



# Wellbeing Our Way

The Trefoil Way

2023/2024



**WOW** came into being following the National Trefoil Conference in Swanwick, Derbyshire, at the end of October 2021. The SWE team of delegates identified 'Wellbeing' as an area to develop, looking at Physical, Emotional and Mental aspects of the subject, both for helping members directly and for raising awareness of issues.

It was agreed that time-limited, short term dabbles would be a good way to implement the Wellbeing initiative, and so here is

**WOW**

**Wellbeing Our Way**

**The Trefoil Way**

**ENJOY**

**Do join in and DABBLE**



## **A message from Hilary Crane South West England Chair**

Looking after our mental health and wellbeing is so important alongside our physical health. This initiative follows on from almost two years of isolation and anxiety through the pandemic. It has been very clear that friendships and connection with others has played a key part in our recovery linked closely to the benefits of enjoying the natural environment. The team very much hope that the topics and dabbles will give an opportunity to explore some of these issues and enhance your guild programmes in a slightly different way. You do not have to take part but we hope that you will want to 'dabble'.

My heartfelt thanks to the team for all their hard work whilst at the conference and in the months following. This is a region initiative and therefore any questions should be directed to Avril Stouse as shown in this booklet. We would also be really interested in your feedback over the coming years.

I appreciate that 2023 also provides us with the celebrations and activities for the 80<sup>th</sup> Anniversary but we hope that they will link in with some of the dabbles. We do not wish to over burden members but to provide plenty of choice. After all, as Trefoil members we are good at multi-tasking and here in the South West we love a challenge.

**Have fun.**

**Dip into WOW**

# **Wellbeing Our Way**

## **The Trefoil Way**

We hope that members will  
‘Dip into **WOW**’  
by taking part in dabbles to enhance  
their wellbeing.

Are you stuck for programme ideas?

Look no further,

# **WOW**

**might be just what you need!**

**Dabbles are organised into  
6 sections:**



**Keep Learning  
Take Notice  
Be Active  
Give  
Connect and Support  
Care for the Environment**

Each section will last for approximately 3 months, starting in January 2023.

It is not intended for all the WOW activities to be completed. WOW is for dipping in and out of, according to the wishes of members. It is a **DABBLE**.

There is a badge that members can purchase for taking part in any activity in any section. It is not necessary to complete all dabbles, or all sections, in order to obtain a badge.





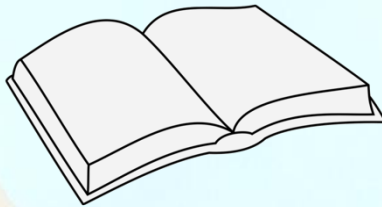
## This is how WOW works

WOW	WHEN
WOW: Keep Learning	1 Jan - 31 March 2023
WOW: Take Notice	1 April - 30 June 2023
WOW: Be Active	1 July - 30 Sept 2023
WOW: Give	1 Oct - 31 Dec 2023
WOW: Connect and Support	1 Jan - 31 March 2024
WOW: Care for the Environment	1 April - 30 June 2024



Here are suggestions for the WOW dabbles, though you may devise your own if you wish, as long as they fit in with the theme.

# Keep Learning



- Use Wikipedia's 'Random Article' feature.  
<http://en.wikipedia.org/wiki/Special:Random>
- Teach yourself a lesson with BBC Radio 4's 'In Our Time'.  
[www.bbc.co.uk/programmes/b006qykl](http://www.bbc.co.uk/programmes/b006qykl)
- Learn greetings and how to finger spell your name in British Sign Language (BSL). Take it further by taking an online course.  
[www.british-sign.co.uk/learn-online-british-sign-language-course](http://www.british-sign.co.uk/learn-online-british-sign-language-course)
- Try a new craft by asking a local craftsperson or guild to share their expertise.
- Enquire if your local Police Force can provide a speaker on safe driving, or try Trading Standards for scams.
- Find out what your local U3A offers. [www.u3a.org.uk](http://www.u3a.org.uk). If you are already a member, perhaps consider joining a new learning group.
- Compile a Guild recipe book, swapping recipes, tips and why you like the dish.
- Research your family tree [www.ancestry.co.uk](http://www.ancestry.co.uk) or the history of your home. [www.historicengland.org.uk/advice/your-home/your-homes-history/how-to-find-out](http://www.historicengland.org.uk/advice/your-home/your-homes-history/how-to-find-out)



- Take part in a World Association of Girl Guides and Girl Scouts (WAGGGS) World Centre virtual class.  
[www.eventbrite.co.uk/o/wagggs-world-centre-virtual-programme-32268147887](http://www.eventbrite.co.uk/o/wagggs-world-centre-virtual-programme-32268147887)

- Take a trip to a new museum or gallery.

Other useful websites: [www.mindcharity.co.uk](http://www.mindcharity.co.uk), [www.oed.com](http://www.oed.com)

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## Take Notice



### Take Notice in the Natural World:

- Look for beauty in the unexpected, colours, scents, shadows, sounds - sit quietly for 15 minutes - watch, look, listen and enjoy the sound of silence - share your observations.
- Go for a walk at different times of the day and spot natural things. Take a notebook out with you and note down how many birds you see in ten minutes, twenty minutes, your choice. Take pictures on your phone.
- Look in people's gardens: how many different flowers or shrubs can you see in a ten-minute walk? Then look them up in books or the internet if you can't identify them. Bring your findings to your next Guild meeting and compare notes or perhaps make into a quiz. If you don't have the means to print copies off, get people to guess from your description!

### Take Notice in your Locality:

- Visit the library; you might be able to arrange a guided tour of all the facilities on offer for your Guild. You may want to research any blue plaques in your area or look at meaning of local place names.
- Visit a local place of worship - maybe of a different faith.
- Invite someone from a local church/other old building to speak about it, then visit. This might include finding about hatchments and embroidery e.g. altar cloths, vestments.
- Walk around your neighbourhood/village/town. Do you have a Town Quiz? If not, maybe design one. Read some local Notice Boards.

### Take Notice - Looking after Ourselves:

- **STOP** this is an acronym. What does it stand for and how can we use it in our busy lives? Can we all benefit? Is it just for the younger generation?
- Invite someone to your meeting who can teach you simple meditation or yoga.
- What is Zentangle? Look this up on the internet. You can easily obtain books, try children's colouring books and a few felt tips or colouring pencils. Relax and let your mind wander. Compare your pictures at your meetings.
- Spot defibrillators in your area and maybe have someone demonstrate use.

## Be Active



- Have a Guild meeting at an outdoor 'Green Gym' or fitness Trail.
- Join in the 80<sup>th</sup> birthday celebrations of Trefoil in a wood or forest near you. [www.tcv.org.uk/greengym/find-green-gym/](http://www.tcv.org.uk/greengym/find-green-gym/)
- Build more activity into your daily routine, eg take the stairs instead of using a lift, walk or cycle to the shops. Keep it up for a month.
- Try out some of the NHS exercise programmes: seated exercises [www.nhs.uk/live-well/exercise/sitting-exercises](http://www.nhs.uk/live-well/exercise/sitting-exercises) or some simple balance exercises to help improve your health and mobility. [www.nhs.uk/live-well/exercise/balance-exercises](http://www.nhs.uk/live-well/exercise/balance-exercises)
- Try a physical activity that you haven't tried before or haven't done for more than 10 years. Do it every week for 10 weeks. Perhaps persuade someone less active than you to join in.
- Complete the 'Couch to 5k' running plan [www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week) and then take part in a local Park Run. [www.parkrun.org.uk](http://www.parkrun.org.uk)
- Create an exercise routine to do whilst you are cleaning your teeth or watching TV; it could be heel raises or pelvic floor exercises, circulating ankles and wrists, pointing and flexing feet etc.
- Add a team game or relay race to your Guild meeting for three months e.g. balloon football, passing beanbags etc. Can you beat your time/score each meeting?

- Go geocaching [www.gagb.org.uk](http://www.gagb.org.uk) or try orienteering [www.goorienteering.org.uk](http://www.goorienteering.org.uk) and discover a new place near you.
- Try out some mental activity. Try the cryptic crossword in your newspaper or join the Wordle craze.
- Take part in 'Mission X' and learn how to keep fit and stay healthy like an astronaut in space [www.trainlikeanastronaut.org](http://www.trainlikeanastronaut.org). You could even join a local Girlguiding Unit to complete some of the activities.

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## Give

### Give Time:



- RNLI: Volunteer to fund-raise, assist in shops. Contact local Lifeboat Station or HQ - *telephone*: 0300 300 9990, Monday to Friday, 09.00 - 17.00 *Email*: [supporter\\_care@rnli.org.uk](mailto:supporter_care@rnli.org.uk)  
There is a private Facebook Volunteers' page and every week RNLI provide to subscribers a Volunteers' Newsletter.
- Provide items for Food Banks or deliver them - contact local Food Banks.
- Consider appointing a Guild Welfare Officer to give time to members needing it, without being judgemental.
- Give time to assist at local Riding for the Disabled venues and continue to fund-raise.

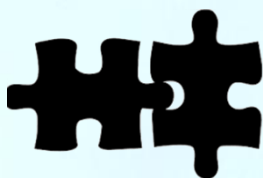
### Give Information:

- Inform members about 'Health Connections' in your locality eg Mendip Health Connections, so that they may make time to

assist in awareness raising of the support given. Contact Mendip Health Connections by *telephone* at 01373 468368 or *Email*: [mendip.healthconnections@nhs.net](mailto:mendip.healthconnections@nhs.net)

- Give information to Guild members about the need to care for your heart. Defibrillator provision locally, CRY (Cardiac Risk in Young People): *Email*: [cry@c-r-y.org.uk](mailto:cry@c-r-y.org.uk) British Heart Foundation contact for nearest branch website: <https://bhf.org.uk> for events, shops etc. Also contact [www.communityheartbeat.org.uk](http://www.communityheartbeat.org.uk)
- Send for and distribute *free stickers* from Able Community Care for older, disabled or other vulnerable people to deter unwanted callers. Contact by *telephone*: 01603 764567 *Email*: [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com)
- Knit hats for premature babies for your local hospital's maternity unit. <https://www.gathered.how/knitting-and-crochet/knitting/free-premature-baby-hat-knitting-pattern/>
- Find useful hints on how to help those with visual impairment. Think about the Braille language. Play a game blindfolded using ping pong balls in an egg tray with raised dots to read a message, reading them with your fingers so you can try to understand how those with sight loss are able to read. There is a download of the alphabet card with all the symbols at [www.rnib.co.uk](http://www.rnib.co.uk) . Alternatively, find out about signing for the deaf or hard of hearing.
- Collect toiletries to give to the local Women's Refuge. Contact Refuge UK at <https://www.refuge.org.uk> Freephone National Domestic Abuse Helpline: 0808 2000 247. Women's Aid: [info@womensaid.org.uk](mailto:info@womensaid.org.uk)
- Give opportunities to minority groups or those holding different beliefs to speak to Guilds. Contacts may be found in local libraries, newspapers, etc.

## Connect and Support



- Go out to different groups to find out how we can help support them.
- Support the local community by setting up a stall advertising Trefoil. Contact local council for details how to go about this.
- Support those who need transport for hospital/doctors etc [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk) Invite a speaker to make us aware how we can help support those affected by domestic abuse. [www.womensaid.org.uk](http://www.womensaid.org.uk)
- Befriend someone who lives alone by visiting/ phoning/ communicating. [www.ageuk.org.uk](http://www.ageuk.org.uk)
- Contact other Guilds locally and invite them to some of your events. [www.trefoilguild.co.uk/find-a-guild](http://www.trefoilguild.co.uk/find-a-guild)
- Take part and raise funds for Race for Life <https://raceforlife.cancerresearchuk.org>
- Invite a speaker to talk about bereavement counselling. [www.cruse.org.uk](http://www.cruse.org.uk)
- Support local food bank with donations and or deliveries [www.trusselltrust.org](http://www.trusselltrust.org) Offer support to local Girlguiding units to help with craft/be additional support in times of need. Contact local District/Division Commissioner.



## Care for the Environment



- Sit outside somewhere on your own or in a group. Listen and smell!
- Visit a local refuse/recycling centre. Invite someone to speak about waste and what happens to it.
- Do a waste audit. How can you reduce packaging? Share ideas and invite a local Council officer to talk about recycling.
- Grow something to eat and bring to share. Find out about local food banks.
- Upcycle a piece of clothing. Invite someone from a local charity shop to speak at a meeting.
- Walk locally instead of driving. Keep a record of your outings. Could you use public transport or car share?
- Look at ways of saving water, our most precious resource. Invite someone from the local water board to speak. Have a raffle or bring and buy sale for Water Aid.
- Find out about going plastic free. Plan how your Trefoil could go 'plastic free' (individual members and as a group for meetings and events). No more wrapping the sandwiches in cling film, milk in plastic bottles etc!
- Visit the local churchyard. This is a living place. Do they have areas of uncut grass to encourage biodiversity? If not, maybe look at suggesting this.
- Is the toilet where you meet twinned with a toilet in another country where sanitation is a major issue? If not, maybe discuss with your meeting place Trustees to consider fund raising to set up a twinning. <https://www.toilettwinning.org>

Remember to take photos of members enjoying the activities and send to Avril, with permissions too please, and do remember your smiles.



Further information needed?

Please contact:

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or

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