



Newsletter

No 12

25/06/2020

Welcome to our 12th newsletter. I hope you are all keeping safe and well.

The theme for this newsletter is "Summer". One definition of summer is, "the warmest season of the year, in the northern hemisphere from June to August and in the southern hemisphere from December to February."

What images does the word summer conjure up for you? Maybe it's lazy days camping somewhere or torrential downpours while trying to have a barbecue? This week we have included some links to songs about summer which portray very different views of summer. "Summertime and the living is easy....." says one. Another says, "Summer is a coming in loud now sing cuckoo" and another, "Hot town, summer in the city, Back of my neck getting dirty and gritty..." In whatever way you usually view summer this one will be different. The only guarantee we have is that the weather will be variable! So many events that punctuate the summer have been cancelled or become virtual. No Wimbledon, no Glastonbury, hardly any sport, and yet we may yearn for some semblance of a normal summer. Maybe this summer is an opportunity to do something different. Have you ever had a barbecue? If not, perhaps you could try. Experiment with some new recipes or take up a new outdoor pass-time like learning about cloud formation or drawing. Perhaps go for walks somewhere different. If you can't have that holiday you had planned, think creatively about what you could do instead.

The uncertainty of how lockdown will proceed can be anxiety-provoking. It is difficult to plan ahead not knowing what we are planning for. As lockdown eases and we are allowed to do more, hopefully, you will feel able to enjoy the good weather and do a few more activities. It is helpful to identify what you can do rather than getting cross about what you can't do. Developing a sense of having a choice about what to do can be positive for your well-being.

This newsletter includes many different aspects of summer - we hope you enjoy it.

Recovery in Mind Team

Don't miss Angela on Kennet Radio on a Friday morning just after the news around 8:03am!



In This Week's Issue

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Adlestrop

Yes, I remember Adlestrop --
The name, because one afternoon
Of heat the express-train drew up there
Unwontedly. It was late June.

The steam hissed. Someone cleared his throat.
No one left and no one came
On the bare platform. What I saw
Was Adlestrop -- only the name

And willows, willow-herb, and grass,
And meadowsweet, and haycocks dry,
No whit less still and lonely fair
Than the high cloudlets in the sky.

And for that minute a blackbird sang
Close by, and round him, mistier,
Farther and farther, all the birds
Of Oxfordshire and Gloucestershire.

[Edward Thomas](#)



The magic of being outdoors in nature

In the past 5 years I have found and rekindled my love of camping and sleeping outdoors. It's a truly magical experience and one that has been a real boost to my mental health. I love to camp in my garden, a local wood, or for a week in Cornwall. Being as self-sufficient as I can be and 'off grid' is also a big part of the experience. The nights are rarely silent in a tent except a night this Easter when Flo and I camped out in the garden during lockdown. The roads were silent and there was not a breath of wind. In the morning you hear the birds from about 4am. The light gently eases through the tent fabric and the day is beginning. It can be chilly so you need to have lots of blankets and a sleeping bag to keep you cosy. Ideally you get your fire going well before bedtime so that in the morning when you wake (early) you still have some hot embers ready to start your



fire again. You have to be careful where you light your fire, and you can't leave it roaring as you disappear into your tent, as it might light other objects. I have a fire tripod and a lovely kettle to boil water. However, I couldn't camp without one thing..... my bunting! I put it around the edge of my tent and inside, along with fairy lights to



add to the magic. Over the past 3 months I have made some new 'Lockdown bunting' from old clothes and fabric that had been sitting under my bed for too long. It's been a labour of love and it's ready for the summer holidays when I hope to camp out as much as I can.

So why is all this good and important for my mental health?

I recognise the need to be and feel surrounded by nature as often as I can. It slows me down, gives me time to reflect and think about things that may be causing me issues, and how I might overcome or sort them.

It's a 'mindful' experience living and sleeping outside. I 'see' what's around me and really 'feel' the elements. I have time to rest, relax and get away, even if it's just in the garden. I take off my watch and leave my phone in a bag, turned off for emergencies only.

Before my mental illness I ignored the need to live a slower and purposeful life. I would be 'busy' all the time. Camping and being outdoors provides this space for me. I have worked hard to embed 'Self Compassion' into my life, so my camping and outdoor trips honour that, and it's like putting petrol into my self-compassion tank.

So, I know that for many people camping just isn't possible. But perhaps you can find an equivalent place, space or time outdoors you can nurture for yourself. If you don't already, then perhaps build some time for you outdoors. Our Peer Trainer Toria often speaks of her 'micro mindfulness' moments when she embraces nature and the quiet from her back door whilst the kettle is boiling.

Being outdoors this summer, whether in a local park, in your garden, or going for a walk, is something we can all do in different ways and will really boost your mental health.



Enjoy the summer, and we look forward to seeing many of you in September when we 'plan' to start our courses again.

Storm is my 20 year old daughter. CV19 ended university rather abruptly for her. She loved gardening when she was little and so decided to work with her dad to reclaim an old raspberry area (bit of a mess in truth!). Together they built these small beds. She is growing lettuces, radishes, herbs, lots of beetroot & carrots and green beans. Its only two x 1mtr square enclosed beds but it's amazing how much she has managed to fit in. It's also been a lovely daughter/dad project that occupied time during lockdown. Here is a picture of her efforts.....



We were shocked by the attack in Forbury Gardens on Saturday evening. If you have been affected by this, please follow the link below.

<https://www.reading.gov.uk/forburysupport>

Summer (health issues)

Sunny days are making a regular appearance and we have even enjoyed some warm ones too, enjoying a breath of fresh air. Getting outside is fundamentally good for everyone, not only physically, but it also has a positive impact on our mental well-being and plays a significant role in a child's development too. The great thing is, nature and sunshine don't have to be something to travel to; they can be the things in which we are immersed at this time of the year around our homes, with or without CV19.

Physical health

Summer's sunlight confers a rich array of natural health benefits, stimulating the production of a number of hormones essential for a healthy body and mind. It isn't just plants that metabolize sunlight: we do too, via a complex bio-chemical process that converts sunlight into Vitamin D. More akin to a hormone than most other vitamins, Vitamin D is known to be good for our circulatory and nervous systems; is a potent anti-oxidant; and is essential for healthy bone development in the young.

Exposure to natural sunlight also keeps our pineal gland ticking along nicely and synchronizing our biological clock. Melatonin production is essential for the regulation of our circadian rhythms and a good night's sleep, and has a powerful impact on our immune system. It is also a highly effective free radical scavenger, and plays a crucial role in the maintenance of our metabolism and weight.

Mental wellbeing

Perhaps the most direct effect that sunlight has upon our mental health is via its stimulation of the brain to produce the mood-enhancing chemical, serotonin. Serotonin aids our bodies' management of appetite and sleep, and also acts as an effective natural anti-depressant. It lifts our mood, inhibits our urges to over-eat, and helps us sleep well. In short, it makes us feel good.

Summertime and our exposure to nature have been found to enhance our concentration, self-discipline and positive behaviours. Natural environments are uniquely engaging, stimulating and life-enhancing, so we need to make the most of the better summer weather to get out and about.



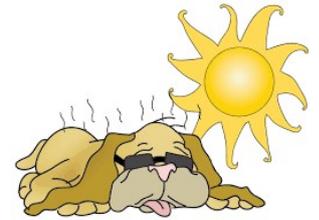
10 facts about summer

1. Dog days of summer

The phrase 'dog days of summer' used to refer to sweltering summer days has more to do with the stars than dogs.

The Roman's 'dies caniculares' began towards the end of July when the star Sirius (known as the Dog Star) began to rise in the sky just before the Sun.

The star was so bright that the Romans believed it gave extra heat to the sun and was responsible for hot days in summer.



2. It's the most thundery time of the year

More thunderstorms occur during the summer than at any other time of the year.

The warmth of summer often provides the perfect conditions of rising air and moisture required for the creation of thunderstorms.

In the UK, they are most likely to occur in the East Midlands and the southeast.

3. Crickets get chirpy

Next time you hear the sound of crickets chirping on a balmy summer evening, why not try this simple trick to find out the temperature.

The frequency of a cricket's chirps is consistent with air temperature, so you simply need to count how many chirps there are over 25 seconds then divide by 3 and add 4 to tell you the temperature in Celsius.



4. Snow in June

On 2 June 1975, snow showers forced the abandonment of several cricket matches across the country.

The coldest temperature ever recorded in summer in the UK is -5.6°C recorded on 9 June 1955 in Dalwhinnie, and again on 1 and 3 June 1962 in Santon Downham in Norfolk.



5. Height of summer

Did you know that on a hot day in Paris, the Eiffel Tower grows taller?

The tower is constructed from iron and when this is warmed it expands, causing the structure to grow by up to 17 cm.

6. Midnight match

Every year on the summer solstice, a unique baseball game is played at the Growden Memorial Park known as the Midnight Sun Game.

Taking place in Fairbanks, Alaska, the Sun is out for almost 24 hours on the solstice and so the game begins at 10:30 pm and ends around 1:30 am without any artificial lighting.

The tradition originated in 1906 and has been played every year since 1960 by the Alaska Goldpanners.

7. *First day of summer*

The meteorological summer begins on 1 June. The meteorological seasons are split into three months each. They coincide with our Gregorian calendar, making it easier for observing and forecasting to compare seasonal and monthly statistics. The astronomical start of summer is between June 20th and 22nd depending on when the sun reaches a certain place. Midsummer day is June 24th which is associated with the farming year: it is half way between planting and harvest!

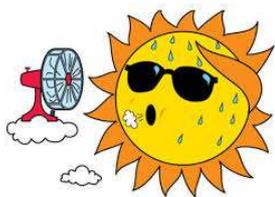
8. *Manhattanhenge*

Twice a year around 28 May and 12 July, New York is home to a fascinating sunset phenomenon.

Owing to the city's design on a grid rotated 29 degrees clockwise from true east-west, twice a year the sun sets directly at the end of the many of New York's major streets. This creates a spectacular sunset to see the sun slightly above the horizon and nestled between the rows of buildings.



Similarly, Milton Keynes' central road is designed so that when the sun rises on the solstice, it shines straight down Midsummer Boulevard and reflects in the glass of the train station.



9. *Top temperatures*

The hottest temperature ever recorded in the UK was on 25 July 2019 when Cambridge University Botanic Garden recorded a sweltering 38.7 °C.

10. *The longest day of the year is in summer*

The summer solstice marks the point when the sun reaches its highest point in the sky. This is the longest day of the year and after this point, the days slowly begin to get shorter until the winter solstice which occurs around 21 December.

At the same time as the Northern Hemisphere experiences the summer solstice, the Southern Hemisphere has a winter solstice marking the shortest day of the year.

Why isn't the Summer Solstice—the longest day of the year—also the hottest day of the year?

Earth's atmosphere, land, and oceans absorb part of the incoming energy from the sun and store it, releasing it back as heat at various rates. Water is slower to heat (or cool) than air or land. At the summer solstice, the Northern Hemisphere receives the most energy (highest intensity) from the sun due to the angle of sunlight and day length. However, the land and oceans are still relatively cool, due to spring's temperatures, so the maximum heating effect on air temperature is not felt just yet. Eventually, the land and, especially, oceans will release stored heat from the summer solstice back into the atmosphere. This usually results in the year's hottest temperatures appearing in late July, August, or later, depending on latitude and other factors. This effect is called seasonal temperature lag.



On 22nd June every year, the UK celebrates Windrush Day to honour the British Caribbean community. The observance was first introduced in 2018, on the 70th anniversary of the Windrush migration.

On 22nd June 1948 the MV Empire Windrush docked at the port of Tilbury, near London, from Jamaica, thus marking the start of the post-war immigration boom which was to change British society. This seminal moment in Britain's history has come to represent the rich diversity of our nation.

The passengers on board the Windrush had been invited to come to Britain after the Second World War to assist with labour shortages. Many of them had fought for Britain during the war. The men mostly found employment in manufacturing, construction and public transport; and the women in the NHS as nurses and nursing aides, as well as in public transport and manufacturing.

For over seven decades, these people, their descendants and those who followed them, have made and continue to make an enormous contribution to Britain, not only in the vital work of rebuilding the country and public services following World War 2, but also in enriching our shared social, economic, cultural and religious life.

Recommended reading: Andrea Levy's novel 'Small Island', which tells the fictional story of some Jamaicans emigrating to Britain on the Windrush, and powerfully evokes life in post-war Britain for Caribbean people at that time.



Recovery in Mind Summer Pudding

Ingredients:

300g strawberries

250g blackberries

100g redcurrants

500g raspberries

OR 1¼kg/2lb 12oz mixed berries and currants of your choice. (You

can use defrosted frozen berries instead if you wish or whatever you can get from the allotment or garden).

100g sugar (or less if you're me!...sweetener would also be fine)

7 slices day-old white bread, from a square, medium-cut loaf (I only have brown bread & that works too!)



Method

1. Wash fruit and gently dry on kitchen paper - keep strawberries separate. Put sugar and 3 tbsp water into a large pan. Gently heat until sugar dissolves & stir a few times. Bring to a boil for 1 min, then tip in the fruit (not strawberries). Cook for 3 mins over a low heat, stirring 2-3 times. The fruit will be softened, mostly intact and surrounded by dark red juice. Put a sieve over a bowl and gently tip in the fruit and juice.

2. Line a 1.25-litre basin with cling film as this will help you to turn out the pudding. Overlap two pieces of cling film in the middle of the bowl as it's easier than trying to get one sheet to stick to all of the curves. Let the edges overhang by about 15cm. Cut the crusts off the bread. Cut 4 pieces of bread in half, a little on an angle, to give 2 lopsided rectangles per piece. Cut 2 slices into 4 triangles each and leave the final piece whole.

3. Dip the whole piece of bread into the juice for a few seconds just to coat. Push this into the bottom of the cling-film lined basin. Now dip the wonky rectangular pieces one at a time and press around the basin's sides so that they fit together neatly lining it, alternately placing wide and narrow ends up. If you can't quite fit the last piece of bread in it doesn't matter, just trim into a triangle, dip in juice and slot in. Now spoon in the softened fruit, adding the strawberries here and there as you go.

4. Dip the remaining bread triangles in juice and place on top - trim off overhang with scissors. Keep leftover juice for later. Bring cling film up and loosely seal over the top. Put a side plate on top and weigh down (with cans). Chill for 6 hrs or overnight. To serve, open out cling film then put a serving plate upside-down on top and flip over. Serve with leftover juice, any extra berries and cream or yoghurt. What a fantastic colour this pudding is!

This can be frozen.



'Summer' Wordsearch by Fiona

S	S	A	R	G	T	U	C	F	O	L	L	E	M	S	Y	R	D
E	I	T	S	N	U	S	E	E	R	T	T	I	U	R	F	F	E
I	T	B	U	Z	Z	I	N	G	B	E	E	S	P	U	S	I	N
T	I	G	N	I	M	M	I	W	S	H	A	T	W	O	R	T	I
I	N	W	T	A	K	E	I	T	E	A	S	Y	A	L	E	N	H
V	T	O	A	S	N	S	U	N	N	Y	P	K	R	O	W	E	S
I	H	R	N	O	I	S	R	F	P	F	O	S	M	C	O	S	N
T	E	G	L	L	R	Y	G	R	I	E	L	E	A	T	L	S	U
C	S	S	O	S	D	A	N	E	C	V	F	U	E	H	F	P	S
A	H	P	T	T	L	D	I	S	N	E	P	L	R	G	G	R	E
R	A	O	I	I	O	G	P	H	I	R	I	B	C	I	N	O	H
O	D	R	O	C	O	N	M	A	C	B	L	U	E	R	I	G	T
O	E	C	N	E	C	O	A	I	N	U	F	A	C	B	M	R	N
D	S	E	H	T	O	L	C	R	E	T	H	G	I	L	O	A	I
T	H	U	N	D	E	R	S	T	O	R	M	S	A	H	O	M	E
U	E	R	U	T	A	N	G	N	I	Y	O	J	N	E	L	M	K
O	P	E	N	T	H	E	W	I	N	D	O	W	S	A	B	E	A
L	O	O	C	T	H	G	I	L	Y	A	D	A	R	T	X	E	B

Sit in the shade
 Fitness programme
 Blooming flowers
 Enjoying nature
 Sun
 Flip flops
 Outdoor activities
 Thunderstorms
 Lighter clothes
 Cool
 Buzzing Bees
 Long days
 Camping
 Ice cream
 Cool drink
 Fresh air

Warm
 Dry
 Bake in the sunshine
 Extra daylight
 Bright colours
 Swimming
 Smell of cut grass
 Open the windows
 Suntan lotion
 Picnic
 Fruit trees
 Take it easy
 Crops grow
 Hay fever
 Blue sky
 Solstice

Fun
 Sunny
 Home
 Blue
 Hat
 Heat



How to make an impressive summery flower from newspaper

You will need:

2 tabloid sized newspapers

Plenty of Sellotape (on a dispenser to make things easier)

Some strong cardboard

A small plastic bag

Scissors

Pencil

A tea plate (8" or 20cm diameter)

About six inches (15cm) of string

Some spray paint possibly

Good for Mindfulness and Resilience!!



- Firstly, tear one of the newspapers in half, down the crease to make lots of page-size sheets. You will need about 75 of these, so you may well have to use some of the second newspaper.



- Roll each sheet into a long thin cone. The cones will be across the width of the sheet of newspaper. The open end should be roughly one to two inches in diameter (2.5 - 5 cm). The other end should be rolled to a point. Fix each cone with Sellotape nearer the open end.



- Place the tea plate on the cardboard and draw around it. Cut it out and make a hole in the middle about an inch wide.



- Take about twenty of the cones and cut off an inch of newspaper from the pointy end. Place the first cone with the clipped end by the edge of the central hole and Sellotape it to the cardboard (allow about an inch of tape either side of the cone). The next cone is stuck on to the cardboard with a gap of about 1 centimetre between the cones. Work your way around the whole circle of cardboard. In about five places stick Sellotape from the front of the circle, between the cones to the back - this helps support the back row of cones. Using the scissors as a probe, clear the hole in the middle.

- Take about another twenty cones and this time cut off about an inch and a half from the pointy end. These will be the second row and they will be stuck in between the cones of the first row. When that row is complete, clear the hole in the middle again.



- Repeat the process until you have five layers of cones. Each row will need a few less cones, each row of cones shorter than the one before.

- For the middle bit, take ten half sheets of newspaper and roll them individually into balls, each about tennis ball size. Put the ten balls into the plastic bag and squeeze them into a bigger ball - about as big as a grapefruit. Roll the remaining plastic into a "tail" and seal the bag with Sellotape. Now using a double thickness of a whole sheet of newspaper, wrap the plastic bag ball in paper, make a "tail" of the excess, seal the bag with Sellotape and wrap the "tail" tightly with Sellotape.



- To put the bits together, feed the Sellotape "tail" through the central hole in the flower and pull it through from behind until it won't go any further. Fold the tail down against the back of the cardboard circle and Sellotape it securely.

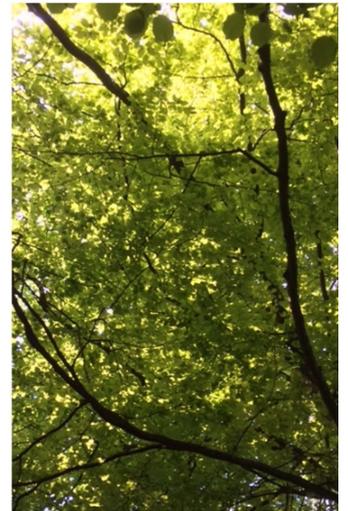
- Make a hole on the cardboard circle about an inch (2.5cm) from the edge using the scissors as a probe. Feed the string through the hole and tie into a loop - for hanging it up.

- If you fancy extra colour, add some spray paint with caution.... If it gets too wet it will collapse!



This will give you a flower of about 30 inches diameter. If you want something smaller then halve everything at the beginning!

'Summer Captured' by Cath



Summer Solstice

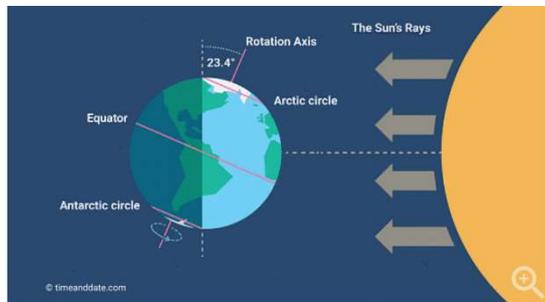
Here are a few pictures from the Summer Solstice. On this one day of the year all locations inside the Arctic Circle experience a continuous period of daylight for 24 hours.



Midnight sun by the sea on the Island of Vaeroy, Norway.



One of the world's oldest evidence of the summer solstice's importance in culture is Stonehenge, a megalithic structure which clearly marks the moment of the June solstice.



June solstice (Ill. not to scale).

I took this photo watching the sun set on Sunday evening - it was taken at about 9.20pm.

Cath



Alphabet Photography

Those of you who have participated in our 'Recovery Street' course may recognise this!! The first exercise we did was 'alphabet photography': finding the letters of our names in the objects around us as we went out and about around the town centre. I've been having a go myself, looking out for letters when I've been out on my daily walks etc. It's great fun, and really gets you looking out for and seeing things in a different way. Why not have a go yourself? We'd love to see your results!



'S U M M E R'

External Links

A fun easy way to make ice cream without a machine.

<https://learning.sciencemuseumgroup.org.uk/wp-content/uploads/2019/02/SMG-Learning-Activities-Instant-Ice-Cream.pdf>



Now some summer music

"Summer" from The Four Seasons by Vivaldi

<https://www.youtube.com/watch?v=g65oWFMSoK0>

"Summer in the City" by The Lovin' Spoonful

<https://www.youtube.com/watch?v=vJDdLcDC1IM>



"Summer is a coming in" written in the 1260

<https://www.youtube.com/watch?v=ky0fZX00Yo0>

"Summertime" by Ella Fitzgerald & Lois Armstrong from Porgy & Bess

https://www.youtube.com/watch?v=ii_YKr5UhAU

"Bring me sunshine" by Morecambe and Wise

<https://www.youtube.com/watch?v=kIZPNOszRtY>



Answer to last weeks' word search

Further Help and Support

If you are struggling with your mental health and feel that you need further help & support here are some contact numbers for you:

West Berkshire Community Mental Health Team- 01635 292020

CRHTT (Crisis Response and Home Treatment Team)- 0300 365 9999

Samaritans - 116 123

NHS - 111 (number to call should you feel you are physically unwell with Coronavirus or indeed any other physical health condition which is deteriorating.

West Berkshire Community Hub is where you can find out information and support locally for a variety of matters relating to Coronavirus - look at their website (cut and paste this into your internet browser) <https://info.westberks.gov.uk/coronavirus-communityhub>

The Age UK Berkshire Befriending and Buddying scheme is now open for referrals. Enquiries should be made directly to Age UK Berkshire by emailing info@ageukberkshire.org.uk or calling 0118 959 4242

999 is for **EMERGENCY** calls only.