



Beer Talks!

22nd Edition, 19th February 2021



A huge "Thank You!" to Sandy Jeans of Green Room Healing for her mum's kind donation of loads of wool and lots of beautiful hats for the premature babies at the RD&E – incredibly generous!



Welcome!

Welcome to the 22nd edition of the BAG newsletter. After some seriously cold and windy weather it looks like we can finally see the beginnings of Spring at long last! We hope you are all well out there and we look forward to the day when we can all meet in person again.

Take care everyone! xxx

Notices

- *If you know anyone who is on their own, could you give them a call to make sure they are ok?*
- *Just a reminder that when you buy a homemade cotton bag from the Top Shop, Post Office or Woozies, you are helping keep Beer plastic bag free and are raising money to help the Seaton Hospice Nurses at Home charity.*
- *Don't forget, if you or anyone you know would like to receive a printed copy of Beer Talks then just let your coordinator know.*
- *Wool is available from Jan Beavis and Helen Turberville, and Woozies can supply both wool and knitting needles.*

How crafty is Beer?

Here's a selection of some of the lovely crafty things Beer's highly creative residents are getting up to at the moment. Impressive or what?

We are delighted to announce that Chunky is back making Beer crab pots and you can get one for £50. Chunky will be kindly donating some of his profits to the Seaton Hospice Nurses at Home charity. To order one or for more information, please contact Annie on 07968 157136.



Jan Beavis has been busy at work knitting these cosy headbands which you can purchase for just £3.00, just perfect for those days when a beanie hat is just too much! Proceeds will go to Seaton Hospice Nurses at Home. If you would like one please call Jan on 07740 813092.

Another one of our talented residents knitted this cosy neck scarf and is happy to share the pattern with anyone who is interested in making one. For more details, please contact Annie on 07968 157136.



If you now feel inspired and would like to do something crafty why not go for an Easter theme and knit an Easter Bunny or a chick? For the non-knitters amongst us how about making a twig tree or wreath and decorate it with lovely chocolate mini eggs? Delicious!

Beer Men's Shed

Maybe it's due to lots of us watching more TV at the moment, but a lot of people think that Beer Men's Shed must be the same as "The Repair Shop". Well – that's sort of true and sort of not. If you've watched "The Repair Shop", you'll know how good it can make you feel – nice people doing nice things for other people. And we're amazed by how fantastic those specialists are at doing what they do best – fixing broken mechanisms, making old leather look like new, making damaged woodwork look pristine.

Oddly enough, in Beer Men's Shed we can do some of those things too. But our focus is on doing nice things for other people – particularly for the other men who are our members. You have to be inside the Shed to see that magic happen. Two guys start to work together on a project – then get chatting – then get joking and laughing. And what started off as "just another boring day during lockdown" turns into getting back to enjoying being alive. Yes, it's just another day – but with friends who care and positive things to do.

What we all like doing is making something new happen. Fixing something old that needs fixing – yes, we can do that too. But making something new – ah! that's special. Watch a man touch a piece of oak or ash or beech, and you can see his eyes drift as he imagines the things that he can make out of it. It's like a lady touching a piece of fabric and imagining the beautiful dress that she could make out of it.

The half-dozen specialists in "The Repair Shop" are world-class experts in their own areas, with 25 or 30 years of experience each. But Beer Men's Shed has around 30 members with an average of around 45 years of experience each – over 1,300 man/years that cover a range that you just wouldn't believe. Transport systems – yes. UK law – yes. Foreign languages – we've got a few. Mechanical engineering – yes. Need to build a stock exchange – done that. Satellite communications – not a problem.

So, if you need help with anything, remember that Beer Men's Shed is there to help and can do a lot more than "The Repair Shop" can. We can fix old things, but we can make new things too. And we can make new things happen. Just as one example, take a look at www.beervillage.co.uk/museum.

Chris Pickles

The Eyes Have It...

I don't know about you but I am finding the whole mask wearing thing a little isolating; please don't misunderstand me, I am in total agreement with the need to wear them and the protection they afford us, it's just that not being able to see whole faces is taking away some of my ability to relate freely with others and creating a real sense of 'emotional distance'. Studies show that over 80% of communication is non-verbal and so we rely upon unconscious observation of body language and facial expressions to be able to assess other people's mood and intentions towards us.

Going to the supermarket has now become a silent, almost stressful and uncomfortable experience as people walk around, heads down, lost in their own inner worlds. Perhaps, one of the reasons for this might stem from the lessons that it is impolite to 'stare' taught to us when we were young. It seems that impromptu opportunities to pass the time of day, request help in reaching top shelf items or just share a passing smile have all but disappeared.

So how do we convey friendly intention? Perhaps we should start by, (and I am paraphrasing Gandhi here so please forgive me!) being the change we want to see in others. In other words, if I am missing receiving a spontaneous smile from others, maybe I should raise my head, meet someone's eye and grin for, although they may not be able to see my mouth, my smile will definitely be reflected in my eyes. I have also invested in a couple of smiley masks...hopefully they won't be seen as too demonic and will make people smile back at me! When moving to one side to let someone safely pass by, I shall meet their eye and smile to let them know it really wasn't an imposition.

By briefly passing the time of day can reassure someone that they are visible to us and who doesn't really need that? One of the recommendations mentioned in 5 Steps to Wellbeing is 'Giving'...so let's all Give a Smile today and see what happens!

Debs xx

East Beer Weather Station 50.707 N, 3.083 W 75m/246ft
AMSL
40 Durley Road, Seaton, Devon
January 2021

On average, a wetter and slightly colder month, when compared to the 30 year Exeter Airport data. A cold start, with ground or air frost on the first ten days, the coldest overnight minimum of the winter so far on 1st (-3.5 C), and temperatures no higher than 1.6 C on 9th. It turned milder and wetter from 10th, with Storm Christoph bringing just over 25mm (1 inch) of rain on 20th. Less mild for a time later in the month with some overnight frost.

Average day maximum 7.6 C (Exeter Airport 30 year average 8.8 C)

Average night minimum 2.5 C (Exeter Airport 30 year average 2.7 C)

Highest day maximum (warmest day) 13.9 C 28th

Lowest day maximum (coldest day) 1.6 C 9th

Highest night minimum (warmest night) 9.8 C 28th

Lowest night minimum (coldest night) -3.5 C 1st

Monthly rainfall 148.1 mm (Exeter Airport 30 year average 82 mm)

Wettest day 26.2 mm 20th

Highest hourly rainfall 5.8 mm 16th 0600-0700 hrs

Highest MSL pressure 1031 hPa 15th

Lowest MSL pressure 975 hPa 20th

Michael Adkin

What is the best form of physical activity?

Too often people focus on finding the best thing without paying attention to what they want to achieve with that thing. This is all too common with physical activity, regardless of the scenario we want to know the single best thing we can do to achieve a certain outcome. Sometimes we're better off looking not at the best thing but instead just at doing something, and this might be particularly pertinent in our current situation. Some physical activity is better than none and here are some basic rules to follow to get a bit more activity in your day:

1. **Do what you can:** If you have an injury or an ailment that prevents you from doing certain movements then try to find others that you can do that don't aggravate that part of your body. If you have an illness or limitation that reduces the time you can spend being active then do as much as you are able without putting yourself under too much strain. Don't worry about what you can't do, just take pleasure in what you can do.
2. **When you can:** For some people this means setting aside blocks of time, for others you might prefer to be more spontaneous; when you are active doesn't matter as much as being active, every bit you do will help you live a healthier life. If you are a time allocator then make things easy on yourself, either be active before anything in your day can get in the way, or set yourself up so that you can't avoid it (perhaps leave your trainers by the sofa as a reminder).
3. **Have fun:** We forget this far too much, but it is vital if we are to keep active and happy. If you don't like running, then DON'T RUN! If you'd much rather dance around the kitchen than follow an exercise routine, then DANCE! The exertion of physical activity should make you feel good but if you don't enjoy the experience you are unlikely to keep it up, do something that puts a smile on your face or makes you feel as though you've achieved something positive.

Any physical activity you do throughout our day will help you work towards the government guidelines of 150 minutes of physical activity a week. If you can't get to 150 minutes then don't worry, every little bit will help you reduce your risk of ill health and make you feel better.

The best form of physical activity is any form of activity you can do, at any time you can do it.

So what does it take to burn 100 calories:

Physical Activity	Mins
Walking stairs	11
Cardio dance class	15

Walking (3mph)	20
Yoga	20
Dancing around living room	20
Washing the car	20
Mopping the floor	20
Playing with children	23
Walking the dog	26
Darts	35

If you'd like more inspiration, here are a couple of great websites with further information:

- NHS Fitness studio: <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- We Are Undefeatable (a campaign supporting those with long term health conditions to be more active): <https://weareundefeatable.co.uk/>

Jack

Personal Trainer, Soft Tissue Therapist, Diabetes Prevention Facilitator

And now, a message from our friends at Pecorama...

"Pecorama are delighted to be able to support Beer Action Group and we wish everyone success in growing some fabulous flowers for this summer!"

We are looking forward to re-opening the majority of our site this summer when COVID restrictions allow. The team are currently working hard behind the scenes to ensure your visit will be as safe and enjoyable as ever. Please watch our website and social media pages for updates and information about our 2021 season.

We look forward to welcoming you all once again!"

Scam alert!

Please be aware that residents are receiving telephone calls from a person saying he is from an insulation company and that your home insulation will need checking because it may have damp.

This is a scam and the person may try to get money from you.

What to do:

- 1. Ask him to put it in writing to you. If he does not have your details or refuses to write, put the telephone down.*
- 2. Do not enter into any conversation as these salesmen are very clever and will charge you for a visit.*

