



Newsletter

No 15

16/07/2020

Amazingly, we have got to the final edition of our Newsletter for the summer term 2020. We felt that our theme of 'moving forwards and setting goals' was appropriate to leave you with to work on over the summer holidays. We hope that you will also reflect on the contents of the rest of our newsletters (available on our 'NEW' website www.recoveryinmind.org) and use them in your recovery journey over the break. Do send in any photos of your creativity or projects, as we'd love to see them when we return from the holiday in September.

We have been running courses based within Broadway House, Newbury and the local community, for 4 years now, but due to CV19, we have needed to 'move forward and make new goals' ourselves. We've produced a new website and expect our new ways of working to begin at the start of the autumn term. We will focus on utilising outdoor venues when possible to reduce the chances of potential infection, and these will require us to socially distance. For example, Shaw House garden has been booked for our 'walk and talk' sessions. Alternative course venues will need to be socially distanced too, so the Council Chamber has also been reserved for a new Welcome to Recovery course. All venues and procedures will be risk assessed according to appropriate guidelines for this type of work. The situation will be reviewed regularly with regards to changes in government advice and the progress of the virus. The steps below outline the planned new course programme.

Step 1 -Introductions. This used to comprise potential new student attendance at a 1.5 hour 'Introduction to Recovery in Mind Bitesize' session at Broadway House. This will be replaced with an introductory film containing the essential elements of the previous course, which will be sent via email to students who request it via our website, if they wish to consider joining our classes. Following the watching of this film, interested students can book themselves on to:

Step 2 -'Welcome to Recovery'. Previously, this had been our foundation course which all students completed before embarking on any of the other courses, and it was held at Broadway House over 6 weeks. We anticipate re-provision of this course over 5 weeks at the Council Chambers (to facilitate social distancing measures) in the autumn for new students. Students who complete this course will then be able to book any of the remaining courses that we are able to provide (depending on staff availability) to move on to at that time, within Step 3.

Step 3 -Courses. We had been running 12 or more of these different courses in 2019 and hope to do so again in 2021 when we are confident that we can do so safely. In the meantime, we plan to hold 'Walk & Talk' sessions meeting in the Shaw House grounds, to enable our existing students to get back in touch with their peers and ourselves, to reflect on their journey following CV19 if they wish to. These are also bookable from the website.

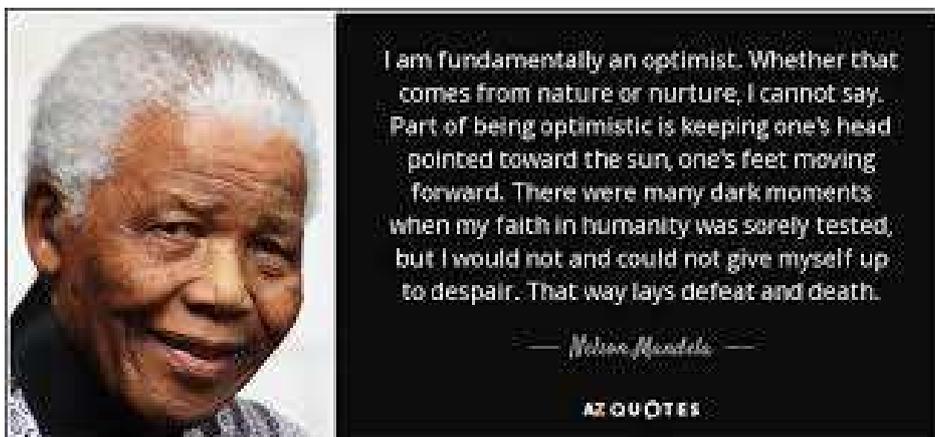
Newsletter. Having produced themed newsletters which have been sent to all students by email each week since CV19 lockdown commenced, we anticipate continuing to produce these newsletters once a term from September. Hopefully, this will keep us in touch with students, even if they remain unable to attend any of our other offerings in the autumn.

We wish you all the very best for the summer and look forward to meeting up again in the autumn.

Recovery in Mind team

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The Journey by Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life you could save.



Goals to Nourish Your Mind, Body and Soul

Goals to Nourish Your Mind. We often get caught up in our to-do lists and worry how we're going to get everything done, or waste our time worrying, so it's important to give your brain some time to rest. After all, if your brain isn't working correctly, nothing is going to work correctly!

Here are 10 things you can do to **nourish your mind**:

- Stay offline one day per week.
- Meditate or do a relaxation session every morning.
- Read 10 pages per day.
- Write in your Journal every day.
- Get up when your alarm goes off.
- Limit screen time in the evening.
- Start a gratitude journal.
- Do a media detox.
- Take a 'me' day.
- Treat yourself!

Goals to Nourish Your Body. We all know how important exercise is, but finding the motivation and time to actually do it is always a struggle. If you break this larger goal into smaller chunks, you'll find it much easier to find something that works for you and stick to it. (Small, achievable goals work best).

Here are 10 ways to **nourish your body**:

- Go for a walk after lunch or dinner.
- Drink a glass of water instead of coffee/tea or coke.
- Squeeze in 10 minutes of exercise per day.
- Eat more veggies.
- Try some online Yoga or Pilates.
- Try meal planning in advance & before you shop.
- Develop a workout routine you can manage.
- Develop a skin and hair regime that works for you (don't forget sun lotion/block).
- Challenge yourself to do a short exercise session daily.
- Try a new form of exercise that you've not tried before.

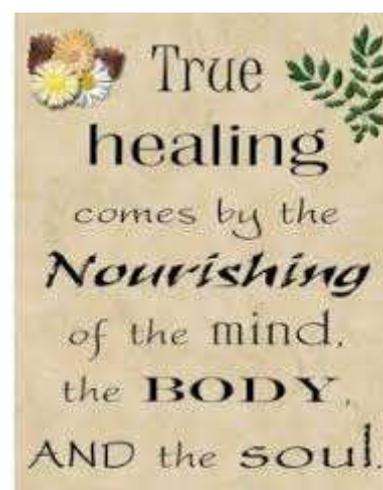
Goals to Nourish Your Soul

The soul, also referred to as the spirit, doubtlessly means something different to everyone, but it refers to everything that makes up who you are aside from your mind and body. It could involve your relationships, religion, job, hobbies, interests, etc.

Here are 10 ideas to help **nourish your soul**:

- Go to bed at a reasonable time.
- Explore two new places (in reality or online!).
- Learn something new.
- Declutter your home (start with a drawer!).
- Look after your finances.
- Get started on one thing you've been putting off.
- Pay attention to a part of your spiritual and religious life.
- 'Volunteer' somewhere in the community.
- Reach out and make contact with someone.
- Clear out your wardrobe or cupboard.

Fiona



Keeping a reflective diary to help with goal planning

Keeping a regular record of experiences and feelings, especially as they relate to your recovery, can be a helpful tool to advance your recovery process. A diary can be used to record your day to day activities, recovery-related struggles, accomplishments and your thoughts and feelings about them, thus helping you to identify goals or approach things differently.



There are several benefits to keeping a diary. Firstly, it is a record of what you have done and what you think and feel about it. It can track your successes and disappointments on a regular basis. It can help you identify triggers to thoughts, feelings and behaviours. Recording things like the weather, how much exercise you have had, and how you slept, can be very useful as you may see patterns emerge: e.g. I sleep badly if I don't go for a walk.

Keeping a reflective diary is very simple. Find a notebook or a pad of paper and set aside a short time at the end of each day and write about experiences, thoughts and feelings that have had an impact that day. It helps to do this somewhere quiet with no distraction. Once a week look back over what you have written, reflect on it and see what goals you could set or changes you could make.

Many people have started keeping a diary during lockdown. Here is an example of one:

Day 38 Thursday April 30th

Cold and wet

- *Sorted out sewing box*
- *Did sewing*
- *Collected shopping from Tesco*
- *Took shopping to aunt*

Walk - Local park again. In the rain.

Telephone calls - x

Thoughts - I am getting restless I want to go somewhere different. Feeling disconnected.

Action - Try to phone someone each day. Think about if there is somewhere else to walk.

Day 48 Sunday May 10th

Cold, cloudy and windy.

- *Did sewing*
- *Made flapjack*

Walk - x

Telephone - Alice

Thoughts - Feeling restless and unmotivated.

Action - Go for a walk even if the weather is bad. Plan at least 2 activities to do each day.

Day 77 Monday June 8th

Cold and dry

- Did pilates by Zoom
- Made face masks
- Delivered face masks
- Went to chemist. Problem with prescription.
- Did on-line grocery shop for 2 relatives and myself.

Walk - x

Telephone - x

Thoughts - Feeling very irritable. Maybe because I didn't do anything that I found enjoyable.

It was all useful. Nothing to pamper me.

Action - Make sure I do something I enjoy every day as well as useful things.

Looking back through the diary, other patterns emerged. The mood was always better when it was sunny and warm. When lockdown eased, although they relished going out, anxiety started about going out, along with irritation about other people's behaviour. Goals that came out of this were to practise Mindfulness so as not to "connect" with other people's behaviour, to spend some time out of doors every day walking, whatever the weather, and to plan local trips out in accordance with lockdown restrictions.

Keeping a reflective diary can be an important tool in your recovery toolbox. It can help you recognize when and under what conditions you might be most at risk for a setback; and it can help you identify situations and attitudes that empower you and assist you in remaining strong in your commitment to your recovery. Gillian

YOU HAVE TO COME TO YOUR CLOSED DOORS
BEFORE YOU GET TO YOUR OPEN DOORS... WHAT IF
YOU KNEW YOU HAD TO GO THROUGH 32 CLOSED
DOORS BEFORE YOU GOT TO YOUR OPEN DOOR?
WELL, THEN YOU'D COME TO CLOSED DOOR NUMBER
EIGHT AND YOU'D THINK, 'GREAT, I GOT ANOTHER
ONE OUT OF THE WAY'... KEEP MOVING FORWARD.

- JOEL OSTEEN -

LIBQUOTES.COM

Goal Planning by T. Powell

The importance of goal planning

1. Human beings are goal-directed creatures constantly striving for meaning, significance and purpose. A lack of achievable goals results in stress and tension. We all need a role, something to work towards, to give us a sense of value and control.
2. Stress can be either the result of not having goals, having too many goals, having conflicting goals, or working towards somebody else's goals.
3. Your goals should help you to centre your life. You need to be clear about your values, what you believe in, what is important to you, before you set goals. What kind of person do you want to be?
4. In the study of the psychology of achievement, almost all successful people have one thing in common: they work towards set goals.
5. Setting and working towards goals increases motivation and releases an enormous store of energy.
6. In studies of survivors of stressful environments, such as concentration camps and prisons, those best equipped to survive were those who had or could create goals to work towards.



Why don't people set goals?

1. Because they don't realise the importance of setting goals. It is amazing that given the importance of the skill of goal planning, it is a subject rarely taught in schools.
2. People might not set goals because they don't know how to.
3. People often don't set goals because of a deep seated 'fear of failure'. Once a goal is set, you either succeed or fail to achieve it.

Why goals should be written down and made specific

1. Writing a goal down makes it visible, obvious, concrete and specific. There it is in front of you. This has the effect of waking up the unconscious and releasing energy.
2. Writing a goal down entails a commitment. If you don't write it down, you can always say to yourself, 'I never really meant to do that anyway' and you leave your options open. Writing goals down challenges procrastination.

Seven steps in Goal Planning

1. **BRAINSTORM- BE CREATIVE**: decide what you really want. Brainstorm yourself by asking the question, 'What do I want out of life in the next five years?' Answer that question by writing down everything that comes into your head in terms of:

A Home/Family

- B Work
- C Leisure and personal development

2. **RE-EXAMINE:** Once you have generated these three lists go back and examine them for goals which are:
- A Incompatible, for example, 'I want to be the best salesman in the company', and, 'I want to spend every weekend and evening with my family'. Eliminate one or modify both goals.
 - B Unattainable, for example, 'I want to beat Pete Sampras at tennis'. Change that to, 'I want to win 90 per cent of my club tournament matches this summer'.
3. **REWRITE IN TERMS OF OUTCOME:** Write out your modified goals in clear specific language in terms of an outcome, for example, 'By next Christmas I will have written and had typed up a five-thousand word short story'.
4. **CREATE ACTION PLANS:** Write an action plan or a series of specific activities for the accomplishment of that goal. These are the steps that need to be taken to achieve that goal; again they should be specific. Try to aim for at least six activities for each goal. For example, for writing the short story, activities might be:
- 1. Buy a word processor
 - 2. Enrolling on a course for creative writing
 - 3. Buying a book on creative writing
 - 4. Setting aside Tuesday evening for writing
 - 5. Arrange to meet Jim and show him the first draft on Sunday 6th September
 - 6. Set up a desk in the spare room
5. **IDENTIFY OBSTACLES:** There will be obstacles to overcome. Identify and plan for these and take the view that obstacles come to instruct. For example, obstacle: 'I might have to work late on a Tuesday'; solution: 'Alter the sales meeting to Wednesday so it will be easier to get away earlier on Tuesday.'
6. **BUILD IN REWARDS:** Work out a reward system, for example, 'If I've completed the story by Christmas I will buy myself a compact disc player.'
7. **VISUALISE THE END RESULT:** Have a clear mental image of what things will be like when you achieve your goal. This acts as a motivator and helps you release energy.

Plan for the future because
that's where you are going to
spend the rest of your life.

-Mark Twain

1 BRAINSTORM

(Write down as many goals as come to mind, perhaps separating the areas of home, work, leisure, relationships)

	Home	Work	Leisure	Relationships
	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦
	2 REWRITE THREE GOALS WITH SPECIFIC, TIMED OUTCOME (eliminate or modify unrealistic goals)		3 IDENTIFY STEPS NECESSARY TO ACHIEVE GOALS	
i	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦
ii	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦
iii	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦	♦ ♦ ♦
			4 POTENTIAL OBSTACLES	

Create your own positivity poster



HOW IT WORKS

Most of us find it easier to focus on what we haven't done or what's gone wrong, as opposed to what went well. For example, if you have 20 things on a to-do list with 15 items ticked off and 5 not touched, how likely are you to stew over the 5 items not moved?

The human brain is naturally programmed to focus on negative aspects of life before recognising the positives, which is the reason you may find yourself being down on yourself for not ticking off those last five tasks on your to-do lists.

It is possible to retrain (rewire) your brain to see the positives first. After all, 15 items ticked off is 15 reasons to give yourself a cheer, right? Right!

This is where a positivity poster (very similar to a positivity jar) comes into play and becomes highly beneficial in you striving towards a fresh new perspective on life. By simply noticing the small positives that occur each and every day, you send a message to your brain to tell it to take note! The more you do this, the more your brain will begin to see the positive side of any situation first. In fact, it will start to actively look for the positives.

For example, when you wake up in the morning and immediately say to yourself that it will be a great day, your brain will jump into action. It'll start working away in the background looking for reasons for it to be a great day.

The point is to fill your poster with post it notes, or speech bubbles, or with scraps of paper, or you could just even write on your poster with colouring pens or pencils. If you wanted to, you could get creative with your poster and add some decoration or instead of speech bubbles you could create a flower or butterfly to add to your poster. On any of the items suggested, write anything positive that's happened, you've done, heard, seen, or experienced. If you do this with an open mind and love for yourself, by the end of the week/month/year your poster should be crammed full of lovely little gems of happiness and positives that you can reflect back on when you're having a rough day.

It might seem hard to start with because, often, when people try to think of positives, they desperately search for big sparkly things that have happened. The things you write down don't need to be big or sparkly.

What you need to create your poster:

- Openness to see the positives in every day.
- A4/A3 plain paper or card, any colour.
- Some post it notes
- Colouring pens or pencils
- Speech bubbles (create your own)

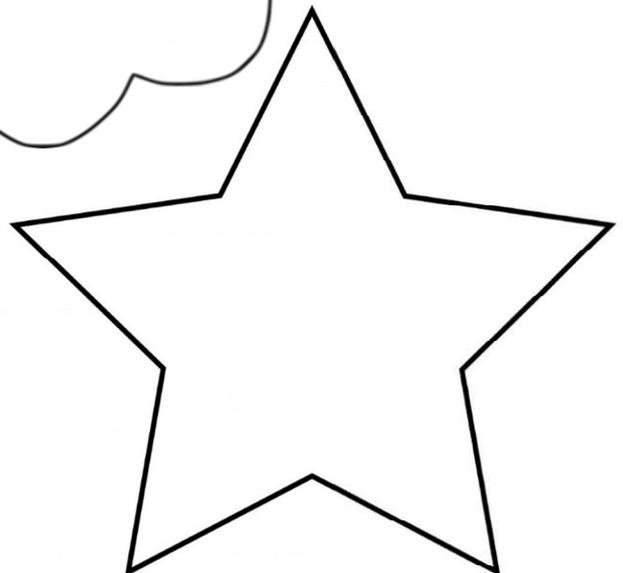
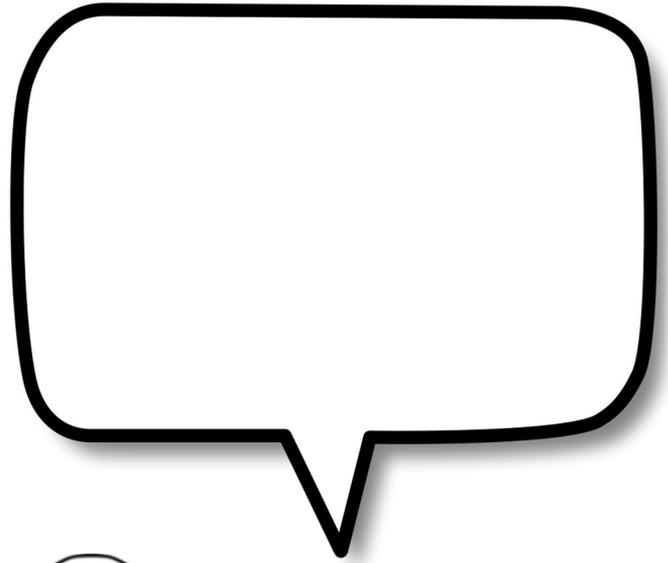


Suggestions that could be on your positivity poster:

- A fun trip
- Nailed it! Moments (e.g, learnt a new skill)
- A treat you bought/made for yourself
- New music discoveries
- Wrote a poem (put it on the poster)
- A to-do list entirely ticked off (or even partially!)
- Mark your progress in a challenge



- A quote you've heard or read
- Something someone said that was kind or positive
- A great book you've read
- Something simple that made you laugh or smile
- A goal achieved
- A step towards a goal achieved
- A fantastic meal
- Something you are grateful for (family, friends, support)
- Something nice you have done for someone without being asked
- Something nice that you said to someone who wasn't expecting it
- Something you liked from a previous RiM newsletter!



One of my personal goals...

I'm determined to spend as much time as I can outdoors this Summer - one of my personal goals. Here are a few of my favourite places to visit locally that are now open or opening soon.....

Snelsmore Common is open throughout the summer - I love the ponies and the wildlife that are all around.



Greenham Common and the tower coffee shop are both open. Great for walking, cycling and jogging.

Take a **walk along the canal** from Newbury towards Hungerford. It's a flat path with the odd wide bridge to cross.



Thatcham Lakes and coffee shop are open. It takes about 20 minutes to walk around the lake and there are so many birds and waterfowl to watch.

Our lovely **Victoria Park** is open along with the play area. Perfect spot for a picnic or flask of tea.

Take a stroll around **Hungerford Common** if you live in the area - the cattle are beautiful but please keep out of their way!



A friend introduced me to **Speen Meadows** - there is a lovely 2 miles walk from the Northcroft Leisure centre and back again.

There is a new cycle and walking route along the **old railway line from Hermitage to Hamstead Norreys**. It's about 2 miles in each direction. Helen shared some pictures of it in one of the newsletters. It's flat and has lots of interesting signs along it. It's definitely on my list to do these summer holidays.

(Indoors) - **West Berkshire libraries** are open again. Some are offering 'click and collect' service. <http://info.westberks.gov.uk/libraries>

I hope you can visit one of these special places in our area. Angela



A Collection of Poems for Summer

Day Trip

Two women, seventies, hold hands
On the edge of Essex,
Hair in strong nets,
Shrieked laughter echoing gulls
As shingle sucks from under feet
Easing in brine.



There must be an unspoken point
When the sea feels like
Their future. No longer paddling,
Ankles submerge in lace,
In satin ripple.
Dress hems darken.

They do not risk their balance
For the shimmering of ships
At the horizon's sweep
As thigh deep they inch on
Fingers splayed, wrists bent,
Learning to walk again.

Carol Satvamurti

Small Rain

The rain- it was a little rain- walked through the wood (A little wood)
Leaving behind unexpected decorations and delicacies
On the fox by the dyke, that was eating a salmon's head.
(The poacher who had hidden it wasn't going to be pleased.)



The rain whisperingly went on, past the cliff all Picasso'd
With profiles, blackening the Stoer peat stacks, silvering,
Forty sheep's backs, half smudging out a buzzard.
It reached us. It passed us, totally unimpressed.

Not me. I looked at you, all cobwebby with seeds of water.
Changed from Summer to Spring. I had absolutely no way of saying
How vivid can be unemphatic, how bright can be brighter
Than brightness. You knew. You were smiling, and no wonder.

Norman MacCaig

Summer Sun

Great is the sun, and wide he goes
Through empty heaven with repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlour cool,
Yet he will find a chink or two
To slip his golden fingers through.

The dusty attic spider-clad
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.

Meantime his golden face around
He bares to all the garden ground,
And sheds a warm and glittering look
Among the ivy's inmost nook.

Above the hills, along the blue,
Round the bright air with footing true,
To please the child, to paint the rose,
The gardener of the World, he goes.

Robert Louis Stevenson



Strawberries

There were never strawberries
like the ones we had
that sultry afternoon
sitting on the step
of the open French window
facing each other
your knees held in mine
the blue plates in our laps
the strawberries glistening
in the hot sunlight
we dipped them in sugar
looking at each other
not hurrying the feast
for one to come
the empty plates
laid on the stone together
with the two forks crossed
and I bent towards you
sweet in that air
in my arms
abandoned like a child
from your eager mouth
the taste of strawberries
in my memory
lean back again
let me love you



let the sun beat
on our forgetfulness
one hour of all
the heat intense
and summer lightning
on the Kilpatrick hills

let the storm wash the plates

Edwin
Morgan



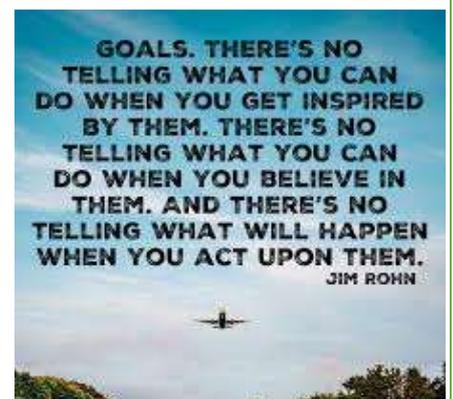
'Moving forwards and setting goals' Wordsearch

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T	Q	N	Y	R	E	A	C	H	O	S	C	T	O	A	C	O	W	O
L	Y	E	T	E	R	A	H	S	D	T	I	A	R	C	R	Z	A	W
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Y	A	W	G	N	O	L	A	S	E	O	G	E	L	T	T	I	L	A

Onwards and upwards
 Build up
 Share
 Try
 Overcome setbacks
 Creative thinking
 Expand horizons
 Increase skills
 Successful results
 A little goes a long way
 Pace yourself
 SMART goal
 Forging a path
 Positive perspective

Achievable steps
 Set priorities
 Towards the future
 Self realisation
 One step at a time
 Fulfillment
 Start small
 Make headway
 To do lists
 Progress
 Be specific
 Ask for help
 Stick to it
 Strategy
 Accomplish

Reach
 Gain clarity
 YES



Students' Corner

Hi again all,

I thought I would drop you another message to say hello again. Hope you are all keeping safe and well still and starting to feel like things are sort of getting a bit more back to some sort of 'normal' again.

Here are just a few more things I have been doing over the past few weeks/months again that I would like to share with you :).

I have also found a new hobby to try as well, which is 5d diamond painting, it is quite relaxing once u get into it but u have to have a lot of patience as well, as the gems are very small and tend to flick everywhere when you try and pick them up sometimes, it is also very easy to knock them all over the floor if you tap the wrong end of the tray by accident too (I've done this a few times already). I started off by doing keyrings first which are great for gifts as well, and then I went on to do slightly bigger pictures and have already completed 2 pictures for a couple of friends, I never ever thought I would have the patience to do these, but I have surprised myself a lot, and with a lot of things during lockdown as well. Been also trying out marbling with nail varnish too, which comes out nice, although it is very messy too, next time I will remember to wear gloves ha ha 😊. I've also decided to do a scrapbook of everything I've done during lockdown as well, as it's a good memory to keep. It's a work in progress! (just going to be really hard to pick the pictures as I've taken so many). I've also tried making my own pencil case, even though sewing isn't one of my strong points.

I have been keeping up with my walking too, and it has helped improve my mental health a lot. I have found a few new places to go which are nice as well, now that we can go a bit further afield, been enjoying seeing my friends again, having picnics in the park and just generally catching up but keeping the distance still. I have also been keeping up with my craft stuff a lot, found some new things to try as well and i now have a craft corner in our spare room where I can go to do them, which has helped a lot too and I'm loving it :). Been doing a lot of adult colouring again as well, as I've really got back into it and it is so relaxing. I've also tried out drawing a landscape as well, and when I've been out and about I'm generally taking more notice of things around me, being more mindful, taking in the sounds of nature, the birds tweeting etc, and of course been enjoying the lovely weather that we have had :). I've now started volunteering with a friend at a local bookshop as well which is something new to try.

Being in lockdown has had a really positive effect on me in more ways than one as I am feeling more positive in general about life at the moment and have found myself a lot more relaxed, patient and less stressed, although it has had its ups and downs along the way as well, just like it has for everyone. I am finding the weekly newsletters very helpful as well, as they have so many different things to try and lots of tips for different things. And of course I'm enjoying trying out some of the new recipes too :)

Kind regards

E

P.S. Keep smiling 😊 stay positive 👍 and be happy 🌸 xx



External Links

SMART Goal setting video <https://www.youtube.com/watch?v=XpKvs-apvOs>

Some information if you are thinking about day trips or going away <https://www.visitengland.com/covid-19-travel-advice>

Expand your knowledge with these quizzes <https://www.bbc.co.uk/bitesize/articles/z79w8xs>

Play some socially distanced games <http://greatcampgames.ca/group-games-for-social-distancing/?pp=1>

Lots of on-line courses to discover <https://www.recoverycollegeonline.co.uk/>



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

'Ain't no stopping us now'- McFadden & Whitehead
<https://www.youtube.com/watch?v=IRNEzzN-gTo>

'Movin' on up' - Primal Scream <https://www.youtube.com/watch?v=SnkjvECEQr4>

'Firework' - Katy Perry <https://www.youtube.com/watch?v=n1lfYh-aUk0>

'Reach' - Gloria Estefan <https://www.youtube.com/watch?v=9IGKGOBuYYY>

Plus all of the newsletters from this term are available on the website and include lots of information and ideas.



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

Answers to week's 14 and 15 word searches

Week 14



Week 15



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.