

Keeping Connected

With Kirklees & Calderdale
Recovery Colleges

We would love you to share your own good news stories or how you are keeping yourselves well during this difficult time. Please get in touch / submit articles to: Recovery.kirklees@swyt.nhs.uk or write to us at Recovery College c/o Folly Hall Mills, St Thomas Road, Huddersfield HD1 3LT. Please note all content correct at time of writing.

Dear Learner,

It's hard to believe that this is our 6th edition of Keeping Connected. We sincerely hope these newsletters are proving helpful. It seems likely that life will be very different for many more months to come as we start to hear what is likely to happen after lockdown has ended. The Oxford English Dictionary now includes the phrase "Social Distancing" which we will have to keep doing for the foreseeable future.

Something else that is changing is the new look that many of us are sporting; the "Covid 19 look". You know... where a family member kindly takes to someone's precious locks with the electric clippers or kitchen scissors! In fact my own haircut, done by my wife, sent a colleague of mine into fits of laughter! Fun and humour is something we can certainly do with in these uncertain times. I hope you are able to find time to forget and escape the worries of life and have some fun and stay connected. Read on and enjoy!

Matt Ellis, Principal

1 May 2020

Recovery College Online invites you to 'Music for Wellbeing'

Music can help you change the way you feel. It can directly affect you mentally and physically in ways that can enhance your health and wellbeing. From Mozart to Marvin Gaye, and from Metallica to Mongolian voices, Recovery College Online's new Music for Wellbeing page lets you listen to playlists created to help lead you from one state of mind and body to another.



They have teamed up with Professor Nigel Osborne at X-system, Northumbria University and Dr Laurie Rauch from the Calm Foundation to provide these playlists, created to calm you down, enliven you, or offer self-care and self-management of your mood and feelings. There are also videos with music to offer support for breathing and exercise. Why not take a look—or rather listen? <https://www.recoverycollegeonline.co.uk/music-for-wellbeing/>

Handmade Parade in Calderdale are planning an online gallery/animation of a flock of birds that are flying freely (and not socially distanced!) If you would like to participate in this exciting project by creating your own individual feathered friend to add to the collection please contact us **as soon as possible** by phone or email so we can provide you with further details.



Recovery College Recommends.....

Have you recently lost your job or looking for work? Visit Proper Job Theatre Company for advice and support as well as numerous other things!

www.properjob.org.uk

Culture Club.....

I have always been impressed by the skills and talents of all our volunteers but had never realised how many of you were such creative writers! Here is a little something from Mick at Kirklees Recovery College.

Streams of Awareness

Trees, trees and more trees
Not a bad thing really
Trying to get my own space
Trying to be me
Be free
The openness of this moment
Bird spotted in the trees
Calmness of flowing water
A cold breeze attacks my skin
To be in this moment forever
To see what I see, feel what I feel
Though I know
I have to go back

Art Project: after finding local Artist, Mrs Medd's work on Facebook I decided to use the kids home schooling art lesson to have a go (see results below). Mrs Medd does some amazing pencil and ink drawings of people's homes and buildings, amongst other things and lives in the next village to ours.

The joy is that the lines can be a bit wobbly, it doesn't need extreme precision with a ruler but a more homely and rustic approach to capturing your home on paper.

Why not visit her Facebook page and use her drawings as inspiration to have a go yourself?

<https://www.facebook.com/mrsmeddyorkshire/>

We'd love to see your work if you decide to have a go, so please email a photo 😊

Rachel Hale

**CRAFTING FILLS MY LIFE
AND MY CLOSETS
AND MY DRAWERS.....**



Creativity for Mental Wellbeing by Sara Rose, Calderdale RC Volunteer

Long before I had a mental health diagnosis creativity made me feel good. When I was a child, I loved to make things: peg dolls, string art, castles made of matchsticks etc and I have always loved to make gifts for friends and family. That good feeling you get when giving gifts is so much better when that gift has been created with your own hands and talent and infused with your love. As I got older, I would have bursts of creativity and times when I just couldn't focus and had no inspiration, this all made sense when I was diagnosed with Bipolar at the age of 40. I moved to Halifax two and half years ago from Brighton, which put an incredible strain on my mental health, as was to be expected. I have though, over the years, accumulated a large collection of craft materials. So, whilst I was getting my bearings in a new town, I was able to keep my mind and hands active with crochet, beading, mosaic, jewellery making, needle felting etc. I was getting support from the Laura Mitchell Centre and the Vocational Team and it was my Occupational Therapist who recommended Artworks. I found it quite difficult to get there initially due to depression and acute social anxiety, but so glad I did. Not only have I learnt new skills, I have also found friends, gained structure to my week and my confidence has improved. The skills that I have gained from attending classes there have benefitted my life outside of my creativity. I am now, not only volunteering with the Recovery College delivering craft workshops but also have paid employment with Artworks too <https://www.theartworks.org.uk/worksheets>. This work has significantly improved my mental health by providing me with a sense of purpose.



Sci-Fi Corner

Apparently news of the Recovery College has reached Gallifrey and The Doctor (who looks strangely familiar) is impressed! As many of you know, we have rather a big sci-fi contingent at the RC, particularly in Kirklees. Matt, Helen and our volunteers Gary and Sharron are regularly looking to recruit as many learners as possible to their cohort in order to discuss the best Captain T Kirk or the latest sci-fi series on Netflix.

As you will have seen from Wednesday's Wellbeing link there are some fun online Escape Rooms to get your brain working—including a Dr Who version! So why not check it out?

[Dr Who Escape Rooms](#)



Sci-Fi Film Quiz

(some are also very famous books too)

1. On Tuesday the Blue Planet was stationary
2. Rather annoying insect
3. It all ends with this person
4. Trip to the middle of the 3rd planet from the sun
5. How to thumb a lift to the Milky Way
6. When Cyndi Lauper, Frankie Goes to Hollywood & Madonna were top of the charts
7. Permission not granted for this sphere shaped world
8. Sounds like it should have been a gift from the 3 Wise Men
9. Battles between Earth and Mars
10. This 3 lettered Man's name was very angry
11. A timely fruit
12. A strangely cute being who struggled to contact home
13. Could be green with one eye?
14. The last hike to the frontline for a ball of burning gas
15. An assault to steal the human form
16. A world of primates
17. Jogging with a knife
18. It was Wednesday when we noticed these large, invasive plants
19. A fight of burning gas: It wasn't Ming who returned the punch
20. A very long way down under water

Where Did That Come From?

Ever wondered where some of our quirky British sayings come from? One of our volunteers, Mick knows the answers tend to lie in our history.....

There is an old Hotel/Pub in Marble Arch, London, which used to have some gallows adjacent to it. Prisoners were taken to the gallows (after a fair trial of course) to be hanged.

The horse-drawn dray, carting the prisoner, was accompanied by an armed guard who would stop the dray outside the pub and ask the prisoner if he would like "ONE LAST DRINK?" If he said yes, it was referred to as

ONE FOR THE ROAD.

If he declined, that prisoner was
ON THE WAGON!

Answers to last week's Animal Quiz

1. Bear
2. Puffin
3. Monkey
4. Adder
5. Puma
6. Lion
7. Guinea Pig
8. Anteater
9. Bat
10. Cheetah
11. Horse
12. Bull
13. Swans
14. Antelope
15. Wild Boar
16. Zebra
17. Kite
18. Toad
19. Deer
20. Tortoise



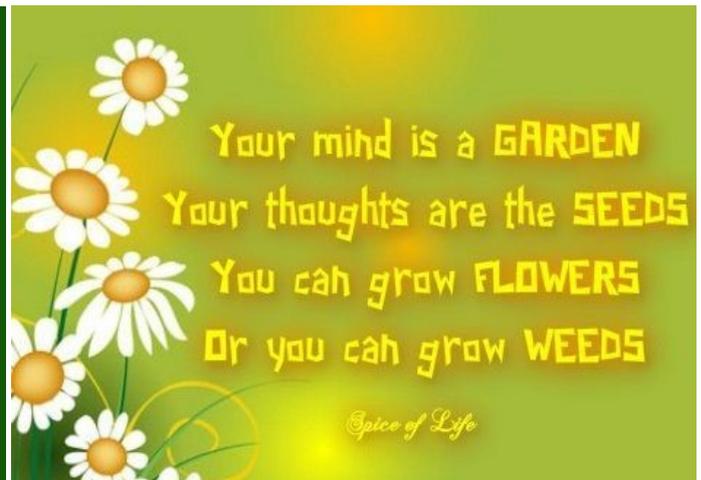
LIVE LIFE ON THE VEG!



In the week before lockdown we, as a family decided to self-isolate due to our age and various health problems. During the next week I started to cut the grass (you can't call it a lawn at our house!) While doing so, I thought about starting to grow vegetables. I knew that our soil in the garden was not very good or deep, so the only choice would be to create raised plots on part of the grass area. Over the following weeks I researched my options as well as how to obtain the timber to make them - and the soil to fill them. The latter was not an easy task but I eventually managed to find a company that would deliver soil in 25 litre bags, making it easier to move. Next was to decide what to grow and order some seeds. I decided on potatoes, carrots, cabbage, beans, lettuce and a few herbs for starters, although getting hold of the seeds online has also been a challenge!

It took me a good few hours over a Friday and Saturday to get everything unloaded, to position the raised beds and everything raked and ready. My daughter, Sarah offered to help and I was so grateful! Sunday was a day of rest but the seed potatoes arrived so I left them out to warm up in the sun. On Monday I planted the potatoes and filled one frame, although they are not spaced as wide as the recommendation, but I plan to lift them before they get to full size so it should be okay. Now just to wait 8 weeks before they are ready to eat and for my other seeds to arrive!

Michael, Kirklees RC Volunteer



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