



Newsletter

No 9

04/06/2020

Welcome to this week's Newsletter.

We hope that you enjoyed the bumper edition covering Half-Term and that you were able to give and receive some acts of kindness as part of Mental Health Awareness Week.

This week our theme is "Keep Learning" and the Newsletter has a multitude of articles and activities linked to the theme of learning.

The experience of being in 'lockdown' may have given us all many and varied opportunities to learn new things - crafts, baking, yoga, mindfulness, DIY, an online course - I'm sure you could add to the list. Perhaps you have learnt something very fast to be able to do some home teaching with the children! There may be some things that you have had to learn and definitely do not want to do again, but the process of having learnt something new may well have been valuable in itself.

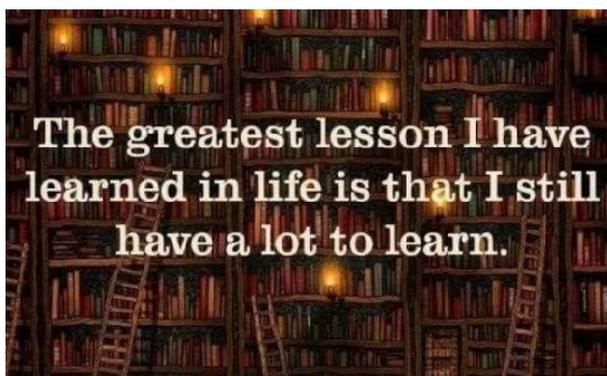
Whatever age we are, we keep on learning things in our day to day lives. This often informal learning process can allow us to explore new things and expand our life experiences. It may be learning something for pleasure or to enable you to achieve a specific goal in life. Sometimes finding out about things ignites new interests and hobbies, and more formal learning may then become something we choose to follow to advance our interests.

Ongoing learning can be hugely beneficial to our wellbeing. It boosts self- confidence and self-esteem as well as opening doors to all sorts of new opportunities.

Sarah

The Recovery in Mind team

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



Follow this link to hear Angela on 'Kennet Radio Corona Cast' interview last week (Edition 4)

<https://kennetradio.com/coronacast/>

Starts at 38.45 minutes in until 52 minutes.

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Reading the Books of Hills and Seas

In the month of June the grass grows high
And round my cottage thick-leaved branches sway.
There is not a bird but delights in the place where it rests:
And I too—love my thatched cottage.
I have done my ploughing:
I have sown my seed.
Again I have time to sit and read my books.
In the narrow lane there are no deep ruts:
Often my friends' carriages turn back.
In high spirits I pour out my spring wine
And pluck the lettuce growing in my garden.
A gentle rain comes stealing up from the east
And a sweet wind bears it company.
My thoughts float idly over the story of King Chou
My eyes wander over the pictures of Hills and Seas.
At a single glance I survey the whole Universe.
He will never be happy, whom such pleasures fail to please!

T' AO CH'IEN
Translated from Chinese

I learn everyday....

Without a doubt the past 7 years have provided me with more opportunities to Keep Learning than I had ever expected. Learning that I could learn to manage my mind, not at all an opportunity that I expected to be experiencing, and overcome most of my mental health challenges. Attending the Southern Health Recovery College courses made me feel empowered and that I could and was taking back control of my life. It changed my focus from shame and embarrassment to 'I can overcome my mental health problems with honesty and openness'. The courses provided me with the tools, skills and mindsets that I needed to develop for my life going forward. I began to feel a little sense of pride that I could have a life beyond psychosis, and learn to accept me for who I was, and not what others expected me to be. Like all learning environments, my fellow students were very important too. I learnt from others' experiences, ideas and approaches. I was often moved to tears by their stories and courage. During the breaks I spoke to others about their experience of psychosis, and I no longer felt alone or different. Without the experience I had at Southern Health Recovery College I would not have started Recovery in Mind. Their staff were kind and generous; they helped in the early days, and were enthusiastic to support my efforts. Recovery in Mind has been my first venture, and it has again provided me with learning and personal development opportunities. Every day I learn something informally and formally. Most importantly I have learnt that I am surrounded by wonderful staff and students, supporters and organisations that believe that all of us living with mental health challenges deserve and can achieve a life beyond our difficulties. Angela



LIFE IS LIKE
RIDING A BICYCLE.
TO KEEP YOUR
BALANCE, YOU MUST
KEEP MOVING.

— ALBERT EINSTEIN

How Recovery in Mind has helped us to 'Keep Learning'

When we started RiM in 2016 everything was on a steep learning curve for us all. As staff we needed to get to know each other & discover a new way of working between us, from scratch, which would benefit people with mental health challenges. We liked the idea of 'students' attending 'courses', but there was a certain leap of faith that it could come to fruition! Through Angela we decided to learn about working closely with Peers to make our courses happen.

Peer support is a strengths-based approach which starts with 'what's strong, not with what's wrong'; recognising the student as a whole person rather than only focusing on the challenges they experience. This creates relationships in RiM which are forward-looking, and solution-focused, and which generate hope, all the time promoting resilience, empowerment, acceptance and a strengthened ability to cope with challenges. As occupational therapists, our ethos has always been to consider the whole person (we pride ourselves as a profession in adopting a holistic approach, which historically has been very important when working within medicalised health care settings). Consequently, we really liked the whole ethos of Recovery Colleges, and found it sat very well with our existing core professional values. We also regard flexibility and adaptability as core skills, and these have certainly been stretched and challenged as we have had to make the transition from 'therapists' to 'trainers'.

Julie Repper (our heroine, who started IMROC the Recovery College network) and Tim Carter, (2011) said of this way of working: "There is evidence that the development of formalised peer support roles has benefits for all involved: the people supported, the peer supporters, and the organisations or services with peer support roles. What emerges from the research is that peer support roles are particularly effective, when compared to non-peer roles, in delivering on a number of elements that have been identified as central to recovery including hope, empowerment, self-management and social inclusion".

Well, having said all that, we have sincerely learned that all of this was NOT just waffle....it is true! We have developed a fantastic group of peer workers on the team, all of whom bring wonderful & different skills to our work. They are truly inspirational... but also lovely, funny, warm, clever & undeniably essential to all we do.

Thank you, Peers; we learn so much from you!

On another note, RiM has required us to address our 'fears' of dealing with IT (really of any sort!), as we've had to embrace the use of video conferencing if we wish to communicate well with each other over the current period of lock-down. We are very surprised to announce that we're embracing the weekly online video conference staff meeting & not only is it very useful & saves loads of time travelling, but it is also convenient & fun! I guess we're surprising ourselves with what we've managed to learn in such a short space of time, plus how we've learned to adapt to the changing requirements of our role.

Our journey with RiM has been one of continual learning and development in so many ways, and this current phase is another stage in that journey. We very much hope we will be able to use the new skills we are learning through this new way of working when we resume our face-to-face courses; and that they will add to the next stage of the journey post-lockdown.

We're sure if you take the time to consider this area of life, you also will have made positive adaptations to your life in the past month from which you can 'learn'. It is worth a moment of reflection as it is so easy to overlook the progress one is making through learning, when everything else seems hard to manage and is sometimes overwhelming.

Best wishes to you all,

Fiona and Cath

15 reasons to keep learning...

Here are some wonderful reasons why you should always **Keep Learning**:

1. Improve Your Self-Confidence

Self-confidence can be influenced by two things: your trust in yourself as well as your level of competence, which comes from knowledge, experience and the skills that you possess. Learning new skills can provide a tremendous boost to your self-confidence.

2. Fight Boredom

Staying challenged helps fight boredom. Take every opportunity to enrich yourself and learn something new; take a course, read voraciously, watch TED conferences online or attend webinars in your fields of interest.

3. Keep Your Brain Healthy and Your Mind Sharp

The brain is a 'muscle'; continue to keep it in shape by giving it new challenges and opportunities for learning and growth. According to scientific research, mental facilities are best protected when they are used frequently, and continued learning can slow the physical process of Alzheimer's disease. Those who put their brain to use on a regular basis often find themselves benefiting from better memory, sharper reactions and greater attention spans in old age. Keeping the mind active doesn't have to be difficult either. Learning a new language, mastering a new skill or even something as simple as filling in a crossword can have countless mental benefits.

4. Learn Practical Life Skills

Besides the knowledge we acquire through school or work, it's important that we learn practical skills such as handling our finances, improving our communication skills, as well as basic computer skills. Courses on these subjects and more are readily available online for students of any age! Don't forget to do some research online from anything you read that is of interest to you -maybe some articles from our RiM newsletters?!

5. Model Positive Behaviour for Your Children and Grandchildren

So often, children in the UK see education as a finite chore which ends the minute they leave school. However, if children were to witness their parents, guardians or role models embarking on continued educational journeys, they would likely begin to see learning as a constant part of life. Widely available adult education could work to provide young people with a more positive attitude towards learning, helping them to view it as an exciting privilege rather than an evil necessity. Set a good example for your children by letting them see you work hard at self-improvement and continuing your education. Working alongside each other towards individual goals will increase the chances that you will all be successful!

6. Learn for Leisure

Take a course in or read about a subject you enjoy such as cooking, photography, art or writing. You never know what great changes it might bring about or other interests you might discover! The whole process can 'feed your personal optimism' as we've found with our Creativity sessions.

7. Sleep More Soundly

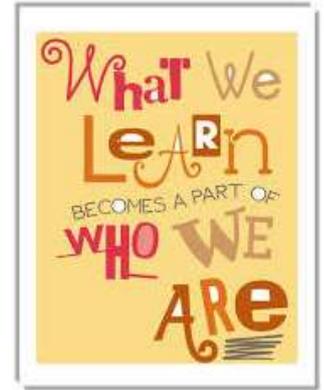
Just as when you exercise your body and it gets tired; when you exercise your mind, your mind gets tired. Give your mind a workout by studying a new subject and you may find you're dropping off to sleep more easily too!

8. Stay Healthy

There are some not-so-obvious health benefits to learning. Becoming organized and practising time-management techniques can help reduce stress in your life. Learning the basics of nutrition may help you to make improvements in your diet. Exploring health and fitness courses may inspire you to take better care of your body. You get the picture!

9. Keep up with the changes in the world

Since the dawn of technology, the world has been undergoing a rapid transformation. The ways in which we work, communicate, travel and even study have all been altered forever. If we are to continue living productive and independent lives, we must keep up with these developments. This is where adult education can be useful. Keeping up with worldly advances and learning to understand issues surrounding things such as race, gender,



sexuality, religion and even the 'latest on CV19' will make a better, more harmonious society. In fact, those who leave their views and beliefs in the past can often act as a barrier to progress.

10.Keep up with the changes in ourselves

Throughout our lives our minds, bodies and circumstances are constantly changing. For some people this means their interests and passions may alter; for some it may mean that their financial situation takes a turn; and for other people, it may mean an injury or a change in health. In any case, as things move on, it is good to be ahead of the curve. Someone who started their career in one field may long for a change, while another, who grew up with plenty of money, may find that they need extra income. Adult learning courses make this possible. The availability of such learning makes it much easier for us to follow our minds and achieve our potential.

11.It is essential for retraining

As the world changes and technology advances and the effects of CV19 on society are realised, many jobs that used to exist will no longer be necessary. Sadly, for many workers, this shows no sign of slowing down. Fortunately, adult education provides individuals with additional options. Having the option to retrain quickly and efficiently will benefit the lives of many adults in the coming years. Adult college courses are also essential for individuals who dislike their current role and want to embark on a new path.

12.Keeps you busy socially, too.

People who open themselves up to new learning experiences often find themselves involved in more social experiences, and it is important to maintain a healthy social calendar. Developing new skills also adds a new level of interest to a person's life. People with strong interests and passions are likely to gravitate towards others with similar interests and create healthy, nourishing friendships. These people, who are surrounded with friends and interests, are also likely to benefit from feeling more confident and outgoing.

13.Feeds a person's creativity

It can be argued that the more a person knows, the more creative they are able to be. If an individual has more knowledge in certain areas, then it's likely that they can come up with creative solutions to problems in those areas and to think outside the box. On top of this, a new education course may help feed a person's creativity by allowing them to express themselves in a more effective way. This type of creativity can provide people with a sense of purpose or even reduce stress and anxiety.

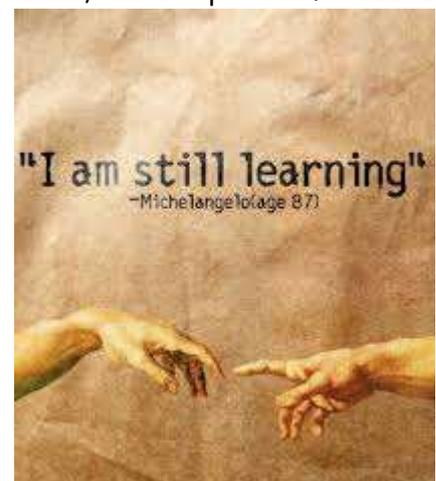
14.Gives people a second chance

For one reason or another many people did not manage to finish their school or college education to the standard that they may have wished. Choosing to start a family, coping with illness, or managing finances can all get in the way of a person's educational goals. However, just because certain people have had to put their education on hold, it doesn't mean they are not entitled to it. For instance, distance learning courses (such as those run by the Open University) are suitable for those who have been out of education for some years and have no time to physically attend classes.

15.Sustains us as we are living much longer

These days, people are living much longer than they were in years past. This means that people can remain in employment for longer as the retirement age has increased. Nowadays people spend a large percentage of their time at work which means that if someone doesn't like their job, they could find themselves feeling unhappy at work for a long time. This could lead to stress, boredom, anxiety and depression, so it's important for adults to feel like there are other options. Readily available adult education means that people in such positions can access courses and training to help them build the life they want for themselves. Over the years a number of RiM students have decided, having attended our courses, that they wish to change their learning circumstances and do things differently in the future.

The benefits of life-long learning are many. It's been said that great people never stop learning. Won't you be one of them and 'keep learning'?



My life of learning curves

Much to my surprise I teach painting to groups of keen students who - from their feedback - enjoy their time with me.

As a quiet and shy student studying sculpture at art college in the late 1970s I could not have guessed that I would be teaching painting in the future; far from it.

A lot has happened between then and now - a career of change - but my underlying love of creative art was never extinguished.

A couple of years ago my partner and I moved fifty miles from our established home of over twenty years. In the summer of our first year in Wiltshire we followed a local arts trail and I discovered a busy group of local artists. I found myself saying that I would join them, knowing that if I verbalised this idea, I would have to follow it through. Last year I held my first ever open art studio - and loved the whole experience.

The 1970s art student with green and pink hair was a sculptor dabbling with plaster and welding equipment. I thought my artistic future lay in three dimensional works. My belief in this stuck and during my thirty years working for the NHS as an Occupational Therapist I enjoyed occasional weeks away working with sculptors, learning how to carve stone. Our house and garden are home to my creative endeavours in stone - but the weight made the removal men suffer!

At one stage in my career I undertook a course in art therapy, hoping to amalgamate my art interests and work. Sadly, that idea never really came to fruition within the NHS. Instead I embarked upon an MSc in a work-related subject, which I completed but did not find personally rewarding.

When painting was suggested, I laughed - scornfully perhaps - as I had a deep-seated fear of colour - and paint. Dutifully, upon my retirement from the NHS, I attended a weekend course: "Acrylics for the terrified" - or that's how it felt. Amazingly, I loved the freedom and opportunity for expression that paint and colour offered.

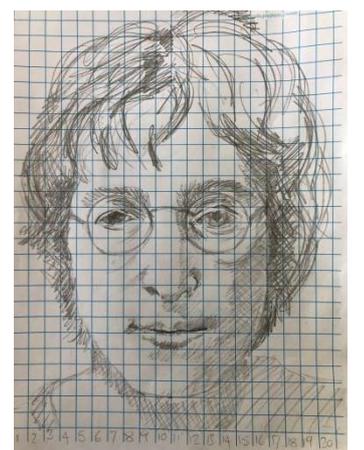
Sarah



Drawing a portrait by Sarah

This activity is based on drawing from a photograph.

1. Find a photograph of someone with a face that interests you.
2. On a plain piece of paper and on your photograph, draw a grid with a pencil – ideally with the lines at 1cm intervals (this will give you a drawing the same size as your photograph). The bigger the squares, the harder it will be, the smaller the squares, the more exact a drawing you can achieve.
3. Number the squares along the bottom and down the side of both grids to help you transfer the marks from the photograph to your drawing.
4. To start your portrait make marks on your paper in the same squares as you see them in the squares on the photograph. The more marks you make, the easier it is to 'join' them all up to form an accurate drawing. You may choose to draw with a pencil or a biro pen, either works well.
5. Keep on adding more and more marks and lines to form the face.
6. Start to add shading to give 3 dimensional shape to the face.
7. When you are happy that you have done enough (knowing when to stop is the hardest part!!) you can then rub out your pencil gridlines around the edge of the portrait and any that are showing within the portrait not covered by shading.
8. You may then feel it is finished or you may want to add some colour – have fun!



The New Normal?

We do have a lot of differing moods which we usually learn to cope with or just accept, but I have noticed that during this 'Lockdown' I've been enjoying the peace and quiet, no pressure to be somewhere at a particular time, taking my time over things and no traffic hold ups, when I do go out for that ONE shop a week!.....so what do I do - 'Worry' of course, as that's my middle name! Will I find it more stressful going out and about, clock watching so that I'm not late for things, frustration at traffic hold ups, at the speed of life etc? But then looking at it logically, we are not living 'normal' lives at the moment, and as I have spent SO long trying to be 'normal', (by changing my Automatic Negative Thoughts to Balanced Positive Ones) I know I want to carry on with my past progress and live in the Real World when it finally starts up again.

We had become a very stressed nation, so it can only be a good thing to slow down, but so important not to lose the enthusiasm to enjoy life, be ambitious about what we can achieve, and be able to control all the stress and strains when we are much busier. That IS life and living in the Real World, and what we have all learnt how to do at Recovery in Mind. Avoidance never helped anyone.

There are going to be many people who have a few issues when we get back to the 'New Normal', as the last eleven weeks have been so very different, and maybe caused huge challenges to people who already suffer with poor mental health, but interestingly also to many who have never experienced it. Angela actually mentioned on Kennet radio that she hoped people would empathise more with poor mental health as they could well have felt for the very first time what we have felt many times and SO wished we didn't!!.....Or perhaps it has made us stronger because of it?

I am certainly not wanting to worry people and make them more anxious and dreading the end of lockdown, quite the reverse as I realised how much I want to meet up with everyone, to face any issues again - of course, I may not have any but if I do, I know how I can knock them on the head.

Everything as we know it will be different for some time - I feel MUCH of it will be for the better as we have seen how we have all pulled together as a nation and thought about each other more.

Recovery in Mind's newsletter has helped to provide much support for everyone during Lockdown, and I know that the supportive unit and the will to help each other (should we need it) will be there for us all when we meet again.....I am really looking forward to seeing everyone.

Lots of Positive Energy sent to you All
Lynette xx



Learning during lockdown

I have learnt many things during lockdown; none of them have involved me joining an on-line course.

I have learnt how to Zoom and even have a virtual background to hide the clutter at home.

I have learnt how to use Microsoft meetings to replace a team meeting in Broadway House.

I have learnt how to enjoy my local parkland when I go every day. I have discovered parts I didn't know existed.

I have learnt about swans and cygnets.

I have learnt about wild flowers and birds.

I have learnt that it is OK to have days with nothing in my diary.

I can fill the time at home.

I have learnt who my real friends are; they keep in touch.

I have learnt that I can shop for food only once a week if I plan ahead.

I have learnt that listening to too much news is not good for my well-being.

I have learnt that slowing down and just being are fine!

Gillian



What am I Learning during Lockdown?

We've all been on a steep learning curve over the past couple of months, and having navigated our way through the initial crisis, we now find ourselves re-adjusting to this next stage: our national (and, indeed, international) recovery phase. I'm sure we will have all developed new skills, strategies, perhaps even new mindsets, to enable us to manage the last few weeks under lockdown. Now that we've entered a new phase, and it's clear that social distancing measures will remain for the foreseeable future, it might be a good time to reflect on what we've learnt over the past couple of months. It might be useful to review what's worked well, and what's not worked so well; what we want to continue to help us move forward, and what we might need to adapt or change, in order to look after ourselves and maintain our own recovery over the longer-term.

I've been reflecting on my own learning during this time of lockdown, both personally and professionally. I've found it helpful to keep a journal - my own 'Covid Chronicles' (I got the idea from Radio 4, which features excerpts from individuals' personal experiences of living during the pandemic).



Like many of us, the members of my household are all working from home, both in our employment, and through online 'virtual' school. So that has meant we've had to learn new ways of living and working under the same roof, 24/7. For us, it has been important to try and maintain boundaries between work and family/relaxation time, and especially trying to make the week-ends and bank and school holidays different to the week days. This can be challenging, especially when rooms have to double up as working and social/relaxation spaces. For example, our dining room has become my 'office', and whilst I quite like that because I can spread all my stuff out on the table (!), and I've got a nice view of our garden, which helps me feel connected with the outdoors; at the same time it is also where we sit and share meals together, so I have to keep that mental separation in mind.

We've found that having a structure has been really important, but at the same time keeping the routine flexible enough to enable each of us to follow our own patterns and rhythms of working and relaxing, and allowing each other personal time and space, as well as social time together. That's the theory, anyway! Of course, we're learning and modifying things as we go, and it's a juggling act at times, with some days being easier than others.

I've had to learn new ways of connecting and socialising with family, friends and local community groups online, which has been a challenge for me, being a notorious

technophobe! But I've been surprised at how helpful all the technology has been - both for working and home life - and it does help having IT-savvy teenagers in the house to help me out when I get (regularly!) stuck. I am hoping to emerge from this time with a more positive attitude towards using technology, and with some improved IT skills that I hope I can maintain in the long-term!



It can be all too easy to spend all day working on the laptop, and then the evening watching TV/Netflix, or emailing/texting/WhatsApp-ing friends and family, etc - so time away from screens has been vitally important.

I've experimented with a few new recipes over the past few weeks - with mixed success! My family hasn't always appreciated my culinary creations, but I guess that's all part of the fun of learning - learning what doesn't work, as well as what does!!



My elder son has been teaching me a few chords on the keyboard. I'm trying to master 'Viva la Vida' by Coldplay and 'Twist and Shout' by The Beatles. I'm not very good at them and need a lot more practice, but it's good fun.



My younger son has been learning how to cut hair! He coached himself by watching a few YouTube tutorials before he was let loose with the clippers on his dad's hair. He did a pretty good job, I have to say, but I'm not letting him anywhere near mine!!

So, I guess our learning has been quite varied overall, ranging from quite serious fundamental things, to light-hearted and fun things. I'm interested to see what we'll continue to learn as we go on...

Cath

There is no such thing as a
failed experiment, only
experiments with unexpected
outcomes.

R. Buckminster Fuller



The elderflower bushes are in full bloom now, and are a beautiful sight, with their white flowers and delicate fragrance. Now is the perfect time to make elderflower cordial - it's easy (albeit a little fiddly and sticky to make!), fun and delicious!

There are a number of different recipes available, but this is the one I use:-



Ingredients:

25-30 heads of elderflower

50g citric acid or tartaric acid (should be available at most chemists)

3 pints of boiling water

3 lb sugar (yes, I know that's a lot, but the cordial gets diluted, so it's not that bad really!!)

4 oranges (sliced, skin on)

1 lemon (sliced, skin on)

NB You can vary the combination of oranges and lemons if preferred to, eg 3 oranges and 2 lemons.

Method:

- 1) In a large bowl or pan, boil the water, dissolve the sugar, and allow to cool.
- 2) When the liquid is tepid, add the citric acid and allow to dissolve, then add the sliced oranges and lemons.
- 3) Wash the elderflower heads and add them to the mixture.
- 4) Mix it all together.
- 5) Cool in the fridge for 48 hours, stirring 3 times over this time. The mixture will be sticky, so just be a little bit careful to avoid any spillage.
- 6) After 48 hours, strain the mixture through a colander into another bowl/container to reserve the juice. Then strain it again through a muslin to get rid of all the bits. I find the easiest way of doing this, is to fasten the muslin to the top of the bowl with an elastic band, and to pull it as taut as possible. Pour the juice through slowly, a little at a time, either from a jug, or by spooning it from its original container. This takes a few minutes, as you have to allow the juice to seep through the muslin cloth a little at a time. It can also be a bit of a messy process, so I find it easiest to do it over the kitchen sink.
- 7) To drink, dilute with one part cordial to approx. 10 parts water.

The cordial keeps well in the fridge for a few days, and can also be frozen.



'Keep Learning' Wordsearch by Fiona

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

Try something new
Move forward
Online tutorials
Now
Confidence
Goal Setting
Societies
New recipes
Sense of purpose
Satisfaction
Creative
Purpose
Development

Boosts
News
DIY
Fun
TED (talks)
Raises self esteem
Interesting visit
Challenge
Research
Connection
Skill
Improves mood
Reading

Hobby
Exams
College courses
Optimism
Classes
Active life
Books
Game
Hope
Small things count
RIM (Recovery in Mind)

Further examples of 'keep learning'

X, my 6 year old, is taught to write a story by making a visual story board on which to base her story. It's such a helpful way for her to develop her skills. During lockdown she wrote a lovely story called 'The Bee & the Dragon'. X has also learnt about mental health from my work. She describes our office as 'The Mental Health House'. I'm pleased that she is interested and aware about mental health; as in good mental health & the difficulties of poor mental health. A



One activity that seems to have become very popular during this time of lockdown is jigsaw puzzles. My local community library has kindly put out puzzles for people to borrow. Just one example of a new hobby you might take up, and one which can easily be done by yourself, or as a social activity with household members. Cath

Our 'Creativity for Recovery' sessions are always popular and give students' the chance to try some new activities. Here are a selection of finished work...



A lovely quote from a student...

I've learnt some really handy & applicable skills to adapt my life for the better.
Thank you.

Students' Corner

Here are some ideas from a short article that one of our students J, shared with us as she thought the sentiments were useful at this time:

TALK YOURSELF UP

The power of talking to yourself positively is the best way to get your mind right, and a smart thing to do in these times of uncertainty.

Positive self-talk - phrases to focus your mind in situations that would otherwise trigger fear.

Self-talk is a vital tool even for elite athletes against competitive stress. The right self-talk is the difference between them winning and losing.

It is effective because the brain anchors to a short idea or phrase, and you move past the fear spike, into action.

Positive self-talk triggers fearlessness through reframing stress as excitement and resolve. The mind-set shifts from threat to opportunity. You can access new resources of motivation, energy, and effort.

A few self-talk examples:

"Impossible is nothing." - Muhammad Ali

"You dream. You plan. You reach. There are no limits." - Michael Phelps

Most of us have reassuring phrases that we use in tough situations. But we often use them in a haphazard and spontaneous way. Now is the time to swap that for something more intentional to help us through the tough times.

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Apply the above to yourself and see if you can develop some positive self-talk ideas that you can really call your own. One that as OTs we use a lot is: "I Can Do IT" ('ICDI'), which is easy to remember & say to yourself when you're finding it hard to move forward with something & self-motivate. Take a few minutes to think of some kind, positive words that you might say to a good friend in their time of need, then apply these ideas to yourself in a generous way. Some people call these 'Affirmations' and there are many of these written up online to browse through, keep in mind and adopt, if you feel inclined. It is as though you then have a 'library' in your brain of 'positive messages or sayings' to use at will and replace any that are negative. Maybe write a few down to remind yourself when you're thinking negatively.

Happy positive self-talking!

Calling all Students...



In next week's newsletter, we'll be thinking about all the resources that are available to us to manage our mental health and wellbeing, and to move forward in our recovery. We would love to hear from you all, as to what tools, tips, strategies, activities, support systems, etc you are utilising to help you manage during this time. These might be things from your metaphorical 'wellness toolbox' or 'shed', or, for those of you who have attended the WRAP course, things listed on your 'keeping well' plan.

We would like to invite you to write down the resources, personal to you, that you are finding helpful at this time, and to email them to us, so that we can include them in next week's newsletter.

We look forward to hearing from you!

Covid-19 Quiz

Can you identify the 10 parts of company logos that have been used to make up this picture?

Answers next week!



External Links

<https://www.futurelearn.com/courses>

This website has links to lots of free courses

<https://www.explorationoftheday.com>

This website offers lots of different ideas to explore

<https://www.recoverycollegeonline.co.uk/music-for-wellbeing>

This webpage helps you discover what sort of music helps to energise you and relax you.

<https://www.poetrystation.org.uk/poems>

This website offers a wide selection of poems read aloud, some by their author

<https://info.westberks.gov.uk/everymindmatters>

Link to NHS site where you can create a 'mind plan'.



Answers to last weeks' word grid and wordsearch

K							
I		D	E	S	K		S
S		E					E
S	I	N	K		S		N
	N		I	N	K	E	D
	N		N		I		
			D	I	N	E	
						N	
		K	I	S	S	E	D

Additional words:-

Sink, ink, in, din, kin,



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.

