



News Bulletin

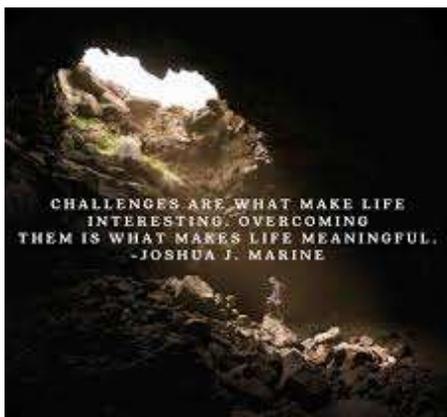
No 18

07/01/2020

Dear Students,

We hope that you had a positive Festive Season with some elements of good food, rest and relaxation!

At this time of the year people often look forward with hopes for the future year ahead and this year is no exception, despite the Government's instructions for another 6-week lockdown that we have just received. Of course, the situation is hugely disappointing to everyone, but as we often discuss in our courses, acceptance of the current predicament and adaptation to it, are really helpful ways to resiliently progress. In this way of operating, we at RiM intend to continue with our new online 'Welcome to Recovery' Course to enable new students to join our project in these challenging times. Sadly, we have to cancel our potential Thursday mornings in January- 'Ponder and Wander' sessions at Shaw House for the moment, but we will start these back up again and let you know about them, as soon as we are able, (which on the bright side may mean the weather is better?)



In the meantime, we suggest that you make use of the newsletters on our website that we produced last year. There are loads of ideas there which you can further research online if you wish and perhaps follow up the links on them and see what other useful ideas you can collect together to support yourself.

There are also some Nano-courses on our website which we have recently produced and hope you'll find interesting & thought provoking, and we will look at making some more of them....so 'watch this space'!

It is our intention to keep in touch with more ideas & information over the next couple of months by email, so we hope you find this helpful. Please do join in with the process by sending us ideas or items that you think will be useful to other students to include in our bulletins.

With our very best wishes

The Recovery in Mind staff team.

The New Different

"I can't wait to get back to 'normal'," many people are saying, and I'm thinking, "Hold On!" Was I really happy and content with my old 'NORMAL' life?

With so much that happened during 2020, the fear, the anxiety, all the changes and the rules we had to obey then, perhaps, now is the time to really Push for that freedom away from those wretched mental health problems that delight in holding us in their strong vicious grip.

Yes, of course there are many things I want to stay the same - my family and friends, not forgetting Recovery in Mind (and hoping it's able to run all its courses as soon as possible).

My Obsessive-Compulsive Disorder (OCD) changed with the Lockdowns as I made the decision it was far better not to check things so much and find something faulty/amiss as there would be added problems trying to get someone to come and repair etc. Because of this changed mindset and sudden strength to resist these compulsions to check, I felt more relaxed and was even thinking, "What will be will be, whether I check or not," totally unheard of for me. And, of course, quite scary!

Now vaccines have been found and a mass immunisation is taking place hopefully we will in time be able to get back to our more normal lives.

I've decided, though, that if I can cope with all the changes that took place last year, the lack of socialising, difficulties with routine appointments, fear of catching the disease, then surely now is the time to take control of my OCD like never before! Yes, it's daunting, it won't be easy, but Recovery in Mind has taught, helped and supported me so much that I want to look ahead positively and say "Goodbye" to that very stressful, checking life. Well, that's what I hope. But it will be hard and I will have to work at it even harder as it is now written down for all to see in black and white!

That's enough about boring me, because I have been extremely sad that so many people and especially Recovery in Mind students found 2020 too much to cope with - it was and is an extremely challenging time. I hope that the online 'Teams' courses are able to give some help and support - nothing will of course change the importance of face-to-face groups - but there hasn't been any choice. Nevertheless, even online I have noticed the special supportive connection students are showing each other - in fact I noticed and felt this supportive atmosphere which reassured me on my first Bitesize session in 2017.

So, everything crossed, that now in 2021, Recovery in Mind can slowly restart all the varied course groups (there will of course have to be some changes), but the important help and support will still be there.

They do say coping with change makes us stronger and nothing stays the same for ever, so, however you want to live your life, go back to the near normal? Or make some changes for the better? I feel and hope your choice can be helped by the support I found at Recovery in Mind.

Take Care Everyone and Lots of Wishes for a Virus Free and Happier New Year.

Lynette x (Peer Trainer)



STOP PRESS..... Please join the team for a 'Coffee Catch Up' starting Tuesday 19th January 10-11am on-line using MS Teams. Each week will have a theme and something that we would like you to bring along or have thought about ready for a light-hearted discussion. Open to all students who have completed Welcome to Recovery. Please request a place via the website (Free Courses, Step 3), you can sign up just for one session or all of them. We look forward to seeing you on-line.

Students' Corner

Well, what an experience I've had, by taking a Recovery in Mind WRAP course and taking up something old that I use to do such as tennis, I then attended the tennis sessions ran by Sport in Mind. Through Sport in Mind I met Ex Davis Cup Great Britain tennis player Danny Sapsford who runs Bright Ideas for Tennis! He invited me along to do some filming and I was representing Mental Health (diagnosis Schizoaffective Disorder). It was all about inclusion and showing tennis clubs how they can include people like us from all disabilities into tennis clubs, because we can all play together! So today, 6th December, I met Joe Salisbury, a Great Britain Australian open doubles champion. What a fantastic experience it was to have an opportunity to hit some balls against him, Deaf Great Britain Champion, Blind Great Britain Champion, Lucy Shuker, Great Britain wheelchair player, and a Paralympian special double gold medallist! Yes, I felt a sense of belonging, without judgement! They are all amazing people and I was proud for the first time of who I was and who I really am! We all have challenges, but we pick up a ball and we hit it with a racket, we are tennis players! Naomi



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.