



Newsletter

No 28

15/07/2021

Dear Students,

Last month we celebrated our 5th Birthday. A time to reflect on our achievements and look towards the future.

Without a doubt my highlights have been meeting and working with so many amazing students across West Berkshire and enjoying the development of the Recovery in Mind team.

I found this quotation and it summed it all up:

Our office has many lovely photos of our adventures and events of Recovery in Mind. I often sit here and remember those moments, and wonder where that time went and where the next 5 years will

take Recovery in Mind. That can sometimes feel scary, overwhelming, or simply a lot of responsibility. But I share that with both the team and you all as students, so I don't feel alone. The sense of optimism we share, both in our personal recovery and for our community of people who experience mental health problems, is a celebration in itself.

I don't mind sharing with you all that my 'wish' when blowing out some imaginary candles was a return to normal after the difficult past 18 months. However, it feels like we are on our way to recovery as a country and we have the summer ahead of us to make the most of re-connecting with friends and family, getting back to activities and interests and celebrating the wonders of the vaccine roll-out.



So, join me wishing us all a Happy Birthday - you have all been part of the journey and are therefore part of the celebration of us reaching the young age of 5!

Have a lovely summer and see you in September.

Angela and the Recovery in Mind Team

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High Summer

I never wholly feel that summer is high,
However green the trees, or loud the birds,
However, movelessly eye-winking herds
Stand in field ponds, or under large trees lie,
Till I do climb all cultured pastures by,
That hedged by hedgerows studiously fretted trim,
Smile like a lady's face with lace laced prim,
And on some moor or hill that seeks the sky
Lonely and nakedly,--utterly lie down,
And feel the sunshine throbbing on body and limb,
My drowsy brain in pleasant drunkenness swim,
Each rising thought sink back and dreamily drown,
Smiles creep o'er my face, and smother my lips, and cloy,
Each muscle sink to itself, and separately enjoy.

Ebenezer Jones

Gratitude

Gratitude is a very interesting area to focus on to improve one's outlook and mood. Many people these days write a 'gratitude journal' or keep a practice of writing down 3 things to be grateful for at the end of each day to encourage themselves to feel more hopeful and optimistic. You could try this over the summer and see if it makes a positive difference.

Research shows that gratitude can:

- Help you make friends. One study found that thanking a new acquaintance makes them more likely to seek a more lasting relationship with you.
- Improve your physical health. People who exhibit gratitude report fewer aches and pains, a general feeling of health, more regular exercise, and more frequent check-ups with their doctor than those who do not.
- Improve your psychological health. Grateful people enjoy higher wellbeing and happiness and suffer from reduced symptoms of depression.
- Enhance empathy and reduces aggression. Those who show their gratitude are less likely to seek revenge against others and more likely to behave in a positively social manner, with sensitivity and empathy.
- Improve your sleep. Practising gratitude regularly can help you sleep longer and better.
- Enhance your self-esteem. People who are grateful have increased self-esteem, partly due to their ability to appreciate other people's accomplishments.
- Increase in mental strength. Grateful people have an advantage in overcoming trauma and enhanced resilience, helping them to bounce back from highly stressful situations.

Here is a useful video link on the subject: <https://youtu.be/JMd1CcGZYwU>



A Birthday

My heart is like a singing bird
Whose nest is in a water'd shoot;
My heart is like an apple-tree
Whose boughs are bent with thickset fruit;
My heart is like a rainbow shell
That paddles in a halcyon sea;
My heart is gladder than all these
Because my love is come to me.

Raise me a dais of silk and down;
Hang it with vair and purple dyes;
Carve it in doves and pomegranates,
And peacocks with a hundred eyes;
Work it in gold and silver grapes,
In leaves and silver fleurs-de-lys;
Because the birthday of my life
Is come, my love is come to me.

By Christina Rossetti

Chocolate Cake

I love chocolate cake.
And when I was a boy
I loved it even more.

Sometimes we used to have it for tea
and Mum used to say,
'If there's any left-over
you can have it to take to school
tomorrow to have at playtime.'
And the next day I would take it to school
wrapped up in tin foil
open it up at playtime
and sit in the corner of the playground
eating it,
you know how the icing on top
is all shiny and it cracks as you
bite into it,
and there's that other kind of icing in
the middle
and it sticks to your hands and you
can lick your fingers
and lick your lips
oh it's lovely.
yeah.

By Michael Rosen



Action for self-care over the summer



We find ourselves at the end of another academic year with RiM (our 5th!) and are reflecting on the weeks ahead. During times of crisis, whether it's a pandemic such as this or a personal crisis (like a break-up, the loss of a job, or of a loved one), self-care may seem like a low priority. However, research shows that our ability to take care of ourselves whilst experiencing stress is vital.

What is self-care?

The phrase "self-care" gets thrown around a lot in the media. You might think of it as activities like having a spa day, or getting your hair done but there's a whole lot more to self-care than that.

Self-care is the act of intentionally engaging in habits and behaviours that support your well-being.

Here is a list of self-care activities and additional ways you can take care of yourself during the summer in these unprecedented times.

Wellness & Exercise

- Eat regularly and keep in mind that grocery stores are open with plenty of choices. It's okay to eat boxed and canned food but fresh is good too. Have fun experimenting with recipes. Bake and enjoy tasty treats. Frozen fruits and veggies can be good to stock up on, so you always have them to use in case of need or if you become ill for any reason.
- Make sure you're getting enough sleep. Keeping up a good sleep schedule is important and will help your mind and body regulate itself. On very hot days you could keep your curtains or blinds closed in your bedroom to keep the sun and heat out of the room and so it's cooler at night and easier to sleep.
- Do something physical every day. Go for a walk, a run, a virtual yoga class, gardening, or a bike ride. It's good for health but will also help with your sleep.
- Take a few minutes to stretch every morning or evening and give yourself the gift of a time for relaxation too.
- Practise regular meditation. There are lots of great apps with meditations you can use. Check out [Calm](#), [Insight Timer](#), and [Headspace](#), just to name a few. Even just 5 minutes of meditation a day can be helpful. If that feels like too much, start with 2-3 minutes. See our RiM website too for breathing exercises.

Learning & Enrichment Activities

- Use an app to learn something new. [Duolingo](#) is great to learn a new language.
- There are lots of free classes available online now. If there's a hobby you've always wanted to try, now's a great time to pick it up. Enrol on a new course for September - Recovery in Mind has some new workshops to try!
- Take a tour. Many museums, zoos, and national parks have created online tours available to the public - for free!

- Discover a new park or walk or activity to try out.
- Read a book that's of interest to you. Try a new author or subject matter, to stimulate the brain cells and help move you forward!



Chores

- Clean out your cupboards or drawers.... or even the garage!
- Deep clean your house.
- Put your loose photos into albums or make a scrap book.
- Re-arrange your furniture.
- Weed the garden.
- Re-decorate a room.

Stay Productive at Work

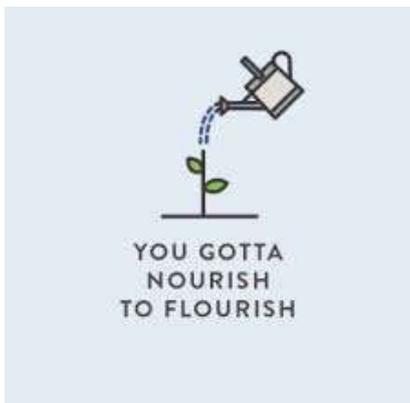
- Stick to a work schedule as best you can. Putting a boundary around the hours you work can help you separate your personal life and work life (especially while you might be working from home).
- Tackle the "back burner" projects you've been putting off for months. By staying productive, you will help ease your anxiety and give your mind something to focus on.
- Clear out your inbox of unwanted emails.
- Take regular breaks to keep your focus and keep hydrated.

Stay Sociable

- Have a date night - at home if necessary.
- Plan a virtual happy hour with your work buddies or meet outside if good weather.
- Do a movie night with your friends. Netflix has created a way to watch movies "together" through their platform. Chat about it afterwards.
- Check on your friends and neighbours. Many people are reconnecting with old friends and loved ones during this time. Check on a friend from college, text a neighbour to see how they're doing, or call the family member you haven't seen in a few years.
- Meet others for a picnic - in the better weather it's an ideal way of meeting safely with others. If everyone brings a dish it's a more affordable way of getting together too!

Indulge Yourself

- Do things that make you feel good. Give yourself your own pamper session.
- Spend a day outdoors. Sunshine is nature's antidepressant and while some activities might be limited, you can still spend as much time outside as possible. Remember the sun cream though!
- Wear your favourite outfit.
- Make your favourite meal.
- Summer's the time for ice creams! They're 'essential' for keeping you cool on hot days! Hahaha.



SELF-CARE IDEAS



Get Support

One of the things to be most grateful for right now is how digitally connected our world is. Though we've been socially distanced and may still face self-quarantining over the summer, we aren't cut off from social support. Giving and receiving support though this time is crucial. Make sure to check in regularly with the people you love, reach out for help if you need it. Look back on the notes you made on 'support and our supporters' in the Welcome to Recovery course. We're all facing this situation together but in our own ways. Look after yourselves well!

Summer Self-Care

Make a list of goals	Sit in the sun shine	Make lemon water	Go on a hike or walk	Spend time in water	Let yourself be a kid
Eat lunch outside	Unplug for the day	Drink your water	Make a fruit salad	Relax to nature sounds	Go out for ice cream
Dress up to feel cute	Make a summer playlist	Make your own popcicles	Eat a water-melon	Take a mid-day nap	Go to a Farmer's Market
Make s'mores or grill	Try watergun painting	Take a ton of pictures	Watch the sun rise	Go on a road trip	Do yoga outside
Focus on being happy	Use sidewalk chalk	Read a good book	Spend all day laughing	Write something beautiful	Go star gazing

Create a celebratory card for someone

You will need:

- 1 piece of dark coloured thick paper
- 1 piece of white card
- 1 piece of A4 size paper
- 3 colours of paint
- Matchsticks.
- Sellotape and glue

It's a good idea to make the envelope first!

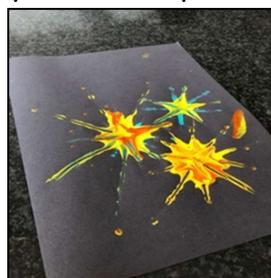
1. Take your sheet of A4 paper. Fold one top corner to the side to create a square of paper. Cut off the remaining piece.
2. Fold opposite corners and mark the centre. Repeat with other opposite corners. Open paper out.
3. Fold opposite corners to the centre and crease.
4. Fold next corner to $\frac{1}{2}$ cm above the centre point and crease.
5. Fold last corner down to cover the other centre points - this is the opening top of your envelope.



Creating your celebration with paint:

1. On your dark coloured paper place a small drop of one colour of paint (no more than pea size) and then add one of another colour.
2. Using a matchstick, place one end in the centre of your paint pushing down on to the paper. Slowly draw this out in a line. Repeat as many times, drawing out the paint in different directions to create a 'starburst' effect.
3. Repeat with this with other colour combinations to create as many as you wish!
4. This can then be further embellished by adding spots of paint, glitter etc.
5. When your paint is dry, cut it down to mount on your white card and then trim again to create a greetings card which will fit into your envelope.

Enjoy creating a colourful summer celebration!



Return to Learning and Upcoming Courses

Lifelong learning is a really important aspect of maintaining and developing our positive mental health and wellbeing. Those of you who have undertaken our 'Five Ways to Wellbeing' course may remember that 'keep learning' is one of the five key areas recommended by the New Economic Foundation for building positive mental health.

Remember those origami ducks and butterflies?! Or, more recently, quizzes around Shaw House grounds? There was a purpose behind those activities: to learn something new together, whether that was acquiring information and knowledge, a new skill or hobby, or discovering our different learning styles. And, if we can have fun while we're learning, then so much the better!

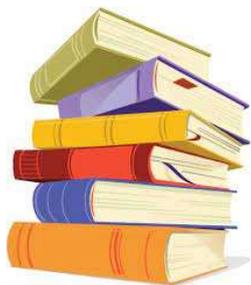


It goes without saying by now that we've all learnt new ways of living, working and relating over the course of the pandemic, as we've had to adapt to the ever-changing circumstances we've found ourselves in. As we approach the end of term and head towards the summer, perhaps now is a good time to take stock of all we've learnt during the past year and a half, and how we might use that to help us move forward into this next season.

Here at 'Recovery in Mind' we've been constantly reviewing our courses, and thinking together about how we can implement our learning as a team as we plan ahead. To this end, we have developed an exciting new programme for the autumn term, when we hope to welcome you back to Broadway House. We plan to offer a 'Welcome to Recovery' course for new students using a blended approach of online and face-to-face learning. For all students who have already completed 'Welcome...' we are excited to invite you to enrol on the new workshops on offer from September. These will be stand-alone sessions of two and a half hours covering topics such as: anxiety management, self-compassion follow-up, assertively saying 'no', getting going again, and 'What's in your Shed?'

We will also be running a series of creativity sessions in the polytunnel at the allotment on Thursday mornings, which will offer a new opportunity to explore themes and ideas through creative expression.

The allotment will continue to be available on Tuesday mornings to gently tend and enjoy in a small relaxed group environment. If you're feeling unsure or anxious about getting out and meeting people again, then this is a great place to start.



We are also excited to be resuming our 'Reading for Recovery' course at West Berks Library on Wednesday mornings, with a new selection of short stories and poems for us to discover and enjoy together.

All these courses are on the website: do have a look over the summer and book on to any that take your interest. And remember that there are lots of other resources available on the website which might be helpful to visit or re-visit: our nano-courses, audio recordings, and all the newsletters from the last year and a half, which contain a wealth of information, ideas and inspiration on a whole range of topics.

We hope that you'll all 'keep learning' over the summer, and look forward to you returning in September to continue learning with us in our ongoing recovery journey.

'RinM 5th Birthday Celebration' Wordsearch

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

Recovery in Mind is Five
 Attending courses
 Broadway House
 Conversations
 Listening
 Peer shared experience
 Outdoor activities
 Creative
 Sense of belonging
 Inspiring students
 Tutor's ideas
 Building insight
 Finding your 'Tribe'

Friendship
 Discover
 Working hard
 Feeling of value
 Be open
 Interesting visits
 Opportunity
 Resilience
 Support
 Being connected
 Talk
 Control
 Hope

Fun
 Newsletters
 Trust
 Overcome challenges
 Understanding
 Thought provoking
 Empathy
 Share
 Acceptance
 Flow
 Goal
 You

'Magic' Banana Ice Cream Recipe



I used to make this at the Children's Centre with left over brownish bananas and the children couldn't get enough of it. The mums were happy too as they knew it was nutritious fruit pretending to be ice cream. Some people didn't believe me when I told them what it was! Fiona

Ingredients

1 or more ripe bananas per person (over-ripe fruit is fine for this and a good way to use them up, rather than waste them).

Method:

1. Peel bananas and cut into even sized pieces
2. Place on baking sheet and put in freezer for at least 2 hours until frozen.
3. Take out of the freezer for 5 minutes and empty the banana pieces into a food processor or blender and blend until creamy and ice cream like! It works like magic!
4. Pour the ice cream back into a container and freeze briefly to cool again and serve.

This mix will be 'creamy' without any dairy so is great for vegans but is also very healthy and is unbelievably easy to make. Kids love it.

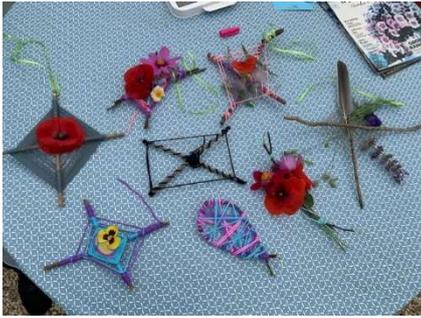
Alternatives:

If you have a sweet tooth, you can add extra sweetness with a little honey or brown sugar, but I don't think it needs it personally.

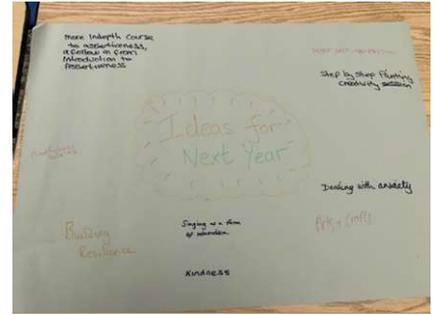
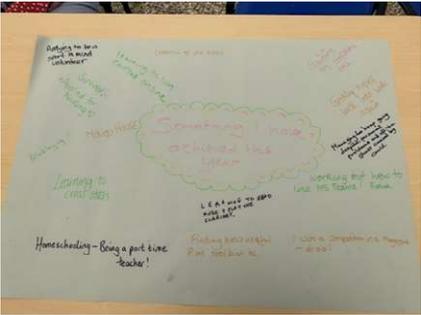
A dash of cinnamon or other spice is nice as is chopped crystallised ginger stirred through. Chocolate chips added over the top after it's been blended, or indeed toasted chopped nuts would be a fun idea with a drizzle of (maple) syrup (see photo).

Guilt-free ice cream ... What's not to love!

Celebrate Summer at the Allotment



Our last social of the year took place on Tuesday 13th July with a 'Celebrate Summer' theme at the allotment. We made dreamcatchers using sticks, feathers and flowers collected from our surroundings, created an A3 sheet of achievements during the year plus shared ideas for future course suggestions. We finished with cakes and a drink. It was lovely to see so many students at the allotment, and the sun even put in an appearance too!



Five Ways to Wellbeing

This term's Five Ways to Wellbeing course concluded with the 'Take Notice' week and a mindful walk around Thatcham Nature Reserve. Here are a few pictures that Cath took along the way.



External Links

'Life after lockdown' Course. The Talking Therapies service has launched a new online course called 'Life after Lockdown' to help Berkshire residents who are concerned about what life will be like once government restrictions have been scaled back. Developed by expert NHS psychologists, the course is a series of video tutorials which use proven ways to notice and manage patterns in your thinking or behaviour. Each week, people are emailed a new video link to watch in their own time. They then complete tasks designed to help them apply the theory to their life and learn techniques to use whenever they notice early warning signs in future.

How to book - Talking Therapies Berkshire is open to anyone over the age of 17 who is showing signs of stress, worry or low mood and registered with a Berkshire GP. People can refer themselves directly without seeing their GP first. Visit the course information page on the Talking Therapies website [Life After Lockdown workshops | Talking Therapies \(berkshirehealthcare.nhs.uk\)](#)

Summer songs...

[Jacob Collier - Here Comes The Sun \(feat. dodie\) - YouTube](#)

[The Kinks - Sunny Afternoon \(Official Audio\) - YouTube](#)

[Abba - Summer Night City - YouTube](#)

[Katrina & The Waves - Walking On Sunshine \(Official Video\) - YouTube](#)

[George Michael, Elton John - Don't Let The Sun Go Down On Me \(Live\) - YouTube](#)

[Good Day Sunshine \(Remastered 2009\) - YouTube](#)



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.