine line we all tread between mental wellness and mental illness.

**God's Own Country - Ross Raisin** - based in the Yorkshire Moors this is the story of outsider Sam Marsdyke, a young farmer who is cut off socially from his village after being expelled from school. His inward battles veer from the gentrification of his town, the troubled history which causes his exclusion, and his stoic father battling on in the old ways. Becoming consumed by an obsession with a girl new to the area his next moves are both peculiar and inevitable.



**Child - The Scarecrow and His Servant - Phillip Pullman** This is a chapter book absolutely packed with humour and adventure. There is no doubting Pullman as a master storyteller and this book is no exception. It was so good that the whole family gathered in bed to listen to a chapter a night. The story follows a scarecrow who is both wonderfully charming and (quite literally) pea brained. He's filled with grand ideas and along with his faithful servant Jack they encounter brigands, wars, shipwrecks, desert islands, unscrupulous businessmen and talking birds. Laughs and adventures this book is best read aloud I think though older children (8+) would likely manage it alone.

**You can borrow these from the local library or access them free at Borrowbox <https://www.borrowbox.com/>**

## Prestwich Community Cinema

Prestwich Community Cinema will be meeting to watch **Moonage Daydream** on **Sunday 12<sup>th</sup> February 2023** and at 7:30pm (doors open at 6:30pm) at **The Carlton Club, 279 Bury Old Road Prestwich, Manchester, M25 1JA** for their film nights.

You can buy your ticket for **£5.80** on the night or book online at <https://prestwichcommunitycinema.co.uk/whatson/>

If you can't go along have a watch at home, listen, sing and reminisce about some fantastic music!

What is your favourite David Bowie song?

### **Moonage Daydream**

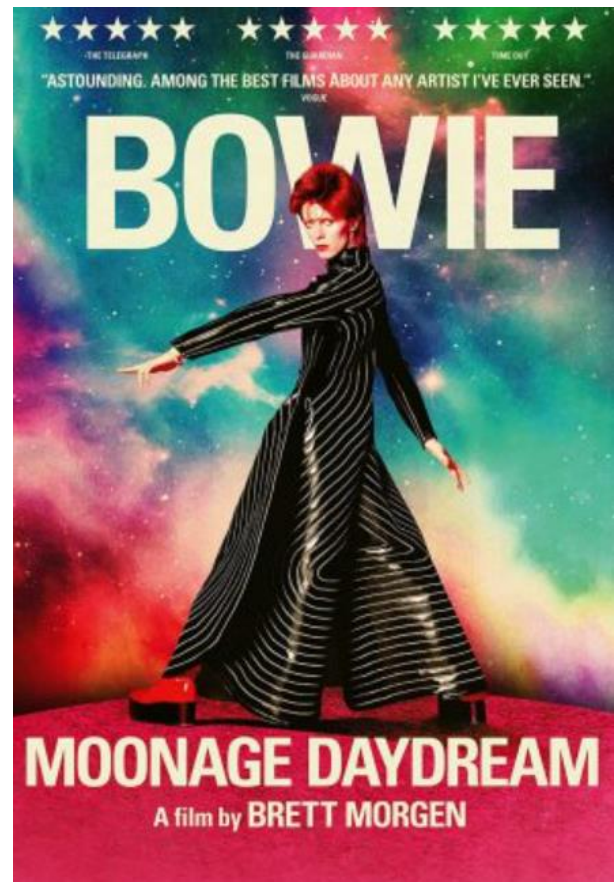
Director: Brett Morgan

Cast: David Bowie

Approx runtime: 135 min

Rating: 15

MOONAGE DAYDREAM is a cinematic odyssey exploring Bowie's creative, spiritual and musical journey. From the visionary mind of Brett Morgan, Moonage Daydream features captivating, never-before-seen footage and performances spanning David Bowie's 54-year career. The film includes 40 exclusively remastered Bowie songs and is the first film ever sanctioned by the Bowie Estate, with local access to the artists' archives.





## It's quiz time with All things David Bowie!

### Answers at the end of the pack

1. Which song did Mick Jagger and David Bowie perform together for Live Aid?
2. Who was Bowie's lead guitarist between 1970 and 1974?
3. Which film featured a cameo of Bowie as himself, refereeing a walk-off between Ben Stiller and Owen Wilson?
4. What was the name of Bowie's first UK number-one single?
5. In which year was David Bowie born?
6. Who is the mother of David Bowie's only son, Zowie?
7. In what movie did David Bowie play the Goblin King?
8. Which future soul star sang backing vocals on David Bowie's 1975 album "Young Americans"?
9. What is David Bowie's son's occupation?
10. What movie did David Bowie star in 1975 when he played an alien?

Thanks to Jenni Lea from the Nature for Health team at Lancashire Wildlife Trust for this activity. For more information about Nature for Health please contact [jlea@lancswt.org.uk](mailto:jlea@lancswt.org.uk)

## How to do wildlife yoga



### You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

### What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.



The grid contains the following poses:

- Butterfly:** A person in a butterfly pose with arms raised, next to a blue butterfly illustration.
- Fox:** A person in a fox-like pose with one leg raised and back arched, next to an orange fox illustration.
- Pine marten:** A person in a pine marten-like pose with one leg raised and back arched, next to a brown pine marten illustration.
- Frog:** A person in a frog-like pose sitting on the floor with legs spread, next to a green frog illustration.
- Snail:** A person in a snail-like pose with one leg raised and back arched, next to a green snail illustration.
- Starfish:** A person in a starfish-like pose with arms and legs spread wide, next to an orange starfish illustration.
- Heron:** A person in a heron-like pose with one leg raised and back arched, next to a grey heron illustration.
- Adder:** A person in an adder-like pose with one leg raised and back arched, next to a green and yellow adder illustration.

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2020



## The Musical – ‘Beautiful’ – Review by Marilyn Shalks



This musical is the story of the famous song writer/singer Carole King who was born in 1942 and grew up in Brooklyn in a Jewish Family. She started to learn to play the piano at the age of 4 and developed a good ear for music.

In the 1950's she was good friends with Neil Simon and they send make demo records together which they sent to recording companies. Her 1<sup>st</sup> boyfriend was Neil Sedaka, who after their romance had ended wrote his No 1 hit 'Oh, Carole' and dedicated it to her.

When she was 17 she married her song writing partner Gerry Goffin. She mainly wrote the music and he wrote the lyrics Together they wrote lots of hits together, including 'the Locomotion' which their babysitter 'Little Eva' recorded and had a No 1 hit with.

They went on to write many, many hits which are performed in the show including 'Will you still love me tomorrow' sung by the Shirelles, 'Chains' which the Beatles later recorded. 'It might as well rain until September' which she had a hit with. 'Take good care of my baby' sung by Bobby Vee. 'Up on the roof' sang by the Drifters. 'I'm into something Good' which Herman's Hermits had a No 1 with in the UK. 'Pleasant Valley Sunday' a No 1 hit for the Monkees. 'You make me feel like a natural woman' for Aretha Franklin. 'You've got a friend' sung by her.

Sadly after 10 years of marriage they split. After her divorce, she decided she couldn't live in New York any longer and moved out to California.

If you are of a certain age or not you will remember all these songs and many more that she had written.

Everyone in the audience sang along to the songs. So nostalgic, especially for me and hopefully you will be able to remember and reminisce about some of these fabulous songs and times.

## Fill your Cup with Gratitude!



**It's good to remember all the things that make us feel happier and better about ourselves. But with our busy, hectic, stressful lives we often forget about ourselves and the things that make us smile, the things we are grateful for – family and friends, pets, blue skies, sunsets, hot cup of tea, a good book and so much more!**

So let's fill our cups...

- You'll need a cup or a jar, decorate it if you want to and put it somewhere you can see it.
- Then every day take some time for yourself and do something you enjoy like go for a walk, read a book, look out of the window, soak in a bath, listen to some music.
- Each day write down up to three things you are grateful for on separate pieces of paper and fold them and put them in your cup.
- At the end of the month or whenever you are feeling fed up unfold the paper and have a read and remember the things that make you smile.

**Action for Happiness brings people together and provides practical resources. They help each other learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, for ourselves and others. Every month they produce and share a calendar with daily activities to help keep us all happy**

<https://actionforhappiness.org/>

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**





## David Bowie Quiz Answers:

1. Dancing in the street
2. Mick Ronson
3. Zoolander
4. Space Oddity
5. in 1947
6. Angie Bowie
7. Labyrinth
8. Luther Vandross
9. Film director
10. The Man Who Fell to Earth