



# Newsletter

No 35

30/03/2023

Dear Students,

Today, the 21<sup>st</sup> March, is officially the first day of Spring. As I sit here in the Recovery in Mind office it's a mixed day of sunshine and showers - classic Spring weather. The clocks change next weekend giving us an extra hour of daylight meaning longer evenings. Time to go for a walk after tea or get out into the garden or onto your balcony. Just thinking about these changes and possibilities fills me with HOPE. Personally, I can't wait to go for a bike ride in the evenings, and also enjoy the lighter mornings to sit in the garden and listen to the spring bird song with a cup of tea. Simple pleasures and ones that remind me how much better I feel for taking some exercise and really taking notice of nature. I often feel that my appreciation of nature and being outdoors has been highlighted since I first struggled with my mental health. It's like a gift that has been given to me in return for the difficult times I endured. Spring is all about nature, the changes, green hedges, new life, birdsong, the optimism of better days to come, leaving behind the winter and looking ahead. I hope you all find something in Spring that gives you hope and optimism.

There is plenty to read, do and reflect on in our Spring Newsletter and I'm confident you can all find something of interest in it. My thanks go to the entire Recovery in Mind team for putting this newsletter together and to you, for allowing us to walk on the journey of mental health recovery with you. So, with 'Spring' in your step may we wish you all the enjoyment and hope of Spring and Easter.

Angela



## Inside this issue

- Some Tips for Mental Health Spring Cleaning by Fiona
- The Wind in the Willows by Kenneth Grahame Chapter One
- An appreciation of chapter one of The Wind in the Willows by Gillian
- Local micro adventures by Angela
- The Mayonnaise Jar and the Two Beers
- Are you a tennis ball or a tomato? by Cath
- Mindfulness in Nature by Nick
- Action for Happiness 'Active April 2023'
- Spicy Squash Soup Recipe
- External Links & Further help and support

## Some Tips for Mental Health Spring Cleaning

In springtime we think about giving our home a deep cleaning to spruce it up and get it ready for the coming year. Have you ever thought of doing the same for your mind? Decluttering your brain is just as important as organizing your home. Here are some tips for mental health spring cleaning.



1. **Start Journaling.** Keep a journal of your thoughts, worries, fears, and upsets. This helps release them from your mind and allows you to see them in black and white on paper so gives you more perspective on them. Alternatively, you can use the journal for capturing any internal monologue and include the positive thoughts too. When you look back at what you have written, you can invariably gain perspective and understand yourself better.

2. **Drop a Bad Habit.** Pick an area of your life that has an impact on your mental health. For many of us, this might be diet or exercise. Make an effort to drop the bad habit and replace it with a healthier option. Instead of lazy Sundays where nothing gets achieved for example, maybe switch to lazy Sunday afternoons after a run and a healthy snack.



3. **Get out and about.** Dust off your walking boots or 'borrow' a friend's dog for a few hours and get outside for some fresh air and to 'blow the cobwebs of winter' away. Nothing refreshes the mind as well as some moderate activity outdoors in the spring sunshine.

4. **Tackle Projects You've Been Putting Off.** We all have a mental list of projects we really need to tackle. Start your "mental health spring cleaning" by writing down all the things that you've been putting off, like repairs to your home or going to the doctor and making the necessary appointments to get everything sorted. Lists are a very useful way of 'holding ideas' for you rather than cluttering your mind with them (or forgetting them).

5. **Build Positive Relationships.** We all have people in our lives who we care for, but with whom we don't have the healthiest or most enjoyable relationships. Instead of spending time prioritizing those people who are more 'hard work', consider dedicating your time to positive friendships/people instead.

6. **Make Gratitude a Priority.** One great way to promote a healthy mind is to take some time to consider everything that you are grateful for. You can do this in several ways. If you'd like to make a daily list, for example, then set aside some time to do the activity every day. You can also take a few moments every day and mentally check off all your blessings.

7. **Kick Negative Thoughts into the 'long grass'.** Chances are good you have enough on your mind without negative thoughts bouncing around. Consciously push those thoughts out and refocus on something positive instead. How about using the mantra 'I can do it!' ICIDI

8. **Start a New Hobby.** Consider starting a new hobby or pass-time, to help spend your time constructively. A mind occupied with an interesting activity is a happier one. Be inventive and think out of the box.... or just pick up a jigsaw!



9. **Change Your Perspective.** Accept that you're not perfect and neither is the world around you. Instead of focusing on negativity, look to the moments of progress and joy instead.

10. **Polish up your self-compassion.** For those of you who have attended the RiM self-compassion course, remind yourself of the various issues by re-reading the notes you have. For those who have not done the course, why don't you look online to see what information you can find and take care of yourself by making some time each day for self-care and to meet your own needs as a priority.

Now's a good time to get started on your Mental Health Spring Cleaning! Good luck with it all! Fiona.

# The Wind in the Willows by Kenneth Grahame

## Chapter One - The Riverbank

The Mole had been working very hard all the morning, spring-cleaning his little home. First with brooms, then with dusters; then on ladders and steps and chairs, with a brush and a pail of whitewash all over his black fur, and an aching back and weary arms. Spring was moving in the air above and in the earth below and around him, penetrating even his dark and lowly little house with its spirit of divine discontent and longing. It was small wonder, then, that he suddenly flung down his brush on the floor, said 'Bother!' and 'O blow!' and also 'Hang spring-cleaning!' and bolted out of the house without even waiting to put on his coat. Something up above was calling him imperiously, and he made for the steep little tunnel which answered in his case to the gravelled carriage-drive owned by animals whose residences are nearer to the sun and air. So, he scraped and scratched and scrabbled and scrooged and then he scrooged again and scrabbled and scratched and scraped, working busily with his little paws and muttering to himself, 'Up we go! Up we go!' till at last, pop! His snout came out into the sunlight, and he found himself rolling in the warm grass of a great meadow.



'This is fine!' he said to himself. 'This is better than whitewashing!' The sunshine struck hot on his fur, soft breezes caressed his heated brow, and after the seclusion of the cellarage he had lived in so long the carol of happy birds fell on his dulled hearing almost like a shout. Jumping off all his four legs at once, in the joy of living and the delight of spring without its cleaning, he pursued his way across the meadow till he reached the hedge on the further side.

It all seemed too good to be true. Hither and thither through the meadows he rambled busily, along the hedgerows, across the copses, finding everywhere birds building, flowers budding, leaves thrusting - everything happy, and progressive, and occupied. And instead of having an uneasy conscience pricking him and whispering 'whitewash!' he somehow could only feel how jolly it was to be the only idle dog among all these busy citizens. After all, the best part of a holiday is perhaps not so much to be resting yourself, as to see all the other fellows busy working.

He thought his happiness as complete when, as he meandered aimlessly along, suddenly he stood by the edge of a full-fed river. Never in his life had he seen a river before - this sleek, sinuous, full-bodied animal, chasing and chuckling, gripping things with a gurgle and leaving them with a laugh, to fling itself on fresh playmates that shook themselves free, and were caught and held again. All was a-shake and a-shiver - glints and gleams and sparkles, rustle and swirl, chatter and bubble. The Mole was bewitched, entranced, fascinated. By the side of a man who holds one spell-bound by exciting stories; and when tired at last, he sat on the bank, while the river still chattered to him, a babbling procession of the best stories in the world, sent from the heart of the earth to be told at least to the insatiable sea.



## *An appreciation of Chapter one of The Wind in the Willows*

*I first read 'The Wind in the Willows' when I was 11, in the first year at secondary school. I thought it was a silly, childish book about animals. I read the first chapter again recently and viewed it completely differently. The first few paragraphs describe how Mole emerges from his house in the early spring, after a long winter and is excited and delighted by what he finds above ground.*

*I could identify with how Mole felt when we emerged from lockdown, back in March 2021. However, this March I am identifying with him again.*

*The weather has been cold and wet, we have had snow, frost, fog, wind and occasionally the sun has shone. I have begun to feel like Mole tucked away in his house waiting for the weather to improve to venture out and experience the sights, smells, and sounds of spring. The daffodils and crocuses have been flowering for some time, the birds are beginning to inspect the bird box and the days are getting longer. There are signs of spring, and we know the weather will improve, we just have to hold onto that thought when it is cold and wet, yet again. After all, the Mole knew things would improve.*

*Gillian*

### **SPRING**

**Arthur Hugh Clough**

This aged earth that each new spring  
Comes forth so young, so ravishing  
In summer robes for all to see,  
Of flower, and leaf, and bloomy tree,  
For all her scarlet, gold and green,  
Fails not to keep within unseen  
That inner purpose and that force  
Which on the untiring orbit's course  
Around the sun, amidst the spheres  
Still bears her thro' the eternal years.

## Local Micro-Adventures - Shared with you by Angela

'What's a micro-adventure?' you might ask? Well, I like to think of them as opportunities for me to get out and about locally when I have limited time and don't want to spend money. Find a suitable bag and pack a picnic, take a picnic blanket to sit on, get a friend to join me (sometimes I like to 'go it alone'), and get outdoors with a focus on going somewhere new or to re-visit a favourite place locally. Sometimes I might not feel like making the effort, or that other things need to be done, but once a month I tell myself it's important for my ongoing recovery to give myself the time and space to do things that are important to me. So, in 3 hours I feel that I have achieved something, given my body and mind a boost and got to know our local area a bit better.



### Ideas on my list for this Spring are:

Morning walk around **Snelsmore Common** - the birds are a joy and I love to see if I can find the resident Dartmoor ponies. There is a short walk on a hard path, or I can get away from it all on one of the other well-signed paths. Parking is free too and there are plenty of seats with a view for me to stop and enjoy a cuppa from my flask.

Walk around **Speen Moors**. I park up at the car park (free for 2 hours at the moment, I believe) near the Newbury Leisure Centre and follow the pathway for about an hour. There are some interesting information points along the way. Wear footwear suitable if you are going on a wet day - the name Speen 'moors' are the clue for this walk.



A short micro-hike up to **Donnington Castle** with a cuppa at the top from my favourite flask is what this micro-adventure is all about. The Castle is only one of two castles in Berkshire, the other being Windsor Castle, but Donnington is free! Park near The Castle Pub by the Donnington Park and you arrive in less than 20 minutes. Stunning on a clear day - views across Newbury like no other.

Walk around **Greenham Common**. I'm yet to do this so I'd love to hear from any of you who have some micro-adventures of your own to share about this one!

As a treat, take the train from Newbury to either **Hungerford** or, if you are feeling adventurous and can spare another couple of pounds, then why not head for **Great Bedwyn**? A lovely walk awaits you along the canal or a wander around the village. Take a picnic and maybe allow 4 - 5 hours to make the most of the train fare which is currently around £7. The train journey is lovely and a micro-adventure in itself.



Walk along the old railway (now a proper footpath) from **Hermitage to Hampstead Norreys**. Walk is flat and easy of about 2 miles each way. Maybe treat yourself to a cuppa in the village stores and tea shop when you arrive in Hampstead Norreys. Parking is free at Hermitage Village Hall.



Now, if that all sounds a bit too much for your first micro-adventure, then (like everything we advocate here at Recovery in Mind) start small. Either take a seat **and listen to the birdsong from your own garden or balcony** with a cuppa in your favourite mug. When you are feeling ready for a little more then walk just 5-10 minutes away from your home to listen to the birds and stop for a while to take notice of what's around you. Well done, you've accomplished your first mini micro-adventure.

Whatever small steps to getting outside this Spring, I do hope that you get that sense of adventure that is good for us all. Good luck micro-adventuring and send us your photos!

## The Mayonnaise Jar and the Two Beers

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 Beers. A professor stood before his philosophy class and had some items in front of him.

When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls ....

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar and he shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed it was.



The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two Beers from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. 'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life.

'The golf balls are the important things---your family, your children, your health, your friends and your favourite passions---and if everything else was lost and only they remained, your life would still be full.

'The pebbles are the other things that matter---like your job, your house and your car.

'The sand is everything else---the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

'Pay attention to the things that are critical to your happiness.

'Spend time with your children. Spend time with your parents. Visit your grandparents. Take time to get medical check-ups. Take your partner out to dinner. Play another round of golf---do things you enjoy.

'There will always be time to clean the house and fix the DIY.

'Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand'.



One of the students raised her hand and inquired what the Beer represented. The professor smiled and said, 'I'm glad you asked.' The Beer just shows you that no matter how full your life may seem, there's always room for a couple of Beers with a friend'.



## Are You a Tennis Ball or a Tomato?



I recently read a book about resilience entitled 'Bouncing Forwards' by Patrick Regan. I was quite intrigued by the title, since we often talk about 'bouncing back' after a setback, or challenge, or illness, whether that might be a relatively minor setback, such as feeling under the weather with a cold, or something more significant and longer-term. The author had written the book in the wake of the events of the 2020 pandemic, and horrific murder of George Floyd and exposure of inequalities and changes across the world. In it, he challenges the view of resilience as 'bouncing back', in a way that an elastic band is stretched and then goes back into shape. Instead, he suggests that what we really need to do is 'bounce forward' following our challenges and difficulties - whether they're individual and personal, societal, or global.

Chris Johnstone's book 'Seven Ways to Build Resilience' talks about the difference between a tennis ball and a tomato. If you squeeze a tennis ball, it bends back into shape. If you throw it against the ground, it bounces back. That seems quite a good picture of resilience, right? In contrast, if you do the same to a tomato, you end up with a mess! But Johnstone points out that this is only one view of resilience. What happens if you bury a tomato and a tennis ball in the soil? After a number of years, the ball will most probably have started to decompose and be useless. On the other hand, given the right circumstances, the seeds in the tomato may have taken root and given birth to new life. We might even find new vines ripe with fresh, juicy tomatoes.

Johnstone says, "When adversity is followed by new growth, where we rise again but in a different form, we can think of this as bouncing forward." (ref: Chris Johnstone, 'Seven Ways to Build Resilience', London: Robinson, 2019, p.20, quoted in 'Bouncing Forwards').

Reading this gives me hope that while our lives might often feel messy, that is most definitely not the end of the story. While we might be tempted to wish that things could be as they were before, perhaps a more helpful approach is to accept that the challenges we go through (whether they're related to our mental health, other life events, wider societal/world issues, etc) do inevitably change us - but they don't need to squash us into a pulp, even though it might feel like that sometimes! Actually, they can be an opportunity for new growth, positive and perhaps more lasting change - just like new tomatoes growing from the buried seeds.

I'm reminded of Angela often sharing in the 'Welcome to Recovery' course that when she was first recovering from mental health challenges, she just wanted her old life back. But over time she came to realise that couldn't happen in reality, and actually, a healthier perspective was to develop new mindsets, skills, strategies, etc to build her resilience and move forward into the future - a great example of 'bouncing forwards'.

The Recovery in Mind team has been spending some time considering resilience over the course of this year, with a view to designing and delivering a new course. We're excited about what we're learning together, all staff and peer trainers working together to develop our co-production, and we hope to be able to share that with you in the coming months.

We have also been truly inspired by one of our students, Claire, who is currently training to take part in a cross-channel swim later this year. She really is an example of resilience in action, and we'll be sharing more details about this at a future date - so do keep an eye out!!

In the meantime, I hope we can all find our own ways to keep 'bouncing forward' through the ups and downs of life, to build our resilience and continued recovery. Cath

Ref: 'Bouncing Forwards: Notes on Resilience, Courage and Change', Patrick Regan, 2021, Waverley Abbey Resources



## Mindfulness In Nature

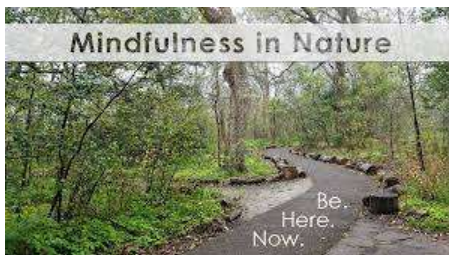
The arrival of Spring brings opportunities to spend more time outside in nature. Mindfulness can help us appreciate the natural world in a direct, peaceful, and calming way that has many benefits for our health and wellbeing.

Mindfulness may seem complicated and mysterious, but really it isn't. Below is a simple practice that you can follow: '

- Find an outdoor space where you are comfortable, away from the hustle and bustle of everyday life.
- You can do this while walking, but it's easier if you sit down.
- Begin by listening, close your eyes (if sitting) and allow yourself to hear all the sounds going on around you.
- Just listen to the general hum and buzz going on as if you were listening to music. Don't try to identify the sounds you hear, don't put names on them, simply allow them.
- Allow the sounds to come, let your ears hear whatever they want to hear. Don't judge the sounds, there are no wrong sounds or no right sounds, it doesn't matter if a car beeps, or a plane flies overhead - it's all just sound.
- Don't try to listen, just listen - your ears can do this all by themselves, let them. Don't try and make any sense of the sounds, you don't need to understand them.
- As you do this you'll naturally find you can't help but name the sounds, you continue to go on thinking - talking to yourself in your head ('oh, a bird', 'that plane's annoying', 'what's for tea?'). It's important that you don't try to push away or stop these thoughts in any way.
- Instead, simply listen to the thoughts coming up in your head just as you are listening to the sounds outside of your head, just as you are listening to the chirping of birds or wind in the trees. Observe your thoughts, don't judge them - let them happen.
- Notice how thoughts bubble up and drift away, that they can be silly, boring, bizarre, funny, weird, scary, or sad - but they always do the same thing - come up and drift off.
- Each time you notice you have been distracted by a thought into 'thinking', gently bring your attention back to listening to sounds again and repeat. You may find it helpful when you notice you've been distracted to simply, gently say to yourself, 'thinking', as you return your attention back to listening.



This is mindful practice, simply listening, letting thoughts come and go and returning your attention back to listening when you notice you are distracted into thinking. Being in the moment, simply noticing what is going on, without judgement, experiencing the moment without the need for interpretation of what's going on.



We can take a step back to appreciate the beauty of the natural world: the sky, trees, water, the sound of rainfall, the sound of laughter, the feel of cool breezes, the smell of flowers, of cut grass and coffee, the taste of a strawberry, a plum or chilli pepper - and when we do step back, we are able to appreciate just how amazing it really is. Nick



## Bird Box Making Workshop



Thanks to Amy who led our bird box-making workshop down at the Thatcham Discovery Centre. The sun came out and we all got busy putting them together. Let's hope the blue tits move in soon and get nesting. It was a lovely atmosphere and a great example of the Recovery in Mind 'tribe' getting together and sharing a feeling of connection. Thanks also to Martin, Amy's partner, who made all the bird box kits.



**Nature for Health** (led by Amy who ran the birdbox workshop mentioned above) is a project aimed to get people outside into Nature to help improve both mental and physical health and reduce social isolation and loneliness. We currently run a free drop-in gardening session every Wednesday morning 9:30 until 12:30 at Shaw House community garden raised beds. If you are interested in coming along or finding more out about the project, email Amy at: [amy.bosley1@westberks.gov.uk](mailto:amy.bosley1@westberks.gov.uk) or call her on 07553 810133.



## Self-Compassion Course



Since starting Recovery in Mind in 2016 we have met dozens of students who struggle to show themselves 'self-compassion' - the ability to be your 'own best friend' and share the kindness and wisdom that they are able to show others but not give to themselves. This is a common human trait - not just experienced by people with mental health challenges. This 4-week Self-Compassion course will provide an understanding of why humans struggle with it, how we can learn it, and a set of very useful tools to develop it within ourselves. Self-compassion isn't about stopping bad things from happening. It's about carrying on when they do happen - (resilience) - so you can bounce back. This course is available to all students who have completed the Welcome to Recovery course. Starts Wednesday 19<sup>th</sup> April for 4 weeks. 10am - 12:30pm at Broadway House. Please book via the website.

# Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY



7 Get natural light early in the day. Dim the lights in the evening

SATURDAY



8 Give your body a boost by laughing or making someone laugh

SUNDAY



9 Spend as much time as possible outdoors today

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



## Spicy Squash Soup (6 servings).

I have a number of winter squashes, (Butternut, Crown Prince, Uchiki Kuri & Kabocha) grown on the allotment and stored in my shed since the harvest in October, that are great for making a warming, nutritious 'meal-in-a-soup'.



I use my trusty pressure cooker as it only takes 4 mins to cook the veg, (& keeps the energy use down) but you could simmer them in a pan until tender.

Serve with a chunk of fresh bread or toast and marmite for an easy, cheap vegan meal. You can ring the changes by replacing the spices and herbs with others or by adding a can of beans or pulses instead of the lentils. (E.G. A can of chickpeas and 2tsp cumin is a good combination).

### Ingredients:

- 1 winter squash (Butternut or any other) peeled, deseeded and cut into small chunks.
- 1 large onion (peeled & finely chopped)
- 2 cloves of garlic (peeled & finely chopped)
- 3 cms fresh ginger root (grated or finely chopped)
- 1 small chilli (finely chopped, or use dried chilli & amount to taste)
- 2 tbsp veg oil
- 1 veg stock cube (I like 'Kallo' best)
- 100g red lentils
- Salt & pepper
- Tin coconut milk



### Method:

1. Heat oil and fry onions, garlic, chilli, ginger for a few mins until soft.
2. Add squash chunks and fry for another 5 mins, stirring.
3. Cover veg with boiling water and add lentils, seasonings, and stock cube.
4. Bring the pressure cooker pan to pressure, and time for 4 minutes or simmer until the veg are soft (20 mins).
5. Pour in the coconut milk and blitz with a stick blender or put through a liquidizer.

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## Something to think about.....

I was listening to a phone-in on the radio this week. The subject was, "What has changed for you in the last year that you would like to keep?" Good question I thought!

My answer was - to continue to walk daily in a mindful way observing nature.

What would your answer be?

## Three Good Things

At the end of the day I remember  
Three good things.

Apples maybe - their skinshine smell  
And soft froth of juice.

Water maybe - the pond in the park  
Dark and full of secret fish.

A mountain maybe - that I saw in a film,  
Or climbed last holiday,  
And suddenly today it thundered up  
Into a playground game.  
Or else an owl- I heard an owl today,  
And I made bread.  
My head is full of all these things,  
It's hard to choose just three.

I let remembering fill me up  
With all good things  
So that good things will overflow  
Into my sleeping self,

And in the morning  
Good things will be waiting  
When I wake.

Jan Dean

## Coffee Catch-Up



We're a small, friendly group of women who meet every Monday morning for a coffee and a chat, and there's often a laugh or two. If you'd like to join us, you would be very welcome - Just email Helen to find out more..... [helen@recoveryinmind.org](mailto:helen@recoveryinmind.org)

## External Links

[One to One - Angellica Bell meets Alice Bearn - BBC Sounds](#) - Presenter Angellica Bell talks to therapist Alice Bearn about starting new chapters in life. From cycling, to running to finding a new job - what are the barriers to making change?

The Recovery in Mind team also recommend, if you have the time, to listen to some of the Michael Mosely 'Just One Thing' podcasts, here is the link [BBC Radio 4 - Just One Thing - with Michael Mosley - Downloads](#)



## 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](mailto:info@ageukberkshire.org.uk) or calling 0118 959 4242

999 is for **EMERGENCY** calls only.