



Newsletter

No 39

18/07/2024

Dear Students,

Another academic year ends here at Recovery in Mind and what a hopeful year it has been. With new students joining the 'Recovery in Mind tribe' and many others returning to all kinds of courses and workshops the year seems to have flown by. Highlights of the year included Claire's cross channel fundraising swim, The Winter Creativity Festival, Poetry in Mind workshop and our new Resilience Course to name a few.

It's been so encouraging that many of you have made such good progress with your recovery whether it's embracing self-compassion, adopting a new creative opportunity or simply feeling more connected to those you have met during your time with us. We have enjoyed our work supporting you all and look forward to seeing some of you again next term.

Do look on the website as we have our new 'Singing with RiM' workshop taking place on Wednesday evenings in September and other opportunities for you to improve and maintain your mental health and wellbeing. We will also be getting ready for our Creativity Exhibition at The Base, Greenham Common which will take place early 2025.

Enjoy the summer break.

Best wishes

Angela and the entire Recovery in Mind team



Come and sing with Recovery in Mind. This is in conjunction with Berkshire Music Trust (BMT) and Jamie from BMT, with his lively and infectious style, will bring the music and encourage everyone to join in. This is a 10-week opportunity and everyone who has completed Welcome to Recovery is invited to join in. No previous singing experience is necessary - just come along and join in. A great way to spend an Autumn evening with the tribe. Starts on Wednesday 18th September 5pm - 6:30pm at The Waterside Centre. Book via the website.

Course and workshop reflections

Outdoor Lido Swim

Several students met at the Lido in Newbury for swimming a few this term. We were blessed a few times with lovely weather, and it felt like we were on holiday for two hours! The pool, which is outdoors, has been given a complete renovation and is warm. They have different kinds of sessions from lane swimming to a quiet swim after lunch, there really is something for us all. Whether you want to have a slow walk up and down the pool or swim a few widths or longer it's such good exercise and was really fun too. At the end of session 3 we all took to the sun loungers and enjoyed a well-earned rest.



The pool is open now until the end of September. Thanks to those students who 'put their brave swimming kit on' and joined me. I look forward to more of you joining me next Summer for a dip or two. Angela.



Allotment - Sport In Mind

We've been down at the Sport in Mind allotment with a gang of potential new gardeners from Recovery in Mind. 🌱 So much is grown here which gives us space to flourish too, it was great to see so many people involved.



Wellbeing Walk - A good walk is so much more than just stretching your legs. It's a chance to unwind, meet new people and discover nature on your doorstep.



Self-compassion Course

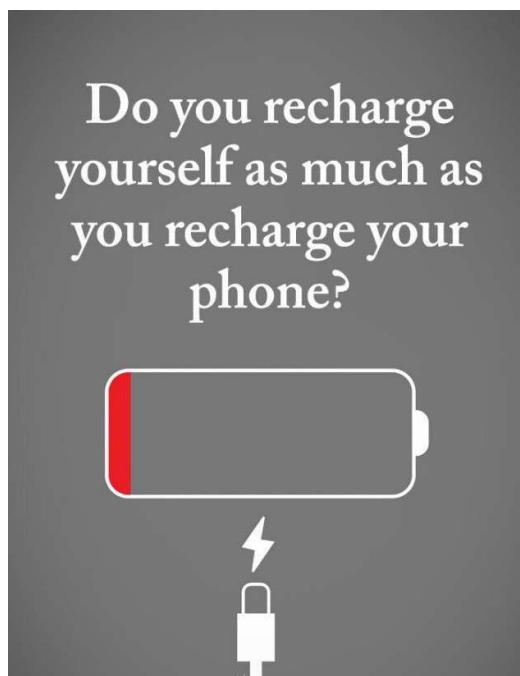
We had some great feedback from our recent self-compassion course in fact it was so popular we are planning to run it again towards the end of the year, so please watch the website and book a place!

'A journey of kindness for yourself and others.'

'Really helpful in sorting out some new thinking processes to support a better me.'

'One that everyone should do.'

'Life changing.'



Mindful Sewing

This was a new course for the 2023/4 academic year, and we have run it a few times during the year as it was so popular. Mindful Sewing encourages sewers to forget about perfection and forget about the finished article. Instead, it encourages the idea of enjoying the process of sewing for sewing's sake. It's about the journey, not the destination and going with the flow.

It isn't about mending or making garments from a pattern. Neither is it about working towards a goal or a timeframe. Mindful sewing is about using the needle and thread in the same way you'd use a paintbrush. It's about creating art, about enjoying the process rather than worrying about the product. It does not matter if your stitching isn't the best. The focus of mindful sewing is on the joy of creating. What the final product looks like isn't relevant. If it's got raw edges, so be it. If a few of the stitches are wonky, it doesn't matter. Mindful sewing is about letting your creative juices flow and just running with it. There are no hard and fast rules about what you need or what you should do.



Why not come along and join in with our next 4-week course that starts on the 17th October?

Strawberries by Edwin Morgan

There were never strawberries
like the ones we had
that sultry afternoon
sitting on the step
of the open french window
facing each other
your knees held in mine
the blue plates in our laps
the strawberries glistening
in the hot sunlight
we dipped them in sugar
looking at each other
not hurrying the feast
for one to come
the empty plates
laid on the stone together
with the two forks crossed
and I bent towards you
sweet in that air
in my arms
abandoned like a child
from your eager mouth
the taste of strawberries
in my memory
lean back again
let me love you

let the sun beat
on our forgetfulness
one hour of all
the heat intense
and summer lightning
on the Kilpatrick hills

let the storm wash the plates



Five Ways Summer Suggestions

We had a wonderful time together at our Summer Wellbeing Day a couple of weeks ago at Thatcham Discovery Centre. Thank you so much to everyone who came and joined us, making it such a special time. It was particularly lovely to see such a range of students, some of whom started with us several years ago, and some who joined us this term. It was a great reminder that we're all part of the Recovery in Mind community.



We themed our day around the Five Ways to Wellbeing: Keep Learning, Be Active, Take Notice, Connect, and Give to Others, and enjoyed having a go at a variety of activities which incorporated each of these. We connected with each other through sharing a hot drink and a chat around the fire; playing parachute games; reading poetry together; and sharing messages of hope and gratitude at the end of the day. We were active and took notice of the environment around us

through making bark rubbings and taking photos around the lake. We also had fun learning about the wildlife by following a discovery trail around the lake. And we gave ourselves and each other our time, attention, openness and curiosity.



It was surprising how any one of these activities covered several of the Five Ways to Wellbeing. It's a very simple concept, and easy to implement with a little intentional thought and planning.

Why not, over the summer, set yourself a goal of doing something each day that is connecting with others, keeping yourself active, taking notice of your environment (including yourself), learning something new, and giving to others (remembering to give to yourself too). These don't have to be big things; they can be very small and simple but can make a significant difference to helping us feel more positive and confident.

Here are a few suggestions that you might like to try - no doubt you'll be able to add more of your own!

- Take a walk in your local park, or by the river or canal, and pay attention to what you see, hear, smell and touch along the way.
- Smile or say 'hello' to someone you meet on the way.
- Read an article that interests you in a newspaper/magazine/internet or watching/listening to a TV or radio programme or podcast: the possibilities are endless!

- Find out how to learn a new basic skill on YouTube.
- Join your local library (West Berks Library in Newbury is a wonderful resource).
- Try out a new or develop an existing hobby (it could be art/craft, DIY, sport, gardening - anything that floats your boat!)
- Consider volunteering - there are over 300 opportunities in West Berks through the Volunteer Centre. Chris Read is always available for an informal chat to explore your interests and options.
- Consider taking part in one of Sport in Mind's activities: allotment, walking, yoga, football and more (they're mostly free of charge).
- Enjoy a picnic (indoors or outdoors!) with family or friends.
- Watch a sunrise or sunset - pay attention to the different colours and cloud formations.
- Pay attention to your breathing and physical posture - practise one or more of the mindful attention, soothing rhythm breathing or relaxation exercises on our website.
- Donate something you no longer use to a local charity shop.
- Write a letter or send a card to someone you care about.
- Sign up for a new Recovery in Mind course!

And do look out for further Five Ways to Wellbeing themed workshops over the coming months. We'd love to hear of anything you try that's helped build your positive mental health and wellbeing. Cath.



Wonder

Water the wonder
that lives in your brain.

Water your wonder
With questions like rain.

The more that you ask
The more you will know.

And watering wonder
Will help wonder grow.

Wallow in wonder
Wherever you go.

Amy Ludwig VanDerwater

Festival of Art Exhibition

The Base is holding its annual arts and crafts for wellbeing fair/exhibition September 7th - 21st.

Recovery in Mind will be running a stall with information and taster sessions on Saturday September 7th. This will be an opportunity to publicise our service and the exhibition in early 2025.

Angela and Sarah will be running the stall with the help of one or two students. The taster sessions that we will be running will include Mindful Sewing and artistic bookmarks.

<https://thebasegreenham.co.uk/event/festival-of-art-exhibition-2024?e=1473497&c=148695>

It would be great to see you on September 7th.



Recovery in Mind Exhibition of Creativity at The Base

We are working with The Base at Greenham to mount an exhibition of students' creative work. This will take place between February 1st and March 16th 2025.

The aim of the exhibition is to highlight the benefits of creative activities on our well-being. Also to raise the profile of Recovery in Mind.

Our display area is The Runway, the corridor leading to the main exhibition room. This provides the opportunity to have pieces hung on the walls and in display cabinets.

We are hoping to display a range of work that we have created over the last year including painting, mindful sewing, ink work and photos. Items will be displayed anonymously. We would like to include testimonials from students about how they benefit from creative activities. We would like to ask students to look at pieces they have created over the last year either with Recovery in Mind or independently and offer some for the exhibition. All 2D pieces will be framed by us. **Please could you let us know if you would like to take part and if so, what you would like to exhibit?** We will then need all pieces of work by the end of October so we can frame them and plan the display. We will need the testimonials at the same time. We are very excited about this project and would like to encourage you to take part.

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- 0118 904 3200

CRHTT (Crisis Response and Home Treatment Team)- 0300 365 9999

Samaritans - 116 123

NHS - 111

999 is for **EMERGENCY** calls only.