

Winter tips on healthy eating

Stay positive this autumn and winter by ensuring you eat enough fruit and vegetables. Check out the following recipe for warming winter veggie soup.

Ingredients

2 turnips OR 1 swede
1 parsnip
1 potato
1 carrot
1 medium onion
2 cloves garlic
1 x 5ml spoon vegetable oil
1 x 5ml spoon dried mixed herbs OR 2-3 sprigs oregano, thyme OR rosemary
1 litre boiling water
1 x reduced-salt vegetable stock cube
1 x 400g can mixed beans
Black pepper (optional)

Instructions

Wash the turnips or swede, parsnip, potato and carrot. Peel and chop into small cubes (about 2-3cm). Slice the ends off the swede and place one of the flat sides onto the chopping board, then slice it into a large cube. This makes it easier to chop into small pieces. Peel and slice the onion into small pieces. Peel and crush the garlic. If using fresh herbs, remove the leaves from the stems, if tough, and finely chop the leaves with scissors. Heat the vegetable oil in the saucepan over a high heat. Add the crushed garlic and all the chopped vegetables and cook for 5 minutes. Stir regularly. Measure 1 litre boiling water into the measuring jug. Crumble in the stock cube and stir until dissolved. Pour the stock into the saucepan. Open the can of beans and drain them. Add the drained beans to the saucepan. Stir in the fresh or dried herbs and add black pepper to taste (if using). Turn the hob down to a low heat, place the lid on the saucepan and simmer for 30-40 minutes until the vegetables are soft. Pour soup into blender to puree, if required.

Regular exercise can help promote positive mental health by increasing endorphins in the brain. Try a ten minute walk in your local area each day

Contact Details

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‘Diversity is not about how we differ. Diversity is about embracing one another’s uniqueness’

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**Open Voice
Newsletter**

October 2017

Service Developments

Turning Point's Leicestershire Crisis service has a number of new developments in the pipeline. These include moving to a new house situated on the east side of Leicester, taking on volunteers for the helpline service, setting up the MyTurning Point online service and launching our new outreach service.

Open Voice is Turning Point's Leicester and Leicestershire service user involvement group. We hold regular monthly meetings and the next meetings will be held on:

13 November 2017 at 9am at The Exchange, 50 Rutland Street, Leicester

15 December 2017 at 1.30pm at the George Ward Centre, Church Lane, Barwell



Crisis House move

- Leicestershire Crisis House in Ratby will be moving to a new address in December. The new crisis house is situated on the east side of Leicester and is far easier to access by public transport
- All services currently provided at the Ratby house will continue in the new location

Helpline

- The Leicestershire crisis helpline can be contacted on 0808 800 3302
- The helpline is available 24/7 every day of the year
- Turning Point are currently recruiting for helpline volunteers who will be based at the crisis house

My Turning Point

- My Turning Point is a way to access support online
- Different sessions can be worked through at your own pace
- Contact us for more details

Outreach service

- A new Outreach service is being launched on 9 October
- Turning Point are currently recruiting for Outreach volunteers, contact us for more information
- The schedule for Outreach meetings is as follows:
 - **Monday** - The Exchange, Leicester 9am to 10.30am – Open Drop In
University of Leicester Drop In, 11am to 3pm (UoL students only)
 - **Tuesday** - Shama Women's Centre, 10.30am to 1.30pm Appointments only
 - **Wednesday** - University of Leicester Drop In, 11am to 3pm (UoL students only)
 - **Thursday** - Castle Donington Volunteer Centre, 9am to 11am alternate weeks Appointments only
Centre Project, 5.30pm – 7.30pm – Drop In
 - **Friday** - Bassett Street, Wigston, 9.30am – 11.30am Appointments only
George Ward Centre, Barwell, 1pm – 5pm Appointments only
 - **Saturday** - Fearon Hall, Loughborough 10am to 12pm, alternate weeks Appointments only
 - **Sunday** - The Exchange, 4pm to 6pm, alternate weeks Open Drop in

Outreach appointments can be made via email addressed to Leicestershire.Helpline@turning-point.co.uk or by phoning our Helpline number 0808 800 3302



Tim's story

Tim has had three stays at Box Tree Farm and his most recent visit was a five day stay when he had been having suicidal plans/ideation. He had been suffering anxiety and wanted to end it as he was fed up with the constant loop. The stay at Box Tree Farm helped him in many ways. Tim was given more education and information on services and non medication based assistance. He came away from his stay with more physical tools for dealing with his anxiety. He feels the environment at Crisis House is ideal as it is totally removed from home life but still homely in nature. He felt the work he did was all helpful as it was tailored to his specific needs.

When Tim first left the service he felt totally relaxed and had developed a better understanding of himself. He had been given more physical tools and strategies to use to cope with his anxiety and felt inspired to conquer his mental health. On an ongoing basis he has taken time to recover at home and continued with the work completed at the Crisis House while also revisiting previous work done at the house. He is taking time to explore medications with his psychiatrist to find what could be enabled with medication use and feels this has led to changes for the better. Tim is now a member of the Open Voice service user involvement group and hopes to volunteer for the Outreach services when they launch in October.