

Sheppey Matters

Since 1994
Inspiring Health and Wellbeing for All



SHEPPEY MATTERS

Inspiring Health and Wellbeing for All

EDITION No. 8

YOUR ISLAND - YOUR CHARITY

Hello everyone,

Welcome to Edition 8 of your Sheppey Matters Newsletter.

Spring is definitely in the air! The daffodils are blooming, the birds are singing, and the days are getting lighter!

We're back



With talk of restrictions cautiously being lifted, Sheppey Wheels customers will be pleased to know that, in line with Government Guidance, we will be slowly starting to re-introduce some local day trips – one a week - from mid- May through to the end of June. Please take a look at the Sheppey Wheels page to find out more. Vince is very much looking forward to seeing you all again! We have missed you!



The Isle Connect You team have been connecting with the over 65s with their weekly coffee mornings over Zoom and recently hosted a Zoom Race Night, which was so much fun and thoroughly enjoyed by all who took part! Please check out the Isle Connect You pages in this newsletter to find out about their New 'Pen Pal Project' and 'Route 66 Virtual Challenge.'

Although we will soon all hopefully be able to return to the Healthy Living Centre, please be aware that due to restrictions we will not be taking visitors at our offices until we are fully open on 21 June.

Rest assured though, we are still here for you and, if you need us, please contact us on the details below.

Sheppey Matters

**Sheppey Healthy Living Centre
off the Broadway, Sheerness, Kent ME12 1HH**

Tel: 01795 585335/07402 959801

email: office@sheppeymatters.org.uk

www.sheppeymatters.org.uk and Find us on Facebook



What we've been up to:

"What's On" with Sheppey Matters

Virtual Activities on our Facebook page.

We started running our virtual programme of events in February and they came to an end on Friday 9th April as we started re-opening the Healthy Living Centre from 12th April. Our virtual programme has proved to be very popular with around 3,000 views every week across the events and activities.

For April we had our popular live story time and songs with Leanne Jones. We had exclusive permission to read a recently published book by Hannah Pearl (real live mermaid) called "Rockpool Ruby and the Garbage Patch King". We had Jhoom with Amanda Hoggins and Music & Mindfulness from Daniel Lawton.

We also had our popular live session from Boogie Tots with Sammie, Paracise and Yoga sessions from Amanda Hoggins.

The Mobile Matters team are proud to have brought these events to our followers and clients, and coupled with promotional material from our service providers, we have seen an increase in people following the Sheppey Matters Facebook page.

iPad Loan Scheme

Mobile Matters have also been loaning out iPads to people who feel isolated and who are without IT to keep them in contact with family and loved ones. These come with full instructions and a team member is on the end of a telephone to troubleshoot.

Future Plans – Look out for us! We're going out on the road!

As we head out of lockdown, we are planning on getting out on the road with our services and partners to bring Sheppey Matters to you. Starting with Leysdown and Warden Bay and as soon as restrictions are eased, we will leaflet the area with dates, times and services coming your way.

We would love to hear from you to find out what support and information you need and want. For example, it might be information from local support groups on health and well-being or practical advice on day-to-day matters, such as managing finances or accessing foodbanks and local services. Please let us know how we can help.

If you believe that you could benefit from these services or would like to speak to us about how we can support you, please contact us on:

01795 585335/07402 959801 or office@sheppeymatters.org.uk

A PLAN FOR A STRONGER, FITTER, HEALTHIER YOU!!



Health studies over the years have shown us that as a nation we are getting heavier, and with the dreadful arrival of COVID, and the need for people to seek comfort, this has now made this situation worse. If you are one of those people that have looked for comfort in unhealthy foods, and now want to make a change, this plan will support you to make that change.

Over the years, labour-saving devices have made us less active. Gone are the days when we did our washing, both clothing and crockery, by hand. No remote for the TV & Stereo meant we had to get up to turn the TV over! Popping down to the shops now means we drive instead of walk. Our modern-day labour-saving devices have reduced our output! This means we have been moving less than previous generations, and now COVID has restricted even more of our movements and activities further.

The mainstay of the current British diet consists of white carbohydrates such as bread, rice, pasta and the nation's favourite the spud. These foods give us immediate fuel to get us through the day, but are also high in sugars (Starch) and if our portions are not controlled will give us highs & lows in our energy level, affecting our will to be more active. Our readily available comfort foods like cakes, biscuits, crisps, chocolate bars that can sneak into our diet too regularly all add into the mix. Where we are no longer active enough to burn off these calories that are laid down by these foods, our weight naturally increases.

We need to address not only what we eat and make wiser choices, but also address our activity levels. This could mean walking to the shops, doing an extra bit of gardening every day, washing our own cars instead of taking it to the local car wash - saving you £££s as well as lbs. No, I am not going to suggest you wash your clothes by hand, not even I'm that mad! But think about how much time you are now spending seated and what you can do to change that. Maybe put on some really great music and have a dance in the living room. It not only burns calories, but lifts your spirits too. You can also tune in to Sheppey FM on 92.2. They have some great ideas on there to keep you inspired.

Try to keep away from those pre-packed & processed foods as they are invariably full of hidden calories, salt, fats & chemicals. If you do need to have them, because of circumstances you can't control, then try to make healthier selections when buying them and add in some additional vegetables to improve the nutritional value of your dinners. Add in some fruit as snacks in between them if you can. Anything with a skin on like apples and pears adds extra roughage to help the body to remove unwanted fats and sugars from your systems.

In general, try to eat more fruit and vegetables daily, and try to set this as a target each day. You could choose wholegrain foods instead of white, like pasta and rice, as wholegrain foods help you feel fuller for longer, and this helps prevent those dips in your energy levels. However, remember even healthy foods need to be portion controlled and wholegrains like this need to be cooked for a little longer because of the natural fibre within them. Try to think more about the nutritional content of the food you are eating. Enjoy your food, but keep the naughties to a minimum! You can't have a trim figure without some sacrifices, unfortunately!

Through this plan we are aiming to support you to make the changes you need to do to be a healthier you, inspire you to make other choices, refocus your mind to think about the other foods both new and old that you have enjoyed in the past, and break up the monotony by trying something new. There are so many options available out there, but you may never have given them much thought because we are all creatures of habit!

We want to inspire and motivate you to be active or be more active. Yes, you need to move more if you're not already, but doing things you enjoy make it so much easier. Do you know what you enjoy? If so, it's a choice made easier, if not why don't you try something different. I'm sure we can help you. We have lots of great information and support aids, free workout DVD for beginners to exercise set to some great music, booklets with ideas and routines for you to follow, Dynobands to increase resistance in your routine, and information on some great activities online. All our contact details are at the bottom of this plan.

If you are not currently active, maybe start with walking. Go for a 10-minute walk once a day, whatever time of day suits you best. Aim to do this at a brisk pace if you can, as this generates more activity through the body, burning more calories. If pace is difficult then do what you can, every bit of extra activity helps!

Activity will also help improve your mental health and promote a sense of wellbeing, especially when done in the great outdoors.

As you work your way through your plan, you will experience not only a physical change, but a mental change as well. Your mind will become clearer, you will feel more energised, and it will help you to feel more positive! Are you ready?

I commit to being more active every day and committing to making daily healthier food choices.

I Julie Calder commit to supporting the above person to reach her / his goals.

We all need to start somewhere, so write down how you aim to achieve your goal by answering the following questions:

What activity do you plan to do to increase your physical activity levels, and when do you plan to do it?

--

What healthier food choices are an easier swap to get you started? Write them down.

Plan it and record it, as this reinforces our will and increases your chances of success
Brilliant! So, you have started your plan, WELL DONE!

So, bye for now until our next newsletter, when we will have some inspiring tips and ideas on how to help you shift those unwanted pounds and become more active.

Contact: Julie Calder 01795 585335/07402 959801 or office@sheppeymatters.org.uk

WE'RE BACK

SHEPPEY WHEELS DAY TRIPS

BOOKING LINES OPEN – Monday 10th May 2021

The office is staffed Monday to Friday from 10am – 2pm

Please note: All bookings will be taken over the phone, not in person, until our offices are fully open on 21 June. **To book, call 01795 585335.**

The below trips have been planned in accordance with government guidelines at the time of printing. All trips and activities are subject to change/cancellation according to any changes in these government guidelines. Please bear with us in this transitional period.

Due to health and safety regulations, there will only be a maximum of 7 seats available per trip. Our bus is sanitised before and after every use. Passengers will be expected to wear a face covering when travelling with us and adhere to social distancing guidelines on the bus and at the retail shops/centres. This is for your, and others' safety.



Tuesday 18th May 2021 – Hempstead Valley - £6.00

A popular destination with 50 retailers at the shopping centre and home to a new dining experience. At the time of this newsletter printing, external seating in open air cafes at the Venue will be available (internal cafés and kiosks will still offer a take-away service only). Please note that this may change as restrictions are eased. You will notice, on arrival, that there is new signage around the Centre. Please take time to familiarise yourself with the instructions. There will be additional sanitising of touch points and anti-bacterial hand gel at various points throughout the Centre and in stores. Many stores have new protective screens at key points such as checkouts. The use of toilets may be restricted and will have a maximum capacity at any one time. Some cubicles may be closed to help manage social distancing.

Tuesday 25th May 2021 – Marks & Spencer (Maidstone Eclipse Park) - £7.50

Marks & Spencer Clothing, Home and Food and Drink store all under one roof. Please be aware and familiarise yourself with the guidelines that are in place in store for your safety. There may be a queue on arrival and staff are carefully counting customers into the store to maintain social distancing. Please make use of the hand sanitiser points in store.



JUNE



Tuesday 1st June 2021 - Dobbies Garden Centre - £6.50

Dobbies garden centre has got everything you need for your home and garden from flowers and plants to tools, furniture, and homeware. The Centre are limiting the number of people in stores and are asking customers to maintain a safe distance, wash hands and pay with your bank card. The restaurant is currently closed at time of this newsletter printing, but this may change as restrictions are eased.

Tuesday 8th June 2021 - Hempstead Valley - £6.00

A popular destination with 50 retailers at the shopping centre and home to a new dining experience. At the time of this newsletter printing, external seating in open air cafes at the Venue will be available (internal cafés and kiosks will still offer a take-away service only). Please note that this may change as restrictions are eased. You will notice, on arrival, that there is new signage around the Centre. Please take time to familiarise yourself with the instructions. There will be additional sanitising of touch points and anti-bacterial hand gel at various points throughout the Centre and in stores. Many stores have new protective screens at key points such as checkouts. The use of toilets may be restricted and will have a maximum capacity at any one time. Some cubicles may be closed to help manage social distancing.

Tuesday 15th June 2021 - Marks & Spencer (Maidstone Eclipse Park) - £7.50

Marks & Spencer Clothing, Home and Food and Drink store all under one roof. Please be aware and familiarise yourself with the guidelines that are in place in store for your safety. There may be a queue on arrival and staff are carefully counting customers into the store to maintain social distancing. Please make use of the hand sanitiser points in store.

Tuesday 22nd June 2021 - Hempstead Valley - £6.00

A popular destination with 50 retailers at the shopping centre and home to a new dining experience. At the time of this newsletter printing, external seating in open air cafes at the Venue will be available (internal cafés and kiosks will still offer a take-away service only). Please note that this may change as restrictions are eased. You will notice, on arrival, that there is new signage around the Centre. Please take time to familiarise yourself with the instructions. There will be additional sanitising of touch points and anti-bacterial hand gel at various points throughout the Centre and in stores. Many stores have new protective screens at key points such as checkouts. The use of toilets may be restricted and will have a maximum capacity at any one time. Some cubicles may be closed to help manage social distancing.

Tuesday 29th June 2021 - Dobbies Garden Centre - £6.50

Dobbies garden centre has got everything you need for your home and garden from flowers and plants to tools, furniture, and homeware. The Centre are limiting the number of people in stores and are asking customers to maintain a safe distance, wash hands and pay with your bank card. The restaurant is currently closed at time of this newsletter printing, but this may change as restrictions are eased.

Meet the Team

Our team has grown over the past year, so over the next few issues of our newsletter, we would like to introduce you to our new members of staff and re-introduce you to our existing members of staff to find out a bit about them and their role within Sheppey Matters.

Elaine Christopher – Rural Youth Project Manager



My name is Elaine. I have been Rural Youth Project Manager for Sheppey Matters for 8/9 years. We have 7 After school and youth clubs for young people from 8-19 years and up to 25 years with Additional Needs across the island. We offer a variety of activities from sport to arts and crafts, including open discussion with young people on issues that affect them.

Over lockdown we have offered Art Packs for young people to keep them occupied. Since last March approximately 200-250 have been distributed across the island to young people of various ages. If you have received an Art Pack from us, please send/post photographs of the activities (you do not have to include young people's faces) on our Facebook page or to me at elaine@sheppeymatters.org.uk and complete and return any feedback forms received. This is very important for reports and feedback to our funders as it may help us secure future funding.

We hope to re-start our youth activities in April within the Government Guidelines and rules. This may mean a booking system with the rule of six. Please listen to our radio station Sheppey 92.2 FM for more information on our pathway forward to re-opening. I look forward to seeing you soon.

Amanda Cooper – HLC / Mobile Matters Co-ordinator



Hi, my name is Amanda and I currently have two roles within Sheppey Matters. Usually, I am the Co-ordinator for the Healthy Living Centre, hiring out the rooms to local charities, organisations and groups. In lockdown I have helped to call our Sheppey Wheels clients to ensure everyone was doing okay and helping to signpost people to help if required. I have been supporting our radio station – 92.2 Sheppey FM –

by hosting two shows a week packed with information about the work Sheppey matters have been doing during lockdown.

I am also part of the newest project – Mobile Matters, which will eventually be bringing our services and those of our support organisations out across the Island. Whilst lockdown restricted what we could do, we ran a virtual programme of events from Yoga, Boogie Tots, mindfulness to Paracise and story time.

Nicola Wagborne – Community Development Manager



My main role is to create and support residents through groups and events. As we begin a journey into a new normal, I will be looking to set up new support groups and creative sessions across all our sites, if you have an idea for a group or club you would like to start or join, please contact me nicola@sheppeymatters.org.uk

continued next page...

I have been with Sheppey Matters for over 8 years and get to use my love of crafting, gardening, and talking through my job. During the past year I have used my skills to support our staff with wellbeing and counselling as well as talking to many of our regular members. Through lockdown I secured the use of a Beach hut for us to use as a dedicated meeting point and now an old phone box, that we will convert to a community library later this year.

Rebecca Gebbie - Manager Sheppey Matters & Project Manager Isle Connect You



I have worked for Sheppey Matters for 11 years. I have really enjoyed being part of the community and helping people with what really matters. I have managed Sheppey Wheels for many years and have seen the project grow from strength to strength.

Now I manage a new project which started last year called Isle Connect You - aimed at reducing isolation and loneliness in the over 65s. This work is extremely rewarding, seeing people grow and achieve their own personal goals. It's based on a person-centred approach - no one size fits all. Our team have so many options available to customers that wish to join this project from writing letters via Pen Pal schemes to those in the USA to joining us in a very new mini project called Route 66 - helping to get people active and moving a bit more whilst enjoying some iconic landmarks along the way. If this last year has taught me anything it would be that anyone can feel isolated and lonely - it's important to offer support and information to keep people moving forward to more fulfilling and enjoyable times.

Julie Calder - Sheppey Matters Everyday Active Champion funded by Kent Sport



Hi Everyone, I'm Julie Calder and I have been working as part of the Sheppey Matters team for just over 2 years now, after making the jump over from the Health and Wellbeing department in Kent Community Health NHS Foundation Trust where I had worked for nearly 9 years. When I worked for the NHS, I spent 7 years as a Health Trainer covering all aspects of health, and a One You weight loss advisor for 18 months.

As a Health Trainer I also delivered a physical activity project for Sport England, working with those that were new to exercise and those that had not exercised for a long time because of either, an injury, a mental or physical health condition or just loss of confidence. I was chosen to deliver this project because of my experience both in health and the 30+ years I had previously spent working as an Exercise Referral Instructor within the leisure industry.

I love being active and believe passionately in the benefits of physical activity, and for those that know me, know how much I love food, so I need to exercise!! If you see someone Nordic Walking on the island it may very well be me, and if it isn't me it is likely to be someone I have taught! I love actively doing Nordic Walking and being outdoors as well as teaching it. I myself suffer with back pain due to wear and tear, but Nordic Walking has enabled me to walk miles pain free where prior to this I had not been able to.

I also have 3 dogs that keep me busy and make me go out even when it's raining and snowing, much to my dismay!! But I love them to bits and would not have it any other way. I love to travel although we haven't been able to do a lot of that lately!! I also enjoy the warmer weather where you will often find me sitting in my garden with a good book. We love entertaining friends and family, although lately that has been off the agenda! This is definitely something I aim to make up for when we return to a new normal!





Paul is the Assistant Gardener on the Community Gardener Project for Sheppey Matters. Paul has held many jobs including children's home maintenance man, deckhand, 11 years in Chatham Dockyard stores and working within amenity greens maintenance for 17 years. Paul brings a lot of manual ability and knowledge to his role alongside life experience.

Anita is the project lead for the Community Gardener project for Sheppey Matters. Anita took a career change in the early 2000's and has since gathered a lot of experience within finer horticulture and nature based community work. Social and Therapeutic Horticulture is a health intervention she is passionate about.



The Winter rains flooded the ground at the allotment. This is due to a clay soil and poor drainage.

Would you be interested in volunteering at our plots on Medway Road Allotments, Sheerness a few hours a week Monday to Friday ?

We provide produce to the Holy Trinity Church Food Bank, Sheerness, the Community Chef and Sheppey Matters Outreach projects.

NO WET WEATHER WORK

Would you like to join us at the Community Gardener project?
Email: anita@sheppematters.org.uk
or office@sheppematters.org.uk
Phone: 01795 585335 or 07402 959 801

Gardening is low and high intensity physical exercise. It helps the mind to focus and restores attention. It has social and therapeutic benefits. Interaction with nature and the green environment is a cost-effective therapy.





2 new community
Projects for the
Eastern End of our
Island



A community Beach Hut.
A joint project with Debbie,
Community Warden
A dedicated meeting place for
our walking groups, support
groups and 1 to 1 support.

A Community book swap
library.

We were donated a phone
box from

Golden Leas Holiday Park
and are looking to prepare
it for community use soon.



We will keep you updated and let you all know
when these new assets are ready for sharing.

Nicola 😊

Community Chef, Jason recently shared another great recipe on our Facebook Group from BBC Good Food

Lemon & Ginger Shortbread

This zesty teatime shortbread has a beautiful crumbly texture, plus zingy lemon and warming ginger flavour

Ingredients

- 100g salted butter, softened, plus a little extra for greasing
- 50g golden caster sugar, plus extra for dusting
- Zest of 1 large lemon
- 8 pieces of crystallised ginger, finely chopped
- 175g plain flour

Method - Step 1

- Heat oven to 150°C/130°C fan/Gas mark 2 and grease a 22cm loose-bottomed fluted tart tin.
- Put the butter in a bowl and beat with a wooden spoon until soft.
- Beat in the sugar, then stir in the lemon zest and ginger.

Method - Step 2

- Stir in the flour and work with your hands to form a soft dough.
- Tip into the tin and press into an even, flat layer with your fingers.
- Prick all over with a fork.
- Bake in the oven for 40 minutes until pale golden in colour.
- Cut into wedges then leave to cool completely in the tin.
- Remove from the tin and dust with caster sugar to serve.

This recipe is quite versatile and can be changed in many ways. You could go for a plain shortbread or mix it up to your taste.

A great way to use a plain shortbread as a fancy dessert to impress your family and friends is as follows:

Bake the shortbread as single disks and leave to cool, then place some whipped cream and strawberries on one, then repeat to produce a small tower. Then dust with some icing sugar and perhaps, if you're feeling adventurous, some coulis (strawberries, lemon juice and icing sugar blended together).

Have a listen to Community Chef, Jason on Sheppey FM 92.2 with host Amanda Cooper at 10:30am every Thursday and check out the Sheppey Matters Facebook group for some of his favourite easy to follow recipes.





‘Cooking up a storm!’

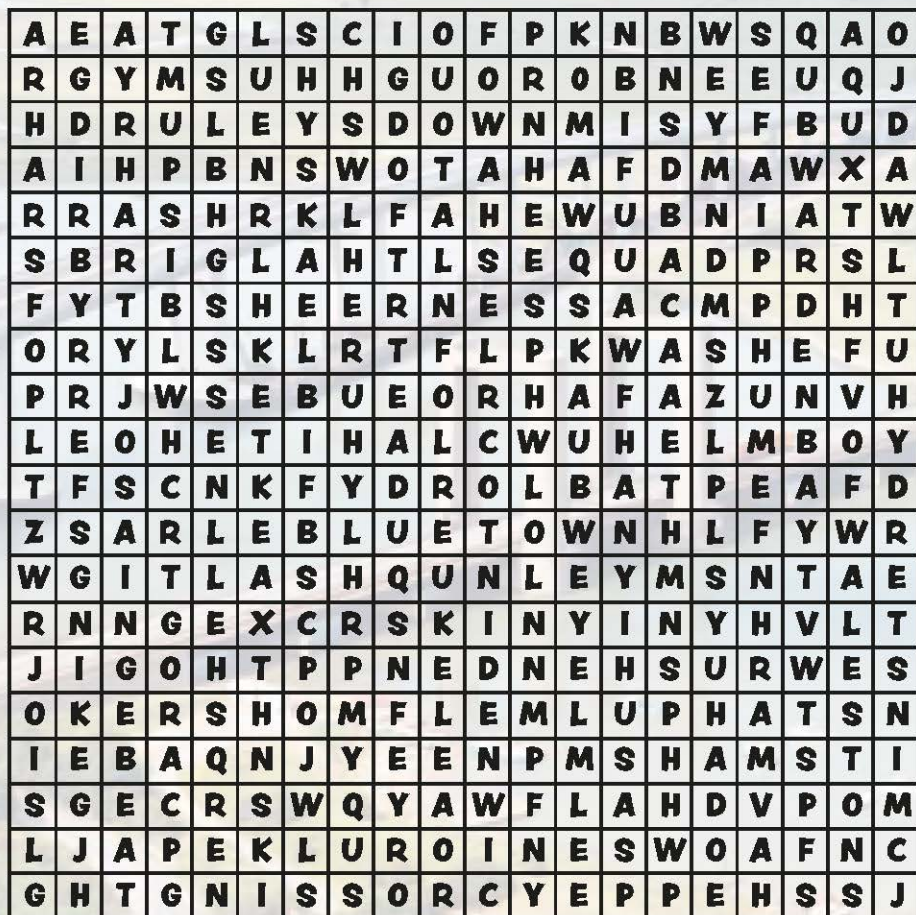
February was a busy month for Community Chef Jason Hurren and Sharon McNaboe. They filmed 6 videos to link up with the Oasis Academy students so they could still carry on with their cooking.

During the half-term break Jason and Sharon teamed up with The Salvation Army to ‘cook up a storm’ and feed children and families across the Island. The topic was to show different ways to cook with pasta, a cheap and versatile kitchen staple. They cooked a pasta dish every day including quick and easy spaghetti Bolognese, sausage pasta, super simple mac’n’cheese, tasty broccoli pasta and easy canned tuna pasta.

They cooked and distributed a total of 365 meals with amazing feedback from the recipients. Anita and Paul from the Community Gardener Project also helped as it was ‘all hands on deck!’

**Well done to the
Community Chef Project!!**

OUR ISLAND WORDSEARCH



Bluetown
 Eastchurch
 Elmley
 Halfway
 Hartly

Kingsferry Bridge
 Leydown
 Minster
 Queenborough
 Rushenden

Sheerness
 Shellness
 Sheppey Crossing
 The Swale
 Warden Bay

CRAFTING FOR GOOD MENTAL HEALTH

From slow sewing to paper cutting, explore the wonderful world of mindful crafts and how they benefit our mental health.

Many of us know by now that mindfulness is a pretty wonderful thing. It can reduce stress and anxiety, and generally help us to maintain our mental wellness.

Mindfulness meditation is often hailed as the ultimate mindfulness practice. But the brilliant thing about mindfulness is that it can be tapped into in so many ways. One creative idea is to take regular crafting activities and give them a mindfulness spin by slowing down, and letting the activity absorb your attention; crafting can be ideal for those looking for a different approach to mindfulness.

The actual benefits go beyond this. Research from the British Journal of Occupational Therapy suggests doing crafting activities on a regular basis can improve mood and increase feelings of relaxation. By crafting, we're just letting images, shapes, colours, and our intuition, lead us in different directions. Somehow the fun of the objects themselves can mean we drift out of boxed thinking and discover that something within us can quietly rearrange things in the background.

Sometimes, focusing on something external can help us internally. If this sounds like something that you're keen to try, we've got some suggested mindful crafting activities for you – get your tools at the ready.

PAPER CUTTING

Paper cutting involves making intricate designs using a craft knife and, traditionally, just one sheet of paper. The entire process of paper cutting, from designing to cutting, takes extreme focus and care. When cutting, try to focus your attention on what you're doing and take it slowly; try online tutorials to get started, all you need is a template, a craft knife, and a piece of paper – simple!

MACRAMÉ

Macramé is a type of textile made using knotting techniques. You can use any materials that can be knotted, such as cotton, twine, yarn, or even leather, to create a beautiful wall hanging or plant holder. The activity is both challenging to the mind (some of the knots can be intricate) and relaxing as there are often repetitive actions needed. This can help you feel relaxed and as if time is standing still.

MINDFUL SCRAPBOOKING

Cutting and sticking in this way can feel incredibly therapeutic, and it turns out there's a reason for this; we can discover things about ourselves we didn't know – when collaging, we're drawn to certain types of images, shapes, and colours that resonate with different meanings for us. As a bonus, you get to keep your scrapbook after you're done! Pick a theme or simply let your intuition guide you!

SLOW SEWING

Instead of reaching for the sewing machine, slow sewing is all about stitching a project by hand. The gentle, focused nature of hand sewing makes it a perfect mindfulness activity; having crafting to focus on means the excess energy anxiety brings can go into what we're creating, rather than building up within.

We know carving out time for yourself can be difficult, especially when the demands of work and family seem to be tugging at your sleeve. Having a dedicated activity to turn to can not only help you prioritise 'you time' (and make you excited about it) it can also help you switch off from modern-day stressors.

Never underestimate the power of a box full of craft toys; they can open up a whole different world inside our own minds; it's a world where we get to make choices about how we shape our creations, and this can help us begin to make choices about how we want to craft our own lives.

So, whether you're a crafting newbie looking to try something different, or a dab hand with a craft knife, you officially have permission to get creative more often. Trust us, your mind will thank you for it.



**WE ALL NEED
SOMEONE
TO TALK TO
SOMEONE
WHO LISTENS
WHO UNDERSTANDS**

During this time, we have all struggled with our emotions and feelings, if you or someone you know needs extra support please contact the relevant numbers below or call one of our team for guidance on who the best providers are for your situation.

01795 585335 / 07402 959801
office@sheppeymatters.org.uk
WE ARE HERE FOR YOU.

PAPYRUS Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141

(9am to midnight, every day of the year)

Website: www.papyrus-uk.org

Textcare: comfort and care via text message, sent when the person needs it most:
www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Samaritans Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

Emotional support, information and guidance for people affected by mental illness, their families and carers.

YoungMinds Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parent's helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Men's Health Forum 24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Cruse Bereavement Care Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk

Are you doing enough for your health?

"4 out of 10 people over the age of 50 are completely inactive, and two thirds of these believe they are doing enough activity to keep them fit!"





Isle Connect You Pen Pal Project



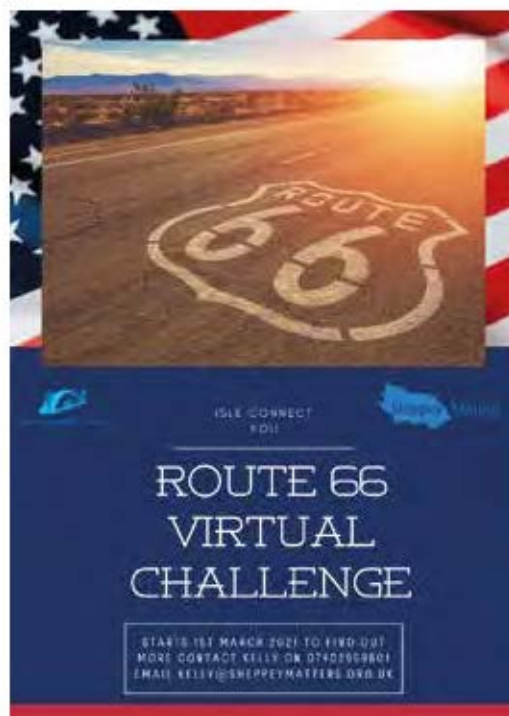
Isle Connect You have been working hard to pair up people from the Isle of Sheppey with senior citizens in New York, via the new and exciting Pen Pal Scheme.

If you are interested in having a pen pal and would like to join in, please contact the Isle Connect You team on 07402 959801 kelly@sheppeymatters.org.uk or the Sheppey Matters and Isle Connect You facebook pages

Send some rainbows and sunshine across the pond, whilst staying apart and keeping safe!



ROUTE 66 VIRTUAL CHALLENGE



GET YOUR
KICKS ON
ROUTE 66!



THE ROUTE 66 VIRTUAL CHALLENGE WILL TAKE TEAM ISLE CONNECT YOU ON A 3,442 MILE ROAD TRIP ALONG THE MOST ICONIC ROAD NETWORK IN THE WORLD.

EACH TIME A DISTANCE-BASED EXERCISE SUCH AS RUNNING, WALKING OR CYCLING IS COMPLETED, EACH PARTICIPANT WILL SUBMIT THEIR DISTANCE AND AS A TEAM WE WILL ADVANCE ALONG THE MAP OF ROUTE 66.

GROUP ZOOMS WILL TAKE PLACE IN ICONIC CITIES, POSTCARDS SENT FROM PLACES OF INTEREST, AND SIGHTSEEING TOURS FOR BUCKET LIST ADVENTURES! EACH TEAM MEMBER WILL ALSO RECEIVE ADVICE ON RECOMMENDED FILMS, READS, MUSIC & MENUS SHOULD THEY WISH TO FULLY IMMERSE INTO THE EXPERIENCE.

OUR GOAL AT ISLE CONNECT YOU IS TO KEEP OLDER RESIDENTS ON SHEPPEY ACTIVE, CREATE SOCIAL ENGAGEMENT AND ENCOURAGE NEW FRIENDSHIPS THROUGH SHARED EXPERIENCES AND ACTIVITIES ON ZOOM.

WE CAN CREATE A PLAN OF SUITABLE INDOOR EXERCISE ACTIVITIES FOR THOSE THAT ARE HOUSEBOUND AND WISHING TO PARTICIPATE.

£ FREE - What's included:

- **Fun**
- **Sightseeing Zooms in iconic landmarks across Route 66**
- **Activity challenges**
- **Pedometer**
- **New social connections with like-minded adventurers**
- **Medal on completion**

If you are interested in joining us along our journey, but don't have online access, please contact us to borrow an I-Pad. The I-Pad comes with full instructions and a team member is on the end of a telephone to troubleshoot.

It's going to take us time as a collective to get there, so you can join anywhere along the way of the Route 66.

To find out more, e-mail Kelly@sheppematters.org.uk or call 07402 959801

Sheppey 92.2 FM

COMMUNITY RADIO FOR THE ISLAND



Sheppey FM would like to say a BIG thank you to everyone that supported us for this year's fundraiser for Comic Relief - our 24-hour broadcast!

Thanks to all that donated, shared, joined in or offered words of encouragement!



With your help we managed to raise a whopping £656 for Comic Relief which is amazing!

Also, a big, special WELL DONE to Chris Thomas and Russell Cashman for not only staying awake for 24 hours on air, but putting on a fantastic show of music, jokes and banter until the very end! Well done also to all the others that joined in along the way. What a fantastic community we are!

We are open 7 days a week, all year round

We are your local community radio station. Please do get in touch with requests for your favourite songs!

**CONTACT US BY E-mail: contact@sheppeyfm.org.uk
or Call: 01795 665898 Text: 07938 221617**



YOUNG PEOPLE'S ACTIVITIES

With restrictions slowly easing, we are pleased to say that youth groups will be re-opening in May!

Art Club (8-12 years)

From Monday 10th May 4pm - 5.30pm at the Sheppey Healthy Living Centre

Eastchurch After School Club (8-12 years)

From Thursday 13th May 3.30pm - 5pm at Eastchurch Hub

Friday ADHD GROUP

From Friday 14th May 3.30pm - 5pm at the Sheppey Healthy Living Centre

Friday Additional Needs Group (13-25 years)

From Friday 14th May 5.15pm - 6.45pm at the Sheppey Health Living Centre

IMPORTANT: Numbers will be limited to start with due to restrictions, so **BOOKING IS ESSENTIAL.** Only those booked will be allowed entry!

To book a place on any of the above sessions,

please e-mail Elaine on elaine@sheppeymatters.org.uk

As restrictions ease further, we will be able to increase the number of young people allowed to attend each group.

We are really looking forward to seeing you all again!






Garden Gate Get Togethers

Isle Connect You will be out and about on our Island offering a meet up at your garden gate for the older generation.

We will bring our own chairs and our tea.

We can pitch up in your garden for a cuppa and a chat.
It may be a little too soon to think about getting groups together,
but we can certainly come to you!

Would you like a visit from us?
Or do you know of someone who may like to see us? Its FREE !



*We are really looking
forward to these visits*

**Call us to book a visit on 07402 959801
or email Kelly@sheppeymatters.org.uk**

**Life can become quite daunting, and over time, it can have
a detrimental effect on health and wellbeing.**

We are here to support you through this, to walk that journey with you, ensuring you find your feet again and become independent once more. Our small and friendly team are on hand to support those who are referred to the project to support and nurture an individual to a life of independence and experiences once more.

Love talking sport?

Join our fun and friendly 'virtual'

Kent's Sporting Memories Club

Online via Zoom

Every Friday 11:00 - 12.00, starting 5 March

We are able to provide guidance on getting online, and hope to meet you on-screen soon. The club is free to join and open to all, including those living with dementia.

Share your sporting memories, and play sports-based quizzes and games!

For more information contact Michael on 07423 284045 or michael@thesmf.co.uk



www.sportingmemoriesnetwork.com

Useful Contact Numbers

Sheppey Matters 01795 886335

Mobile: 07402 989801

Addiction Health Service (Rehabilitation service) 0800 755 5123

Age UK Sheppey (Older people) 01795 882562

Community Wardens (uniformed support service in the community)

Minster (Jacky Swan) 07811 271394

Sheerness West (Dave Osborne) 07813 712803

Warden & Leysdown (Dabble Foreman) 07977 981992

Forward Trust (Drug & alcohol treatment) 01795 411780

or 0300 123 1188

Harmony Therapy Trust 01795 883050

(Support therapy for the seriously ill)

Holy Trinity Church Foodbank 01795 871800

(Feeding those in need)

One You (Better health choices) 0300 123 1220

Porchlight (Supporting the homeless) 07789 137296

SaTEDA (Domestic abuse) 01795 417251

Salvation Army Sheppey 01795 884984

(Practical support in the community)

Samaritans (Supporting people in crisis) 116123

Swale Borough Council 01795 417880

Swale Your Way (Mental health and wellbeing) 07515 099191

Young Persons Sexual Health Service 0300 790 0245

(Contraception and advice)

