



Newsletter

No 33

20/10/2022

Dear Students,

Welcome to the Recovery in Mind autumn newsletter which will be exploring our **local community resources in West Berkshire**.

We often refer to the lovely quote from Julie Repper (who started the Recovery College movement) when she explains that:

".....recovery is a personal journey of discovery to become an expert in your own self-care; building a new sense of self and purpose in life whilst **using the resources available to you**, to pursue your own aspirations and goals."

At this time, we felt that the importance of local resources is crucial and we hope that this newsletter may provide you and those close to you, with possibilities to help yourself through the colder months ahead.

In consideration of this, here at RiM, we have planned some new courses for after half term which we are pleased to offer you and they may be booked from our website. They are:

'Warm space'

These sessions will be based in our classroom at Broadway House on seven Tuesday afternoons from November 1st through to December 13th from 1pm until 3pm. We plan to have a different theme each week which will focus on the needs of those students who attend but may cover issues such as easy meal recipes on a budget or how to keep warmer and well at home when fuel is so expensive. We also hope that these sessions may prove to be a warm and useful social outlet for students who attend. With regard to the bookings for these sessions we suggest that students just pick a few to book onto in order that all students have a chance to attend something.

'Community Lunch Cookery'

This will take place in Sutton Hall in Stockcross village which is a lovely venue with a good-sized kitchen and is well equipped. It's easily accessible by car or bus, with plenty of parking. Students can come and meet in a relaxed social setting and prepare and eat lunch together using inexpensive ingredients which we will provide. We're hoping that this might help with the likely challenges ahead with the rising costs of living and winter months approaching. Hopefully we can share hints and tips from each other to make life easier or more fun!

So far, we have booked two sessions: Monday 5th December and Monday 16th January from 11am until 2pm so please feel free to book onto one now. Please let us know on booking if you have any dietary requirements and bring an apron and tea towel with you on the day.

Other courses available for the rest of next term will be:

Wellness Recovery Action Plan (WRAP)- This course will enable you to think about, and make, your own personal plan in order to help you take control of your life and manage your own well-being and recovery. You will also learn to identify what keeps you well and the early warning signs that you and others may notice when you start to feel unwell. Through the WRAP programme you will develop your own individual wellness plan which can become part of your routine. This 4-week course starts on Thursday 3rd November 10 - 12:30 at Broadway House.



Festive Creativity- Sarah will guide us in a festive creative project which we can take home to share the festive 'joy'. Wednesday 7th December 1-3pm at Broadway House.

Life Flow- The spaces on this new course in October were taken up so quickly that we have put on another course due to start on Tuesday 8th November for 2 weeks. Kawa means 'River' in Japanese, and this OT theory was put together by a Canadian, Japanese OT some years ago. Having been on a course with him, we have adapted his ideas into a practical format so RiM students can produce their own visual representation of the flow that their life is taking, and possible changes that could be made to improve how you live your life and improve your wellbeing.



Wreath Making workshop- Come and join the Recovery in Mind team and make a festive wreath. Following a demonstration, we will provide all that you will need to make your own wreath, followed by a hot drink and a mince pie. Friday 2nd December 10 - 12 noon at Rowles Farm, West Ilsley.

Festive Social and Walk at Thatcham Lakes- Join the team and fellow students for a meander around Thatcham Nature Reserve finishing off with a mince-pie. The café will be open should you wish to purchase a drink or bring one with you. Wednesday 14th December 10 - 11:30am.

All the above step-3 courses and workshops can be booked via the website and are available to students who have completed the Welcome to Recovery course. [Step 3: Follow-on Courses and Workshops | Recovery in Mind](#)

We look forward to seeing you on a course or workshop soon.

With best wishes
from the Recovery in Mind Team.

The Library

I visited the library which is always a great community resource. There are lots of books about mental health and wellbeing. There are lots of activity sessions and community opportunities as well as the obvious books. But they also have CDs and DVDs to loan. Any West Berkshire resident can join the library for free. I've recently used my membership to use their Press Reader app where you can look at or download all kinds of papers and magazines from around the world... it's amazing and free.

I'd really encourage everyone wanting to save money to take some time to visit their local library. Angela



Borrow a wellbeing bag

Colleagues in West Berkshire Public Health and Wellbeing have put together new [wellbeing bags](#) for you to borrow from West Berkshire Libraries. These are packed full of activities and ideas to help you maintain your health and wellbeing, including colourings sheets, card games and suggestions for learning a new skill. Library members can borrow a bag for three weeks, free of charge.



Reserve a bag online and collect it from your local library. We are sure you will find something of interest inside!

Here is the link to reserve a bag [Search results | West Berkshire Libraries \(spydus.co.uk\)](#)

Volunteer Centre West Berkshire

Many of you will have met Chris Read from the Volunteer Centre at our Five Ways to Wellbeing course. He is always available for an informal discussion, as follows:

Volunteer Centre West Berkshire provides free information and guidance about volunteering opportunities available locally. If you've ever considered volunteering, talk to us and we can help match you to an organisation that best fits your interests, availability and skills. You can find details of currently available roles and make an enquiry through our web site at www.volunteercentrewestberks.org.uk. Alternatively, contact us via vbase@vcwb.org.uk or call us on 01635 49004.

Food and Eating

Essential to life is eating as well as we can. I've been utilising the **Waterside Community Larder** [Waterside Community Larder \(berkshireyouth.co.uk\)](http://berkshireyouth.co.uk) for the past 6 months. For a cost of £3.50 per week I can collect about two bags of both fresh and larder provisions. The larder is open to anyone regardless of your situation. Most weeks I have managed to make about 3 meals for my family using the items and saving us about £25 per week on shopping. Also, we are doing a little bit to save the planet as the food would otherwise be going into landfill. There is also a Community Larder in Greenham and one in Thatcham. Google on the internet to find out more about your local larder.

I was at a community event on the cost-of-living crisis and heard about this local organisation who might be of interest if you are 65 or older:

Fairclose Centre, Newbury - describe themselves as 'Fun, Food and Friendship for the over 65's' - provide a daily two course lunch that you can book into as well as other activities.

Website: <https://www.fairclosecentre.org/>

The lunch sounds both good value and sociable - two wins in one!

I batch cook things like spaghetti Bolognese sauce and freeze it. Then we always have something ready to eat. I'm trying to avoid putting on the oven for just one item so I'm cooking a casserole and baking a cake at the same time. If I make a larger batch of the casserole we have some on night one and the leftovers the next day with something like baked potatoes. The other week I heard that it costs nearly £2 an hour to have the oven on which surprised me and motivates me to cook more than one thing at a time.

My favourite winter budget supper is One-pan coconut dahl. I buy the coconut milk and red lentils from Aldi which cost less than £2. Each batch costs at £2.50 (including the onion and spices) and can feed 6 people - less than 50p a serving. Again, freeze some if you can't face eating it every night. Serve with basmati rice (about 20p a serving) and it's my favourite veggie winter dish. If any of you want to cook this but don't want to buy the spices then please do contact us via the website and we can put a little pack of them to try it out before you commit to buying the spices yourself. Maybe you could send us some pictures of your finished dish? [One-pan coconut dhal recipe | BBC Good Food](#)

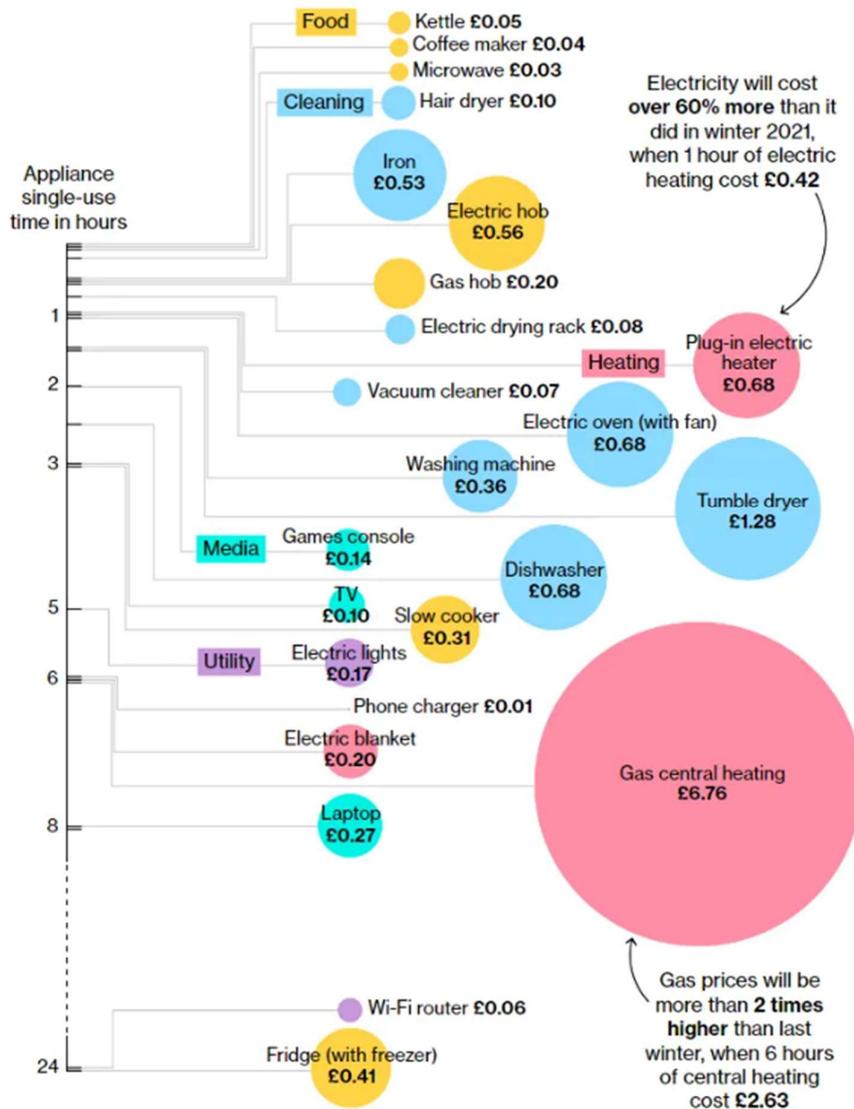


Finally, if things do get really tough then do contact **West Berks Foodbank**. [West Berks Foodbank | Helping Local People in Crisis](#) They offer emergency food so it's not a long-term solution, but a bag of groceries will help you to feed yourself and/or your family. If they need a referral, then please do contact us via the website and we can help with this.

We would love to hear about how you are making your food go further these days and any recipe ideas that we could put into our Christmas newsletter. Angela

Budgeting for a British Energy Bill

Estimated single-use costs for appliances from October under the UK's Energy Price Guarantee



Sources: Uswitch; Ofgem; The Heating Hub

Note: Based on unit rates of 34.0p/kWh for electricity and 10.3p/kWh for gas.

How you will receive the £400 energy bill discount from your supplier....

[How you'll receive the £400 energy bill discount from your supplier \(moneysavingexpert.com\)](https://www.moneysavingexpert.com/how-to-receive-the-400-energy-bill-discount-from-your-supplier/)

'Nesta' is the UK's innovation agency for social good. They have come up with the online support necessary to enable UK residents to lower their energy bills if they have a Combi boiler. The link below gives instructions for turning down the 'flow temperature', which runs the boiler more efficiently thereby saving money. If you have this type of boiler see if you can make it work for you?

[Money Saving Boiler Challenge](https://www.moneysavingexpert.com/money-saving-boiler-challenge/)

CAP Life Skills

With you on your journey to a brighter future



What is CAP Life Skills?

We know life can be challenging when living on a low income. It impacts what we can or can't afford, our relationships, what we eat, our health and wellbeing and much more. Your free local CAP Life Skills group is a friendly place where you'll gain practical skills and discover new ways to live for a brighter future. CAP Life Skills was created by Christians Against Poverty (CAP), an award-winning national charity that helps more than 22,000 every year.



How do I know CAP Life Skills is for me?

If you want to stay on top of your household bills, see your money go further, eat well on a budget, grow in self-confidence or improve your relationships, then CAP Life Skills is for you! Alongside like-minded people, you'll discover ways to save time, money and hassle in your day-to-day life and learn practical skills from our trained coaches.



Is it just for Christians?

No. Our services are available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation. We take appropriate measures to monitor this.



Community

We know that when it comes to saving money and making lifestyle changes, there's so much we can learn from each other. Everyone finds dealing with the pressures of life a stressful and lonely challenge at times. That's why CAP Life Skills is designed to be a fun and relaxed place where you'll meet other people in similar situations, who understand you and can encourage you.

Course

CAP Life Skills is an eight session course to teach you practical money saving techniques, such as cooking on a budget, living healthily on less, and making your money go further. We will also give you top tips for dealing with life's pressures and taking control of your future. The sessions include a mix of practical activities and informal discussions.

Coaching

You will have the opportunity to benefit from informal one-to-one support from a trained CAP Life Skills Coach who will help you to think about your spending choices and create a simple budget that works for you. You'll gain better control over your money and lighten the pressures of low income life.



Through CAP Life Skills, I learned about budgeting and changed my habits. Before, I'd been just buying anything without thinking, but I learned to look at something I wanted and think that I might not need it. Because I'm spending differently now, I save so much money. I've actually been able to go on holiday with my kids.

Beverly – found joy and freedom through CAP Life Skills



For me, CAP Life Skills was ideal. I'd been isolated for so long. I bonded with the other group members and have ended up with a group of good friends. Life Skills helped me to gain confidence and I just feel totally different – so much brighter and more colourful now. This has been the best thing I've ever done!

Jenny – looking forward to the future thanks to CAP Life Skills

CAP LIFE SKILLS

With you on your journey to a brighter future

Join a friendly community and gain skills to lift the pressure of low income life

Book your free place by contacting:

samanthachapman@caplifekills.org
07340 267389

More about your local CAP Life Skills

CAP Life Skills Course
Starting: 27th September 2022
Tuesdays 11am-1pm
Glendale Church, The Well
Green Lane, Thatcham
RG19 3RG

CAP LIFE SKILLS

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Join a friendly community and gain skills to lift the pressure of low income life



caplifekills.org

Facebook CAPA Instagram CAPA.org YouTube CAPA.org

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Find your nearest course
caplifekills.org



New Connect Day Ticket

valid all day for up to 4 people (any combination adult or child)



Connect Group Ticket

Urban Tickets - £10.00
 Rural Tickets – £15.00 (introductory offer until 5 September 2022, £16.50 after that date)

Further information can be found here
www.westberks.gov.uk/connect

For more information please contact West Berkshire Council
 Tel: 01635 551 111 | Email: transport@westberks.gov.uk

Connect

West Berkshire COUNCIL

Shaw House Community Garden Drop In Sessions



Every Wednesday 9:30am until 12:30pm
 Starting Wednesday 14th September 2022

Do you want to explore the benefits of being outdoors?
 Do you want to learn more about the world of gardening?
 Do you have skills you would like to share with your local community?
 Do you want to make new friends and meet other people from your local community?



If you said yes to any of the above this could be just for you!

For more information contact Amy on 07553810133 or send an email to amy.bosley1@westberks.gov.uk

West Berkshire COUNCIL

Graft Thames Valley

Monthly Drop- in Session with Hazel from GRAFT THAMES VALLEY

GRAFT is a local organisation that helps people to get into work or volunteering. Hazel from GRAFT has some spaces on the next session which will be held at Broadway House, Newbury. If you would like to attend the next information, advice and guidance session on FRIDAY NOVEMBER 4th (Refreshments provided) then please book in with Tony Young from Sport in Mind Tony.young@berkshire.nhs.uk

There are 3 x 45-minute slots available -
 10.15am - 11.00am / 11.45am - 12.30pm/ 1.15pm - 2.00pm

Hazel Wright will be able to offer help with CV writing/updating, volunteering opportunities, job search support, work experience opportunities to build and develop skills, some one-to-one support and training in confidence building and work skills. Careers guidance, in work support and more

[Graft Thames Valley – Eradicating barriers to employment](#)

Thrive - Arts on Prescription in West Berkshire



Links to Thrive is a programme of free courses for adults offering creative activities, support and social connection delivered in venues across West Berkshire.

In collaboration with local GP surgeries and their Social Prescribers, they are offering referral and self-referral places onto creative well-being courses

Art for Wellbeing: Create with Clay Explore some of West Berkshire's own historic artefacts as a starting point for creating with clay. With wellbeing in mind, sessions are relaxed, suitable for total beginners, and all about enjoying the creative process. This introduction to clay course is led by ceramic artist Càit Gould, with brief insights into the current exhibitions and museum collection by Clare Bromley, Learning and Participation Officer at West Berkshire Museum.

Singing for Recovery: With a focus on wellbeing, this session will use vocal warm-ups and singing techniques to promote relaxation as well as an opportunity to sing along to songs of all kinds. This class is suitable for anyone wanting to sing in a relaxed and friendly environment.

Creative Journaling: A chance to reflect and explore using mixed media, mindfulness and lots of creative fun techniques to produce a private journal just for you.

Art for Wellbeing: Learn new art techniques in a relaxed, friendly and sociable atmosphere under the guidance of professional artists and illustrators.

Craft and Care: With a focus on wellbeing these sessions will work through a variety of craft techniques offering new skills and an opportunity to share progress with others in a supportive and relaxed environment.

Find out more information here [LINKS TO THRIVE: Arts on Prescription in West Berkshire \(cornexchangenew.com\)](http://LINKS TO THRIVE: Arts on Prescription in West Berkshire (cornexchangenew.com))

Monday Coffee Catch-up Group

A group of students have successfully started a student-led Monday morning coffee group, and if any other students would like to join them then you would be very welcome. It is a very relaxed group, lots of sharing of ideas on just about anything and everything (craft, sports, Corn Exchange Film Club to gardening!) and they like to raise a smile when they can. They meet on a Monday morning at 10am - 11:15am in Costa Coffee in Newbury and organise their get-togethers via a WhatsApp group. Please join them if you'd like to and they will add you to their WhatsApp group on your first visit. They are planning to continue to meet through the summer holidays so get yourself a coffee and look for a gathering of women; there are currently 7 regular attendees. It's a good support if you are struggling that day....and a good support if you're not!!



External Links

The Community Furniture Project <https://www.n-c-r-c.org/community-furniture-project/>

City Arts Newbury <https://cityartsnewbury.co.uk/2022/06/09/friday-art-the-art-hub-cafe/>

Scene Change at The Watermill Theatre - monthly drama workshops for adults who whatever their reason, could use a change of scene. [The Watermill Theatre - Scene Change](http://www.watermill.org.uk/interval)
www.watermill.org.uk/interval for secondary-age young people
www.watermill.org.uk/interlude for primary-age children

Sport in Mind [Sport in Mind - the UK mental health sports charity](http://www.sportinmind.org.uk)

Get Berkshire Active [Get Berkshire Active – Our Strategic Intent](https://www.getberkshireactive.org.uk)

Further Help and Support

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.