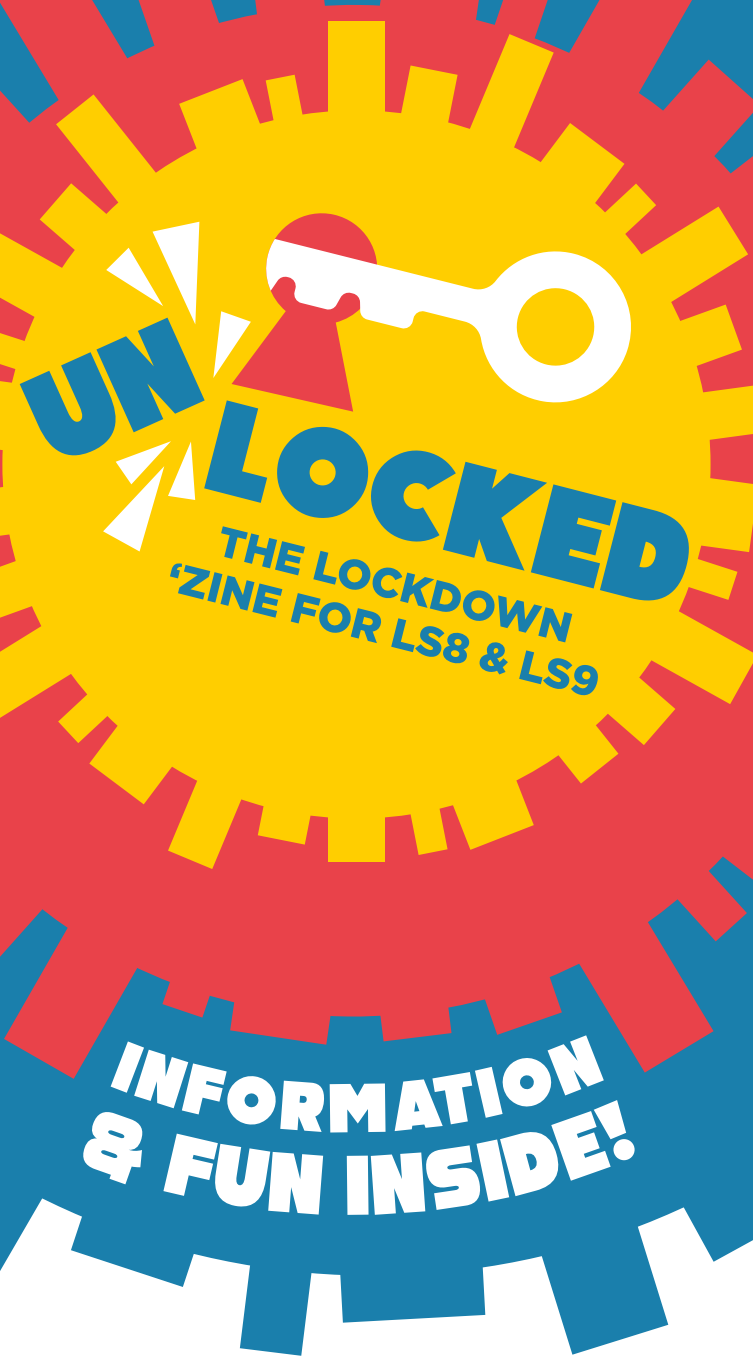




TALES FROM LOCKDOWN

BY LAWRENCE GLYN



“ I was diagnosed at 33 with Type 1 Diabetes. With Coronavirus, I'm now officially in a vulnerable group and it feels so surreal.

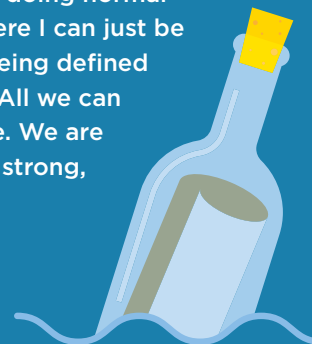
At first, it felt very strange and it made me feel uncomfortable. I didn't understand what this Coronavirus was. But then I realised that it doesn't matter what I actually understand, I just have to accept it! I must bow to the science and get on.

So, with time on my hands at home, as with everyone else, I have found it really important to reach out, to call family members and reconnect with old friends. I haven't seen some of them for years and years and it has been a joy seeing their faces, chatting about nothing and everything, and having a laugh together.

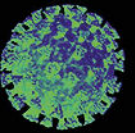
And now, with my own diabetes, I feel like I have more of an understanding for many people who have complex health issues and the older generation 70+ who are told to stay in. Many of us must stay in to look after ourselves, and we all have to stay in to look after everyone.

I really feel for all of us classed as more vulnerable, and hope we get back to doing normal stuff again soon, and where I can just be normal me, rather than being defined by my vulnerability first. All we can all do is follow the advice. We are all in this together, so be strong, be careful, and heed the advice:

#StayHome #SaveLives
#ProtectOurNHS



CORONAVIRUS STAY AT HOME SAVE LIVES



Zostań w domu. Chroń Służbę Zdrowia. Ratuj ludzkie życie.

Statj acasă! Protejați NHS-ul. Salvați vieți.

گھر پر ٹھہریں: این ایچ ایس کی حفاظت کریں۔ زندگیوں محفوظ بنائیں

ابقی فی البيت، احمي خدمة الصحة الوطنية (NHS)، ساعد على انقاذ حياة الآخرين.

Zůstaňte doma. Chraňte NHS. Zachraňte životy.

ਘਰ ਵੱਲ ਹੀ ਰਹੋ। ਐਨ ਐਚ ਐਸ ਨੂੰ ਬਚਾਓ। ਜ਼ਿੰਦਗੀਆਂ ਬਚਾਓ।

ካብ ገዝ ኢይትውጽኡ፡ ን ኢን.ኤች.ኤስ ተሸላሽሉ፡ ሂወት ሰባት ኢድኡኩ።

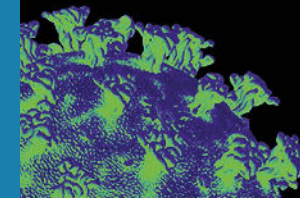
در خانه بمانید. از آنجاس (خدمات ملی درمان) حمایت کنید. جان انسانها را نجات دهید

Zostaňte doma. Chráňte zdravotnícky systém (NHS). Zachráňte životy.

له مائ بمانهوه، نئن نئج نئس (خزماتگوزاری تاندریستی نیشتمانی) بپارێزه، ژیاڵمان رزگار بکه.

Pasilik namuose. Apsaugok NHS. Saugok žmonių gyvybes.

په کور کې پاتې شه د NHS خیال اوساتي د ژوند بچ کولو لپاره



ONLINE SOCIAL GROUPS

Online groups have started to appear and are great for having a chance to chat and to cheer you up. If you have a phone, tablet or laptop with internet access, then there is no need to miss out!



Go to www.fgfleeds.org/unlocked for a list of the groups for men, women and parents.

You will need to install Zoom to take part in these groups. People in Action, based in Leeds, have set up a simple guide to setting up Zoom - you'll find a link to this on our website.

SERVICES

The following organisations are here to help you. Check out the numbers below:

DOMESTIC ABUSE

Leeds Domestic Violence Service 0113 2460401
24-hour helpline for anyone suffering from physical or non-physical abuse. (Men - the helpline is run by Women's Aid but please be assured that they offer this confidential service for men as well as women.)

MIND Infoline - 0300 123 3393 Text 86463

Mon- Fri 9am-6pm

For information and where to get help.

CONNECT Helpline - 0808 800 1212 (freephone)

Emotional support and information every night for people in Leeds 6pm-2am

SAMARITANS - Freephone 116 123

Need to talk? Confidential and emotional support 24 hours a day

MONEY BUDDIES - 0113 235 0276

Help with money problems

FORWARD LEEDS - 0113 887 2477

Advice, info and support if you are worried about alcohol or drug use

GAMCARE - 0808 802 0133

Help with gambling problems

CRUSE BEREAVEMENT - 0808 808 1677

If you need help because someone close to you has died from Coronavirus or anything else.
Mon and Friday 9.30am-5pm; Tues, Weds, Thurs 9.30am-8pm

**IN A MEDICAL EMERGENCY
CALL 999**

**IF YOU NEED MEDICAL HELP IN A
NON-EMERGENCY CALL 111**

ALISON'S TOP TIPS

Alison Gordon is team leader of the Hawksworth Food Bank, runs a Social Distancing café for key workers, and has dozens of tips for making the most of your food and recycled waste! Here she shares with us how to avoid wasting your fruit and veg!



“It's really easy to avoid your fruit and veg going off. You can dehydrate it and it makes a lovely treat. Just set your oven to its



lowest setting, cut your fruit and veg into 1/4 inch slices, and put them in the oven on a lined sheet for up to 6 hours.

Be safe! Avoid risk of fire! Keep an eye on your oven. **DO NOT** leave the house with it on!

For more tips, visit: zerowasteleeds.org.uk

GET IN TOUCH!

Do you like this 'zine? What would you like to see in it? Can you contribute? How about a photo of your local walk - or a picture of the view from your window? A poem, or a letter? You could even send us a video and we will find a way to include it!

Email: damian@fgfleeds.org

Phone / whatsapp: 07701 338841

From the Unlocked team - Damian, Lawrence & Suzy

This 'zine has been produced by the Orion Partnership which consists of four local charities (Feel Good Factor, Shantona, Space2 and Zest), and is funded by Leeds City Council and Leeds Community Foundation.



CORONAVIRUS
STAY AT HOME
PROTECT THE NHS
SAVE LIVES



Help stop the infection spreading and support each other

- Wash your hands with soap and water often – do this for at least 20 seconds.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin immediately and wash your hands afterwards.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects in your home, such as door handles and taps.
- Shop responsibly, follow advice in stores, and only buy what you need for yourself and your family, and those you're supporting.



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

HELP IF YOU CANNOT GO OUT

If you are self-isolating and you do not have friends or family nearby who can help, phone:

0113 378 1877

There is a team of volunteers who can help you with shopping, transport to medical appointments, or even a phone call to check how you are.



ACTIVITIES TO DO



LOCKDOWN CAN GET REALLY SAMEY, CAN'T IT? TRY GIVING SOME VARIETY AND STRUCTURE TO YOUR DAY BY FILLING IN THIS WEEKLY ACTIVITY CALENDAR. WE HAVE SOME IDEAS TO GET YOU GOING!

IDENTIFY THE BIRDS FROM YOUR WINDOW ... TURN UP THE MUSIC AND DANCE! ... READ! ... CALL A LOVED ONE TO CATCH UP
CONTACT YOUR NEIGHBOURS TO SEE HOW THEY ARE ... DO SOME BREATHING EXERCISES OR MEDITATE
NOTICE 5 THINGS THAT ARE BEAUTIFUL OUTSIDE ... FIND A FUN WAY TO DO 15 MINUTES EXERCISE
MAKE FUN PLANS FOR LATER IN THE YEAR ... DO A VIRTUAL QUIZ ONLINE
START A JOURNAL ... BATCH COOK AND FREEZE HEALTHY MEALS ...



ANOTHER WEEK...	M	TU	W	TH	F	SA	SU
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ANOTHER WEEK...	M	TU	W	TH	F	SA	SU
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ANOTHER WEEK...	M	TU	W	TH	F	SA	SU
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... LEARN A SONG AND SING IT LOUD! ... DRAW A PICTURE FROM YOUR WINDOW
START WATCHING A NEW TV SERIES ... TRY MAKING SOMETHING CRAFTY OUT OF RECYCLING/RUBBISH
WRITE A CONTRIBUTION FOR "LOCKDOWN" MAGAZINE! ... JOIN AN ONLINE SOCIAL GROUP
LISTEN TO THE RADIO OR YOUR FAVOURITE MUSIC ... LEAVE A MESSAGE OF HOPE ON A TREE ... WRITE A LETTER!
SEW THAT BUTTON BACK ON ... ENTER A LOCKDOWN MAGAZINE COMPETITION!



COMPETITION TIME!

PRIZES TO BE WON!

WIN A MINDFUL COLOURING BOOK, SOME PENS AND PAPER! TWO COMPETITIONS AND TWO CHANCES TO WIN! SEND YOUR CONTACT DETAILS AND PHOTOS OF YOUR ENTRIES TO US BY EMAIL: DAMIAN@FGFLEEDS.ORG OR BY PHONE/WHATSAPP: 07701 338841
CORRECT WORDSEARCH ENTRIES WILL BE ENTERED INTO A DRAW TO FIND THE WINNER.

WORDSEARCH "ACTIVITIES"

U	K	L	E	A	R	N	U	L	D	B	H	S	I
I	K	P	Y	O	D	H	W	X	V	F	G	M	X
Z	U	C	S	A	S	R	P	D	U	N	A	M	S
K	Q	U	N	R	I	X	S	O	I	D	H	E	E
I	I	C	G	T	M	E	V	K	W	G	H	D	V
D	E	I	E	A	F	H	O	Q	D	Z	C	I	S
C	T	N	S	X	R	O	M	S	P	R	X	T	U
V	H	R	P	T	C	D	I	R	E	X	I	A	G
P	Q	I	Y	W	R	V	E	A	J	W	Z	T	N
X	E	K	A	B	K	E	T	N	F	J	D	I	I
N	Y	A	L	J	U	E	T	G	I	V	Q	O	W
W	H	A	B	Z	P	G	U	C	Q	N	H	N	A
Y	B	N	Q	T	F	Y	E	B	H	N	G	V	R
F	R	L	R	U	T	O	X	I	C	B	T	Z	D

Try to find all the words from the list below.
Put a line through each word you find.

CREATE
STRETCH
COOKING
MEDITATION
DANCE
DRAWING
LEARN
GARDENING
BAKE
WRITE

TOILET ROLL CRAFT COMPETITION

NOW, WE KNOW THAT SOME OF YOU HAVE A LOT OF TOILET ROLLS! SO WE ARE LAUNCHING A "DECORATE A TOILET ROLL" COMPETITION. SEND US A PIC OF YOUR DECORATED TOILET ROLL FOR YOUR CHANCE TO WIN A PRIZE!

