

The Rural Wellbeing Service



Newsletter

May 2019

The Rural Wellbeing Service is a Big Lottery funded project run by Northamptonshire ACRE, a charity that works with rural communities across the county.

Dear Reader,

It's hard to believe that we are already in May! The County really is at it's best at this time of year, with the glorious yellow of the Rapeseed fields and the frolicking new born lambs everywhere. Although the weather has taken a turn for the worst The Rural Wellbeing Service will still be getting out and about, visiting the Country Parks of the County throughout the next few months.

Unfortunately the end of March The Rural Wellbeing Service saw the departure of Fieldworker Kay who decided to pursue other opportunities. Although we are sad to see her go we would like to thank her for all of her hard work and wish her every success in her next endeavour.

As Mental Health Week is upon us (13th-19th May), this issue is dedicated to the subject to help raise awareness.

As ever, we would love to hear from you - if you have any feedback or would like to contribute to the newsletter please get in touch. You can find contact details at the end of the newsletter.

Kindest regards,

Jess

Rural Wellbeing Fieldworker



The Rural Wellbeing Service



Update

The Rural Wellbeing Service is a Big Lottery funded project run by Northamptonshire ACRE, a charity that works with rural communities across the county.

As previously mentioned at the end of March Kay, one of the Rural Wellbeing Fieldworkers, decided it was time to give up the cake and coffee and move on to pastures new. It has been very quiet without her and she will be missed but we know that whatever she chooses to do next she will be great and we are sure that she will keep in touch and keep us informed!

There are more changes on the horizon for the Service as well as we have just had our next Bid proposal accepted by The National Lottery, which, if successful means that we can continue the Service and grow it into something even better - keep your fingers crossed for us!

We are also going to be attending some great events in the coming months - we will be at The Northamptonshire Carers Breathing Space Festival on the 12th June, The Kettering Health and Wellbeing Event on the weekend of the 22nd-23rd June and the Blisworth Canal Festival on the 10th August. More events to follow!!



If you would like our fieldworkers to visit your village, club, group or home then please get in touch. Contact details can be found on the last page of the newsletter.



Spotlight on...

Rural Issues

For most people within the farming community, it is far from an easy conversation to have. But with more than one member of the farming community dying by suicide every week, mental health is a subject that can no longer be avoided.

Despite a greater awareness of mental health within the industry, the sad truth is that more than one farmer a week takes their own life in the UK. In wider society, it is thought that any one suicide has a significant impact on eight other people. Within farming, because of the close-knit nature of the working and social lives, the impact is far wider reaching, devastating whole communities.

Thankfully the topic of mental health does not carry the stigma that it once did in the farming community. As more awareness is raised about the subject, the “stiff upper lip” mentality that has been entrenched in farming for generations is slowly diminishing and people are beginning to open up and talk about how they are really feeling. But the fact that the numbers of those taking their own life are not decreasing shows that much more needs to be done to tackle this issue.

Farmers have to overcome multiple issues on a daily basis, some of which are beyond control: fluctuating market prices, animal disease, the weather, lack of fodder, the potential impact of Brexit and rural crime to name but a few. Combine these stressors with the isolation and the pressure to make the farm business a success, it is hardly surprising that so many within the farming community struggle with poor mental health – and why some see no alternative than to end their own life.

When it comes to farming, it is very easy to underestimate just how important the mind is. Along with the body, it is, without doubt, the most important bit of kit a farmer can have. If the mind is not well maintained, the consequences can be disastrous – not just to the farmer, but to the farm business and the farm household too.

Source: <https://rsnonline.org.uk/its-time-to-talk-about-mental-health>



Symptoms of poor mental health can include:

- ⇒ Eating more/less than normal
- ⇒ Mood swings
- ⇒ Lack of concentration
- ⇒ Poor sleep
- ⇒ Fatigue
- ⇒ Forgetfulness
- ⇒ Back Pain
- ⇒ Migraines
- ⇒ Tension Headaches
- ⇒ Indigestion
- ⇒ Irritable Bowl Syndrome



Northamptonshire
Health and Care Partnership

Spotlight on...

Mental Health

My mental wellbeing pledge – taking the first step to a healthy mind

It is common for people to take steps to maintain their physical health, whether it is exercise, healthy eating or simply brushing their teeth. Likewise, when people are feeling unwell or under the weather they go to their local pharmacy, GP, or call NHS 111.

However, often people do not give the same focus when it comes to looking after their own mental wellbeing. We know people are less likely to receive the support they need when it comes to their mental wellbeing – whether it be confiding in a friend or accessing relevant services.

That's why this Mental Health Awareness Week (13 to 19 May 2019), Northamptonshire Health and Care Partnership are asking you to make a pledge to look after your mental wellbeing in the same way you would your physical health.

The pledge can be however big or small as you like – even the smallest improvements in wellbeing can help to decrease and even prevent some mental health problems. Taking your first step to do this can be hard, so we have introduced the '5 ways to wellbeing' to help get you started, these are:

5 Ways to Wellbeing:-

1. Connect with the people around me **2. Be Active** in a way that suits me & that I enjoy **3. Take Notice** & be mindful of my surroundings **4. Keep Learning** new skills & developing myself **5. Give** what I can whether it is my time or a random act of kindness

A focus on these steps has been shown to have a positive impact on mental wellbeing. To find out more about the '5 ways to wellbeing' you can view the video [here](#).

So how can you make a pledge?

Making a pledge is quick and easy; you can make a pledge [online here](#) and see your pledge be part of a pledge wall. Your pledge alone can make a real difference, it may encourage those around you to get involved or to make one themselves.

Please do share the pledge and your ideas with people you know. If you are on social media please join in the community of pledges and the conversation by using the hashtag #mywellbeingpledge.

We can't wait to see yours and to have you be part of this wellbeing journey with us!



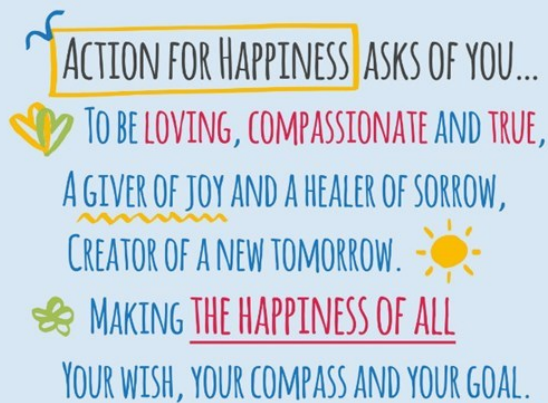
Spotlight on...


Happiness



ACTION FOR HAPPINESS

Create more happiness in the world



ACTION FOR HAPPINESS ASKS OF YOU...
TO BE LOVING, COMPASSIONATE AND TRUE,
A GIVER OF JOY AND A HEALER OF SORROW,
CREATOR OF A NEW TOMORROW. 
MAKING THE HAPPINESS OF ALL
YOUR WISH, YOUR COMPASS AND YOUR GOAL.

Action for Happiness is a movement of people committed to building a happier and more caring society. We want to see a fundamentally different way of life - where people care less about what they can get just for themselves and more about the happiness of others.

We bring together like-minded people from all walks of life and help them take practical action, drawing on the latest scientific research. We are backed by leading experts from diverse fields including psychology, education, economics and social innovation.

Members of the movement make a simple [pledge](#): to try to create more happiness in the world around them. We provide ideas and resources to enable people to take action at home, at work or in their community. Many of our members form [local groups](#) to take action together.

We have no religious, political or commercial affiliations and welcome people of all faiths (or none) and all parts of society. We were founded in 2010 by [Richard Layard](#), [Geoff Mulgan](#) and [Anthony Seldon](#). Our patron is the [Dalai Lama](#).

"We all want to be happy and we want the people we love to be happy. Happiness means feeling good about our lives and wanting to go on feeling that way. Unhappiness means feeling bad and wanting things to change" - Lord Richard Layard, Founder of Action for Happiness

If you want to join the Action for Happiness Movement or find out more about it just go to: <https://www.actionforhappiness.org/>

Feature



Northamptonshire Chronic Pain Support

**Empowering and supporting people affected
chronic pain**

My Story

My name is Louise, I run Northamptonshire chronic pain support, I support people affected by chronic pain, including family members as well as carers. I set up NCPS in January 2018 due to there being a lack of support for people who have undiagnosed pain in Northamptonshire. There are a few groups for people who have been diagnosed with things like arthritis and fibromyalgia but it is possible to have pain that affects your life and no medical reason. There is a lot of research into this at the moment but in the meantime people's lives are on hold as they feel judge, unsupported and scared for the future.

I have had chronic pain for a number of years, I found I was stuck in a cycle of grief, for the person I used to be and the life I used to have. Nothing on the outside has changed but inside I felt I was facing a constant battle both physically and mentally.

I could no longer do the simple things we all take for granted such as getting out of bed, washing, going to the toilet. Can you imagine going from your independent self, to being able to just get up out of bed, get washed and dressed, have breakfast, go to work and come home. To suddenly not being able to the energy to get out of bed, every joint hurting and physically stiff?

I faced a constant battle of guilt over things, like not being able to work but also being at home all day unable to cook a meal or even do a little housework, my partner was extremely understanding but it didn't matter what they said I felt a waste of time, a mess and impossible to love, they had been at work all day and I had done nothing.

I slowly slipped away from living into existing, with ease and without really even knowing it. I became isolated and stuck in a rut that, if I'm honest, I wasn't even trying to get out of as I thought that is what life had to be like, That I had no option but to 'suffer' from chronic pain for the rest of my life.

I was left emptied of hope and filled with pills, left to get on with it. I was not offered any emotional support and I was never asked my opinion on anything to do with my treatment.

I felt I was a complete waste of space, I couldn't work, couldn't go out, couldn't smile, couldn't cook, couldn't provide, couldn't even make love. I was lonely, depressed and self-loathing.

For 2 years, I had allowed the pain to rob me of my friends (at the time I blamed them but I now know it was also me) and hobbies, but even worse I became so consumed by the pain that I had forgotten all about loving my partner. Now I look back I realise the worst thing was, I missed out on valuable time with the people I loved and this hit me very hard when I had a death in the family.

Feature



I made the choice to change my outlook of my situation, nothing has changed physically, if anything I am weaker, however I have managed to combat the thoughts that constantly caused me to doubt my ability I have taken time to understand and accept myself for the person I am now, not who I used to be and I have worked on becoming grateful for what I have and that right now that is all that I need.

Fast forward a few years and I have managed to get myself back to working part time. Working is a difficult for me. So that I can work, I go to bed at 7pm every night, that is the choice I make because I know that if I am working my mental health is a lot better, the depression isn't quite as deep and I have to get out of bed for something. I feel I am contributing to our relationship by working and this makes me feel worthy.

I started to find new ways to cope with my limitation and some of the frustration. I have found a way to enjoy trips away to the sea side, concerts and family meals. All these little changes have helped me to become more positive about my situation.

I had been attending a small group monthly that was held by the charity away with pain. In January 2018 I relaunched these meetings under the heading of Northamptonshire chronic pain support (NCPS). I had found that just being in a room with other people who had chronic pain really helped. It is so powerful, to know you are not alone, not being judged and that your pain is valid.



NCPS



ncpsgml@gmail.com



07534 49 48 30



www.ncpsuk.com

I now hold meeting all over Northants, I use my experience of chronic pain and the experience of others to help people who do not have chronic pain understand what it is like to live with chronic pain. I support the carers who do a fantastic but sadly go unnoticed, they need support, and they are affected just as much by chronic pain as the person who has it. I use my knowledge of both cognitive behaviour therapy (CBT) and living in a mindful way to delivered in a positive way that you can have a life with chronic pain and you do not have to 'suffer' from it.

The meetings are held in the afternoons at local venues around the county and also in the evenings. At the moment most of these are just on the social side of things to help other people meet and make new friends. I hold a monthly meeting in Kettering corn market hall every first Thursday of the month between 7-9pm. This meeting has guest speakers, crafts, free time and a lot of laughs.

If meetings are not something that people want to attend then I support them via email, phone and on a 121 base, I have also created a face book page which is private. This allows people to speak openly about the way they feel and ask other questions. Again I try to keep this site full of positive and helpful information about things that help such as equipment, local social events and also factual information about chronic pain.

Anyone regardless of diagnosis is welcome to make contact or indeed someone who supports people with chronic pain.

I am looking for people who are affected by chronic pain to help me set up these meetings in their local area and also help me run the private face book pages.

For further information please contact me on ncpsgml@gmail.com or through the website www.ncpsuk.co.uk.

Get some Breathing Space...

Northamptonshire
Carers



Please come along to

BREATHFEST

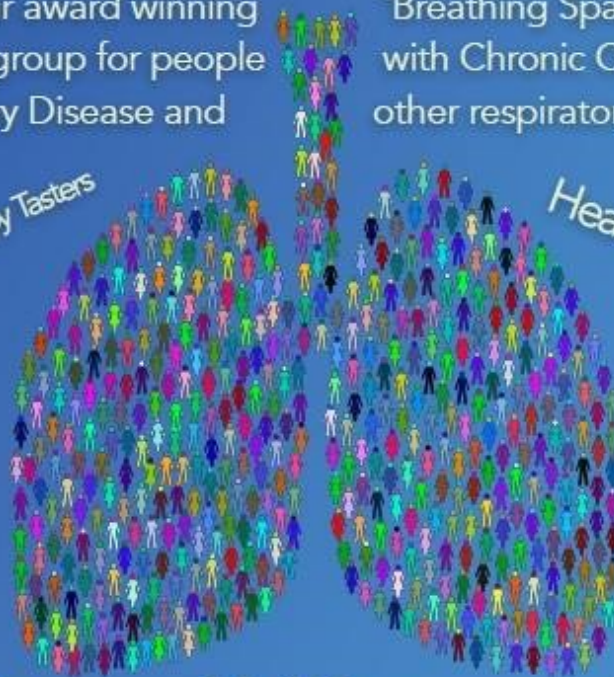
As part of National Carers Week 2019, we are holding an open day to celebrate our award winning 'Breathing Space' group. A support group for people with Chronic Obstructive Pulmonary Disease and other respiratory diagnoses.

Complimentary Therapy Tasters

Singing

Information

Lunch & Refreshments



Health Professionals

Stalls

Support

Dancing

Petting Animals

10:00am
-
2:00 pm

Wednesday 12th June 2019

ALL WELCOME

Moulton Community Centre, Sandy Hill, Reedings, Moulton, NN3 7AX

For more information please contact
Northamptonshire Carers on 01933 677837
carers@northamptonshire-carers.org



NORTHAMPTONSHIRE CARERS IS A REGISTERED CHARITY NO. 1061417 LIMITED BY GUARANTEE NO. 3328459

Get Bowling...



Get Active

Moulton Community Centre, Sandy Hill, Reedings, Northampton, NN3 7AX

Introduction 2

Short Mat Bowls, Kurling & Boccia

- Wed 3rd Apr
- Wed 1st May
- Wed 5th Jun
- Wed 3rd Jul
- Wed 7th Aug
- Wed 4th Sep
- Wed 2nd Oct
- Wed 6th Nov
- Wed 4th Dec

- Time: 11am until 1pm

- Costs: £10 including lunch, tea & coffee



For more information call us or go online

01604 611200

www.ageuk.org.uk/northamptonshire



/ageuknorthamptonshire



@AgeUK Northants

Registered charity number 1059995

Get your steps up...



Tuesdays

**2.30pm @ Castle
Ashby**

Wednesdays

**4.30pm @ Great
Houghton**

Nordic Walking

Call Jason on 01604 611200/07957353482

£5 per session - all equipment & training included

Fridays

9.45am @ Various

Saturdays

**10.00am @ Various
(cycling)**



Get some care & repair...



**Keeping Homes Across
Northamptonshire
Warm, Safe & Secure**

Trading Standards Approved
Charitable Organisation

Northamptonshire Hardship Funding

Do you need help with essential repairs to your home?

We have funding to support those in need *
regardless of whether you own or rent your property

** Subject to availability and eligibility*

FREE supply and fitting service including:

Falls prevention works

Security measures

Safety in the home

Specialist child safety

Broken toilet seats

Home Warmth measures

Small Plumbing works

Lighting

For enquiries please call:

 **01604 782250**

Office@careandrepairnorthamptonshire.org.uk



Care & Repair Northamptonshire Ltd



@carerepairnn



Care & Repair (Northamptonshire) Ltd, 25 Tenter Road, Moulton Park, Northampton NN3 6AX

10 December 2018

Registered society under the Co-operative and Community Benefit Societies Act 2014, 20 YEARS

Get to know your Neighbours...



RWS Good Neighbour Schemes

What Good Neighbours Schemes can do

Some of the things a Good Neighbour Scheme can offer.

- Household tasks such as changing a lightbulb or smoke alarm batteries.
- Assistance with shopping.
- Collection of a prescription or medication.
- Befriending.
- Looking after a pet.
- Accompaniment to doctors or hospital appointments.
- And much more.

Each scheme is different, it's what your community wants to offer.

What is a Good Neighbours Scheme

The best help is often closest to home. Good Neighbour Schemes are established and run by local people to provide day to day support to other residents who may need help on an occasional or regular basis. They bridge that gap between formal and informal support at a local level and help to address the issue of social isolation that can affect so many residents, young and old.

Each scheme is operated via a mobile phone, which is held in turn by a core group of volunteers for an agreed period of time. Any resident in need of genuine help can ring the number and the co-ordinator will then identify an appropriate volunteer to provide the help requested and agree a time and date. Help is given free although a reasonable charge is usually made for transport mileage.

Interested?

Want to know more? Then please contact us.

If you are interested in starting a Good Neighbour Scheme in your village or community please get in touch: Jessica.gooding@northantsacre.org.uk

Finally...



The Rural Wellbeing Service is a signposting and referral service that has been running since 2015 as part of the Charity Northamptonshire Acre and funded by The Big Lottery.

Our Rural Wellbeing Fieldworkers cover the whole of the county (that's approx. 300 villages!) talking at coffee mornings, lunch clubs, social groups etc as well as attending local events and making home visits.

If you know of a group, club or individual that might be interested in hearing from us we would love to know - you can find our contact details on the next page.



© Paul J Lashmar

newsletter



Your Feedback

We would love to hear your feedback on our newsletter, any ideas or suggestions of what to include are greatly received.

If you would like to feature in the newsletter please get in touch and let us know.

Who to Contact?

Jess Gooding -
Jessica.gooding@northantsacre.org.uk. 01604 825883. 07808 330549.

Next Issue...

July 2019



For over 60 years Northamptonshire ACRE (Action with Communities in Rural England) has supported rural communities in the county. We are an independent charity working with those communities to improve their quality of life and to reduce rural isolation and vulnerability. We help villages and rural groups to identify possible solutions to their needs and offer advice and support to deliver the solutions. We are one of 38 Rural Community Councils across England that make up the ACRE Network and provides us valuable resources.

So whether you are thinking of carrying out some form of community planning, want to know more about flood risk measures or how to set up community shops, would like governance advice for your Village Hall or just need to purchase cheaper heating oil, we can help. For more information please visit: <https://www.northantsacre.org.uk/>

To read Northamptonshire ACRE's Privacy Notice and Data Protection Policy, click [here](#).