



Newsletter

No 16

22/10/2020

Scrunching **golden leaves** underfoot, floating **layers of mist**, *sparkling spider's webs*, and musty scents of **damp earth** and **wood-smoke**; it can only be **autumn**. Welcome to **Recovery in Mind's** seasonal autumn newsletter, full of ideas & articles about this season and our place in it. We hope that in reading it you will gain a new perspective or two!

We're planning to produce a newsletter each half term, whilst preparing and facilitating some great new courses online for you to book from the website in 2021.

We are making our best efforts to adapt and innovate in order to keep some of our courses open to students online, despite CV19, especially as we are aware that so many individuals are struggling with their mental health during these hard times. Our 'Bitesize' course is now available as a film to watch at home, having contacted our Admin through the website. Please do pass on this information to anyone you know who you think might benefit from starting our courses.

Best Wishes

The Recovery in Mind Team

In This Week's Issue

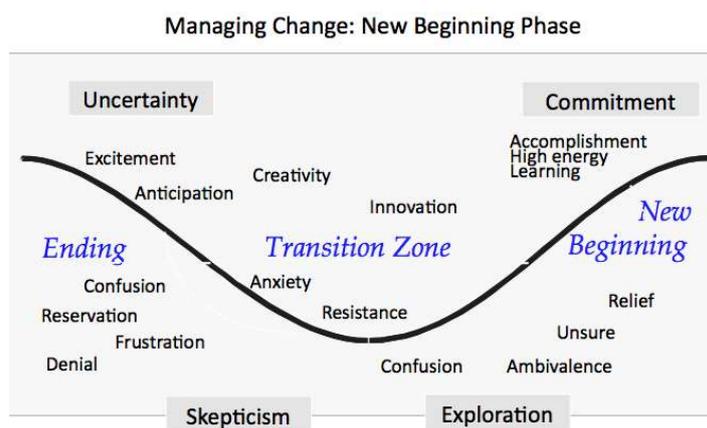
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The Transition process through life

Autumn is a time of transition between the different seasons with changes that must be made for humans to retain comfortable ways of living into the cooler months of the year. We generally adopt warmer clothing as we start to see less of the sun, and we find our everyday habits transition from one way of 'coping' to another, for the later part of the year (wearing jumpers, putting the heating back on and eating soups!). The idea of transition can also be applied to ones' life in general as we adapt to differing requirements as our life alters. CV19 has very much affected this currently, as we adjust to the changes demanded of us from one week/month to the next. Individuals have had to face redundancy, furlough, illness, debilitation and isolation, any or all of which will have demanded a transitional process. Different models have emerged that set out to explain this process of transition for humans in their lives. One prominent model of transition is Bridges's model. Bridges is of the opinion that transitions begin with the end of one phase of life. This involves adults rejecting a prior frame of reference because they've had a new experience that doesn't fit into the prior framework. Endings are typically characterized by confusion, fear of the unknown and a primal urge to hold on to the past and reluctance to let go. Ultimately, these endings require the person to take the emotionally difficult step of letting go of past assumptions about an experience, and this leads to opening oneself up to new frameworks for understanding.

The next stage in this model is called the neutral zone. This depicts a temporary point between the ending and a new beginning. It is a point where individuals are open to alternative explanations and frameworks and in fact actively seek new information and understanding that would help them make sense of the experience. In the neutral zone "neither the old ways nor the new ways work satisfactorily" (Bridges, 1990). Everything seems to be in flux as a plethora of ideas, information and opportunities flood the individual. Here the person may have lost the 'world views' and some of their identity that are usually taken for granted, and the individual is forced to re-orientate and redefine experiences. The neutral zone is characterized by curiosity and inquiry and this leads to the adoption of new frameworks and the redefinition of identity, described as 'new beginnings' by Bridges. New beginnings are the last stage in the model, and they represent the point where the person adopts a new identity or framework by which they can better understand experiences and make meaning of life. Below is an illustration of Bridges's model:



Adapted from *Managing Transitions*, William Bridges

Having found out more about this idea of transition it becomes obvious that life changes require some significant processing on every individual's part. Of course, it is no wonder then that people can easily feel challenged by these ever-changing expectations that we currently have of ourselves as we try hard to continue with our everyday lives with adjustments for CV19.

Take a moment to reflect on the transition processes that you have gone through over the last months and relate them to the Bridges model. It's likely that you will see some patterns emerging as we humans do often 'privately' process life in similar ways....we just don't realise that others are doing these things in their lives too! Don't forget to show yourself some compassion at this stage; we all need the occasional support or 'virtual pat on the back' for challenging ourselves and attempting to achieve new things.

For experienced RiM students, does this idea of transition relate also to the time you have spent since you first started attending RiM? We'd love to hear your thoughts!

Now is the time for the burning of leaves

Now is the time for the burning of the leaves.
They go to the fire; the nostril pricks with smoke
Wandering slowly into a weeping mist.
Brittle and blotched, ragged and rotten sheaves!
A flame seizes the smouldering ruin and bites
On stubborn stalks that crackle as they resist.

The last hollyhock's fallen tower is dust;
All the spices of June are a bitter reek,
All the extravagant riches spent and mean.
All burns! The reddest rose is a ghost;
Sparks whirl up, to expire in the mist: the wild
Fingers of fire are making corruption clean.

Now is the time for stripping the spirit bare,
Time for the burning of days ended and done,
Idle solace of things that have gone before:
Rootless hope and fruitless desire are there;
Let them go to the fire, with never a look behind.
The world that was ours is a world that is ours no more.

They will come again, the leaf and the flower, to arise
From squalor of rottenness into the old splendour,
And magical scents to a wondering memory bring;
The same glory, to shine upon different eyes.
Earth cares for her own ruins, naught for ours.
Nothing is certain, only the certain spring.

Laurence Binyon



Autumn across the world

For some it is a time of mourning for the summer, for others it's a time to come alive as 'nature's most inspiring piece of art', and it doesn't cost a penny to see. Many people head out to parks and gardens to see this astonishing event unfold. From earthy brown to gold, via tangerine and deep ruby reds, leaves romp resplendent through the remaining greenery. There's a dazzling array of shades tumbling through the landscape. It's glorious and it happens every year.



Nature is preparing to batten down the hatches and get everything in order before the harsh winter arrives and to prepare, deciduous trees shed their leaves.

It's not just trees preparing for the winter: animals gather food and fatten up in autumn and those with fur grow thicker coats. Many birds migrate towards the equator to escape falling temperatures, while others migrate to Britain from northern areas. So, it's a great time to go bird watching too.



A yearly occurrence, it's easy to take autumn for granted and miss the festival of trees. The display of 'fall' as they know it in America is not something revealed all over the world; it only happens in temperate regions, and we are lucky enough to have it on our doorstep (Snelsmore and Greenham Commons, Northcroft, Thatcham lakes etc). The autumn temperature transition between summer heat and winter cold occurs only in middle and high

latitudes. In equatorial regions, temperatures generally vary little during the year and they don't have the tree fiesta to enjoy.

The start of autumn, if you take account of 'phenology', is dictated not by a set date or a single event, but a variety of changes in the natural world, such as the tinting of the trees, the ripening of autumn fruits and the movement of migrating birds. This is a variable definition of when the seasons start, but also easy to see, based on what's happening in that specific year. Looking at this over time, the long-term trend of the seasons seems to be shifting as a result of climate change with summers starting earlier and autumn and winter later.

Autumn is generally regarded as the end of the growing season. Also known as the harvest season, autumn ushers in a time of celebration for many farming cultures when they gathered in their crops. It's a time to revel in plenty after a year of hard work. My allotment squashes are stored in the shed for the winter months ahead. Many festivals and events around the globe occur around the autumn



equinox, for example the Moon Festival in China, Michaelmas or harvest festivals in the UK. It's not surprising that so many across the world mark this time of year, a pivotal point when seasons change.

In India, September to November is packed with a variety of important life affirming festivals, culminating in spectacular Diwali, where light and goodness triumphs over evil and darkness. Mexico has the Dia de los Muertos (The Day of the Dead), when families come together to remember and pray for loved ones who have died. Mexicans view it as a day of celebration and remembrance. A similar idea is mentioned around the Jewish holiday of Yom Kippur which involves saying prayers for the dead.



In our modern times Americans love Halloween, which is getting bigger in the UK too. It's based on the tradition of going trick or treating and stories about a dark night and mischief. Halloween has pagan and Christian origins. The Celtic festival of Samhain on 1st November marked the end of summer, the harvest, the moving of flocks to lower grounds and the beginning of the dark cold winter. Samhain involved a lot of ritualistic ceremonies to connect to spirits and marked the pagan New Year. Celts celebrated the eve and believed that on the night of 31st October, ghosts of their dead would revisit the mortal world. Large bonfires were lit in each village in order to ward off any evil spirits that may also be at large.

The Christian festival of All Hallows' Day, also known as All Saints Day, was a day to remember all saints who had died for their beliefs. Originally celebrated in May it was moved to the 1st of November sometime in the 8th century. It is thought that in doing so, the Pope at the time was attempting to replace or assimilate the Celtic Samhain festival of the dead with a related but church approved celebration. The word Halloween comes from All Hallows Eve, the night before All Hallows Day. Over time Halloween evolved into the celebration as we know it today.

The Romans could also have had a hand in some of our more recent traditions. The Roman goddess of fruit and trees was known as Pomona and had her festival in the same part of the year. Her symbol was the apple, and it could have been the origins of the game, apple bobbing. This is a mystical time of year, of mists and mellow fruitfulness, when the days grow shorter and nights longer. This is reflected in the festivals around the world at this time, many of which relate to death and rebirth. Walking through a darkening autumnal landscape, it's easy to imagine how our ancestors thought it was a time when the veil between this world and a more magical otherworld became thinner. It's a reminder of the cycle of life. On the cusp of winter and long dark nights it could be a time to reflect on what 'has been' and celebrate the creativity, joy and preciousness of life.



Hibernation



Hibernation is a response to cold weather and reduced food availability. Most animals that hibernate are quite small such as hedgehogs or butterflies and, as the weather gets colder, they reach the point where they simply can't eat enough food to sustain their body temperature. Hibernation starts as a result of the triggering of production of a hormone in the creature which leads to a 'sleep state' where heart & breathing rates slow, blood supply is restricted, and non-essential organs go into 'shut-down', which aids the animal to survive the colder period.

Humans don't hibernate for two reasons. Firstly, our evolutionary ancestors were tropical animals with no history of hibernating: humans have only migrated into temperate and sub-arctic latitudes in the last hundred thousand years or so. That's not quite long enough to evolve all the metabolic adaptations we would need to be able to hibernate. Much more importantly, though, humans discovered fire, clothes, shelter, hunting and agriculture, all of which are much more effective ways of surviving the cold. Any ancient human tribes that tried to hibernate their way through the winter would quickly have been ousted by the guys with the fur clothes sitting around the campfire in the next cave along!

However, do you find it harder to roll out of bed in winter when the temperature drops, and the mornings are darker? If so, you're not alone. Many people feel tired and sluggish during winter.

Here are **5 energy-giving solutions** that may help.

1. Let in some sunlight. As the days become shorter, your sleep and waking cycles may become disrupted. The lack of sunlight means your brain produces more of a hormone called melatonin, which makes you sleepy. Open your blinds or curtains as soon as you get up to let more sunlight into your home and get outdoors in natural daylight as much as possible. Try to take even just a brief lunchtime walk, and make sure your work and home environments are as light and airy as possible.



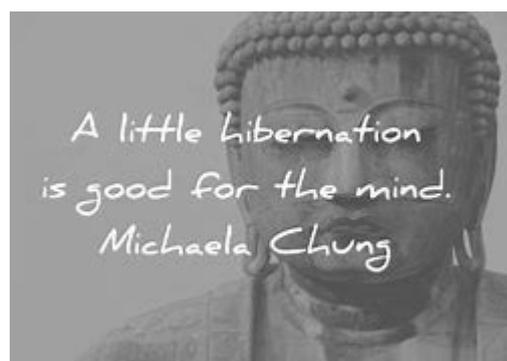
2. Get a good night's sleep. Getting enough undisturbed sleep is vital for fighting off winter tiredness. It's tempting to go into hibernation mode when winter hits, but that sleepy feeling you get doesn't mean you should snooze for longer. In fact, if you sleep too much, chances are you'll feel even more sluggish during the day. We don't actually require any more sleep in winter than we do in summer - aim for about eight hours of shut-eye a night and try to go to bed and get up at the same time every day. Make sure your bedroom helps you feel relaxed and sleepy: clear the clutter, have comfortable and warm bedding, and turn off the TV.

3. Get regular exercise. Exercise may be the last thing you want to do when you're feeling tired on dark autumn evenings. But you might be surprised by how energetic you feel after getting involved in some kind of physical activity every day. Exercise in the late afternoon may help to reduce early-evening fatigue and also improve your sleep. Try to reach the recommended goal of 150 minutes of exercise a week. Winter is a great time to experiment with new and different kinds of activity online with classes from Zumba to Yoga and Pilates. Don't forget that a brisk walk 'counts' as activity too! If you find it hard to get motivated to exercise in the colder, darker months, focus on the positives -you not only will feel more energetic but might also stave off winter weight gain.



4. Learn to relax. Are you feeling pressured to get everything done during the shorter daylight hours? If so, it may be contributing to your tiredness -stress has been shown to make you feel fatigued. There's no quick-fix cure for stress, but there are some simple things you can do to help to reduce it. Many people find adding meditation, yoga, breathing exercises or mindfulness into their day helps them to calm down and feel more relaxed. Visit the RiM website for a soothing rhythm breathing session you could practise.

5. Eat the right food. Being overweight or underweight can affect your energy levels and leave you feeling sleepy. So, it's important to make sure you eat a healthy, balanced diet. Once the summer ends, there's a temptation to ditch the salads and fill up on starchy foods such as pasta, potatoes and bread. However, you'll have more energy if you include plenty of fruit and vegetables in your comfort meals. 'Winter vegetables' - such as carrots, parsnips, swede and squashes - can be roasted, mashed or made into soup to provide a warming winter meal for the whole family. Classic stews and casseroles are great options if they're made with lean meat or pulses, and plenty of veg. You may find your sweet tooth going into overdrive in the winter months but try to avoid foods containing lots of sugar. They may give you a rush of energy, but it's one that wears off quickly.



Take a Mindful Autumn Walk

What you will need:

- *An outdoor space (preferably a park, woodland or open space but your street is fine!)
- *Comfortable shoes or wellies and appropriate clothes to keep you at the right temperature depending on the day
- *A curious mind
- *Walking partner (optional)



For many people, it can be so tempting to settle into a boxset and stay indoors when the autumn takes hold, but research is showing that connection to nature, exposure to natural light and getting some daily exercise is essential for our overall wellbeing. Whilst a boxset of your favourite TV definitely has its benefits, a regular dose of mindfulness can train our minds to notice what's happening in the here and now, helping us to release stress and anxiety, calm down, and notice our mind's patterns. Setting aside time in your day: breaks, early evening (after work) or at weekends, to take a walk in the autumn air could be really good for you. Combine your walk with some mindfulness practice and you can benefit even more.

A mindful autumn walk involves engaging all the senses in the activity and you have plenty of choices of how you approach it. There are two key things when planning your mindful walk. The first is to set aside a period of time to use the walk as your mindfulness practice, or you may decide to be mindful for the whole of your walk. The second thing is, when you notice your mind wandering anywhere other than where you are walking, keep it on the 'path', noticing where it has chosen to 'take a walk on its own', and bring your focus back to the sights, sounds, and experience around you in the present.

Tips on making the most of a mindful autumn walk:

- As you begin your walk, you might take a few breaths, paying attention to the rise and fall of your breath, noticing the air as it goes in and out. Maybe there's something to see here: does your breath mist the air? If so, watch as it disappears.
You may like to pay attention to the feeling of your clothing on your skin: is it warm, cosy, smooth, rough? Note how it feels and whether it changes as you walk.
- **SIGHTS** The most obvious signs of autumn are visual, so as you go further into your mindful walk, you may choose to concentrate on sights, using your eyes to appreciate what you see. You may notice the ranges of colours, shapes, contrasts (some you've never seen before), interesting textures, the dapple of sunlight, the way the colours change as the wind moves leaves, shadows, the brilliance of a blue sky as the backdrop to vivid leaves changing into their autumn colours and how they vary, falling leaves or those that have fallen already, natural objects, clouds moving across the sky. What can you see? Your mind almost certainly will try to take itself for another walk - perhaps back to your work, planning meals, thinking about something that happened

earlier, TV (!)... If so, bring it back to your chosen focus. Every time you do this, you're being mindful and connecting to the present moment.

- **SOUNDS.** Focusing your awareness on sounds during your walk can be a very new experience. Use your hearing as attentively as you can to see what you can pick up. What can you notice? Rustling leaves, birdsong, insects, children, pets, traffic, voices, forest creatures, maybe silence. Whatever the sounds you find, can you just be with those sounds, listening to their qualities?
- **TOUCH.** The 'fruits of autumn' are there to be found. It might be a novelty to explore these with your sense of touch. You could try running your fingers through some damp moss; exploring the dew on ferns; try letting a small insect (yes, really!) take a walk in your hand; pick up leaves, nuts, and feel their shape and textures. Rough, smooth, heavy, light, curved, spiky, indescribable?
- **TASTE.** A comforting way to complete a mindful autumn walk is with a warm drink; whether it's a good old fashioned hot chocolate or a cup of soup (you can always take a flask with you on your walk, for this very moment!). With your mindful awareness still switched on, feeling the heat of the mug bringing a welcome warmth to your hands, notice the taste of your drink as you end your practice. Thank yourself for taking the time and devoting it to being truly in the moment.

What did you notice during the walk? Were you surprised at anything in particular? Can your experience of mindfulness during the walk be applied to other areas of your life?

We are very hopeful that we can continue to develop our RiM series of mindful walks together over the next year. We've often used Snelsmore Common as our venue which is glorious at this time of year, but Thatcham Lakes and Northcroft are also other lovely places we have been in the past. Our Peer Trainer, Toria, has been facilitating these sessions. Look out on the website for new sessions when they come.

A helpful thought

Ask yourself

What can I choose to do today that would help me feel better?

“Go, sit upon the lofty hill,
And turn your eyes around,
Where waving woods and waters wild
Do hymn an autumn sound.
The summer sun is faint on them—
The summer flowers depart—
Sit still— as all transform'd to stone,
Except your musing heart.”
-Elizabeth Barret Browning

POSTSCRIPT

SEAMUS HEANEY

And some time make the time to drive out west
Into County Clare, along the Flaggy Shore,
In September or October, when the wind
And the light are working off each other
So that the ocean on one side is wild
With foam and glitter, and inland amount stones
The surface of a slate-grey lake is lit
By the earthed lightning of a flock of swans,
Their feathers roughed and ruffling, white on white,
Their fully grown headstrong-looking heads
Tucked or cresting or busy underwater.
Useless to think you'll park and capture it
More thoroughly. You are neither here or there,
A hurry through which known and strange things pass
As big soft buffetings come at the car sideways
And catch the heart off guard and blow it open.

A Sparkles Jar

Some years ago, someone introduced me to the concept of "Sparkly moments". These are moments in your day which make you feel happy, or make you laugh or smile or give you a warm feeling e.g. the sun shone, I saw a bird pulling up a worm, I had a text from a friend, I was paid a compliment. Acknowledge these thoughts and treasure them.

Today I came across a "Sparkles Jar". This builds on the idea of Sparkly moments. Write your Sparkly Moments on a piece of paper and put them in a jar. At the end of a set period of time say a month or three months or whatever works for you, empty the jar and read the Sparkly Moments or Sparkles to remind yourself that good things happen. Alternatively, you could read them on a day when you don't feel so good.

Good Luck



Colours of Autumn Leaves

Autumn is a time of outstanding beauty, when the natural world (very important to us at RiM!) treats us to a last burst of colour before the onset of winter. For just a few weeks, the green leaves of deciduous trees and shrubs change colour to many shades of red, gold, yellow, orange, pink and brown. Have you ever wondered what this was all about.....?



Why do leaves change colour? Leaf colour comes from pigments. These are natural substances produced by leaf cells to help them obtain food. The three pigments that colour leaves are chlorophyll (green), carotenes (yellow) & anthocyanins (reds/pinks). As summer turns into autumn, the shorter days and cooler nights trigger three major changes in the leaf which have consequences for its colour.

- 1). Days become shorter and production of green chlorophyll slows down and eventually stops. Existing chlorophyll in the leaf breaks down and the green colour fades.
- 2). Yellow and orange carotenes that you can't normally see in spring and summer leaves (because they are masked by the green of the chlorophyll) become visible, making the leaf look yellow or orange.
- 3). A layer of corky cells forms across the base of the leaf stalk, in preparation for leaf shedding. This restricts the movement of sugars back to the main part of the tree. Sugars become trapped and concentrated in the leaf and are eventually converted to anthocyanins giving the leaf a red, purple or pink colour.

Why is autumn colour better some years than others? Certain weather conditions lead to more intensely coloured autumn leaves. The depth of colour is influenced by the blend of chemical processes and weather conditions.

Cold nights: low temperatures destroy chlorophyll so the green leaf fades to yellow, but if temperatures stay above freezing, anthocyanin production is enhanced, and the leaves take on a red colour.

Dry weather: sugars become concentrated in the leaves, more anthocyanin is produced and consequently leaves are redder.

Bright sunny days: although the production of new chlorophyll stops in autumn, photosynthesis can still occur on sunny autumn days, using the remaining chlorophyll. Sugar concentration increases, more anthocyanin is produced, and the leaves are redder.



Why do trees lose their leaves? The beginnings of leaf drop, also known as abscission, start when a layer of cells is formed between where the leaf stalk joins the stem. This layer, known as the abscission layer, is formed in the spring during active new growth of the leaf. In autumn, hormones within trees begin to change. The most notable is auxin. During the active growing season, production rates of auxin in the leaves are consistent with the rest of the tree. As long as these rates are steady, the cells of the abscission layer remain connected, which in turn, keeps leaves attached. But as days shorten and temperatures cool, auxin production in leaves starts to decrease. This triggers cellular elongation within the abscission layer. The elongation of these cells creates fractures, allowing the leaf to break away from the plant. The leaf is finally blown off by the wind or falls from its own weight.

What are the benefits of leaf fall? The benefit of shedding leaves is that trees can preserve the moisture in their branches and trunk, instead of drying out and dying. Also, a tree without leaves is in a state of dormancy and needs less energy to remain alive.

Autumn Leaf Creativity Project

Make a leaf rubbing print. Use a variety of paper types (waxed paper, tracing paper, parchment paper or whatever you have) and explore different mediums (wax crayon, oil pastels, coloured pencils) when creating leaf prints.

You can choose a different colour and leaf for each of your drawings or keep them the same, it is up to you. The resulting leaf prints can be appreciated as individual 'works of art' or put together or cut out to form a collage.



- Collect several attractively shaped fallen leaves when out on a walk.
- To start your art project, place your chosen leaf on a flat chopping board or similar (it helps to hold everything in place as you create your prints).
- In turn, cover the leaf with each type of paper you are using for the activity. (You may need to carefully Sellotape the back of it to the back of the paper).
- Slowly, use each medium (wax crayons, coloured pencils or oil pastels) and rub it over the top of the paper to see the outline and details of the leaf.
- There are SO many ways to do this activity! Feel free to mix and match your papers and drawing supplies in any way you'd like to for the project.
- For example, you might use oil pastels with all three types of paper to examine how the leaf print looks different, based on the type of paper.
- You can also use all three colouring mediums on one piece of paper to create a more layered leaf collage!
- Or mix and match your favourites experimenting as you go! Beware...if you push too hard, the pencil will rip the paper.
- Get creative -- if you want a purple or rainbow leaf rubbing, great, carry on!

Leaf prints on foil (aka leaf relief!)

For another variety of leaf rubbing, you can create a print of the leaf using aluminium foil. To achieve this, just place the foil over the leaf and run the side of a pencil over it. Your goal is to create a raised leaf print instead of a coloured print. It's a nice change since you can feel the maze of veins from the leaf.

You can finish off any of your prints with a border made from another piece of paper or preferably card. They'd make lovely seasonal greetings cards, or you could hang the individual leaf prints off a piece of twine like an autumnal bunting (Angela's decoration of choice!).



Please enjoy getting into 'the flow' of your experimentation...there are no 'rights or wrongs' to this process. You just need to be 'in the moment' working to find interesting & enjoyable outcomes for yourself. It can be quite surprising how the time flies when you're concentrating on the process in hand!

We'd love to see how you've got on, so do send us some photos of what you make.

“I searched among her crayons for a color that represented autumn and pulled out an orange-toned crayon, never used. It read “Bittersweet,” and I wondered why that particular name. Autumn was my favorite time of year... I was always ready for the change. I guess some people didn’t see it that way. Some people wanted to cling to summer... I loved both seasons, but I thought no one would ever call spring bittersweet, even though it was just another change, another new cycle, an end to one season and a beginning for another in an endless, never-ending spiral.”

— Janet Rebhan, *Finding Tranquility Base*

If you do what
you’ve always
done,
you’ll get
what you’ve
always gotten.
Tony Robbins

MAKING TIME

Almost time to turn the clocks back,
our nights will seem much longer;
but, the good news is, our morning light
will be earlier and stronger.

More motivation to get out of bed
and start to enjoy our day,
go for a walk, breathe fresh air,
enjoy life in our own special way.

Leaves started autumn change early
as summer heat wave dried them out—
red, orange, gold and yellow leaves
are underfoot as we walk about.

I enjoy the ‘settling in’ feeling
as long, cool nights appear.
For me it’s ‘work on projects’ time
that I’ve been putting off all year.

Are you ready to settle in
and work on a special goal?
Make time to achieve your wants and desires
it’s important food for your soul.

Allow approaching Halloween
to show cobwebs holding you back.
Sweep them away to oblivion
so you stay on track.

Make time for you
Jean Kay

“Change is situational. Transition, on the other hand, is psychological. It is not those events but rather the inner reorientation or self-redefinition that you have to go through in order to incorporate any of those changes into your life. Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won’t work.” William Bridges

**TO EXIST IS TO CHANGE,
TO CHANGE IS TO MATURE,
TO MATURE IS TO GO ON
CREATING ONESELF ENDLESSLY.**
HENRI BERGSON

Some people believe
holding on and
hanging in there
are signs of great strength.

However,
there are times when
it takes much more strength
to know when to let go
and then do it.

Ken Follet

**IN ANY MOMENT OF DECISION, THE BEST
THING YOU CAN DO IS THE RIGHT THING,
THE NEXT BEST THING IS THE WRONG
THING, AND THE WORST THING YOU CAN DO
IS NOTHING.**

- THEODORE ROOSEVELT -

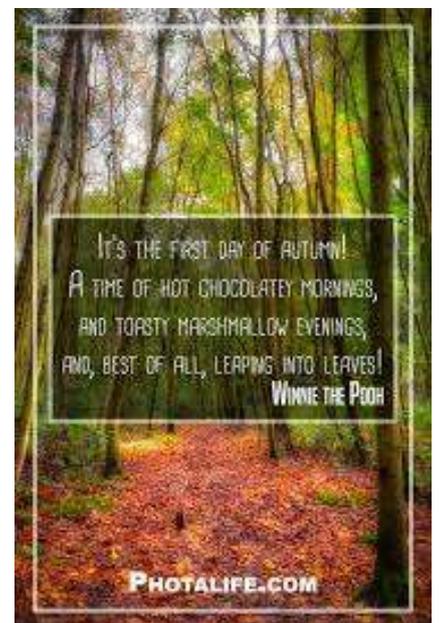
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'Autumn' Wordsearch

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

Autumn colour
 Hibernation
 Daylight Shortens
 Misty mornings
 Harvesting crops
 Back to school
 Mellow fruitfulness
 Birds migrate
 Temperate season
 Transition
 Shedding of leaves
 Halloween
 Yellow
 Apples
 Temperature cools
 Summer to winter

Equinox
 Leaves change colour
 Crackling fires
 Ripening grain
 Squirrels hide nuts
 Nights draw in
 Hot chocolate
 October
 Pumpkin
 Conker
 Hedgehogs
 Red
 Jam x 2



Blackberry and Apple Jam

This is the perfect time of year to make the most delicious foraged jam ever!

I've managed to find hedgerow blackberries & apples to make this, so the only cost is your time and a bag of sugar.

It makes brilliant presents at Christmas and keeps for literally years in a darkened cupboard.

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients

- 600g Blackberries (washed & drained)
- 500g Apples (peeled, cored and cut into berry sized chunks)
- 1.1Kg Granulated sugar
- 300ml Water
- 10g Butter



Method:

1. Put the water and apple chunks in a preserving pan (or any large pan as it bubbles up & is terribly hot) and simmer gently until soft (about 5 mins).
2. Add the blackberries, bring to the boil and simmer until soft (about 15 - 20 mins).
3. Add the sugar stirring to dissolve the crystals.
4. Heat the pan gently to ensure all the sugar dissolves (when you'll not hear a crunching noise from the wooden spoon on the pan base) and then boil rapidly for 10 mins, stirring regularly (so it doesn't burn on the bottom).
5. Take off the heat and test a large drop of jam on a chilled saucer and if it crinkles and leaves a 'path' when you take a finger through it, after a couple of mins, it's ready.
6. If not, boil for another 2 mins and repeat test until ready.
7. Remove excess scum with a slotted spoon and then stir in the butter to remove the rest.
8. Ladle into sterilised jars & firmly screw on lids. Makes 1.8 kg (or 6x300ml jars (approx.))



Recipe Notes

Before you start jam making just wash your jars and lids in hot soapy water, fill with boiling water, empty and then pop in the oven for 20 mins at 100°C and leave in there until your jam is ready. I boil the lids for 10 mins in a saucepan to sterilise them. Label the jars; you can be as creative as you like.

ENJOY

Recipe for Roasted Pumpkin Soup with Melted Cheese

Ingredients:

1 pumpkin
1 tbs oil
1 large onion
1 ½ pints of stock (veg or chicken)
15 fl oz milk
1 oz butter
Nutmeg
Salt and pepper

To serve:-

4 oz cheese

Optional:- 6 tsp crème fraiche

Croutons

Parsley



Method:

- 1) Pre-heat your oven to 240 degrees C (GM 9)
- 2) Cut the pumpkin in half through the stalk, then quarter, and half again, so you end up with 8 pieces. Scoop out the seeds, brush the surface of each section with oil and place on a baking sheet. Season with salt and pepper. Roast for 25-30 minutes.
- 3) Melt the butter in a saucepan on a high-ish heat and add the onion. Fry for 5 minutes, then lower the heat and cook gently for 20 minutes.
- 4) Remove the pumpkin from oven and leave on the side to cool.
- 5) Add the stock and milk to the onions, and slowly bring it up to a simmering point.
- 6) Scoop out the flesh of the pumpkin and add it to the stock, together with salt and pepper and nutmeg, to taste (I use approx. 1 tsp nutmeg).
- 7) Let it all gently simmer for 15-20 minutes.
- 8) Puree in a blender.
- 9) To serve, reheat gently (make sure you don't boil it!), and add small pieces of cheese, so that they melt into the soup. You can also add crème fraiche, if desired, and sprinkle with parsley and croutons.

Enjoy!



Autumn Colours Photo Montage by Cath



Make an Autumn Leaf Bowl – from Mud & Bloom website

If you've collected any colourful autumn leaves yet, this is a lovely activity to do with them. It will require a bit of patience though, as it takes a few days to complete.

What you will need:

- A selection of colourful autumn leaves
- Some heavy books for pressing the leaves in
- A balloon (we used a biodegradable balloon)
- 30 ml PVA glue
- An old paint brush
- Tinfoil (or cling film)



What you need to do:

1. Go for a walk and collect a range of autumn leaves, maple or sycamore leaves work well for this.
2. Remove the lumpy stalk from the leaves, then flatten them between sheets of paper and under some heavy books for a day or so.
3. Blow up your balloon so it's the same size as the bowl you're using.
4. Pour half of your glue into a container from your recycling bin (something you don't want to get ruined) and mix it with a very small amount of water (around one tablespoon).
5. Place the balloon in the bowl, so it fits securely, then use your brush to paint on a layer of the watered-down glue onto the part of the balloon that's sticking out of the bowl.
6. Gently, press a layer of flattened leaves over the glue, making sure they overlap a little at the edges. Don't overlap the leaves too much, though, or they won't get enough glue on them and will peel off.
7. Cover the leaves with another layer of the watered-down glue. Then cover them with a layer of tinfoil (or clingfilm), to help keep the leaves in place. You could also turn your balloon over in the bowl if it fits, to help the leaves set in place.
8. Now you need to be patient and leave your bowl to dry overnight, if you have a boiler room or airing cupboard, you could place it there, to help it dry quicker.
9. Once the first layer is dry (it may need more than one night), add another layer of watered-down glue and leaves (using your remaining glue). Just like before, you need to wrap the leaf bowl up again to dry, otherwise the leaves are likely to fall off.



10. When your second layer of leaves is completely dry, it's time to remove the outer tinfoil or clingfilm. You then need to pop your balloon, which you can do by pricking it with a pin or needle. Don't be alarmed if your bowl suddenly changes shape, the normal shape will come back.

11. Very gently peel out the deflated balloon and reshape your bowl.



12. Your finished bowl will be fragile; it is for looking at rather than for keeping heavy things in but you could try putting some very light nature finds in it like pine-cones. Put it on a windowsill where it can catch the light or in the centre of your table for everyone to see!



Please send us a picture of your finished piece!

Students' Corner

Dear Recovery in Mind team,

Thank you so much for the emailed newsletters. I find them uplifting and supportive. And I appreciate the effort in putting them together.

I feel that all of the different activities and events are bang on for improving mental health. And I'd like to briefly mention a little bit of my journey. And how one particular tool has made a huge difference in my life. I attended a 6 weeks taster course a few years back at the offices of Recovery in Mind near the clock tower in Newbury. Our last meeting was actually at Sheepdrove. I was referred by Newbury CMHT.

I never stopped searching for the solution to my challenges. And it's been quite a long road, however I truly believe it is possible to heal and I now have the tools to do so. I have implemented them, and I do so everyday even after healing my mind.

Very interestingly you guys mention one of the main tools in your worksheets. Meditation. I have to admit, it was an idea which I used to sniff at. And truthfully it takes hard work. It's not easy.

All I'll say is that anyone CAN heal. I follow meditations and books by a man called Dr. Joe Dispenza. I cannot urge anyone strongly enough to read and apply his work. Or just look him up on YouTube. After searching for nearly a decade to make changes, and never achieving much, when I heard him I knew it was what I'd been looking for for so long.

If you have doubts, then look up the testimonials on his website or also on YouTube.

All the best to you. J.

Christine was inspired to write the following poems after attending Shaw House on a 'Walk & Talk' session and seeing a visiting sculpture exhibition in the grounds.

HOUSES

We needed our houses to help us feel safe
when we stayed at home
and so did our neighbours and our friends.
We looked out of our windows and
over the road and saw all around us
people doing the same.
Till when it was safe we came out again
and we were glad our community
of houses was there around us
and our world was waiting
our world was still there.
Take care of our world.



Glorious - down to the shore

When she danced on down to the shore
it was plain to see the allure
'With the wind in my hair and the sound of the sea
I am totally, utterly, fabulously, free'.

Christine

External Links

www.nationaltrust.org.uk/podcast

www.nationaltrust.org.uk/for-families



<https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/woods-through-the-seasons/autumn/>

Autumn songs



Van Morrison - Autumn Song

<https://www.bing.com/videos/search?q=Van+Morrison+Autumn+Song&view=detail&mid=97FC3D775D968918996997FC3D775D9689189969&FORM=VIRE>

John Coltrane and Johnny Hartman - Autumn Serenade

<https://www.bing.com/videos/search?q=John+Coltrane+and+Johnny+Hartman+Autumn+Serenade&view=detail&mid=9F4FB2A4188FB19AD8539F4FB2A4188FB19AD853&FORM=VIRE>

Vivaldi - Autumn the Four Seasons

<https://www.bing.com/videos/search?q=autumn+vivaldi+youtube&view=detail&mid=41E33DDFF7F3DEC1F8241E33DDFF7F3DEC1F82&FORM=VIRE>

Eric Clapton - Autumn Leaves

<https://www.youtube.com/watch?v=CKT8rBvS3gQ>

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.