



Wellbeing Pack 16

Assert

Boxing Training Course

From July 9th, Anton, the boxing instructor who taught a class for January's Active Club, will be leading a weekly online boxing training course. The session will be via Zoom and do-able from your home. We will work on some of the foundation steps and moves. You will be able to just try the first session, or to experience improved fitness, we recommend doing the whole 4-week course! Each session will be £5. If you have any questions, please email jenna@assertbh.org.uk

Budgeting Advice Service

As well as the usual benefit casework, Alex is now offering 1-to-1 budgeting advice and support sessions. Please contact her by email with any benefits questions or to arrange a remote appointment or if you would like to get on to the waiting list for this service: benefits@assertbh.org.uk

Peer Discussion Group

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm. This week's topic is "Film: Come and share information about your favourite film, a film that changed how you think, different genres, film soundtrack etc or just come and perhaps get some ideas for future viewing". Each week there will be a different topic for the conversation. Please email Debbie on debbiet@assertbh.org.uk

Workbook

There was a time during lockdown that food shopping & eating was my main event of the day. But as different commitments and responsibilities arise again, food shopping has been pushed down the list of priorities again. Organising what to eat & what you need can be very time consuming and challenging. Therefore, having a system which helps you to feel in more control of this is important.

If you know that you struggle with food shopping as you are prone to getting to shops and then not being able to remember what you need, taking a list will help you to remember. It is important to follow the list so that you buy the correct items and the correct amount. Not buying enough or forgetting items can lead to you going hungry, whereas buying too much food or the wrong food can mean that you are spending too much money at the supermarket and potentially wasting the food.

Some people prefer to do smaller food shops, to reduce the stress of trying to remember too many things and also the risk for forgetting items. Therefore, choosing 2 or 3 regular days per week to do smaller shops can help. For example, in the weekly planners we have looked at before, you could plan to go on Monday and Thursday.

If you struggle going to the shops, you could do your food shop online. There may be an option to set reoccurring products to come each week to reduce the amount of thinking and time doing a shop can take. You may be able to ask a friend, relative or support work to help you with this.

Some people do a food shop on a weekly basis. If this is the case, it is helpful to plan a week In advance what you are going to eat each meal and to write a shopping list based on what you need to prepare your meals.

Activity

1. For one week, please fill out this table below with what you ate that week and use the “items you need to buy” to plan what you need buy for the next. In a weeks time, or when you next do your food shop, see if this table helps you to plan what you need.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Items you need to buy	- - - - -						

2. It is also important to consider a healthy diet when planning your meals. Do you think you could add a piece of fruit or vegetable each day to your plan? Or could you swap something processed with something fresh?

Recourses

Assert’s Cookery Book

On this page is a PDF of a cookbook created by Assert. In it are meals ideas and recipies. This is a good recourse if you want to try cooking something new.

<https://assertbh.org.uk/assert-resources/assert-cookery-book-a-selection-of-easy-to-follow-recipes/>

Food Partnership’s online class

The Food Partnership are starting to provide some of their class online. Upcoming classes include Fermentation, Sourdough Bread, Gut health, Vietnamese cookery and Japanese cookery. Plus weekly sessions for kids over school holidays.

https://bhfood.org.uk/events_cat/bookable-classes/

Community Kitchen YouTube

The Cooking with Confidence group share videos of basic & budget cookery tips, recipes and advice.

https://www.youtube.com/channel/UC6dOfVImChwyLotpXqBza0g?view_as=subscriber