

#TimetoTalk

time to change
champion

helping to end mental health discrimination

CHAMPIONS CONVERSATIONS COOK BOOK

TO CELEBRATE
TIME TO CHANGE
CHAMPIONS



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BE A CHAMPION AND GET INVOLVED WITH TIME TO CHANGE

Having a conversation about mental health is all about bringing together the right ingredients. Whether that's tea, biscuits and close friends or a room full of people challenging mental health stigma, or even just cooking with friends and family. Whatever you choose to do, make sure that you have a conversation about mental health today.

Mental health problems **affects one in four of us yet people are still afraid to talk** about it. For people with mental health problems not being able to talk about it can be one of the worst parts of the illness. So by getting people talking about mental health **we can break down stereotypes, improve relationships**, aid recovery and take the stigma out of something that affects us all. And you don't have to be an expert to talk.

Too many people right now who are struggling with their mental health are made to feel isolated, worthless and ashamed. Time to Talk Day is a chance for all of us to be more open about mental health - to talk, to listen, to change lives.

When we each decide to start a conversation, we bring the ingredients together to make a supportive dish of a society where everyone has the choice to say that they are not ok without fear of judgement, discrimination or repercussions.

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Margaret Mead, Cultural Anthropologist and Writer (1901-1978)

This pack includes:

- Recipes shared by Time to Change Champions, recipes that they love to cook and that brings them comfort and joy to eat.
- A 'Sharing is Caring' recipe template that you can fill in with your favourite recipe and pass onto someone you care about. This cut out also includes mental health facts and signposting information.
- Conversation starters and activities shared by both Time to Change Champions and the Time to Change Team
- Recipes to create cultural change and shape how people think and act about mental health
- Signposting information to support yourself and others if struggling with mental health

Have fun cooking and talking and don't forget to let us know what you have been up to by sharing your activities on social media. We are on Facebook, Twitter @timetochange and Instagram @timetochangecampaign. Use the hashtag #timetotalk to help share our message further.

BEFORE DIVING INTO OUR RECIPES

Many of our Champions in producing this cookbook have shared a little bit about themselves and their lived experience. Some people may find these stories triggering.

Some activities and conversations may stir up difficult feelings. It is likely in any of our group activities that there are people who have personal experience of mental health problems. Be mindful of this.

Ensure you create a safe and positive environment by agreeing ground rules at the outset. People should not be asked to disclose personal information unless they choose to and at the end of the activity, make sure everyone knows where support is available and how to access this support.



DID YOU KNOW... THESE MENTAL HEALTH FACTS?

1

1 in 4 people experience a mental health problem every year. Half of them say that the associated isolation and shame is worse than the condition itself.

2

78% of us would tell friends and family we are "fine", even if struggling with a mental health problem.

3

90% of people with mental health problems experience stigma.

4

86% of people experiencing mental health problems experience discrimination.

5

26% of young people with mental health problems say the stigma they face has made them want to give up on life.

6

2 in 3 people with mental health problems believe that workplace stress contributed to their illness.

7

60% of people with a mental health problem waited over a year to tell the people closest to them about it.

8

57% of young people with mental health problems say that fear of stigma has stopped them from applying for a job.

SIGNPOSTS TO SUPPORT



It's great to start the conversation in your workplace or community and we hope that our campaign materials and ideas help you to do this. Sometimes this can mean that people currently experiencing mental health problems will need some support as sensitive conversations may bring up difficult things.

We would encourage you to highlight any support tools that are offered within your organisation or local area, but you may also like to use some of ours too so please feel free to use the below text or link to our **support page online**. If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help:

Samaritans

Telephone: 116 123
(24 hours a day, free to call)
Email: jo@samaritans.org
Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Mind Infoline

Telephone: 0300 123 3393
(9am-5pm Monday to Friday)
Email: info@mind.org.uk
Website: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.

Saneline

Telephone: 0845 767 8000 (6pm-11pm)
Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

Elefriends

Website: www.elefriends.org.uk
Elefriends is a supportive online community where you can be yourself. Elefriends is run by **Mind**.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927
(10am-2pm Monday to Friday)
Email: info@rethink.org
Website: www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink Mental Illness also runs **services and groups** across England and Northern Ireland.

If you're a carer needing support you can contact all of the above as well as **Carers Direct** and the **Princess Royal Trust** for Carers, both of whom are able to provide support and advice on any issues affecting you.

You can also create your own Signposting document that lists any support offered internally, for example any Employee Assistance Programme or links to existing networks in your organisation for example a Disability Network.

#TimetoTalk

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CHAMPIONS' RECIPES



ALI HESLOP, TIME TO CHANGE CHAMPION FOR THAMES VALLEY POLICE

"I am passionate about breaking down the stigma surrounding mental health, and encouraging people to be honest and happy. This is my go to dish if I've had a bad (or good!) day and I need some comfort food."

PESTO PASTA BAKE

Number of servings: 4

**Prep time needed
(in hours and minutes): 20 mins**

**Total time needed
(prep and cooking time): 40 mins**

INGREDIENTS

- 1 leek
- 2 red onions
- 4 spring onions
- Half of a broccoli
- A healthy amount of cheese
- Enough pasta for 4 people
- Milk (for cheese sauce)
- Flour (for cheese sauce)
- Butter (for cheese sauce)
- One tablespoon of garlic granules
- One tub of fresh pesto
- Dollop of crème fraîche/mascarpone (optional)

METHOD

1. Put the oven on to 190°C.
2. Add boiling water to a saucepan full of enough pasta for 4 - boil for between 10 and 20 minutes depending on how you like your pasta.
3. Chop the leeks, onions, spring onions and broccoli and fry until browned.
4. Make a cheese sauce (I do the all in one method, usually 2 tbsp butter, 2 tbsp plain flour or cornflour, and then a few splashes of milk. Keep stirring constantly whilst adding milk on the heat until it makes a smooth sauce. Add more milk until you have the right consistency and enough to coat the pasta, then add a handful of cheese and stir until it melts.
5. Drain the pasta when done and stir through three quarters of the pesto.
6. Combine the onion mix, the pesto pasta and the cheese sauce into an ovenproof tray. Add the rest of the pesto. Add a dollop of crème fraîche/mascarpone if you want to make it more creamy. Stir until thoroughly mixed up.
7. Sprinkle the remaining cheese and some garlic granules over the top and bake for 15-20 minutes until the cheese has melted and is gently browning.
8. Serve and enjoy!



PAUL GRAHAM, TIME TO CHANGE CHAMPION FOR LITERACY SOLUTIONS

SWEET POTATO AND PORK CURRY

Number of servings: 4

**Prep time needed
(in hours and minutes):** 15 mins

**Total time needed
(prep and cooking time):** 2.5 hours

Special equipment (optional):
A pestle and mortar

INGREDIENTS

- 2 red onions finely chopped
- 3 garlic cloves
- 2 tsp lemon grass from a jar
- 1 red chilli
- Coconut oil
- Coriander, root ginger (finely chopped)
- Turmeric
- Cumin or a medium curry powder
- 2 tsp of maple syrup
- 2 star anise (ground up in a pestle and mortar) or you can use Chinese spice
- 1 tsp cinnamon
- 400g diced pork
- 1 or 2 medium sized sweet potatoes peeled and cut into 3cm chunks
- 400ml coconut milk
- 50ml of water
- 2 tsp tamarind sauce
- 40g of coconut flakes or desiccated coconut
- 70g ground almond
- Served with rice and naan bread

METHOD

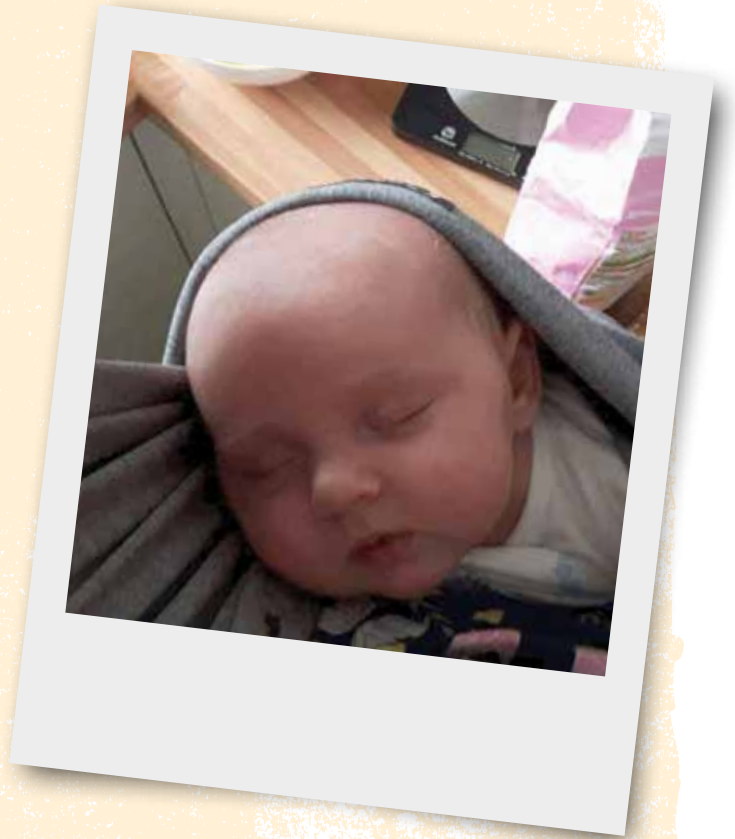
1. Use a heavy based casserole dish.
2. Preheat the oven to 140°C.
3. I would start by gently frying the onions in the coconut oil, then add the pork, garlic and all the spices and mix these into the pork and onions.
4. Add all the other ingredients except for the Almond and stir before transferring to the oven for 1 hour 45 minutes.
5. Then add the almond and more water if needed and put back in the oven for another 20 minutes.
6. If you want to be extra healthy serve with wholegrain or brown rice.



CATHERINE OINONEN, TIME TO CHANGE CHAMPION FOR KIRKLEES COUNCIL

"I wanted to become a mental health Champion as I feel that there is still a stigma associated with mental health. It's hard to talk about mental health, particularly in the workplace and it is often felt that people won't understand.

I'm happy to talk about my own experiences with mental health and with the increased pressures at work and at home, I think it's important that people know that there is help and support in the workplace and that there are people who do understand and can help."



LEMON DRIZZLE MUFFINS

"I have been saved by cake on numerous occasions when I have struggled with my mental health. When I was diagnosed with Post-natal Depression I really struggled to cope and I found it difficult to motivate myself to do the things I used to enjoy doing. I had suffered a breakdown a few years earlier and I remembered how much baking had helped me to recover.

These were the first cakes I made after my daughter was born. I put my daughter in her sling and she gradually fell asleep. I was able to focus on the baking and not on how I was feeling and it made me feel like myself again.

It made me feel really proud that I had achieved something and it gave me the confidence to invite some Mum's I had met at a group over for cake and we talked about how we were feeling. I realised I wasn't on my own, we were all struggling in our own way...we ate a lot of cake in that first year!

Now I always try to bake when I feel like I am struggling. There's something about following the recipe and focusing completely on the baking that helps me to relax and take my mind away from how I feel. I enjoy it so much I started a part-time cake business and now make wedding cakes.

This recipe will always be my favourite, it's quick and easy and you just throw everything in and mix it all together... my little girl loves to help me and she says these muffins are her favourites so they'll always be that extra special to me as they are the first thing she ever baked!"



LEMON DRIZZLE MUFFINS

Number of servings: 12

**Prep time needed
(in hours and minutes): 20 mins**

**Total time needed
(prep and cooking time) approx. 40 mins**

**Equipment needed; muffin tin and
12 muffin cases**



INGREDIENTS

For the muffins

- 200g unsalted butter (softened)
- 250g caster sugar
- 3 medium sized eggs
- Finely grated zest of two lemons
- 250g self raising flour
- ½ level teaspoon of baking powder
- 100ml milk
- 12 muffin cases

For the syrup

- 100g caster sugar
- Juice of one lemon
- Zest of one lemon

For the topping

- 150g of icing sugar
- Juice of one lemon
- Zest of one lemon

METHOD

1. Preheat the oven to gas mark 4/180°C/350°F. Beat the butter and sugar together until fluffy and then add the eggs and lemon zest.
2. Sift the flour and baking powder on top of the other ingredients and then add the milk. Blitz all the ingredients together with an electric whisk or food mixer until all the ingredients are incorporated and smooth.
3. Spoon the mixture into the muffin cases then bake in the oven for approx. 20 minutes and the cakes are golden brown.
4. Whilst the cakes are baking mix the caster sugar, lemon juice and zest to make a syrup. When the cakes are ready check they are cooked through by inserting a skewer or cocktail stick in the middle, if it comes out clean the cakes are done!
5. Place the cakes on a cooling tray with a sheet of greaseproof paper underneath. Prick the top of each cake with a cocktail stick and spoon the syrup over the cake to allow it to soak in to the holes. Leave to cool.
6. Whilst the cakes are cooling sieve the icing sugar and then add the juice and zest. You may find you need more icing sugar but the icing should be the consistency of pouring cream. Once the cakes have cooled drizzle your icing over the top of each cake and allow to set before serving. Yummy!

ZOE HAZEL, TIME TO CHANGE CHAMPION

"As an ex-young Champion it made sense to continue the great work myself and Time to Change had been doing the past two years."

SAUSAGE CASSEROLE

Number of servings: 4

**Prep time needed
(in hours and minutes): 30 mins**

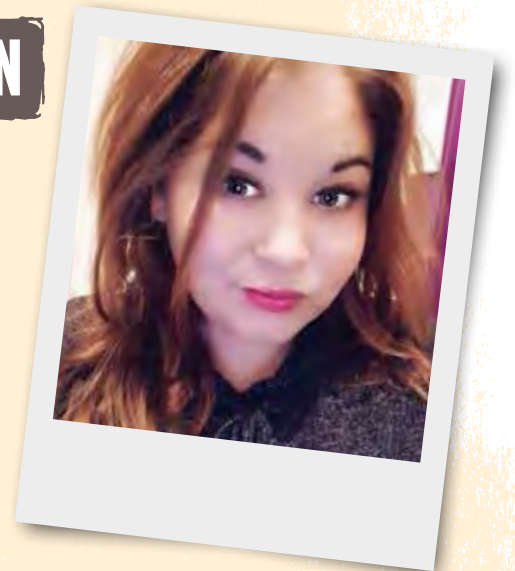
**Total time needed
(prep and cooking time): 2 hours**

INGREDIENTS

- 2 carrots, peeled and chopped
- 1 pack Coleman's sausage casserole sausages
- 2 peppers, chopped
- 500g mushrooms, chopped

METHOD

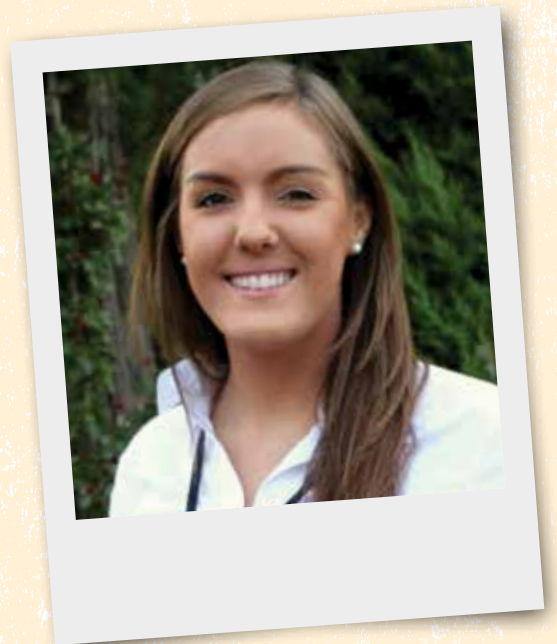
1. Preheat oven to 200°C.
2. Fry carrot, mushroom and pepper in a large wok.
3. Once carrots are browning and softening, add sausages to the wok.
4. In a jug place half a pint of cold water and stir in the packet mix.
5. Once sausages are fully cooked, add them to a casserole dish and pour in the mix.
6. Place in oven for 1 hour.



JOANNE BALDOCK, TIME TO CHANGE CHAMPION FOR CENTRAL ENGLAND CO-OP

"I have been involved with the mental health and wellbeing agenda at Central England Co-operative for the past couple of years and I was keen to champion Time to Change in the workplace, as I am really passionate about making a difference and I can see the benefits from simply talking and breaking down the barriers around mental health."

"I have seen first-hand the impact poor mental health has on others, from a family and work perspective; therefore, I became keen to increase my understanding, knowledge and skills, so that I could better support my colleagues and the business. I have since become a mental health first aider and have worked with other organisations to share best practice and learn from each other, which is fantastic, and will go towards supporting our common goal, of ending the discrimination around mental health and really making a difference."



"My mum makes the best lasagne and when I was younger, she would make this family favourite. I have tweaked the recipe, but still enjoy the comforts of a good hearty lasagne!"

JOANNE'S HOMEMADE LASAGNE

Number of servings: 4

**Prep time needed
(in hours and minutes): 30-60 mins**

**Total time needed (prep and cooking time):
(approx. 25-30 mins to cook) = 1.5hrs**

INGREDIENTS

- 500g lean beef mince
- 1 courgette, grated
- 1 carrot, grated
- Handful of plum tomatoes
- 4 garlic cloves, peeled and crushed
- 400g can chopped tomatoes
- 400g passata
- 4 tbsp tomato puree
- 2 tsp dried mixed herbs
- 1 red wine stock pot (or beef stock)
- Low calorie cooking spray
- 12 lasagne sheets
- Salt and freshly ground black pepper
- 50g (2oz) mature cheddar cheese, grated
- White sauce - shop purchased white sauce works just as well.
- 50g (2oz) butter
- 50g (2oz) plain flour
- 600ml milk
- 50g (2oz) parmesan, finely grated
- 1 tsp freshly grated nutmeg - can use fresh or dried (optional)
- Salt and freshly ground black pepper
- To serve - vegetables or mixed salad

METHOD

1. Place a large, non-stick frying pan over a high heat. Add the beef mince, courgette, carrot and garlic and stir-fry for 6-8 minutes. Add the plum tomatoes, tinned tomatoes, passata, tomato puree, dried herbs and red wine stock pot, season well and cook for 12-15 minutes, stirring often.
2. To make the white sauce - Melt the butter in a saucepan. Stir in an equal amount of flour and cook the mixture for one minute. Gradually whisk in the milk, whisking until thickened and making sure to stir well so that no lumps form. Add more milk depending on desired consistency. Bring the mixture to the boil, stirring constantly, so that the mixture thickens and becomes glossy. Boil for a couple of minutes. Add the parmesan cheese, nutmeg and season well with salt and pepper.
3. Preheat the oven to 200°C/180°C Fan/Gas 6. Spray a medium-sized lasagne dish with low calorie cooking spray. Spoon half the mince mixture into the base and top with half of the lasagne sheets. Spread over half of the white sauce mixture.
4. Spoon the remaining mince mixture, top with the remaining lasagne sheets, spread over the remaining white sauce mixture and sprinkle over the grated mature cheddar cheese.
5. Bake in the oven for 25-30 minutes or until the top is golden. Remove from the oven serve immediately with vegetables or mixed salad.



CHRISTINE COLE, TIME TO CHANGE CHAMPION FOR MINISTRY OF DEFENCE

"I have anxiety and depression, I also have several close friends that I support with various mental health conditions. For me, sharing about my journey and really hearing other's stories helps to make talking about mental health normal; I want this culture change to really set in for my work place too."



WEST COUNTRY SCRUMPTIOUS SCONES

Number of servings: Makes 6 -12 scones depending on the size of the cutter

**Prep time needed
(in hours and minutes):** 40 mins

**Total time needed
(prep and cooking time):** 55 mins

INGREDIENTS

- 2-3 tbsp sour cream
- 8oz/230g self-raising flour
- Pinch of salt
- 3oz/85g butter
- 1.5oz/40g caster sugar
- 1 large egg

METHOD

1. Pre-heat the oven to 220°C or 425°F or gas mark 7.
2. Sift flour and salt into a bowl.
3. Rub butter lightly in until it looks like breadcrumbs. This takes real perseverance and patience to get fine breadcrumbs, the texture and feel is very soothing to me. Talking about mental health issues is often the start of a journey we have to persevere with, even when our mental health is in a positive place, it's a discipline and a choice to take steps to maintain this.
4. Add sugar.
5. In another bowl beat the egg with two tablespoons of the sour cream.
6. Add this slowly to the dry mixture, until it can be bound together with your hands. If it becomes too wet add a little more flour, equally if it is too dry add a little more milk, a splash at a time.
7. Lightly flour the surface.
8. Roll out the dough until it is roughly an inch thick - this will give you nice tall scones. Cut into rounds with a metal cutter.
9. Depending on the size of the cutter, this will make between 6 and 12 scones.
10. Bake for 10-12 minutes, or until lightly golden brown.
11. Best served fresh, with butter or clotted cream and a jam of your choice. Bring on the debate as to whether you put the cream or jam on first!



ELLA BUCKLEY, TIME TO CHANGE CHAMPION

"Seeing my friends struggle with the stigma facing mental health issues, and wanting to live in a world where we are free to have open and honest discussions about mental health, without seeing it as something to be ashamed of or a weakness. Also, seeing the impact of Tyson Fury talking about his own struggles with depression during the Sports Personality of the Year Awards. We all have a real opportunity to change the conversation and that's very exciting."

"Make an extra effort to discuss mental health with my friends and my family; in the rush of day-to-day life we often forget to really stop and honestly talk about how we're feeling and our mental health sort of gets kicked to the wayside a bit!"

(LUCY'S) MAGIC SOUP

Number of servings: 4

**Prep time needed
(in hours and minutes): 15 mins**

Total time needed (prep and cooking time): 40-45 mins (15 mins prep time, 35 mins cooking time)

"Before we begin, a little bit about this soup (it's called magic for a reason). This soup has, for some reason or another, got me through every bad phase I've ever had. I've made it at 3am, crying my eyes out from exhaustion because I was so anxious I couldn't sleep, I've shared it with friends and co-workers when they've been having a rough day, I've shared it with my family when we've had the best news ever.

This soup is magic because you can use it for anything. It's soup for taking to the library, taking to work, for hangovers, seducing your preferred gender, for when you have mates round or for eating alone. Kids seem to love this one, too (in my experience, it's a great way to get them to eat their veggies). Also, before I forget, it's called 'Lucy's' soup because my sister will literally eat this cold out of the saucepan and says it's her favourite soup ever (not to brag).

You can make this with pretty much any combination of root vegetables and it's great for using up whatever you have."

INGREDIENTS

- 500g sweet potatoes (peeled and cut into bitesize chunks)
- 1 butternut squash (peeled and cut into bitesize chunks)
- 300g carrots (peeled and cut into bitesize chunks)
- ¼ celeriac (peeled and cut into bitesize chunks)
- 2 onions, peeled and finely chopped
- 3 garlic cloves (crushed)
- 1 litre vegetable stock
- 5 tbsp creme fraiche 4 tbsp olive oil

METHOD

1. Heat your oven to 220°C.
2. Put all the chunked root veggies and carrots into a roasting dish and drizzle with 2 tbsp olive oil. Season well (don't be afraid to use the salt).
3. Roast veg in the oven for 30 minutes until caramelised and tender.
4. Meanwhile, put the remaining 2 tbsp of olive oil into a saucepan and fry the onions over a medium-low heat until softened.
5. Add the crushed garlic cloves and stir for 1 min, then add the veg stock and simmer for 5-10 mins until the onions are very soft. If it gets a bit thick, just add more veg stock.
6. Once the veggies are done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth. Stir in 5 tbsp creme fraiche, add a bit more seasoning and reheat until hot.

OLIVIA EVERSHERD, TIME TO CHANGE CHAMPION

"I became a Champion because of my own experience of mental illness, including depression and anxiety - as well as having witnessed the effects mental illness can have on others. In addition, I have a strong desire to help others who are going through what I've been through, to a greater or lesser extent - even if I am limited in needing to avoid personal triggers."



"This recipe is special to me because I love to cook as a therapeutic outlet - it helps to balance my mood and results in something tangible that brings joy to myself and others! Also, this recipe is vegan, as am I - making it suitable for almost everyone. If gluten-free flour is substituted, it can even be made for coeliacs!"

ANYTIME PANCAKES

Number of servings: 4 (2 pancakes each)

**Prep time needed
(in hours and minutes): 10 minutes**

**Total time needed
(prep and cooking time): 20 minutes**

INGREDIENTS

- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ¼ tsp cinnamon
- 1 cup non-dairy milk
- ½ cup water
- 4 tbsp vegetable oil

METHOD

1. Whisk together flour, sugar, baking powder, baking soda, salt and cinnamon.
2. Add the non-dairy milk and water and whisk until just combined.
3. Heat 1 tbsp oil in a large saucepan. Drop two ladle-fulls of pancake batter on opposite sides.
4. When you observe the edges begin to solidify (bubbles may also appear on the pancake's surface), use a spatula to flip them over.
5. When browned on both sides, remove to a plate and cover with a clean tea towel to keep warm.
6. Add another tbsp of oil to the pan while still hot to cook the next batch.
7. Repeat until you run out of batter!

ANGELA SLATER, TIME TO CHANGE CHAMPION

CARAMEL SWEETNESS

INGREDIENTS

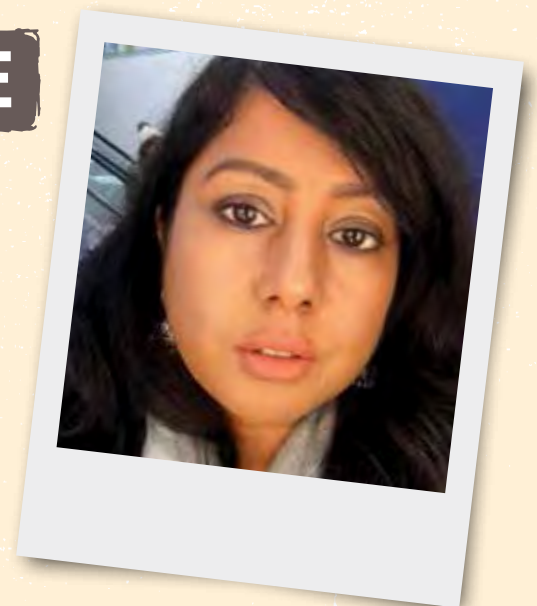
- 397 grams carnation caramel or Dulce de leche (room temperature)
- 300ml double cream
- ¼ tsp salt
- 1 pinch of sea salt flakes (to serve)

METHOD

1. Put the caramel into a large bowl and stir to loosen slightly.
2. Add double cream and salt and whisk until the mixture is thick and just holding its shape.
3. Scoop into a 1 litre airtight container and freeze overnight.
4. Serve with a few flakes of sea salt sprinkled over.

YASMIN CHOUDHURY, TIME TO CHANGE CHAMPION FOR LOVEDESH

"I am the founder of Lovedesh which is a new, luxury brand bringing British folks authentic food, fashion and inspired design experiences from undiscovered destinations, we wouldn't normally travel to on holiday. Often suffering from stigma and negative press. The idea is to share some of the profits to deliver good."



"Employers just talk and do events but not enough talk about how their mental health impacts them. I want to change this and so I left my job to run Lovedesh. On my twitter (@yasminisyasmin) and personal website (www.yasminchoudhury.com), I openly talk about the challenges of business and need to protect mental wellbeing. My own is a daily struggle as after I was diagnosed with Complex PTSD"

"I chose a recipe that would be easy to make as often with mental health and food, complex recipes requiring equipment can be expensive and overwhelming. I rarely ever follow a recipe. I do not like to unless I have to as am short on time. A great go to food I keep to eat when I need a healthy snack.

I chose this raw food vegan recipe as Lovedesh is bringing exquisite experiences from Bangladesh, my heritage nation. Its ancient recipes and food I am obsessed with. This recipe was a family favourite that would appear during Ramadan and after breaking fast with dates, this would be the next staple item. A rural recipe easy and cheap to make. It tastes so fresh and blows the mind and tongue with zinging flavours."



KAACHA CHANA (RAW LENTILS) - VEGAN

Number of servings: 4

Prep time needed
(in hours and minutes): 30 minutes

Total time needed
(prep and cooking time): 35 mins

INGREDIENTS

- Dried yellow split peas (three mugs)
- 1 medium red onion
- Fresh ginger root - 2 inch
- Fresh chopped coriander leaves (tablespoon)
- Juice of half a lemon
- One fresh green chillies (optional)
- Salt to taste

"This dish needs to be prepared the night before. To be eaten the next day. Also, I deliberately kept measurements relaxed, as this dish helps with mindfulness. You taste it as you go along. And it can be made to order.

Some like it hot, some like it ginger less. I myself add Tabasco now. As I feel the ginger and Tabasco are a great mix. Feel free to experiment each time."

METHOD

1. The night before, rinse the lentils under cold water.
2. Leave the rinsed lentils to soak for 12 hours in a jar, jug with plenty of cold water (at least 5 inches of water above it). Lentils are ready to eat when they change size because they have soaked cold water.
3. Next day. Rinse the lentils in fresh cold water.
4. Peel and chop onion and the chillies and fresh coriander leaves.
5. Shred and grate the ginger (I even eat the skin).
6. Squeeze lemon juice
7. Bring all ingredients into a bowl. Mix well. Add salt to taste.
8. Ta-dah - and eat. Delicious.



JESSICA BELL, TIME TO CHANGE CHAMPION FOR HEALTHCARE AT HOME

"At Healthcare at Home, our mission is to help our patients have their best day, every day. We know that this is not possible without our colleagues being healthy and well, so we champion for Time to Change to ensure that we take every possible step to recognise mental health. For us, it isn't about just those facing challenges; it's about absolutely everybody acknowledging that we have mental and physical health on a scale of well to unwell, and we can all be at any point on that scale at any time. We champion open and honest communication so that we can all be there for each other every day."



A MILLION DREAMS (THE MIXED CHOCOLATE TIFFIN)

"Every one of us is unique, and that applies to our mental health too. This recipe allows you to make it your own, and the ingredients you choose can represent our differences. The dish remains tasty regardless of the variety. Linked to the lyrics of the song "The brightest colours fill my head, a million dreams are keeping me awake, I think of what the world could be, a vision of the one I see, a million dreams is all its gonna take, a million dreams for the world we're gonna make"

Number of servings: as many or few as you wish (depends if you want to share!)

**Prep time needed
(in hours and minutes): 15 mins**

**Total time needed (prep and cooking time):
1 hour 30 mins to include cooling time**



INGREDIENTS

- 700g milk chocolate
- 3 tbsp of golden syrup
- 100g margarine
- 250g digestive biscuits
- 350g Maltesers (or other chocolate treat)

METHOD

1. Crush the digestive biscuits by using a food bag and rolling pin or putting in a blender.
2. Melt 200g milk chocolate, the golden syrup and margarine in a pan.
3. When melted add biscuits and stir.
4. Add Maltesers and mix together.
5. Maltesers could be replaced or added to with any chocolate of your choice, including Rolos, Crunchie pieces, mini Boost or Fudge, Smarties, mini Picnics; or even non-chocolate based additions such as raisins or mini marshmallows - this part makes the recipe totally unique to you.
6. Place in a standard size baking tray to cool.
7. Melt the rest of the chocolate and spread over the biscuit base.
8. Wait until cool and place in the fridge.
9. Once chilled, slice into as many or as few pieces as you wish! Enjoy!

BETHANY REED, TIME TO CHANGE CHAMPION FOR HEALTH CARE AT HOME

"Your whole world can be turned upside down at times, but you can still always bring something to someone. Nobody should judge this cake based on how it looks. We should take the time to get to know people and not make snap judgements. Linked to the lyrics of the song "I'm not scared to be seen, I make no apologies, this is me."



Number of servings: 8

**Prep time needed
(in hours and minutes): 15 minutes**

**Total time needed
(prep and cooking time): 45 minutes**

INGREDIENTS

- Butter (for greasing)
- 2 tbsp sugar
- 6 slices canned pineapple in juice
- 11 glacé cherries
- 100g plain flour
- 1 teaspoon baking powder
- ¼ teaspoon bicarbonate of soda
- 100g soft butter or margarine
- 100g caster sugar
- 2 large eggs

THIS IS ME (THE PINEAPPLE UPSIDE DOWN CAKE)

METHOD

1. Preheat the oven to 200°C/180°C Fan/gas mark 6/400°F.
2. Grease a 23cm/8-9 inch cake tin.
3. Sprinkle the 2 tbsp of sugar on top of the buttered base, and then arrange the pineapple slices to make a circular pattern.
4. Fill each pineapple ring with a cherry, and then dot one in each of the spaces in between.
5. Put the flour, baking powder, bicarbonate of soda, butter, caster sugar and eggs into a food processor and blend until the batter is smooth.
6. Pour 3 tbsp of pineapple juice from the tinned pineapples into the mixture to thin it a little.
7. Pour this mixture carefully over the cherry-studded pineapple rings; it will only just cover it, so spread it out gently.
8. Bake for 30 minutes.
9. Take out of the tin by easing a spatula around the edge of the tin, placing a plate on top and turn it upside-down.

BERNADETTE, TIME TO CHANGE CHAMPION

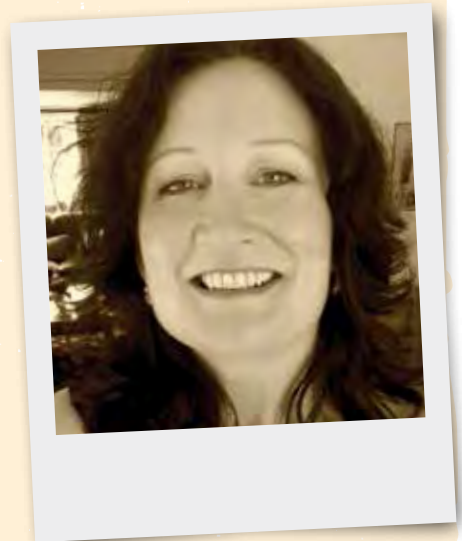
"I have always been a great advocate of mental health having suffered with depression for many years. However, since the suicide of my darling hubby in 2008, I have become even more vocal particularly about men's mental well-being."

BERNI'S FAT-BUSTING BRAN LOAF

Number of servings: 10-12 good slices

**Prep time needed
(in hours and mins): 1 hour 10 mins**

**Total time needed (prep and cooking
time): 1 hour 50 mins**



METHOD

INGREDIENTS

- 1 mug of bran
- 1 mug of sultanas
- 1 mug of milk or cold tea teaspoon of mixed spice or ginger
- Self-raising flour to bind the mixture (approx. 1 mug and a half)
- Sunflower seeds sprinkled on top

1. Soak bran, sultanas, spices in the milk or tea for at least 1 hour.
2. Transfer mixture into a greased 2lb loaf tin.
3. Sprinkle with Sunflower seeds and bake for approx. 40 minutes at 160 degrees in a fan oven (gas mark 3).
4. Insert a skewer or knife into the middle and if it comes out clean, the loaf is ready.

DENISE PUDNER, TIME TO CHANGE CHAMPION FOR HEALTHCARE AT HOME



"We may sometimes look one way on the outside, but if you dig just slightly under the surface there may be something very different to what you expect. As individuals, the dish represents that even when things seem awful, there is always a way to make your colours shine bright again and others can help you find inner strength."

Linked to the lyrics of the song "Your skies a shade of grey, like a zombie in a maze you're asleep inside, but you can shake awake... come alive, come alive, go and light your light, let it burn so bright."



COME ALIVE (THE PIÑATA CAKE)

Number of servings: 16-20

**Prep time needed (in hours and mins):
1 hour 30 minutes (including decorating)**

**Total time needed (prep and cooking time):
2 hours 30 minutes**

Equipment needed 3 x 20cm cake tins



INGREDIENTS

Vanilla cake

(you will need these ingredients twice)

- 375g butter or margarine
- 375g caster sugar
- 2 tsp vanilla extract
- 6 large eggs
- 375g self-raising flour, sieved
- Green, blue, yellow, orange, pink and purple food colouring

Vanilla icing

- 400g butter or margarine
- 800g icing sugar
- 4 tsp vanilla extract

To decorate

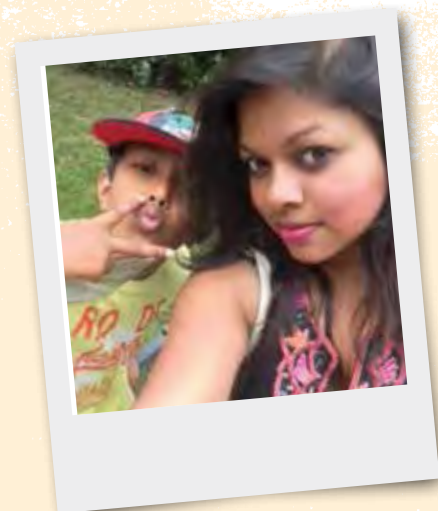
- Sweets
- Chocolate shapes
- Cake sprinkles

METHOD

1. Pre-heat the oven to 180°C/160°C fan/gas mark 4.
2. Grease 3 x 20cms cake tins and line the bottoms with baking paper.
3. Place the butter, sugar, vanilla, eggs and self-raising flour into a bowl and whisk everything together for 2-3 minutes until smooth.
4. Divide the sponge mixture evenly between three bowls. Then put a few drops of green food colouring into one bowl, blue into another and yellow into the last bowl. Stir until each of the colours are well mixed in. Place each different coloured cake mix into a baking tin.
5. Bake in a preheated oven (180°C/160°C fan, Gas 4) for 25-30 minutes. Check that the cakes are cooked by sticking a skewer in the middle. If it comes out clean then the cakes are ready.
6. Once cooked, remove from the oven. Leave to cool in the tin for 10 minutes, then gently turn the cakes out of the tin onto a wire rack. Allow to cool completely.
7. Now make the 2nd batch of sponge cakes using the second set of ingredients and by following the instructions as above. This time colouring the cakes orange, pink and purple.
8. Next make the vanilla icing. Place the butter into a large mixing bowl. Sieve the icing sugar into the bowl, add in the vanilla extract and whisk everything together until light and fluffy.
9. Cut off the tops of the cakes using a sharp serrated knife to make each top even. Cut out the middle of five sponges with a cookie cutter. Put one sponge cake onto a large serving plate or cake stand. Spread a thin layer of vanilla icing on top, then put another sponge cake on top, with more icing spread over it. Repeat this process to build the cake until all five sponge cakes are stacked on top of each other.
10. Fill the centre with sweets, then place the last sponge cake on top. Spread the remaining icing all over the top and sides. To make the icing really smooth use a hot palette to smooth over the icing. Fill a piping bag fitted with a star nozzle with any icing left over and pipe around the very top of the cake.
11. Decorate with the chocolate decorations and cake sprinkles. This cake will keep for 3 days.

RUNA UDDIN, SENIOR CHAMPIONS OFFICER FOR TIME TO CHANGE

"I chose this dish because it's my go to when I feel a bit off with life. They freeze amazingly well and so I keep batches of it in the freezer that I can warm up when I am having a bad mental health day - it means good nutrition and comfort when I feel physically and mentally unable to care for myself or my son. I also keep ready-made chapattis or tortilla wraps to have it with as frankly life is too short (for me) to make my own chapattis... Sorry mum..."



SAAG PANEER WITH A SIDE OF TARKA DHAL – BENGALI STYLE

SAAG PANEER

Servings: 6

Prep time: around 10 mins

Total cooking time: 30 mins

INGREDIENTS

- 2 tbsp of ghee or oil (olive, rapeseed, vegetable and coconut are all fine)
- 1 tsp of turmeric powder
- 1 tsp of chilli powder
- 450g of paneer cut into small cubes around 1-2cm
- 500g spinach, fresh or frozen
- Handful of coriander to taste
- 1 large onion finely chopped
- 3 garlic cloves and thumb sized ginger (or you can use frozen garlic and ginger/paste)
- 1-2 (I use 3-4 because I love it hot) chillies. De-seed to keep the spice heat to a minimum
- Zest of one lemon (optional)
- 1 tsp of garam masala
- 2 tbsp of natural yoghurt/greek yoghurt
- Juice of half a lemon
- Salt and pepper to taste

METHOD

1. If you are using fresh spinach wash in colander and then pour over boiling hot water so that the leaves wilt somewhat. If you are using frozen defrost in the microwave so as no longer frozen.
2. Squeeze the water out of the spinach and blitz it in the blender with the coriander and you should be left with a thick pureed consistency. Set this aside for now.
3. Fry the onions in a pan with the ghee/oil and throw in your chillies, garlic and ginger as well as the grated zest and cook down for a few minutes or until the onions appear limp - keep heat to a medium. Then add in all the spices and continue to cook on a low heat for a few minutes.
4. Now blitz the onion mixture in a blender and return it back to the pan.
5. Add in your blended spinach to the onion mixture and give it a good stir.
6. Add in your cubed paneer and let it all simmer for a few minutes. Then add in your lemon juice and let it simmer for a minute (lowest heat)
7. Finally stir in the yogurt and voila your saag paneer is ready to serve!



TARKA DAHL

Serves: 6

Prep time: 10 mins

Overall cooking time: 30-40 mins

INGREDIENTS

- 300g of dried red lentils - washed until the water runs clean
- 2 onions (will use 1 and a half onions during the cooking and use the remaining half onion for the end tarka)
- 3 cloves of garlic sliced and 1 thumb of ginger grated for cooking the lentils with
- 3 cloves of garlic sliced for the tarka process
- 2 tsp of turmeric powder
- 2 tsp of ground coriander (dhaniya) powder
- 1 tsp of mild/hot curry powder (optional)
- 1 tsp of salt (adapt to taste)
- Pinch of black pepper
- 3/4 tsp of brown mustard seeds
- 2 cardamom pods
- 1-2 bay leaves
- 4-5 of dried birds eye chillies
- A generous handful of coriander
- 4 tbsp of ghee/oil

METHOD

1. Heat a pan that is big enough for the lentils to expand. Put in 2 tbsp of ghee/oil and fry the garlic and ginger. Then add in the finely cut 1 and a half onions, add in the cardamom pods, bay leaves and salt and keep cooking and stirring on low heat till onions become soft.
2. Now add in all the powdered spices and cook for a minute, then add in the lentils.
3. Stir Lentils so that the spice mix evenly coats the lentils and put 1-2 mugs of boiling hot water to cover the lentils. Stir - reduce heat to a minimum and leave with the lid on so that the lentils cook through and stir occasionally. Especially if you hear the water hissing up as can flow over if not checked regularly.
4. After 20 minutes you should notice the lentils have taken in the water and are plump/ ready to burst - continue to cook it on low for few more minutes and add more water to lubricate - so should be a really thick creamy soup consistency and then add in the finely cut coriander to let the leaves wilt into the lentil mixture.
5. Whilst the lentil is left to simmer - heat the remainder ghee/oil in a separate pan/ frying pan and add in the remaining sliced cloves of garlic and the dried chillies. Fry them until the garlic changes colour almost crisping as do the chillies, then add in the finely chopped half an onion, fry until brown in colour - and then finally add in the mustard seeds.

You might need to add in another tbsp. of oil (optional) to lubricate it all. When the mustard seeds start popping, you can spoon the whole tarka mix into the lentil mixture and hear it properly sizzle.

6. Stir it around - simmer for a few more minutes and then its ready!



PETE LILLY, TIME TO CHANGE CHAMPION

Peter became a Champion to promote better mental health and to challenge stigma.

APRICOT AND SUNFLOWER SEED FLAPJACK

Number of servings: 16 squares or 8 fingers/bars

Prep time needed (in hours and minutes): 10 mins

Total time needed (prep and cooking time): 40 mins



INGREDIENTS

- 125g unsalted butter
- 125g unrefined demerara sugar
- 1 tbsp golden syrup
- 175g porridge oats
- 50g ready to eat apricots
- 75g sunflower seeds roughly chopped

METHOD

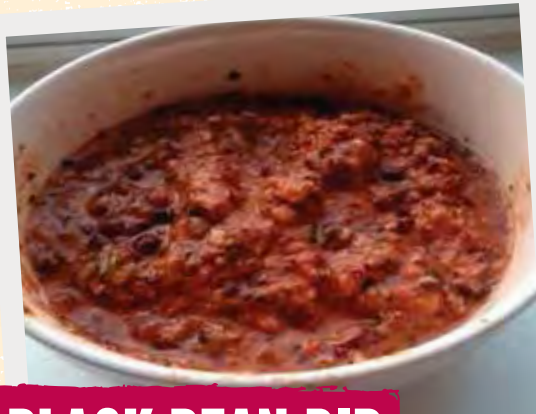
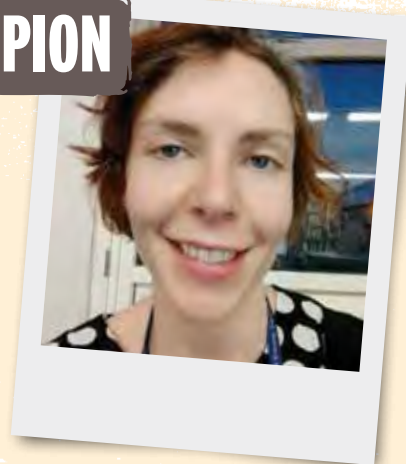
1. Preheat the oven to 160°C, fan 140°C, gas 3 and grease an 18cm (7") square tin.
2. Place the butter, sugar and syrup into a saucepan and melt over a moderate heat.
3. Remove from the heat and stir in the oats, apricots and sunflower seeds.
4. Pour the mixture into the square tin and press down with the back of a spoon.
5. Carefully place in the oven and bake for 30 minutes until golden brown.
6. Remove from the oven and immediately cut into 16 squares or 8 fingers/bars then leave to cool in the tin.

Nutrition per tin: 2,810 cals, 150g fat of which 70g saturated fat, 190g added sugar, 1g salt. Nutrition per square: 176 cals, 9g fat of which 4g saturated fat, 12g added sugar, trace salt.



ALICE WETENHALL, TIME TO CHANGE CHAMPION

"The power of talking! I took me a long time to realise my anxiety and depression didn't have to consume me. Talking really helped me get my thoughts into more manageable order and made me realise I am not alone."



BLACK BEAN DIP

Prep time needed (in hours and minutes):
10 mins

Total time needed (prep and cooking time): 10 mins

INGREDIENTS

- 1 400g tin of black beans
- 1 red bell pepper juice
- 2 limes
- 1 tbsp of tahini
- 1 garlic clove
- Big bunch of coriander
- Salt and pepper

METHOD

1. Blitz the bell pepper and lime juice in a blender add everything (plus the blitzed pepper) into a food processor

****TRIGGER WARNING****

NAT CLARKSON, TIME TO CHANGE CHAMPION

"I became a Champion because I don't want anyone to go through what I went through and felt compelled to share my story to help create change."

"Cooking is how I help to manage my mental health as part of my holistic approach to life. I have ASD (Asperger's) and ADHD and have had a very archaic life up until finding out why I was so different in recent times! Being diagnosed at 40!

My mental health has been very poor for most of my memory of life really, having severe anxiety and bouts of depression all my adult life! Again not knowing what anxiety was until 3 years ago... This is one of the dishes that I make that helps me to relax and because it's complicated and has many stages to it gives me a quality amount of time in the kitchen!

I've now been able to take my cooking skills to a new level and regularly cook for dinner parties and private functions! I've had a few Indian chef's comment on how authentic my dishes taste :)"



CHICKEN BIRYANI

Number of servings: 6/8

Prep time needed (in hours and minutes): 2 hours

Total time needed (prep and cooking time): 3 Hours

INGREDIENTS

For rice

- 300g of basmati rice
- 2 litres water
- Salt as required
- 2 tbsp ghee
- 1 tsp oil
- 1 bay leaf
- 2 green cardamom
- 1 black cardamom
- 1 inch cinnamon
- 8 black pepper corn
- 4 cloves

For chicken

- 3 tbsp oil 2 tsp ghee
- 2 no peeled potatoes
- 3 green cardamoms
- 1 black cardamom
- 4 cloves
- 1 inch cinnamon stick
- 1 bay leaf

Marinade for chicken

- 600g of chicken
- Salt as required
- ½ tsp turmeric
- 1 tbsp chilli powder
- 1 cup dahi (natural yogurt)
- 1 tbsp ginger-garlic paste
- 1 large onion (golden fry)
- ½ cup chopped tomatoes
- Water as required
- 2 boiled eggs

Garnish

- 1 large onion (golden fry)
- Mint leaves



METHOD

1. In a pan heat oil then some ghee and once it heats well, add garam masala and peeled potatoes and cook until the potatoes turn golden brown.
2. Marinate the chicken by adding yogurt, ginger garlic paste, salt, turmeric powder, red chilli powder, fried onions and tomatoes mix it nicely.
3. Add the marinated chicken into the pan and mix well, then add water.
4. Cover it with a lid and cook on medium flame till its done.
5. In a pan add ghee and oil once it heats up add garam masala, lower the flame and add water and salt.
6. Add the washed and soaked rice to the boiling water and let it cook on high flame. When it's 3/4th cooked drain the rice.
7. Place two boiled eggs and rice into the chicken and cover with lid on it and cook it on high flame for 8 minutes and low flame for 2 minutes.
8. Garnish it with fried onions, fresh mint and fresh onion. Chicken Biryani is ready to be served.

JULIA CLIFFORD, TIME TO CHANGE CHAMPION FOR ICAN HEALTH AND FITNESS CIC

"We are a Community Interest Company dedicated to improving women's lives!"

ICAN BROWNIES

Number of servings: 12

Prep time needed (in hours and minutes): 10 mins

Total time needed (prep and cooking time): 35 mins

INGREDIENTS

- ¼ tsp of salt
- 2 tbs of sugar substitute
- 2 tbs of oats
- ½ tsp of rapeseed or vegetable oil
- 240 grams of cooked chickpeas
- 100 grams of dark chocolate chips
- 3 tbs of milk powder
- 1 tbs of cocoa powder
- ½ tsp of baking powder
- 3 egg whites

METHOD

1. Mix chickpeas, egg whites, cocoa powder, milk powder, 2 tbs oats, sugar substitute, salt and baking powder in a food processor until mixture is nice and smooth.
2. Put the oil and dark chocolate chips in a microwaveable bowl and heat for a few minutes in a microwave or Bain Marie, then add to the food processor with the other ingredients and mix well.
3. Pour into a baking tray lined with baking paper and smooth out with a greased spatula. Bake in the oven for 25 mins at 175 degrees or gas mark 3 until cooked.
4. When cooled, slice into 12 and enjoy with a cuppa!

****TRIGGER WARNING****

KEITH WINESTEIN, COMMUNITY LEADERSHIP MANAGER FOR TIME TO CHANGE

"I have my own lived experience of mental health problems triggered by the death of my father. Other family members also live with their own mental health issues so I am acutely aware of the harm prejudice has on individual lives."



YORKSHIRE RASCALS

Number of servings: 6

**Prep time needed (in hours and minutes):
10 mins**

**Total time needed (prep and cooking time):
10 mins prep plus 20 mins cooking time**



"These cheeky little delights remind me of my childhood in Yorkshire. As a kid, my Mum started baking bread, scones, rock cakes and all manner of wonderful homemade treats for me, my sister and our Dad. This recipe combines my love for scones and rock cakes!

Yorkshire Rascals are a cross between a bun and a scone, more like a rock cake, and are delicious when enjoyed with an afternoon cup of Yorkshire Tea. Delicious hot from the oven with lashings of butter. They can also be enjoyed with Strawberry Jam and Clotted Cream for an indulgent afternoon Yorkshire Tea.

This is my take on the famous Bettys of York recipe which is a closely guarded secret. However, I am sure you will find them as full of Yorkshire the spirt as Alan Bennet, David Hockney, The Bronte Sisters, Tetley Bitter and flat caps bah gum 'appen!"

INGREDIENTS

- 150g plain flour, sieved
- 150g self-raising flour, sieved
- 1 tsp baking powder
- 125g cold unsalted butter, cubed
- 100g caster sugar
- Grated zest of 1 orange
- Grated zest of 1 lemon
- 1 tsp ground cinnamon
- ½ tsp freshly grated nutmeg
- 150g dried mixed fruit (currants, raisins and sultanas in equal quantities)
- 1 large free-range egg, lightly beaten
- 4 to 5 tbsp milk

Glaze and Topping

- 1 medium egg yolk
- 1 tbsp water
- Glacé cherries and blanched almonds, to decorate

METHOD

1. Heat the oven to 200°C/400°F/Gas Mark 6.
2. Sieve both flours and the baking powder together into a large bowl. Add the butter and rub into the flour until the mixture resembles fine breadcrumbs.
3. Add the sugar, citrus zest, spices, and dried fruit and mix well. Add the beaten egg and enough milk to bring the mixture together into a soft dough. Form the mixture into 6 saucer-sized rounds, about 3/4 or 2cm deep.
4. Mix the egg yolk and water together to make a glaze and brush this over the Yorkshire Rascals. Decorate with the cherries and almonds - see photo. Transfer to a non-stick baking tray and bake for 15-20 minutes or until golden brown.
5. Remove from the oven and allow to cool on a wire rack.
6. Yorkshire Rascals are best served warm from the oven but they can be frozen and reheated in a low oven. You can serve them alone or with lashings of butter. For a special indulgent tea provide strawberry jam and clotted cream with lashings of Yorkshire Tea.

CAYLEE O'NEILL, TIME TO CHANGE CHAMPION

NANNY SMITH'S HOT-POT

"The dish is important to me because it reminds me of my Nan. She was my absolute rock and helped me through some really traumatic times as a kid (And as she grew older and became poorly the roles reversed and I stepped in to help her)."

"When she eventually passed away in 2013 I struggled massively with the grief. Losing a grandparent is hard enough, but losing the only person I'd ever felt was truly in my corner was devastating. I became very depressed, began to experience panic attacks daily and had flashbacks to things from my childhood that would leave me frozen with fear.

I didn't feel I could talk to anyone about how I was feeling, and although not the only trigger, that sense of being on my own with no one to turn to was a huge part of what led to me eventually attempting to take my own life in 2015." Thankfully my husband helped me get the help I needed and after a lot of therapy I'm a lot better now. I wouldn't say I'm cured (I still have plenty of rough days) but I do feel like me and PTSD have an understanding now.

PTSD gives me flashbacks to really horrible memories, so on days where I'm recognise that I'm starting to struggle and my head's gone cloudy I play PTSD at it's own game. I make one of Nan's recipes so I can see and smell things that let the good memories come out fighting."



Number of servings: 4

Prep time needed (in hours and minutes): 10 mins

Total time needed (prep and cooking time): 1 hour

INGREDIENTS

- 4 pork loin steaks - diced
- 1 large onion sliced in to rings
- 6 mushrooms sliced
- 50g of dried sage and onion stuffing mix
- 2 tbsp of gravy granules
- 250ml of cold water
- 4 large potatoes peeled and sliced into 5mm thick slices salt and pepper to taste

METHOD

1. Put the diced pork, sliced onions and sliced mushrooms into a small roasting tin or casserole dish and mix.
2. Sprinkle over the sage and onion stuffing and the gravy granules add the water and mix with the meat and veg until the dry ingredients have been absorbed.
3. Lay slices of potato over the top of the mixture until it is completely covered. Sprinkle salt and pepper on the top spray with low cal cooking spray or drizzle olive oil over the top.
4. Place in a pre-heated oven (at 200°C) for 40-50 minutes until the potato is golden brown and soft. Serve with green vegetables.

CLAIRE, TIME TO CHANGE CHAMPION

"I have suffered depression myself on and off for 15+ years so I wanted to support others who are going through the same difficulties that I know only too well.

I am also the founder of a non-profit organisation called 'Depression Friends' with nearly 8,000 followers on our Facebook page www.facebook.com/friendsdepression.



We meet up once a month for a coffee and a chat in Gosport, Hampshire. The symbol we chose was a sunflower this represents hope for the future and the sun often lifts our mood especially on a dull, dreary winter's day."

CHOCOLATE ORANGE SHORTBREAD

Number of servings: 12

**Prep time needed (in hours and minutes):
15 mins prep then 1 hour (rest time in fridge) equals 1 hr 15 mins total**

**Total time needed (prep and cooking time):
1 hour 30-40 mins in total**

INGREDIENTS

- 100g caster sugar
- 200g butter
- 300g plain flour
- 2 handfuls of dark chocolate drops
- 1 orange

METHOD

1. In a bowl, mix the caster sugar and butter to a paste using a spatula.
2. Add the flour and starting knead the ingredients in to a dough by hand.
3. When lumps start to form add the dark chocolate drops and grate the peel of an orange.
4. Continue kneading by hand until the dough is bound together in a solid mass.
5. Shape the dough in to a cylinder shape by rolling it by hand on a floured surface to approx. 30cm to 40cm in length.
6. Cover on plate and allow to rest in the fridge for about an hour.
7. Remove from fridge and slice up the cylinder in to 12 equal circular shapes using a sharp knife.
8. Place shortbread circles on a grease-proofed baking tray and cook in a heated oven for 15-20 minutes at temp 200°C.

DAVINIA, TIME TO CHANGE CHAMPION

"I campaign for Time to Change because I want to help others with poor mental health."

SPAGHETTI BOLOGNESE

Number of servings: 2

**Prep time needed (in hours and minutes):
20 mins**

**Total time needed (prep and cooking
time): 35 mins**

INGREDIENTS

- 500g organic beef
- 1 carrot
- 1 onion
- A few cloves garlic
- Optional mushrooms
- Approx. 50g per person spaghetti
- Dolmio sauce
- A few basil leaves and grated cheese

METHOD

1. Heat oil in frying pan, chop carrots onion and garlic.
2. Fry until onions start to brown, add beef fry altogether, boil pan of water then add spaghetti.
3. Keep stirring frying pan till beef is cooked (no red bits) pour half jar of sauce on top.
4. Simmer for five to ten minutes.
5. Stir spaghetti, take out once firm.
6. Sprinkle cheese over frying pan, turn heat down.
7. Drain spaghetti, serve in pasta bowl.
8. Add Bolognese, put basil leaves on top and a little more cheese.
9. Serve with love.



ADEN WATKINS, SOUTH WEST COMMUNITY EQUALITIES COORDINATOR FOR TIME TO CHANGE

****TRIGGER WARNING****

"I have experienced stigma relating to mental health personally and, in my case, it simply served to make me feel all the more alone and isolated, worsening an already unbearable situation. It also meant that I did not try to find the help that I desperately needed at the right time. "

"I first learnt about the Time to Change campaign at a particularly low-point in my life and, as such, it resonated very deeply, making me realise that I should not be ashamed about sharing my experiences and that challenging stigma and discrimination was key to changing general attitudes around mental health problems.

I have followed the campaign since and feel it has had a profound impact in opening up conversations around mental health.

Making bread and pizza became a bit of a life-saver for me personally. I've always found the process therapeutic but, a few years back, it actually allowed me to take some time out from work after I became very unwell but still allow me to support my family by starting up a very small, home-based bakery!

I did this for a little while until I found the job at Rethink and, the rest is history I guess!"



PIZZA

INGREDIENTS

Dough

- 500g strong white flour
- 7g fat-action yeast
- 10g fine sea salt
- 325g tepid
- 40g rapeseed or olive oil

Topping

- 1 tbsp olive oil
- 1 clove of garlic, crushed
- 400g tin of good quality chopped tomatoes, drained of excess liquid
- ½ tsp of sugar
- A bunch of fresh basil, chopped
- 1 tsp dried oregano
- 1 tbsp red wine vinegar
- Salt and pepper
- Anything else you fancy!



METHOD

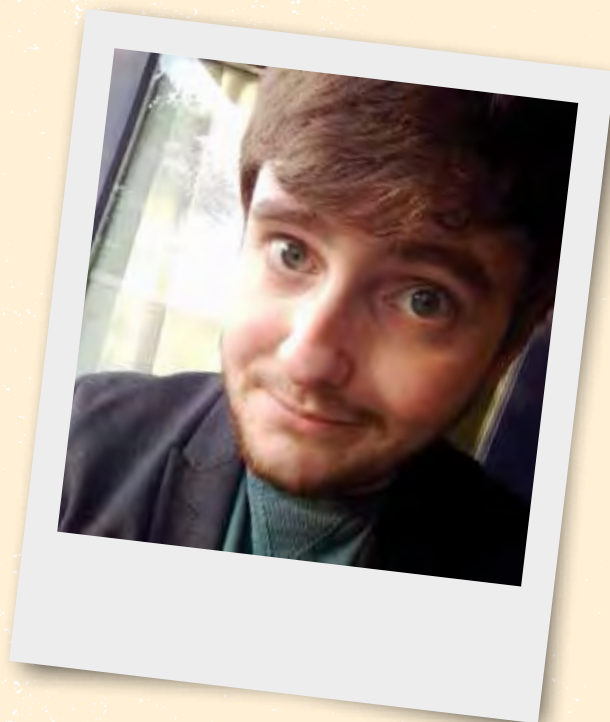
1. In a large bowl, add the flour, yeast and salt, making sure you keep the latter two ingredients separate! Pour in the water and oil and use your hand or a wooden spoon to bring everything together into a messy dough.
2. Tip on to a lightly oiled surface and knead well for around 10 minutes. Alternatively, you could use a mixer, set to medium speed, for 4-5 minutes. Place the kneaded dough into a lightly oiled bowl, cover and set aside for 1-1.5 hours.
3. While the dough is resting, make your tomato sauce by heating the oil in a saucepan over a gentle heat. Add the garlic and, after 30 seconds, pour in the chopped tomatoes. Bring to a very gentle simmer before adding the rest of the ingredients. Season well, cover and continue simmering for 15 minutes. Take the pan off the heat for 10 minutes then use a stick blender to blitz to a smooth sauce. Set aside to cool and let the flavours mingle!
4. When your dough has rested, turn it out on to a lightly floured surface and divide into 3-4 portions that each weigh anywhere between 200-250g. The dough can be wrapped in cling film at this point and frozen for future use.
5. Preheat your oven to as high as it will go and place a large baking sheet or, preferably, a baking stone inside to heat up.
6. Using plenty of flour, roll each ball of dough into a flat, round sheet. Transfer this to a board, heavily dusted with semolina, then use your fingers to stretch the dough out further so it's as thin or thick as you like.
7. Spread over a few spoonful's of the tomato sauce and add whatever other toppings you'd like. Try not to overload your pizza though as it will make it more difficult to transfer to the oven!
8. Once your pizza is assembled as you'd like it, work quickly to open the oven door, pull out the shelf that has your baking sheet or stone on it and slide your pizza on to the hot surface. Bake for between 5-10 minutes until cooked through, crisp and slightly charred around the edges!

DAN COOKE, TIME TO CHANGE CHAMPION

"Having had mental health issues myself, since the age of 16, I am now in a better place and want to try to make a positive difference in other people's lives."

MICROWAVE PICK-ME-UP CAKE

"One of the fond memories I have from running a youth wellbeing course was when we made microwave mug cakes. All the young people had funny coloured cakes and generally had a lot of fun. I'm guilty of comfort eating (unfortunately) when things aren't going so well and it goes well with a good cup of tea!"



Number of servings: 2-4 (or 1 if you aren't feeling like sharing!)

Prep time needed (in hours and minutes): 2 mins

Total time needed (prep and cooking time): 5-10 mins

INGREDIENTS

- 1 large cup/mug or a bowl
- 4 tbsp of self raising flour
- 4 tbsp of caster sugar
- 2 tbsp of skimmed/semi-skimmed milk
- 2 tbsp of oil
- 1 medium/large egg

Optional

- 2 tbsp of cocoa powder
- A drop of orange/mint essence
- Milk/white chocolate chips

METHOD

1. In your mug/bowl, mix together the dry ingredients together - 4 tbsp of self-raising flour, 4 tbsp of caster sugar (and 2 tbsp of cocoa powder if you so choose.)
2. To the dry mix, add in the wet ingredients - 2 tbsp milk, 2 tbsp oil and 1 egg (include essence if you want too!) Mix until it produces a cake batter consistency.
3. OPTIONAL - add chocolate chips for a little more naughtiness!
4. Place in the microwave and cook, on full power, for 2 minutes and 30 seconds. Carefully poke a fork to check if the batter has fully cooked (if not, cook for a further 30 seconds to 1 minute).
5. CAUTION - when complete, the bowl/mug will be VERY hot. Leave to cool or use a towel/oven gloves to remove it from the microwave.
6. Allow to cool for a minute or two and enjoy!

#TimetoTalk

**time to change
champion**

helping to end mental health discrimination

CONVERSATION STARTERS AND ACTIVITIES

**FOR COMMUNITY SPACES
AND WORKPLACES**

**FOLLOWED BY RECIPES
TO CHANGE HOW PEOPLE
THINK AND ACT ABOUT
MENTAL HEALTH**



CLARE KNIGHTON, TIME TO CHANGE CHAMPION

TEA AND TALK - CLARE'S WAY TO CARE

"I became a Champion because I wanted to help others find their voice."

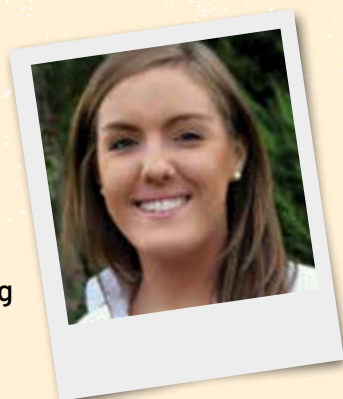


- 30 minutes preparation
- 1 hour for tea and talk
- A bag of compassion
- A bucket of listening
- An infection of smiles
- A packet of laughter
- Good coffee
- Great tea
- Lovely life affirming mugs
- A fresh baked cake and a pile of fruit

JOANNE BALDOCK, TIME TO CHANGE CHAMPION FOR CENTRAL ENGLAND CO-OP

LET'S HAVE A BIG BREW!

- 1 key event
- Over 8,000 colleagues talking
- Approx. 450 kettles boiled



MARK DALE, TIME TO CHANGE CHAMPION

CHIT CHAT TEA

"I have myself experienced discrimination for having a mental illness."



- A safe place to talk
- Being honest how you feel
- Being mindful of not speaking about things you don't want to
- A nice cuppa and biscuits
- Comfortable seats
- Time to Change postcards to boost conversations

CHRISTINE COLE, TIME TO CHANGE CHAMPION FOR MINISTRY OF DEFENCE

STIGMA SOUFFLÉ

- 1 vulnerable person sharing, leads to...
- 100s of conversations, connections made, and stigmas shattered;
- A culture changing one step at a time



ANDREW CRITCHLEY, TIME TO CHANGE CHAMPION

WHAT'S WITH THE TOY?

"My passion for mental health and using my own lived experience to help and encourage others."



Ingredients

- 1 cuddly toy
- 100 Time to Change leaflets
- 1 flask
- 10 plastic cups
- Warm drinks
- 3 very passionate Champions

Method

- You need to sit the cuddly elephant on a chair or table and leave until questioned.
- Once questioned as to 'What's with the toy' you can then discuss the fact that the elephant represents mental health stigma and nobody likes to talk about it.

LYNN C.E EVANS, TIME TO CHANGE CHAMPION

THE PINK ELEPHANT

Ingredients

- 1 medium squidgy pink elephant
- 1 large sincere smile
- 2 hugs from the elephant
- 3 facts about mental health for people to take away
- 1 Time to Talk resource

Method

- Purchase or source a pink elephant.
- Think about something that makes you happy.
- Smile to someone who looks at the pink elephant.
- "Ask them "would you like a hug from the elephant".
- Explain briefly what Time to Talk is about offer a Time to Talk Tea Bag.
- Give 3 facts about mental health.
- Offer the elephant hug to say "Goodbye".
- Give another smile and take back the elephant.



CATHERINE OINONEN, TIME TO CHANGE CHAMPION FOR KIRKLEES COUNCIL

CATHERINE'S COFFEE SHOP

- 1 pop-up coffee shop
- 24 home-baked muffins
- 30 colleagues taking a desk break and talking to each other

YASMIN CHOUDHURY, TIME TO CHANGE CHAMPION FOR LOVEDESH

A MENTAL HEALTH HUMMUS

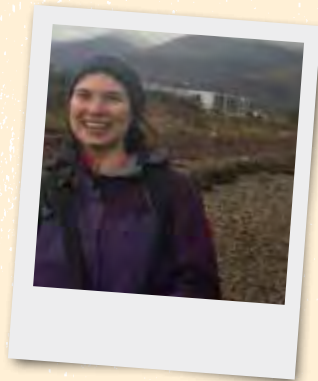
- 1 Check In and Talk Policy
- 2 weeks of planning
- 2 hours of sharing



VICKY STANTON, TIME TO CHANGE CHAMPION

NATURE HEALS

"I became a champion to help tackle the stigma around mental health illnesses. It's a human condition not something to be ashamed about."



Ingredients

- 1 pair of comfortable shoes
- 1 coat if it is cold day or sun cream if it is a hot day
- 1 friend
- 1 camera (optional) for capturing a moment

Method

- Ask a friend to take a walk with you no matter what the weather.
- Go out into a park, a wood, by a river or the sea.
- Notice the nature around you. Breathe in fresh air. Let rain fall on your face.
- Chat together about everything and nothing, whatever you feel like.
- On your camera capture the images that make you go 'wow' and put them in a 'Grateful' album.
- Stay out for as long as you would like - a few minutes or hours.
- Arrange to meet up again.

GEMMA, TIME TO CHANGE CHAMPION

A WALK WITH ME

"Personal experience of mental health namely anxiety and OCD and a desire to help reduce the stigma around mental health and talking about it."

Ingredients

- 1 walk in the park
- 1 listening ear
- 1 sprinkle of patience
- 1 flask of tea, to share
- 1 big hug
- 1 stigma debunked



Method

- Take 5 minutes to put the kettle on
- Take 15 - 30 minutes to go for a walk with a friend
- Ask if the person is okay.
- Ask again.
- Listen to what the other person has to say. Actively listen.
- Sometimes just having someone to talk to is enough.
- Hug if you are comfortable to do so as it can be reassuring, healing and help the other person feel calm.



DENISE PUDNER, TIME TO CHANGE CHAMPION FOR HEALTHCARE AT HOME

WELLBEING WAFFLES

"Our field-based clinicians are our patient-facing front-line colleagues, and so often take very little time for themselves. This 'dish' is to encourage them to take 5 minutes on a regular basis to prioritise themselves, and to ask for help and support through active and open communication; and to also step back from hectic work schedules to recognise the amazing impact that they have on our patients' lives.

Linked to the lyrics of the song "From now on, what's waited 'til tomorrow starts tonight" (to prioritise themselves); and "the crazy speed of always needing more, but when I stop and see you here, I remember who all this was for" (impact on patients)"

Number of servings: 600

Prep time needed (in hours and mins): 1 day

Total time needed (prep and cooking time): 1 day

This recipe will need a kettle and a mug - so can't be consumed in a car! You may also wish to add fresh milk.



Ingredients

- Fold-out card themed around 'Mental health - you don't have to be the Greatest Showman!' - with information about the process for contacting our Employee Assistance Programme for support and how this works in more detail, to allay people's fears
- One sachet of decaf coffee
- One teabag
- Small biscuit
- One sachet of sugar

Method

- Open your envelope that will land on your doormat on Time to Talk Day 7 February.
- Take out the ingredients and make your choice between tea and coffee. Find 5 minutes to yourself in your favourite spot in your home, and have a warm drink, biscuit and take 5 to read and digest the information provided.

JESSICA BELL, TIME TO CHANGE CHAMPION FOR HEALTHCARE AT HOME

A DIALOGUE CHOCOLATE LOG

Office based (we have 3 offices):

- 1 meeting space
- 1 circle of colleagues
- 2 steps to follow (asking for help and getting help)
- 3 representative dishes
- 1 step to support

Field-based:

- All field-based managers
- Several UK-wide locations
- Telephones
- Coffee and tea
- Take 5 posted pack



RECIPES ON HOW TO CHANGE HOW PEOPLE THINK AND ACT ABOUT MENTAL HEALTH

STIGMA CRUMBLE

Ingredients

- 1 caring individual who wants to change how people think and act about mental health
- 1 decision to ask someone how they are every time they pop into the kitchen to make a beverage
- 1 extra dose of effort to #asktwice

Method

- Mix the ingredients together always and over time watch that stigma around mental health crumble.

A DECONSTRUCTED MENTAL HEALTH UNDERSTANDING CREATING A REDUCED STIGMA JUS

Ingredients

- 1 bored individual with a smartphone
- A sprinkling of Wi-Fi
- Some Google searching of mental health
- A little bit of Time to Change

Method

- Mix the all ingredients together, do this step repeatedly and let the learning simmer slowly, on a low heat. This will release the stigma jus.
- Set the stigma jus aside and mix with the bored employee mix and add a generous helping of Time to Change. Increase the heat to create a stigma reduction jus.
- Serve altogether as - one Champion in the making

WORKPLACE STIGMA CRUNCH

Adapt recipe according to size of organisation.

Ingredients

- 1 organisation
- 1 Senior Manager to every 10 employees or less
- 1-2 Pledge Leads
- 1 Action Plan
- Unlimited number of Champions
- Add conversation starters to taste
- A pinch of accessible information and support
- A generous handful of resources
- A generous portion of training to serve on the side
- To garnish - 1 pledge board and 1 signing event

Method

- Senior Managers support Pledge Leads to work on the action plan with a view to committing to changing how all think and act about mental health. Set aside.
- Now take the Pledge Leads and a handful of the Champions (optional at this stage) to create strong but flexible Action Plan.
- Let the Action Plan bake at the hands of Time to Change Employers Team until it is approved.
- Once the Action Plan is approved - Pledge Lead gathers all and talks about the Action Plan.
- Add in the resources and information
- Mix well and it's ready to serve. Garnish with a signed pledge board.
- For extra flavour why not season with Wellness Action Plans.
- Serve with a generous side of line manager training.

A STIGMA AND DISCRIMINATION REDUCTION

Ingredients

- 1 attitude that mental health belongs to everybody
- 1 choice to be able to say I'm not ok without fear of consequences, judgement or discrimination
- Many empowering ideas to help people speak out about their mental health experiences
- A generous handful of self care

Method

- Mix the ingredients together always and let it simmer over time. Notice the stigma reduce to a fine consistency with a glossy and transparent shine to it.

A COMMUNITY STIGMA BUCKLE

Ingredients

- 1 community
- Unlimited number of Champions
- Generous handfuls of conversation starters and activities
- Lots of information and support to encourage people to get the help they need.
- Hubs - optional

Method

- Mix all the ingredients and bake all. Watch your community slowly rise sending out aromas of stigma buckle as it is baked out of the community.
- If you have Hubs operating in the community then feel free to add now, however this stage is currently optional.

ISOLATION COBBLER WITH A SPEAKING OUT BETTY

Ingredients

- A handful of inspirational people who lived and managed poor mental health
- Lots of their stories to share with others who might be struggling
- Various social media platforms/events/any place else

Method

- Mix together all inspirational people with lots of people in workplaces, communities, schools etc. and marinate with all the personal stories around mental health.
- Put the story marinated mix through social media or whatever option you want to from that list.
- Keep an eye on everybody - and watch them realise they aren't alone if they are struggling and that you can come through with the right support.
- Let that simmer away for some time as the stories infuse with each person
- Et voila! A dish that cobbles isolation!

PEER TARTE TATIN WITH LASHINGS OF CHAMPION SUPPORT

Ingredients

- 1 or lots more caring individual who have the skill to bring motivated and passionate people together
- Lots and lots of people who want to be in the corner of others
- A generous dose of effort to #asktwice
- A dash of Champion training

Method

- Mix the ingredients together always and over time watch peers come together to support one another. Stigma and discrimination crisps up and you are left with one delicious Peer Support Tarte Tatin.

AND I WOULD RECOMMEND YOU TRY THIS RECIPE

This dish is called: _____

I think you should try this dish because: _____

Number of servings: _____

Prep time needed (in hours and mins): _____

Total time needed (prep and cooking time): _____

Any special instructions - such as needing special equipment (optional):

100 110 120 130 140 150 160 170 180 190 200 210 220 230 240 250 260 270 280 290 300 310 320 330 340 350 360 370 380 390 400 410 420 430 440 450 460 470 480 490 500 510 520 530 540 550 560 570 580 590 600 610 620 630 640 650 660 670 680 690 700 710 720 730 740 750 760 770 780 790 800 810 820 830 840 850 860 870 880 890 900 910 920 930 940 950 960 970 980 990 1000

The ingredients and measurements needed are: (example 25g sugar)

[illegible]

And this is how to how to prepare and cook this dish in a step by step way:



DID YOU KNOW... THESE MENTAL HEALTH FACTS?

1

1 in 4 people experience a mental health problem every year. Half of them say that the associated isolation and shame is worse than the condition itself.

2

78% of us would tell friends and family we are "fine", even if struggling with a mental health problem.

3

90% of people with mental health problems experience stigma.

4

86% of people experiencing mental health problems experience discrimination.

5

26% of young people with mental health problems say the stigma they face has made them want to give up on life.

6

2 in 3 people with mental health problems believe that workplace stress contributed to their illness.

7

60% of people with a mental health problem waited over a year to tell the people closest to them about it.

8

57% of young people with mental health problems say that fear of stigma has stopped them from applying for a job.

If you know someone who is struggling with their mental health, let them know that they aren't alone and that there is help and support out there. Some great places to signpost them are. They are all confidential and non-judgemental services that provides advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

SAMARITANS

Telephone: 116 123
(24 hours a day, free to call)
Email: jo@samaritans.org
www.samaritans.org

MIND INFOLINE

Telephone: 0300 123 3393
(9am-5pm Monday to Friday)
Email: info@mind.org.uk
www.mind.org.uk/help/advice_lines

SANELINE

Telephone: 0845 767 8000 (6pm-11pm)
www.sane.org.uk/what_we_do/support/helpline

RETHINK MENTAL ILLNESS ADVICE LINE

Telephone: 0300 5000 927
(10am-2pm Monday to Friday)
Email: info@rethink.org
www.rethink.org/about-us/our-mental-health-advice
Rethink also runs Rethink services and groups across England and Northern Ireland.

ELEFRIENDS

www.elefriends.org.uk
Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind.





A MASSIVE THANK YOU!

**TO ALL OUR AMAZING CHAMPIONS FOR TAKING THE
TIME TO SHARE THEIR RECIPES WITH US**



**Don't forget to share what you have been doing to
change how people think and act about mental health.**

**Find us on twitter @TimetoChange
Instagram @timetochangecampaign**

Help us to spread our message by using #timetotalk

#TimetoTalk

time to change

let's end mental health discrimination

FOR MORE INFORMATION



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