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Hello readers,

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***Change Grow Live***

APRIL 2022

Its only me again, Easter is fast approaching. Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ. For lots of children they get to celebrate this with Easter egg hunts, chocolate and lots of baby chicks and bunnies. Why not try some of the following adult Easter egg ideas:

1. Easter Egg Decorating

Even adults can take part in egg decorating for Easter. Anyone can dip a hard-boiled into some dye, but can anyone do it without getting their fingers covered? Let the kids play with the coloured cups, and set up a table with paint, brushes, glitter, and other fun and unique egg decorating supplies, and see who in the family can come up with the coolest creation.

1. Egg Tap Game

The rules of the egg tap game are simple: everyone grabs a hardboiled egg and goes around in a circle using their egg to try and crack the person's egg next to you without cracking your own. This can be played with both the adults and children in the family, so you don't have to worry that you can't invite any other outside guests to join.

1. Beautiful Easter Egg Hunt

Sure, any adult would love to open up a plastic egg and find some goodies inside, but if you happen to be quarantined with your girl gang this Easter, make your egg hunt beautiful. Hide plastic eggs filled with mini nail polishes, lip stick, eye shadows, face mask packets, and sample sizes of your favourite beauty products. Everyone will be happy with a mini beauty kit.

1. Host An Easter Brunch



If your Easter is going to be sans-children or family, gather up your grown-up friends. Try some new brunch recipes, and don't be shy with the egg decorations.

*1*

**Anagrams**

## Football Teams

* 1. Ghetto informants
  2. Now nerd bloaters
  3. Wet dense lunatic
  4. Torrents hen pond
  5. Constantly a cringe
  6. Instrumented ache
  7. Dreamier hot hunt
  8. To the posh tantrum
  9. Karl nov scrubber?
  10. I am two-inch slobber

## Food and Drink

* + 1. Awful Recoil
    2. A Motto
    3. Rich Eat ok
    4. Re a jug on ice
    5. Eat
    6. Cool Cheat
    7. Car Dust
    8. Order pig
    9. Past eight
    10. Cheap



**Did you know....**

* **One piece of Spaghetti is called Spaghetto; and one piece of confetti is called.** **Confetto**
* **The Cookie Monster is called SID!!**

You could **WIN A £10 VOUCHER** by sharing your story, artwork, poetry, thoughts or choosing a

name for our monthly magazine.

*2*

##### With prices shooting up in so many areas of our lives, finding small ways to reduce the food bill can help.



**Eating for less**

**Ideas for saving on the food shopping bill**

Planning what you want to eat is really important, that way you should only buy what you need, not only does this save money but it saves waste too. If you have a freezer, it is often more cost effective to cook in bulk, and means you always have a meal to hand if you don't fancy cooking or haven't been to the shops!

Omelette's

Make a really affordable and healthy meal and there is no end to the different ingredients you can throw in! They are a great way to use up leftovers, whatever is in your fridge can be added.

Just cook up your ingredients, throw over beaten eggs and cook in a frying pan.

##### Pesto Pasta

With a jar of pesto and some pasta you can't go wrong.



Cook your pasta, add the pesto and you have a tasty, quick and cheap meal. There are lots of different flavored pestos and if you have any leftovers, meat or veg, these can easily be added!

Delicious!

Frozen Fruit and veg can often be less expensive and it lasts so you don't have to worry about using it by a certain date! This is far more flexible, especially if you aren't cooking for a big family.

Often you can buy 'wonky veg' too which can be cheaper (!!!)

Or go wild! If you have the space grow your own, you can grow tomato's on a balcony, herbs on the windowsill, or if you have even a small garden have a go at growing your favorite fruit and veg!

Keep an eye on the countryside, Blackberries, elderberries and many other fruits grow in the countryside...

But always remember Don't eat what you don't know!

Why not try this super easy, tasty and healthy lunch!!



**Hummus and Carrot Wraps Ingredients:**

4 tortilla wraps 100g Hummus

2 carrots (Grated)

Method

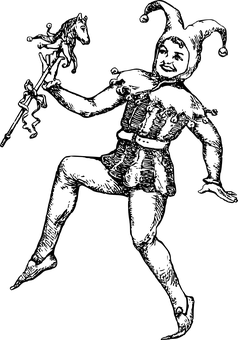
1. Warm the wraps in the microwave for

a few seconds.

1. Spread with Hummus
2. Sprinkle with grated carrot and roll!!

*3*



**April Fools!!**

* + No one is completely sure of the exact origins of April fools day. It is thought that it could date back as far as 1582 .
* In these early days the "pranks" included having a paper fish stuck to your back or calling people "poisson d'avril" to symbolise a young, easily caught

fish, and a gullible person.

* + In Brazil it is known as " dia da mentira" the day of the lie.
* In Greece it is believed to be good luck if you prank someone on April fools

day.

* + April Fools day began to be recognised in Britain in the 18th century.
    - In Scotland it became a 2 day event;

Firstly "hunting the gowk" (a gowk is a word for a cuckoo; a symbol for the fool) this involved sending people on phony errands.

Then Tailie day; where people attempted to stick fake tails on people, or "Kick me" signs.

* Apparently it is unlucky to play an April fools day prank on someone after

12pm.

* Ancient Romans had a holiday called Hilaria which was very similar to April

Fools.

####  Get planning now so you can play some top pranks on your friends or

**family!**

*4*

**There is a day for everything!**

There really is a national day for almost everything; here is just a few of the lesser known ones:

#### 7th April. National No Housework Day

For may of us a great idea for a day, we are

actively encouraged to leave the dirty dishes, put down the hoover and leave the sweeping and dusting for another day - lets face it; it will still be there tomorrow!

But actually this may not be such a bad idea, why not have a day to dedicate to yourself and your family. How many times do we tell those around us " I'll be there in a minute, I must just finish this" ?

Having a day to dedicate to a little bit of uninterrupted extra time for our families cant be a bad thing!! Or why not take time out to read a book, take a walk or just catch up on some missed TV. De stress and relax, think about you for a few hours. The washing really can wait for one day a year!!

#### 21st April, National Tea Day

Don't want to leave the house work for the day... then why not take some time off on the 21st April to enjoy and raise a mug to the drink that is so popular in the UK, we manage to consume 60 billion cups a year, thats 165 million cups a day!

Drinking tea in England was made popular by King Charles II in the 1660, but it wasn't until 1840 that the concept of afternoon tea was introduce by the seventh duchess of Bedford. Anna asked for tea, bread, butter and cake to be brought to her room mid afternoon, and after some time she started to invite friends to join her.

During the 1880's afternoon tea became a fashionable social event.

To celebrate all you have to do is grab a cup of tea, some biscuits cakes or scones, invite a friend and relax. Why not take a photo and share it with us on Face book? **change grow live, resolutions**

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#### Anagram Quiz Solution

**Football Teams** 1. Nottingham Forest 2.: Bolton Wanderers 3. Newcastle United 4.

Preston North End 5. Accrington Stanley 6. Manchester United 7. Rotherham United 8. Tottenham Hotspur 9. Blackburn Rovers 10West Bromwich Albion

**Food and Drink** 1. Cauliflower 2. Tomato. 3. Artichoke. 4. Orange Juice. 5. Tea. 6.

Chocolate. 7. Custard. 8.Porridge 9. Spaghetti. 10. Peach

#### YOUR FEEDBACK!

Over recent weeks we have been speaking with some of our service users when they come into reception, asking them for feedback on the service.

**You have asked us** to ensure that you receive text messages to remind you about appointments and to try to ensure that if you have multiple appointments, then if at all possible you would like them to be close together to avoid multiple trips to the service.

**To enable us to do this** it is really important that we have your up to date mobile number and permission to send you texts.

Please speak to your key worker at your next appointment and ask them to check we have this information and consent. If not please ask them to add this to your file.

We will continue to keep you updated on both the feedback we receive and also the things we are doing to respond to that feedback. If you have any thoughts that you would like to share ;there are a number of ways to do this:

* + Speak to your recovery worker.
  + Speak to your Service User Rep - you can contact **Emma** 07979 343983, or email her on [emma.gumbs@cgl.org.uk.](mailto:emma.gumbs@cgl.org.uk)
  + Emma is often in reception speaking to people when they attend for their appointments...grab her for a chat!
  + You can speak to any of the reception staff at ResoLUTiONs, they will be able to pass a message, or will support you in completing a feedback form or complaint form.
  + You can contact Betheney on 07435 925905; [betheney.lamb@cgl.org.uk](mailto:betheney.lamb@cgl.org.uk)
  + Attend our service user meetings, For date and time please message Betheney or Emma.

We really want to know how you want know how the service will best work for you going forward

**Let us know how you would prefer to engage with the following services:**

* + - 121 Key worker session
      * Groups
    - Medical appointments

Contact Emma, your Service user rep 07979 343983

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**Your Voice at CGL ResoLUTiONs**

Have your say on service provision moving forward and how you would like **CGL ResoLUTiONs** should look!

1. How would you prefer to work with your Recovery Worker?

Face to Face

Online via Zoom, Microsoft Teams etc Phone Mixture of Face to Face, Online and Phone

1. How would you prefer to attend groups at ResoLUTiONs?

Face to Face

Online via Zoom, Microsoft Teams etc A mixture of Face to Face and Online

I do not want to attend groups at present

1. How would you prefer to attend medical appointments at ResoLUTiONs?

Face to Face

Online via Zoom, Microsoft Teams etc Telephone A mixture of Face to Face, Online and Telephone

1. **Is there anything that would prevent you from coming to ResoLUTiONs?**
2. **Is there anything that would prevent you from accessing ResoLUTiONs online?**

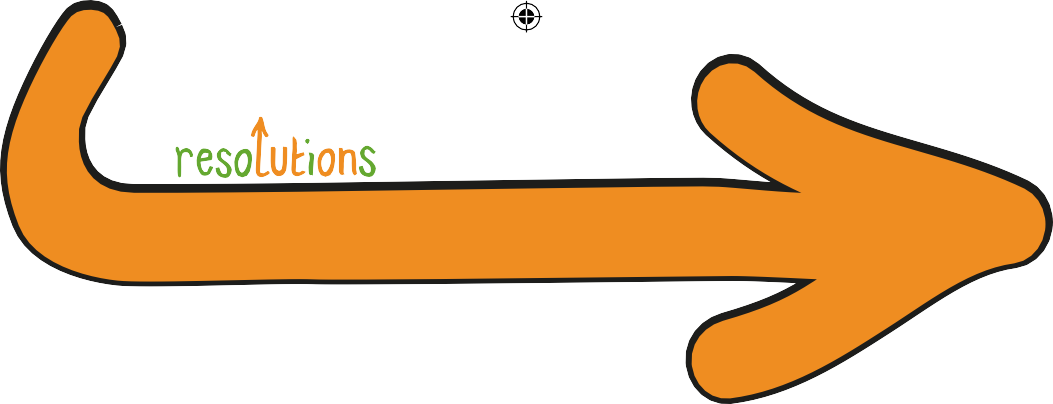
**Please let us know if you have any other thoughts or suggestion for improving ResoLUTiONs going forward.**

**Please hand in your completed form to ResoLUTiONs or text your service user rep, Emma 07979 343983.**

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We are continuing to recruit new staff to ensure that we are able to offer the best possible service.



**Our**

**Team**

**Meet the Team**

Our SPOC team (Single Point Of Contact) is growing to ensure that when you contact the service there is always someone there to help.

#### Meet Shakeela

Hiii, I’m Shakeela but don’t mind being called shaks for short!

I have recently joined the SPOC team on reception. So, I’m super excited to meet and get to know everyone. I have had a lot of experience in different fields within my time before this exciting journey with resolutions, and now I am at a point where I believe I have now found my ideal environment that I wish to further my career in.

Due to life experience, I have a passion for working within this field and am looking forward to broadening my knowledge regarding drugs, alcohol, and recovery. To be apart of a team that even a slight smile on a service users’ face could have a big impact on there day to day living, is something achievable for everyone and is something that is extremely close to my heart.



*8*

# Ramadan



The Islamic calendar follows the phases of the moon. Ramadan is the 9th month of the Islamic calendar. This year, (Dependant on the moon) Ramadan is expected to start on 2nd April.

Ramadan celebrates the month where the quran was first shown to the Prophet Muhammed.

During Ramadan, Muslims fast during the hours of

* daylight, fasting is considered to teach self discipline and allows Muslims to devote themselves fully to their faith.

During Ramadan it is common to eat a meal before sunrise, this is known as suhoor, and another meal just

after sunset, known as iftar.

# Easter

Easter falls on a different date each year. The date of Easter is also determined by the moon.

Easter falls on the first Sunday; after the First full moon, after the spring equinox (21st March).

This year Easter Sunday falls on Sunday 17th April.

Easter is the oldest Christian tradition, marking the end of Lent. Christians celebrate with the giving of eggs as a symbol of life and rebirth in recognition of the belief that Christ was crucified (On Good Friday) and was resurrected 3 days later (Easter Sunday.

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**GET INVOLVED**

Many of you have met our Service User Rep Emma when she is in reception at Victoria street.

Emma is collecting feed back from everyone she speaks to so that we can look to ways to improve the service we offer.

Last Month one of the issues that was raised was regarding women entering and engaging with services when they have pre school age children or during school holidays.

If this something that affects you please get in touch, we are looking at what we can do to make this safer and easier for everyone and your experiences and ideas could help.

### Calling all budding artists

We are looking for someone to get involved with an arts project at ResoLUTiONs creating a piece of Wall artwork In our Victoria Street Office.



**To Find out more CALL BETHENEY 07435 925905**



Emma is here to get your feedback on the service and how we can improve things! You can catch Emma in Victoria Street, or you can call or text her on: **07979 343983**

Alternatively, you can join us at a Service user meeting... tell us what you would like from our service and how we can improve what we do.

Our next service user meeting will be held on Tuesday 26th April at 1pm at Victoria Street.

Why not follow us on Facebook.

**Change Grow Live, Resolutions, Luton.**

**We want to connect with you so:**

Let us know what you would like to see on our social media.

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### WOULD YOU KNOW WHAT TO DO?

##### If someone had a head injury would you know what to do?

All head injuries are potentially serious; they could cause damage to brain tissue, a skull fracture or neck and spine injuries.

If someone has had a head injury there are some simple things to look for:

* + Loss of responsiveness
  + Dizziness
  + Feeling sick
  + Confusion
  + Headache
  + Loss of memory

##### What to do:

* 1. Hold something cold against the injury to help

reduce swelling .

* 1. check their responses; are they alert; can they engage with you? Do the respond to pain?
  2. Put pressure on a wound to reduce bleeding.
  3. Call 111 for advice, or 999 if patient is

unresponsive.

* 1. After a head wound - get advice from you GP or

111.

### Useful Support Numbers

Alcoholics Anonymous

**0845 769 7555**

National 24 hour helpline **Luton & Dunstable Hospital 01582 49116**

Noah Enterprise 01582 728416

For someone experiencing homelessness, extreme hardship or exclusion.

141 Park Street, Luton LU1 3HG. Open 365 days a year from 8.15am

**Citizen’s Advice Bureau**

**0344 245 1285**

**DrinkLine 0800 8766778**

###### LUTON FOOD BANK 01582 725838

**MIND 01582 380002**

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###### LUTON ALL WOMEN CENTRE

01582 416 783

A safe and accessible women-only resource centre

###### TOTAL WELLBEING LUTON

03005554152

**Cocaine Anonymous**

**020 8007 1130** Available 8am to midnight every day

**SHOUT** 24/7 Text messaging support for anyone who is struggling **(Text Shout to 85258)**

SANELine. 0300 304 7000

Out of hours Mental health

support line. 6pm- 11pm.

###### AANCHEL 0845 4512547

Crisis line for Asian women experiencing domestic violence.

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#### 2 - 12 Victoria Street Luton

**LU1 2UA**

#### 0800 0546 603

email: [resolutions.info@cgl.org.uk](mailto:resolutions.info@cgl.org.uk)

**Telephone:** 08000 054 6603 / 01582 645 951

website: [www.resolutions4luton.org](http://www.resolutions4luton.org/) twitter: ResolutionsLTN

**In**stagram**:** resolutionsluton/

### Emergency Contacts

Emergency Services

Call 999 if you are in need of urgent help.

999 will direct you until the service you require has arrived. Ambulance/ Police/Fire Engine

If you are unable to talk, call 999, listen to the questions, respond by coughing or tapping the device. If prompted, press 55.

NHS 111

If you have an urgent medical problem and you are not sure what to do, call 111. Available 24 hours a day, 7 days a week.

The Samaritans

Open 24 hours a day, 365 days of the year.

If you need an immediate response please call free on 116 123.

The Crisis Team

Call 111

**Luton and South Beds Mental Health Assessment Hub** Calnwood Court, Calnwood Road, Luton, LU4 0LX Tele: 01582 538631

A trained mental health professional will be able to offer assessment and support 24/7

Luton & South Bedfordshire Crisis Team (ELFT)

01582 556971

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