



# Happy Healthy Neighbours

A Handy Pocket Diary  
Connecting Communities,  
Promoting Healthy  
Lifestyles



# Introductions

*Ey up! folks! It's Harold the Herdwick Sheep here. I'm chuffed to bits to introduce you to our 'Happy Healthy Neighbours' guide. Let's count off the ways to wellbeing, Cumbrian style: Yan, look after yersel. Tan, look after others. And Tethera, let's all pull together to create a grand community*

*Funded by The Mid-Copeland GDF Community Partnership, created by iCan Wellbeing Group CIO and published by Vibes Publishing Ltd.*

*Big thanks to Kerry Wright for her outstanding Mid-Copeland Lino Prints! Dive into her world of creativity at [www.kwbodyworks.co.uk](http://www.kwbodyworks.co.uk)*



# Guide Overview

Join me on a flock-tastic journey through our Mid-Copeland Wellness Guide!

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# January



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## Notes



*Community member who not only needs a mention but a medal!*

***Lindsay Buck** from Gosforth. She tirelessly picks up litter from our area - every single day! (If she's not taking part in fell racing). Most days each week, Lindsay is up Scafell Pike, collecting the mess that's been left up there.*

*She's absolutely amazing.*

*You can find her on Facebook.*

# Live Well in 5 Steps

## **Coping Strategies:**

Learn to manage stress and navigate life's challenges with effective coping strategies that promote mental resilience.



## **Volunteering:**

Give your time and skills to help others, finding joy and purpose in contributing to the wellbeing of your community.



## **Healthy Eating:**

Nourish your body with balanced meals that fuel your daily activities and enhance your overall health.



## **Stay Active:**

Incorporate physical activity into your routine for a stronger body, improved mood, and increased energy levels.



## **Mindful Connections:**

Cultivate meaningful relationships and connect deeply with those around you to enrich your life.





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## Notes

What does a **happy healthy neighbourhood** mean to you?

*"For me a happy healthy neighbourhood is supportive of everyone within it. My main message is what a community based effort keeping our locality clean is & how as individuals and groups we can all play our part & make a difference in keeping this stunning part of the great outdoors a place to cherish. Best wishes, Lindsay #WasdaleWomble"*

*Lindsay Buck, Gosforth Resident  
Wasdale Womble*

## Coping Strategies



Sometimes, worries can make us feel like we're carrying a heavy wool fleece we just can't shake off. That's why it's baa-rilient to have a coping strategy, like this CBT diagram, to help see things more clearly. When you find yourself fretting, just ask the questions in the diagram. Can you sort the problem? If yes, that's grand – plan a way forward. If no, then no need to let it bother your graze. Remember, finding what helps you cope makes you a happier, healthier neighbour here in Mid-Copeland. So, let's keep our spirits up and our community strong, together!



Embark on a journey of discovery with your family using the 'My Own Guide', an interactive publication designed to foster resilience, mindfulness, and healthy habits for families, offering engaging activities and valuable life lessons. For your interactive copy that promises engaging 'home-growth' activities and valuable life lessons, visit: [www.icanwellbeing.co.uk](http://www.icanwellbeing.co.uk)

For those struggling or in crisis, support is just a call away. Contact the **Samaritans helpline** (for free) at 116 123—available 24/7, providing a listening ear to anyone in need. Your wellbeing matters.

When you find things stressful try using this method to make things less daunting...



Just ask yourself this question and follow the tracks to see your problem more clearly.

### **My Mid Copeland Coping Strategies**

Reflect on the strategies that help you navigate life's challenges. Identify your top three coping methods, such as a walk in nature or meditation, and jot them down.

Coping Strategy 1:

Coping Strategy 2:

Coping Strategy 3:

By sharing your coping experiences, you contribute to personal well-being and community resilience, fostering empathy, support, and shared experiences in Mid-Copeland.

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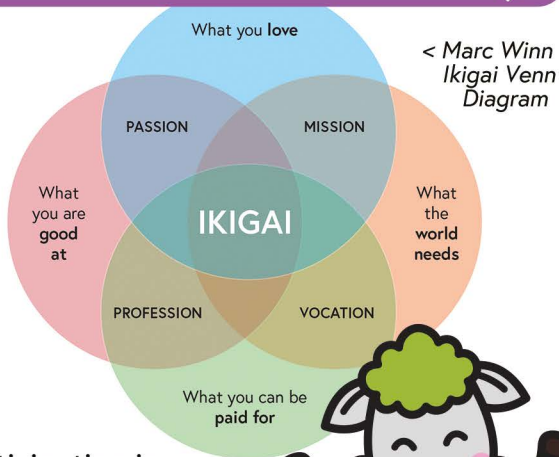
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## Notes



# Volunteering



Participating in local initiatives such as cleaning up The Viking Way or volunteering at your local Library Links can be a path to discovering one's Ikigai.



As you engage in these acts of service, consider how they align with your passions, the needs of your community and your personal strengths. These reflections can guide you toward a life of fulfilment and purpose — your own Ikigai.

## **Total Rubbish Collected for 2023 by Mid-Copeland community members:**



Plastic bottles:  
**1336**



Banana Skins:  
**1336** (Just from Scafell Pike)



Cans: **970** (via Derek Tunstall MBE)



Wrapped Dog Poo:  
**205**



Couple hundred pounds of clothes found, washed and given to charity shops

## Volunteering



Discover your path to personal fulfilment with our 'Find Your Ikigai' interactive guide. Simply visit [www.icanwellbeing.co.uk](http://www.icanwellbeing.co.uk) for your copy and start the journey towards uncovering your unique purpose and enhancing your role as a vibrant member of our community.

### Now find your own Ikigai

What do you love to do?

What does the world need?

What can you be paid for?

What are you good at?

How do these all connect?

# April



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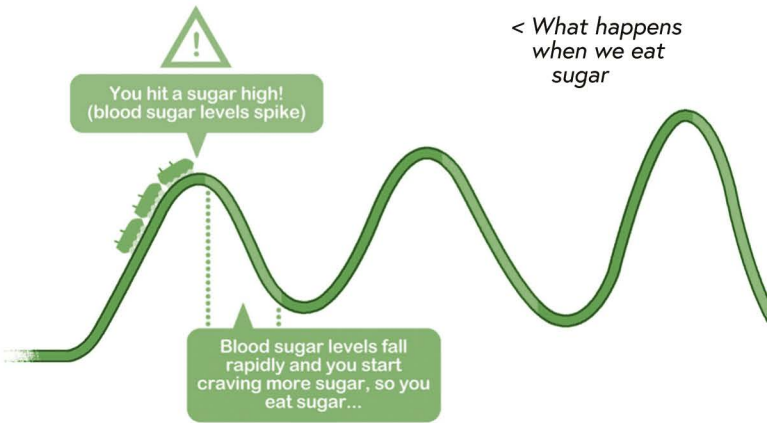
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## Notes





Lets talk about flattening your glucose curve, a smart step towards a happier, healthier you. When we keep our blood sugar stable, we're not just dodging the highs and lows; we're setting ourselves up for less hunger, sharper thinking, and more zest throughout the day! Plus, a steady glucose level keeps our heart, brain, and even our skin in top sheep shape. So, let's graze wisely, stay active after meals, and choose our snacks smartly. Remember, every little step helps to keep us nimble, bright, and ready for anything life in Mid-Copeland throws our way!

**To reduce glucose levels, some of the key strategies include:**

- Eating foods in the right order, starting with vegetables.
- Stopping the focus on calorie counting and opting for nutrient-rich foods.

## Healthy Eating



- Choosing savoury breakfast options over sweet ones.
- Eating whole fruits instead of processed snacks.
- Engaging in brief physical activity after meals to utilise glucose.
- If snacking, preferring savoury over sweet options.
- "Dressing" your carbs with proteins or fats to slow glucose absorption.
- Tick the strategies you find most appealing or think would be most effective for you.



Unlock the power of reflection with our teen-focused 'My Own Journal to Live Well' guide. Visit [www.icanwellbeing.co.uk](http://www.icanwellbeing.co.uk) to start your personal health and happiness diary today.



# May



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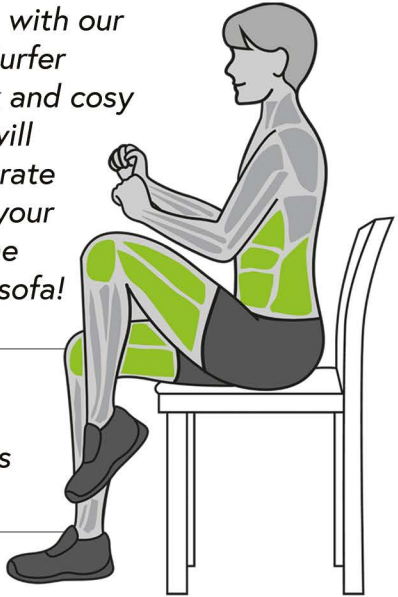
## Notes





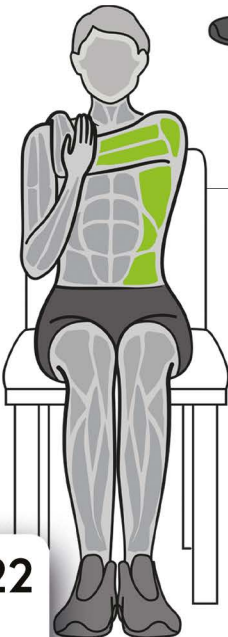
## 5 Minute Sofa Surfer Session

Let's get moving with our '5-Minute Sofa Surfer Session'. A quick and cosy workout which will raise your heart rate and strengthen your body, all from the comfort of your sofa!



### **Basic Heart Rate Raiser**

Time: 30 seconds  
Let's march!



### **Closed Shoulder Stretch**

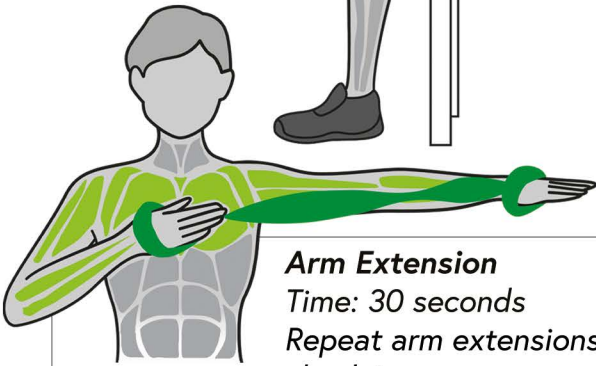
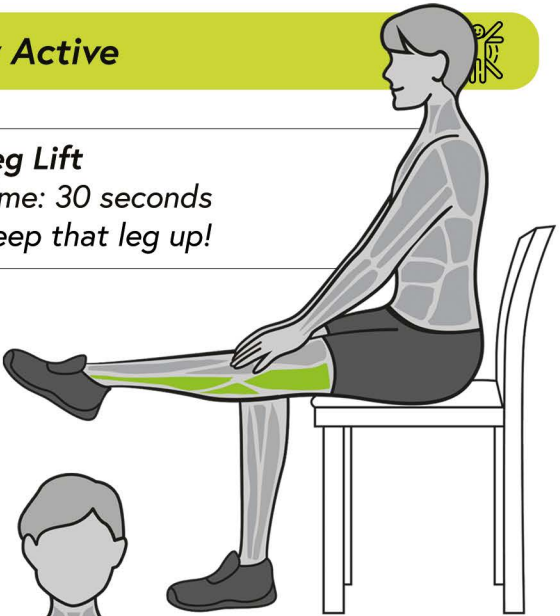
Time: 30 Seconds  
Breath deep!

## Stay Active

### Leg Lift

Time: 30 seconds

Keep that leg up!



### Arm Extension

Time: 30 seconds

Repeat arm extensions slowly!

**Round 2: Now let's do it all again on your left side!**

### Cool Down

Time: 1 minute

Text: Inhale, Hold, Exhale x5



Kickstart community fitness by establishing your own chair-based exercise social group with the help of our comprehensive ABC booklet. Just visit [www.icanwellbeing.co.uk](http://www.icanwellbeing.co.uk) for your ABC booklet and start spreading cheer in Mid-Copeland!

# June



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## Notes

Summer Vibes

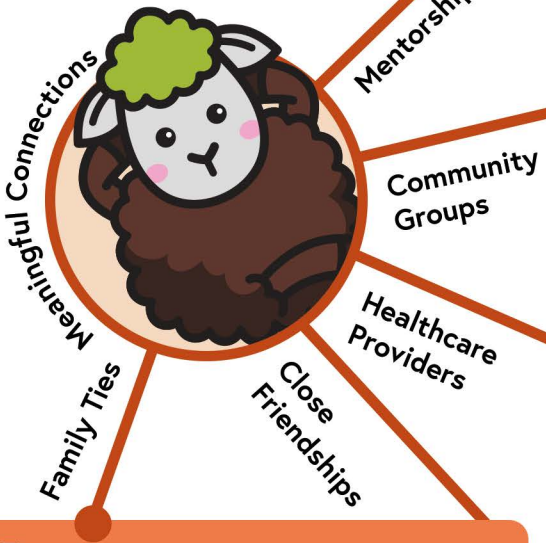


## Meaningful Connections



Baa-velous research, just like the *\*Harvard Study of Adult Development\** shows that strong relationships lead to longer, wool-derful lives, helping us tackle life's bumpy terrain. Don't be sheepish; jot down the names of family, mentors, pals, and even your GP.

Reaching out to them not only strengthens our flock but also knits a more caring and supportive network around us. Together, we're not just a herd; we're a resilient, thriving... woolly family!



### Family Ties:

Family provides a strong foundation in our lives. Write down the name of a family member who has played a significant role in your journey.



**Mentorship:**

Wise mentors guide us through life's foggy paths. Note the name of a mentor who's made an impact in your life.



**Community Groups:**

Joining local groups fosters growth and connection. List a local group you've been curious about or would like to explore.



**Healthcare Providers:**

Trusty healthcare professionals ensure our wellbeing. Note the name of a healthcare provider who has made a positive impact on your health.



**Close Friendships:**

True friends are like precious gems in our lives. Write down the name of a friend who always brings joy to your world.



# July



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## Notes

What does a *happy healthy neighbourhood* mean to you?

*"A healthy and happy neighbourhood can be achieved by having opportunities on our doorstep that are inclusive to all; helping to support good mental wellbeing and good physical health."*

*Claire Dunn, Beckermets Resident  
Events Coordinator Beckermets Reading &  
Recreation Rooms*

# Accessible Walk



 Calderbridge  2km

**Grade:** Route for All (The 'Route for All' is a walk suitable for everyone, including those with pushchairs and assisted wheelchairs, featuring a gentle gradient no steeper than 1:18, a smooth surface of tarmac or compacted stone, and a minimum path width of 1m with passing places).

Visit - [www.lakedistrict.gov.uk/visiting/things-to-do/walking/mileswithoutstiles/mws22](http://www.lakedistrict.gov.uk/visiting/things-to-do/walking/mileswithoutstiles/mws22)



●●●● route for all

— road

 river

 pub

— 1/2 km —

30



Wellness  
Walks

the first steps to feeling better



## The **Benefits** of Walking



**90 mins.....Mental Health Improves!**



**40 mins... Lower risk of heart disease**



**30 mins..... Weight Loss Begins**



**15 mins.....Blood sugar falls**



**10 mins.....Creativity improves**



**05 mins.....Mood improves**



**03 mins.....Reduces blood pressure**

Find a Wellness Walk near you:  
[www.wellnesswalks.org.uk](http://www.wellnesswalks.org.uk)

All walks are totally free to  
anyone feeling low and are led  
by fully qualified leaders.



# August



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## Notes



*Well done & huge thanks to all who keep this glorious bit of the lakes tidy. **Mick Pearce** on 125 ascents of Scafell Pike, **Salli Pilcher** & the wild water swimmers of Wasdale, National Trust staff working in the valley, Marcus Bloor of Lake District National Park & the huge number of people who endlessly do their bit - it is such a terrific collective effort.*

# Mid-Copeland Community Halls





## **Beckermets Reading Rooms**

 [beckermetsreadingrooms@gmail.com](mailto:beckermetsreadingrooms@gmail.com)

 01946 841363

## **Calderbridge & Ponsonby Village Hall**

 [community@calderbridgeandponsonby.co.uk](mailto:community@calderbridgeandponsonby.co.uk)

 07745 216359

## **Haile Village Hall**


 [winderlea@btinternet.com](mailto:winderlea@btinternet.com)

 01946 841474

## **Thornhill Social Club**

 01946 820216

## Gosforth Public Hall

 [mwarmoth17@yahoo.co.uk](mailto:mwarmoth17@yahoo.co.uk)

 019467 25989

## Seascale Sports Hall

 [jenmcclemens@btinternet.com](mailto:jenmcclemens@btinternet.com)

 07789328565

## Seascale Windscale Club

 [windscaleclub@hotmail.co.uk](mailto:windscaleclub@hotmail.co.uk)

 019467 28468



Gosforth Public Hall  
Seascale Sports Hall



# Yam Noodle Soup

## Local Recipe

### Ingredients:

- Sesame oil
- 2 sticks of lemongrass, peeled and grated with a fine grater
- 4 cloves of garlic, finely diced
- 4cm of fresh ginger, peeled and grated with a fine grater
- 1 tablespoon of curry paste
- 1/2 Savoy cabbage, shredded
- 250g Chestnut mushroom, washed and sliced
- 100g fresh beansprouts
- 1 tablespoon of soy sauce
- 2x 400g tin of coconut milk
- 200g or vermicelli rice noodles
- 1 vegetable stock cube
- 1 lime, zested and juiced
- Coriander, finely diced
- Crispy shallots/onion (can be bought from the shop)

## Step 1

To make the broth for the soup begin by heating a little sesame oil in a pan on a low heat and adding the lemongrass and ginger. Allow them to cook for around a minute until fragrant but make sure they don't stick to the pan.

## Step 2

Then add the garlic and cook for a further minute. Next add in a tablespoon of your desired curry paste. We usually use yellow Thai curry paste as it is vegan (and delicious!). However, you could exchange this for red or green Thai curry paste or even for a Laksa paste or something similar if you like.

Continue to stir mixture around for another minute or two.

## Step 3

The next step is to add the coconut milk. Add both tins and crumble in the vegetable stock cube. Stir well and allow to simmer for 10 minutes to ensure the spices and stock cube fully infuse with the coconut milk. To finish, add salt, along with the lime zest and juice until you have the perfect balance for you. Some prefer it slightly saltier, some slightly sharper!



**Give them a visit today!**

Address: Denton House,  
Gosforth, CA20 1EJ

**37**

## Step 4

Whilst the broth is finishing off, heat some more sesame oil in a large frying pan or wok over a medium to high heat and add the cabbage. At this point adjust the quantities of vegetables to whatever suits you best. We like big portions in our house!

Fry the cabbage for 2-3 minutes until it starts to become tender and then add in the mushroom, beansprouts and soy sauce.

Continue to cook for another 3-4 minutes until the vegetables are cooked to your liking.

## Step 5

In the meantime cook the noodles to the instructions on the packet, drain and leave to the side for assembly.

## Step 6

Once all the elements are cooked take a wide, shallow bowl and start by placing the noodles in the bottom. Add the cabbage, mushroom and beansprout on top of the noodles then add two or three ladle fulls of broth around the edge of the bowl. Finish by sprinkling crispy shallots and coriander over the top.

Then all there is left to do is enjoy it. Best served with family and friends!

This recipe has been kindly shared by Josh, Laura and Freddy at **Yam Frae Yam**. You can contact them by email: [info@yamfraeyam.co.uk](mailto:info@yamfraeyam.co.uk) or Phone: 019467 25696

# Mid-Copeland Public Transport

**Muncaster Microbus**  
Community Transport  
01229 717229



**30 Bus Route:**  
Maryport -  
Thornhill/  
Frizington

**Northern  
Railway**  
Seascale  
Departures



**Wasdale Shuttle  
Bus**  
Funding Dependent

**Gosforth Taxis**  
Local Taxi Service



**Sim's Travel**  
Coach Hire  
& Transport

Think this list is small? You're not alone.  
Sign the following petition for better public  
transport in Mid-Copeland here:  
<https://chn9.it/D87d2cv>



# September



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## Notes



*A big shout out please to John Mackay for all of his amazing efforts in Beckermets."*

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*Shout outs to Viv Kendal who runs the community car service. Also Janet Hardy and the group of church ladies who do so much for charity and the community. And the volunteers at the library for keeping it going.*

# November



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## Notes

What does a **happy healthy neighbourhood** mean to you?

*"Friendly neighbours, kindness, and consideration shown to each other. Children playing in the gardens and streets or down at the park." - Lin Davis, Seascale Resident, Owner of L'FINITY Fitness*

# December



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## Notes



# Local Contacts

**Seascale Health Centre**

019467 28101

**Seascale Community Fitness Centre**

01946727882

**Seascale County Library**

019467 28487

**Seascale Pharmacy Ltd.**

019467 28323

**Seascale School**

019467 28403

**Gosforth Taxis**

019467 25308

**Gosforth Library Link**

019467 25888

**Gosforth Parish Council**

01229 717551

gosforth.parish2@outlook.com

**Gosforth CE School**

019467 25244

**Beckermet with Thornhill Parish Council**

clerkbeckermetthornhillpc@gmail.com

**Beckermet C of E Primary School**

01946 841221

**Thornhill Primary School**

01946 820402

**Wasdale Mountain Rescue**

(non emergency)

fundraising@wmrt.org.uk



## Other **Contacts**

### **Cumbria Wildlife Trust:**

[mail@cumbriawildlifetrust.org.uk](mailto:mail@cumbriawildlifetrust.org.uk)

### **West Cumbria Rivers Trust:**

[info@westcumbriariverstrust.org](mailto:info@westcumbriariverstrust.org)

### **National Trust (Eskdale):**

[eskdaleandduddon@nationaltrust.org.uk](mailto:eskdaleandduddon@nationaltrust.org.uk)

### **National Trust (Wasdale):**

[wasdale@nationaltrust.org.uk](mailto:wasdale@nationaltrust.org.uk)

### **Lake District National Park:**

01539 724555

### **Cumbria Music Hub:**

[MusicService@WestmorlandandFurness.gov.uk](mailto:MusicService@WestmorlandandFurness.gov.uk)

### **West Lakes U3A Events:**

[u3asites.org.uk/west-lakes/events](http://u3asites.org.uk/west-lakes/events)

### **National Highways:**

[info@nationalhighways.co.uk](mailto:info@nationalhighways.co.uk)

### **Cumbria Constabulary:**

[www.cumbria.police.uk](http://www.cumbria.police.uk)

### **United Utilities:**

[www.unitedutilities.com/help-and-support/contact-us](http://www.unitedutilities.com/help-and-support/contact-us)

### **Electricity North West:**

Report a Power Cut: 105

General enquiries, compliments and complaints: 0800 195 4141

### **Northern Gas Networks:**

Smell Gas? (Day or night): 0800 111 999

Non-emergency calls (Customer Care Team): 0800 040 7766

**Copeland Age & Advice Services (CAAS): 01946 552166**

# Community Organisations

**iCan Wellbeing Group CIO:** Is a health, wellbeing and social support charity. With it's aim to support the Cumbrian community to break down their fitness and wellbeing barriers from I can't to iCan.

✉ [admin@icanwellbeing.co.uk](mailto:admin@icanwellbeing.co.uk)

**Cumbria CVS:** Fosters a supportive environment for volunteers, enhancing community health and happiness by connecting individuals with local voluntary organisations, thereby nurturing a neighbourly spirit in Cumbria.

✉ [info@cumbriacvs.org.uk](mailto:info@cumbriacvs.org.uk)

## **Cumbria Action for Sustainability**

**(CAFS):** Promotes sustainable living in Cumbria, contributing to healthier, eco-friendly communities, and encouraging residents to be environmentally conscious neighbours.

✉ [office@cafs.org.uk](mailto:office@cafs.org.uk)

**Groundwork NE & Cumbria:** This organisation works towards improving green spaces and promoting sustainable practices, fostering healthier communities and happier, environmentally aware neighbours in Cumbria.

✉ [north.east@groundwork.org.uk](mailto:north.east@groundwork.org.uk)

**Awaz (Cumbria) CIC:** Focuses on empowering minority communities in Cumbria, fostering inclusive, diverse, and health-conscious neighbourhoods.

✉ [information@awazcumbria.org](mailto:information@awazcumbria.org)

## Community Organisations

**LGBThq Cumbria:** Advocates for the LGBT community, enhancing the health and happiness of Cumbria's diverse neighbourhoods by promoting inclusivity and support.

 [stickybitscafe@hotmail.co.uk](mailto:stickybitscafe@hotmail.co.uk)

**Age UK Carlisle & Eden:** This organisation supports the elderly, contributing to a compassionate and caring community environment in Carlisle and Eden, ensuring happy and healthy ageing for neighbours.

 [admin@ageukcarlisleandeden.org.uk](mailto:admin@ageukcarlisleandeden.org.uk)

**Furness Multicultural Forum & Youth Hub:** Play a pivotal role in celebrating cultural diversity and youth engagement in Furness, fostering a dynamic, inclusive, and healthy community spirit.

 [info@furnessmulticultural.org.uk](mailto:info@furnessmulticultural.org.uk)

**Cumbria Community Foundation:** This foundation supports local initiatives for community improvement, promoting well-being and fostering a sense of caring and connectedness among neighbours in Cumbria.

 [enquiries@cumbriafoundation.org](mailto:enquiries@cumbriafoundation.org)

**ACTION with Communities in Cumbria:** Focusses on rural community development, enhancing the health and happiness of these communities by fostering connectedness and neighbourly support in Cumbria.

 [info@cumbriaaction.org.uk](mailto:info@cumbriaaction.org.uk)

# Happy Healthy Neighbours

*Unlock a world of wellbeing! Scan the QR code and join our Happy Healthy Neighbour email campaign for exclusive health tips, community updates, and exciting events right in your inbox. Discover what's waiting for you in our thriving Mid-Copeland neighbourhood!*

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[www.icanwellbeing.co.uk/ican-health-fitness-mid-copeland](http://www.icanwellbeing.co.uk/ican-health-fitness-mid-copeland)



**Mid Copeland**  
GDF Community Partnership

