

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 has been 9 weeks since we started 'Keeping Connected'. It is always a pleasure and highlight of my week writing this welcome and introduction. Thanks to all of you who contribute as we support, encourage and offer hope in these difficult and uncertain times.

Coronavirus has been a source of pain for many of us but it has taught us something I hope we will hold onto for the rest of our lives. Where we have fear, uncertainty, people in need of care, food, and support; where we have the profiteers and scammers, we also have.....kindness. The nurses who care, the neighbours who shop for the elderly, the social care staff locking themselves in with residents to protect them from infection, the posties, the delivery men, the clappers, the kind words, the thank you's. These are not random acts but they are actions of compassion, consideration and care. Kindness is our strength, our mettle, the glue in our community. This week is Mental Health Awareness Week and the theme is **Kindness**. Enough said. Read on, stay safe and be kind (it's good for you!)

Matt Ellis, Principal

22 May 2020



This lovely little heart-warming book by Jaime Thurston may leave you feeling uplifted and inspired. Giving, receiving or witnessing kindness can encourage others to do likewise. We are hard wired to be kind. So spread a little kindness but remember to include yourself!

"Unexpected kindness is the most powerful, least costly and most underrated agent of human change. Kindness that catches us by surprise brings out the best in our natures." Bob Kerrey

Recovery College Recommends....

Mental Health Awareness Week: Kindness
<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

For a Wide Variety of FREE Online Courses in Kirklees
<https://www.worksbetter.co.uk/files/ACL%20Online%20Offer%20Timetable%20Term%203%2019-20.pdf>



HOOT from Home <https://www.hootcreativearts.co.uk/hootfromhome>

offers accessible creative activities that you can take part in at home. We believe that the arts are for everyone, even if you don't think of yourself as creative but we understand how daunting it can be to take part in a creative activity if you don't feel 'good at it'. Each activity has been designed by a professional community artist/musician, with no need for specialised art materials or instruments, to help you to discover how **being creative makes you feel good**. From Collective Music Making to Singing & Creative Writing there is something for everyone. If you'd like to know more about any of the activities email info@hootmusic.co.uk

Culture Club.....

The poem below is from our very own, Business Support Officer, Helen. It certainly made us smile!

Stealing Chips



Where did all the people go, we gulls are at a loss
Where are the chips, the doughnuts and the fluffy candy floss?

Where have all the people gone, no-ones holidaying here this year
Have they gone to further fields for sun and sand and beer?

What happened to the promenade, not a fish or chip to steal
We gulls are getting hungry for a calorific meal

There's no-one on the Big Wheel, no-one on the beach
No-one in the Penny Arcade, no-one in the street

We miss you happy tourists with your sandwiches and cakes
Your picnics and sausage rolls and your lovely homemade bakes

We would love to see you back again on the East Coast of our shores
At Filey, Whitby, Brid—and lovely Scarborough of course

We miss you pushing prams, we miss the fun and laughter
We miss you dropping chips that make us seagulls fatter

We hope to see you soon, on the sea front once again
We'll have fun stealing chips, in thunder, sun or rain

Desert Island Discs: We have decided to trial our own version of this historic radio programme, to enable you to get to know your fellow learners and volunteers a little better.



This week's Castaway is Gary, long-standing KRC volunteer, WRAP Facilitator (among other things), Sci-Fi Fan and Creative Writer Extraordinaire!

Fave Book: The Saga of the Exiles by Julian May. This is a four book series I read as a teenager; The Many-Coloured Land, The Golden Torc, The Nonborn King and The Adversary. It's a fantastic read about a group of misfits who travel through time, where they meet two races; The Tanu and The Firvalag. They have incredible mental powers—the ability to read minds, create things out of nothing, heal damaged minds as well as use them to attack people

Fave Songs: Bright Side of the Road and Jackie Wilson Said (both by Van Morrison), You Can Get It If You Really Want (by Jimmy Cliff) and Just Like Heaven and In-Between Days (both by The Cure)

Fave Animal: Cats. My favourite cat was my mum's cat, a ginger Tom named Sammy. He was so gentle and used to follow us around when we went for a walk.

One of our learners / newest volunteers, Lisa has contacted us to give us her thoughts on some of the links we have been sharing

Just a note to say a huge thank you to The Recovery College for keeping the home fires burning (nod to VE day there ☺) while we are all in lockdown and socially distancing. I originally thought that lockdown meant meltdown and the thought of missing my routine of going to work made me feel physically sick.

However Rachel, Matt and the RC team have made sure that the attendees have been kept busy with a daily dose of something different to take our minds off our minds.

So far I've done Yoga with Adrienne, meditated (I'm pants at this), done quizzes which I have shared with work friends, enjoyed the ideas from Create to Connect and smiled at some Yorkshire Lass poetry.

I have also accessed a couple of courses that were sent through via RC and recently completed Singing for Wellbeing. I'm presently doing one called Supporting Children & Young People's Wellbeing <https://www.recoverycollegeonline.co.uk/>

You are awarded a certificate to print or download on completion. The courses are short and you can leave and go back to them as and when.

I know nothing is the same as actually going to Recovery College but I'm very grateful that they keep in touch and let me know that they are there.

Thank you.
Lisa





One of our regular learners at KRC, Mark has kindly sent in the fabulous photo above of this beautiful fella which he took while out on a walk. This is what Mark had to say “it took almost 40 minutes to get this pic. He's cautious and commands respect. Likes to sniff you out first and does not like sharp movements. Absolutely honoured he trusted me to get this shot.

Our new monthly publication **Let's Get Physical** is available SOON! If you would like to receive a copy in the post please telephone us on 07717 867911 or email Recovery.calderdale@swyt.nhs.uk



The Winner of the Recovery College Bake

Off will be announced in next week's newsletter so don't forget to send us your pics and remember.....

“A basic rule of baking is that, in general, it's almost impossible to make an inedible batch of brownies”

This week, we received a lovely email from Charlie at VSI Alliance in Calderdale, this is what she had to say...

Dear all, Well, this is all going on longer than I expected... and has been more worrying and scary than expected too. I've been grateful to still be working and feel incredibly lucky that me (and mine) have been well, and guilty when I hear about the loss and hardship that many are going through. I hope this time of incredible change hasn't been too hard for you and that you're finding small comfort in the little things – whether that's the good weather, catching up with family on the phone (or video chat) or perhaps having time for that jigsaw or book that's been sat there for months (or in my case, 2 years!)

I've been humbled and awed by the stories I've heard of local people and groups rising above the fear and confusion to reach those most at need, to offer food, medicines and good old fashioned human warmth & kindness. I've been impressed by the speed and dexterity with which voluntary sector groups have adapted, always keeping those that they support at the centre of their service.

I suspect you haven't had a moment to think about Volunteer Week coming up (1–7 June) but I would really like to shout from the rooftops about the amazing volunteers in Calderdale – this year more than ever. I want everyone to hear stories that will remind people that we really are in this together and without local people stepping up and reaching out to both neighbours and strangers alike, these last few months would have been much, much worse. I don't doubt that volunteers have saved lives, saved families and saved sanities!

Please can you share with me a story or even just a couple of lines/quotes about some of the work that you're doing at the moment that I can post on our social media for Volunteer Week in June? My hope is to produce a presentation to let the world know that Calderdale is an amazing place with amazing people.

If you'd prefer to chat over the phone please let me know – I'd be happy to call at your convenience but please email in the first instance if possible. Email: charlie.johnston@vsi alliance.org.uk

Look after yourself and thanks for reading.

Charlie

VSI Alliance, Calderdale



The picture above contains 75 Band Names—how many can you recognise?

Answers to last week's VE Day Quiz

1. Victory In Europe, 2. Trafalgar Square and the Mall up to Buckingham Palace 3.1939 4. Jerries
5. Winston Churchill 6. Dame Vera Lynn 7. 1954
8. George V11 9. Leave the palace & wander among the crowds 10. 75 years

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Www.kirkleesrecoverycollege.co.uk
Www.calderdalerecoverycollege.co.uk



Keeping People Connected Service is available now for those with Neurodiverse conditions such as **Autism, ADHD** or mild **Learning Disabilities**. A wide variety of support is available, to find out more:

Call or Text: 07441 399833

Email: enquiries@s4nd.org.uk

Join: The Society 4 Neurodiversity

<https://s4nd.org/join/>