

Keeping Connected

With Calderdale & Kirklees
Recovery Colleges

We would love to hear from you and share any good news or your stories of how you are keeping yourselves well during this difficult time. Please get in touch / submit articles to: Recovery.kirklees@swyt.nhs.uk. Please note all content correct at time of writing.

A letter from your Principal

Dear Learner, welcome to our first weekly edition of Keeping Connected. Over the last 2 weeks or so the Coronavirus outbreak has changed all our lives. There are many challenges we now face that affect us all. Much to our disappointment, we have had to stop running courses at the College, but by doing so we know we will save lives.

One of the hardest things is not being around friends and family. I know many friendships have been forged at the Recovery College and it's hard not being able to see each other! We know being socially isolated causes mental distress, not to mention the anxieties caused by the uncertainty of what will happen over the coming days.

We can and will get through this by being kind, supportive and positive. This is exactly what we are trying to do here at the Recovery College. We want you to take care of your own wellbeing and be able to support each other. We hope for some fun and smiles along the way.

Working with our volunteers and partners we are creating a host of online resources, links, ideas and ways for you to connect with each other and the world. We hope you will not only make best use of this resource but help us develop it. All you have to do is connect with us on Facebook, twitter and our website.

This is not the end or a pause to our Recovery College community it's a chance to build a more encompassing and connected one! Take care, stay safe and be kind. I look forward to hearing from you soon.

*Matt Ellis
Recovery College Principal*

26 March 2020

Recovery College Recommends....

Tees, Esk & Wear Valley NHS Foundation Trust have an **on-line Recovery College** with various courses available. They also have a section for young people and children. It is really easy to enrol....

www.recoverycollegeonline.co.uk

If you would like to know how to **support your mental health while working from home**, check our 'My Whole Self' on Mental Health First Aid England <https://mhfaengland.org/my-whole-self/>

The Blurt Foundation increases awareness & understanding of Depression. Their website is packed with useful tools and resources...

www.blurtitout.org

A Silly Poem

Said Hamlet to Ophelia
I'll draw a sketch of thee
What kind of pencil shall I use?
2B or not 2B?

Spike Milligan

Culture Club: apologies for any confusion but this has nothing to do with Boy George and everything to do with the arts, music and literature (although Boy George is a Musician so perhaps he is involved after all!) This space is for people to share; whether a poem, a book review, their favourite songs or an image of their best photo or latest doodlings! Pretty much, anything goes but we kindly request things of a positive / uplifting nature. This week, Alex Feather from Creative Minds has kindly shared his top 5 tunes, so why not grab yourself a hairbrush and have a sing-a-long and/or a dance around the kitchen?

1. Ain't nobody here but us chickens - Louis Jordan
2. Every kinda people - Robert Palmer (Joey Negro version)
3. This is what you are - Mario Bondi
4. Cosmic Dancer - Golden Dawn Arkestra
5. Firewalker - Jungle Fire

Good News Stories!

Last week one of our volunteers, Mick started to think outside the box in terms of his personal fitness and instead of going to the gym he re-planned his exercise program. Here's how he got on... "This week I have done 3 of my designed 6 walks around Batley, Birstall, Dewsbury and Heckmondwike. They have all been really pleasant consisting of a mixture of parks, country tracks and roadsides. Each walk has taken between 60-90 minutes and has been really enjoyable. I could have taken with me, flask and sandwiches but instead I've eaten a good breakfast of toast, cereal and yogurt and off I go. On the way round I have at least one focal stop for a water break. At the end I feel that I have achieved my weekly exercise and of course I have nicely exerted myself, burnt some calories off and more importantly improved my wellbeing and mindfulness. I can also say, that if I've seen anybody along the way, I've said hello and, if known to me given them an elbow pump. Lol.

On another note, many of us are worried about our loved ones and the dreaded short supply of food. I've been a bit concerned about my mum and other elderly people. Some good news though, she has been invited to do her local shop at Iceland as part of a pensioners only shop on Wednesday. I believe Iceland and Lidl are implementing this initiative. So please check online for more details."



Please follow us on Facebook <https://www.facebook.com/DiscoverRecoveryCollegeKirklees/>
<https://www.facebook.com/Calderdale.RC/>

or visit our websites: <https://www.southwestyorkshire.nhs.uk/recovery-college/kirklees/> & <https://www.southwestyorkshire.nhs.uk/recovery-college/calderdale-recovery-college/>

Film Quiz

Below are some clues to well-known movies, all you need to do is figure them out, for example:

This is very slippy = Grease. Easy right?

1. Deadly handsome
2. The breeze misplaced it
3. Quiet sheep
4. A Royal from a different continent
5. Gloomy Sir Lancelot
6. A violinist who doesn't suffer vertigo
7. A raunchy night in the capital
8. Don't sunbathe at this time
9. Reptilian kick ass adolescents
10. Always find this person at Christenings
11. Brightly coloured siblings
12. Watery canines
13. Continue to put up a tent
14. The twelve unwashed
15. I can hear Beethoven
16. A literary group with rigor mortis
17. Vacation to the Vatican
18. A short meeting
19. Australian magician
20. Eurostar



"Here is the world. Beautiful and terrible things will happen. Don't be afraid"
Frederick Buechner



Kirklees Better
Outcomes Partnership

KBOP Emergency Advice Support and Guidance Helpline



Offering immediate help and information to anyone in Kirklees about benefits, housing, food provision and accessing medication queries.

Please contact us if you are concerned about your wellbeing, feeling socially isolated or at risk of Domestic Abuse.

Call us on 07562252940 - 7 days a week, 8am-8pm



[@KBOP_Kirklees](http://www.kirkleesbetteroutcomespartnership.org)

Answers to the quiz will be available on our FB page in the next few days so please let us know how you got on (they will also be in next week's newsletter)

How to stay well.....the message today from Rachel Hale at Calderdale RC is the importance of fresh air. If SAFE to do so, spending some time outside as part of your daily routine is very beneficial for our mental health. Whether you soak up some sun in your own garden or use the governments once a day guidelines for leaving the house to take exercise. Getting out into green space, bathing in nature and taking some time to enjoy the fresh air has really positive benefits. Here are some things to consider when you head outside:

- Be Present: look, listen, smell - use your senses to take in what's around you.
- Find some green space: your garden, a local park or fields. Being in nature has a powerful calming effect on our bodies and minds.
- Allow your mind to quieten and your thoughts to calm. Breathe, sit, close your eyes and enjoy the experience.

The photo below is from my family's adventure walk yesterday evening. We walked from home, used public footpaths to explore our local area, away from other people. We saw bats, used stepping stones to cross a stream, got lost and had an amazing time together outside! We would love to know how you get on 😊 and please remember to adhere to all the Government guidelines to keep yourselves and your families safe.



One of our long-standing volunteers and sci-fi fan, Gary says “Today's wellness tools include playing Ludo with my wife, Nicky - at the moment it's 5 wins for me and 3 for Nicky! We also plan to watch an old episode of Doctor Who with Patrick Stewart tonight. Remember a wellness tool is something you do to maintain your wellbeing. It can be as simple as talking to a friend on the phone or playing on your Xbox.”

Jane Walton, Tutor with WEA & Kirklees Success Centres and a very familiar face at Kirklees Recovery College had this to say: “I am aware with all my work that this time is particularly hard for those both isolated and struggling with their mental health. I am currently in contact with a group of my mentees, who are all young people. What seems to be working well for them is to establish a routine. This includes exercise, study/reading, healthy eating, personal hygiene/pampering, communicating with others (safely), mindfulness, entertainment and sleep. I encourage people to set a goal; learn something new, whether a language, how to cook/bake, get to grips with new technology. Review and reflect on each day capturing what is working and reward yourself. I am very lucky to live close to places to walk and cycle and to be able to support my children, grandchildren and parents. I have set up an office in the garden while the weather is good. Take care and keep well.”