



Newsletter of Upstream Healthy Living Centre

Keeping fit in mind and body

Upstream is keeping fit in mind and body. There's a challenging range of activities. Our traditional work is contributing to the Devon 'Time for Life' service and the South West 'Well-being' programme.

At the same time we continue to experiment with new ideas. Upstream dance groups have been star attractions that built up to a stupendous celebratory event in April. A library group has introduced enthralling ideas to Upstream

newcomers. Tai Chi, exercise and creative activities have been programmed together to assist in preventing falls. Younger adults have been energetically jive dancing. In the workplace, one doctor's surgery has accepted a pedometer challenge to take 10 million steps, the equivalent of walking round Ireland, and high street businesses are being encouraged to invigorate themselves at lunch-time with a quick 20 minutes of exercise and individual health checks. With '5x30' (that's 30 minutes of

exercise 5 times a week) and 'Walk & Talk', we're reaching out even further into the community. So, if you find it hard to get involved in healthy opportunities, contact Upstream and we'll stimulate your enthusiasm and energy.



National Institute for Health and Clinical Excellence

*NICE Shared Learning Award
Public Health Winner 2008*



The Upstream Spring Event



*Their Past, Your Future
Tiverton Museum*



Arts and Crafts activities



south west well-being



Movement to Music



Balance Clinic

Time for Life



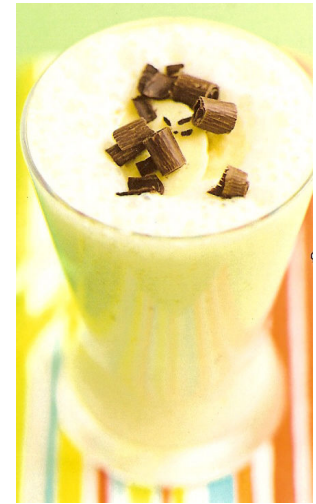
Banana Smoothie

What you need

- 1 large or 2 small bananas
- 1 glass of skimmed or soya milk
- Small amount of runny honey to taste
- Sprinkle of chocolate shavings or powder
- Pinch of ginger and cinnamon

What to do

- Blend the banana with the milk, keeping a few banana slices aside for the topping
- Add the honey, ginger and cinnamon
- Pour into tall glass
- Place the banana slices on top and sprinkle the chocolate over



CHILDHOOD TREASURES

A creative writing project at
Tiverton Museum of Mid Devon Life

Ginger Pop

I wasn't worried about the pheasants but I was looking forward to the bottle of pop. Ginger pop and ham and cheese sandwiches.

It was a cold and frosty Saturday morning and I was a beater for a pheasant shoot. The sky was blue and the trees were white with cobwebs and hoar frost. I was nine years old and I had my stick to rattle the bushes on my twelve yard patrol. My older brother had the next section. We

were wearing almost all of our clothes with socks on our hands as well as mittens. With our sticks and our voices our job was to keep the pheasants in. The walking up and down, the shouting and the beating kept us warm.

Once the shooter had passed us, our job was finished and we were collected and taken back to the farmhouse where we had started. That's when the ginger beer and sandwiches that I had been thinking about all the morning were served.

After lunch we were paid and went home. I gave my pay to Mum. Some time later I got it back in the form of a new pair of boots.

An Upstream Participant

Picnic News



Summer Picnic Events are planned across Mid Devon to take advantage of the warm, summer weather (!?) and celebrate the Upstream soft sculpture Winter Project 2008-09. Details of a **Big Picnic** near you coming soon ...



Essential Walking Tips

By Ken Ross
Bsc Sports Therapist
Upstream Activity Organiser

We all know that walking is a great way to improve fitness and enjoy the outdoors. Scientists state that mile on mile we can burn the same number of calories walking as we can jogging. Walking is great for reducing stress levels and can be enjoyed by people of all ages.

To ensure that you make the most of your walk and prevent injuries follow these simple tips.

1. Wear the right shoes!

Walking requires us to use our ankles, knees, hips and back. A good pair of walking shoes or boots will support your arches and ankle joints, enabling you to feel more comfortable and reduce your chances of injury.

2. Take time to warm up

As with any form of exercise it is vitally important that you warm up. A good tip is keeping the pace comfortable until you reach half way. You are then in a better position to judge if you can walk faster to the end point or just continue at the same pace.

3. Let someone know where you are going

It's always worth letting someone know where you are going and how long you might be away for.

4. Drink water or juice

If you're feeling thirsty your body is already dehydrated! Try to have a glass of water before you leave and on your return. If your walk is over 20 minutes you might want to think about taking a drink with you, especially if it is warm.

5. Use your arms

Swinging those arms when you pick up the pace is a great way to burn extra calories on your walk.

Happy walking!

Ready Reckoner!



£ s d

1. A girl's name
2. A boy's name
3. A pig
4. A leather worker
5. Royal head gear
6. Ill sea creature
7. Old method of transport
8. A musical
9. Venus, Jupiter & Mars
10. A singer

Answers on the back page

Our thanks to Elizabeth Higgs for this little gem!

Contributions please!

We welcome contributions to the newsletter. If you have any poems, recipes or suggestions for future editions, please contact us.



New Upstream Group planned for Newton St Cyres

With a growing number of *Upstreamers* in the Newton St Cyres area, we would very much like to start a group.

We are planning a range of activities which could include arts and crafts,

reading and poetry, painting and drawing, Walk & Talk, light exercise and Tai Chi. The list is not exhaustive so, if not mentioned here, please let us know if there are any activities you are interested in. None of the activities require any prior experience.

We are hoping to start the group in September and would welcome any comments you may have.

Extreme Weather Policy

So far this year we have experienced a range of extreme weather conditions; from snow and ice, storms and high winds, torrential rain and flooding and a heatwave with prolonged high temperatures.

In the event of a Met Office weather warning in the area, we may cancel groups in the interests of safety.

Please call to check if the group is still going ahead, or for advice if you have any concerns about anyone you know.

01363 778029

UPSTREAM GROUPS NEWS

Answers to Ready Reckoner on page 2

- | | |
|-------------------------|--------|
| 1. Penny | 1p |
| 2. Bob | 1s |
| 3. Guinea | £1-1s |
| 4. Tanner | 6p |
| 5. Crown | 5s |
| 6. Sick squid (6 quid!) | £6 |
| 7. Penny Farthing | 1 1/4p |
| 8. Half A Sixpence | 3p |
| 9. 3 far things | 3/4p |
| 10. Tenner (tenor!) | £10 |

Cullompton Arts & Crafts group and **Tiverton** Arts & Crafts group continue through the summer holidays.

Last **Boniface** Creative Art group before the summer holidays is 21 July. The group resumes in September.

For more information
phone 01363 778029



Contact: Sally Wilson, Administrator, or Claire Whewell, Project Manager, Upstream HLC, PO Box 63, Crediton, Devon EX17 4EA. Phone 01363 778029.

Email: upstreamuk@hotmail.com Website: www.upstream-uk.com

Upstream HLC is a Registered Charity no. 1087185, Company no. 41144011

We are grateful for support and help from:

Devon 
Primary Care Trust



Devon 
County Council

Mid 
Devon
DISTRICT COUNCIL
Where People Matter



 QUEEN ELIZABETH'S
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Specialising in the future







Time for Life 