



Hello everyone and welcome to Sunderland Recovery College Newsletter.

Every Day is a NEW BEGINNING

Always remember you are not alone. The only thing that is certain is that things always change.





Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Working Differently

Recovery college

The Recovery College building remains closed to students but this hasn't stopped us from working hard behind the scenes to offer support through online platforms and offering advice and guidance over the phone. Contact us on 07500551869 if you would like to know more about the services we provide.

facebook.

Facebook.com/sunderlandrecoverycollege

Please like us on Facebook and get involved with some of our activities. Lots of information is shared that might support you through these difficult times.

Live Virtual Mindfulness sessions continue twice weekly



Sagara Citta, a Peer Supporter, continues to offer regular Mindfulness activities on Facebook.



Working Differently



We will be providing some training through the online platform Teams, we will be sending out a flyer to advertise these very soon. Very exciting times for us all.



Our College Choir is using this platform currently, meeting weekly for catch ups, music quizzes and much more.

If you would like to join the choir sessions you will need to call us on **07500551869** to book a place.



Remember this is **your** newsletter, so please feel free to send any contributions or ideas of what you'd like to see in it to Kim Dobson at

<u>kim.dobson@sunderlandcareandsupport.co.uk</u> or ring Kim on 07500 551 869. You may have some photographs of arts and crafts you've been doing or other ways you've been spending your time during the pandemic, some jokes you think will make us smile, poems, articles or tips on what's helped you to stay positive during these times.



The virus still lurks and the ability to contain its spread will dictate what happens next; any resurgence will likely bring about renewed restrictions. Large-scale testing and tracing, the broad availability of masks, and sufficient intensive-care capacity in hospitals will determine the pace of recovery.

We expected this to be a rapidly evolving situation and that has proved to be accurate. This second spike in the spread of the virus has got to be brought under control if we are to avoid further, full scale lockdowns. Although these stronger measures are scientifically targeted, we know it is going to be very tough on everyone. Actions being taken by the City Council and its partners include:

• Suspending care home visits to all but essential visits

• Visiting suspended on all adult inpatient wards at South Tyneside and Sunderland NHS Foundation Trust

• Increased monitoring of licensed premises and appropriate enforcement - this will be focussed initially on pubs, clubs and bars

• Local follow-up of cases to increase intelligence about how people are being exposed to the virus

• Engagement with stakeholders and community leaders to identify ways in which infections can be brought under control.

Additional national support may include:

- Priority for mobile testing units as required
- Priority for NHS Test and Trace call centre tracing resources
- Priority for test results and data sharing.

Gillian Gibson, Sunderland's Director of Public Health, said: "All the latest data shows how everybody - of all ages - must continue to stay vigilant, keep two metres apart from people outside of their household as much as possible, continue to wash their hands, get tested and self-isolate if you are showing symptoms.

Do you need help or support?

If you have been asked to self-isolate or feel vulnerable we are here to help. We can support with shopping, medication, or other essential supplies.

Visit www.sunderland.gov.uk/coronavirus or call us on 0800 234 6084 8.30am-5pm every day.



Our online resources are growing weekly, check out these fantastic resources on our website https://www.sunderlandrecoverycollege.com/

Mindfulness

Mindfulness really is quite simple. I like to use another word for it. That word is Awareness. Awareness is something we all already have. It is not something we need to add on, or go looking for. It is not something we lack or are deficient in. Learn more by visiting <u>https://www.sunderlandrecoverycollege.com/resources/mindfulness</u>

Capacitar

The name "Capacitar" means to awaken, to encourage, to bring each other to life. Capacitar consists of a series of body-based practices that empower people to use their inner wisdom to heal and transform themselves and build peace in their families and communities. Capacitar practices (i.e., Acupressure, Tai Chi, Pal Dan Gum, Fingerholds, etc.) come from many ancient cultures and have been well researched for their benefit to body, mind and spirit. <u>https://www.sunderlandrecoverycollege.com/resources/capacitar</u>

WRAP (wellness Recovery Action Planning)

WRAP is a tried and tested way to aid your recovery and make your life the way YOU want it to be. WRAP is unique to you and can therefore be in any format you choose. Most WRAPs include wellness tools and things to do on a daily basis to maintain your wellness.

They also include triggers and signs that things are not going well for you right now, followed by details of how you might be able to respond positively to these signs. WRAPs can also contain crisis plans to let others know how they can best support you during really difficult times. <u>https://www.sunderlandrecoverycollege.com/resources/wrap</u>

Recovery Through Words

If you're in recovery, you're in a unique position to speak to others traveling down the same road you've been down. You have a story to tell — and it has the potential to provide great hope to those who hear it.

It's both an individual story of your personal journey from mental health difficulties to recovery and a communal story that relates to the greater whole of humanity. And in telling your story you are not only helping others, but you will also find that you help yourself.

https://www.sunderlandrecoverycollege.com/resources/recovery-stories



http://www

Sleep Awareness

Sleep and mental health are closely connected. Lack of sleep affects your psychological state and mental health. And those with mental health problems are more likely to suffer with insomnia or other sleep disorders.

https://www.sunderlandrecoverycollege.com/resources/sleep

Prayer

Prayer is often thought of as putting two hands together an repeating a certain script such as The Lord's Prayer. Whilst prayer can involve doing this, it can also mean other things too. And it is even possible to pray without believing in a God at all. WEA Partnership tasters, Doodle Art, Life Couching and Relaxation https://www.sunderlandrecoverycollege.com/resources/prayer

WEA Taster sessions

Sunderland Recovery College is delighted to partner with the WEA to bring you courses to enhance positive mental health.

The WEA is the UK's largest voluntary sector provider of adult education in England and Wales. bringing high-quality, professional education into the heart of communities.

Life Coaching

Michelle L Baharie talks about Ego States and how blocking ourselves from living in these states can bring about a serenity or peace.

Alleviating Stress, Tension and Anxiety

Margaret Mordue tells us a little bit about the WEA and then guides us through a relaxation to alleviate stress, tension and anxiety.

Doodle Art

Doodle Art will help promote a sense of calm in these uncertain times and bring a feeling of health and well-being.

https://www.sunderlandrecoverycollege.com/resources/wea-partnership



Interesting Stories



Gardening is good for our mental health.

Even something as simple as having a plant on your desk can reduce stress and make you feel more energized and able to think more clearly, and many that suffer from anxiety or depression have found gardening and caring for plants to be incredibly beneficial.

But gardening — and its rewards — are for everyone. Studies have found gardening and horticultural therapy can: reduce symptoms of anxiety and depression.

Getting your hands dirty in the garden can increase your serotonin levels – contact with soil and a specific soil bacteria, Mycobacterium vaccae, triggers the release of serotonin in our brain according to research. Serotonin is a happy chemical, a natural anti-depressant and strengthens the immune system.

Gardening as a form of exercise can be good for you as it helps to release endorphins, the hormone that helps to make people feel satisfied and relaxed. ... Experts have shown that the level of a stress hormone in your brain called cortisol could be reduced through gardening.

Gardening provides a boost to our immune system in several ways. It offers low-impact physical activity, helps us sleep better, reduces stress, exposes us to beneficial bacteria, and provides us with healthful, homegrown food.





The above photographs show one of our college students James Clarke getting out in the fresh air tending his garden.



The World Health Organisation recognises World Mental Health Day on 10th October every year. This year's theme set by the World Federation for Mental Health is 'mental health for all'.

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

Five Warning Signs of Mental Illness Long-lasting sadness or irritability. Extremely high and low moods. Excessive fear, worry, or anxiety. Social withdrawal. Dramatic changes in eating or sleeping habits.



Close to one billion people have a mental disorder and anyone, anywhere, can be affected.

Depression is one of the leading causes of illness and disability among adolescents and adults.

1 in 5 children and adolescents has a mental disorder.

People with severe mental disorders such as schizophrenia tend to die 10-20 years earlier than the general population.

Suicide is claiming the lives of close to 800 000 people every year – 1 person every 40 seconds – and is the second leading cause of death for young people aged 15-29 years. The COVID-19 pandemic has disrupted or halted critical mental health services in 93% of countries worldwide while the demand for mental health is increasing, according to a new WHO survey. The survey of 130 countries provides the first global data showing the devastating impact of COVID-19 on access to mental health services and underscores the urgent need for increased funding.

The pandemic is increasing demand for mental health services. Bereavement, isolation, loss of income and fear are triggering mental health conditions or exacerbating existing ones. Many people may be facing increased levels of alcohol and drug use, insomnia, and anxiety. Meanwhile, COVID-19 itself can lead to neurological and mental complications, such as delirium, agitation, and stroke.



Taking care of your mind as well as your body is really important if you are <u>staying at</u> <u>home because of coronavirus</u> (COVID-19).

You may feel worried or anxious about your finances, your health or those close to you. Perhaps you feel bored, frustrated or lonely. It's important to remember that it's OK to feel this way and that everyone reacts differently.

Remember, for most of us, these feelings will pass. Staying at home may be difficult, but you're helping to protect yourself and others by doing it.

There are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel if you're staying at home. Make sure you get further support if you feel you need it.

https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-athome-tips/

From lockdown, to furlough, to job losses. We've all found ourselves under pressure. Lockdown has affected us all in different ways, and it is only normal to feel uncertain about what the future holds. The stress of this uncertainty could be having an impact on your mental health too.

Sunderland Recovery College will be inviting students, volunteers and peer supporters to a virtual coffee morning on the 9th October at 11am to celebrate World Mental health Day.

Microsoft Teams Platform

Grab yourself a cuppa and join us for a chat, hope to see you there.





Hi my Name is Dan and I work as a Peer Supporter for CNTW, and I run the depression awareness workshop and the anxiety awareness workshop at <u>Sunderland Recovery</u> <u>College</u>.



I have lived with depression and anxiety for over 25 years, and I have spent several years studying mental health, and how our thoughts and emotions can affect our daily living.

Anxiety

It is important to remember that anxiety is something which we all experience from time to time.

Depression

We can all feel depressed at times, and depression is a very common problem.

To learn more visit:

https://www.sunderlandrecoverycollege.com/resources/anxiety-depression



Hello, my name is Melanie Booth.

I have studied Time Management and Stress Management on two qualifying courses, that of Relaxation Therapist and Life Coaching.

I have my own business, Butterfly Holistic Services, where I give a

range of massage therapies.



I like to think that a person flies free, like a butterfly, as a result of their treatments. I am also a writer of, "Melanie's Memoirs: Bipolar and Me", and have a second book, "Reflections of My Heart", about to be published.

I am a volunteer at the Recovery College, having run holistic and relaxation courses there for almost 4 years.

I like to give something back and the Recovery College has aided and helped me in my development.

Time Management

There are many who can time manage really well, they have their life in a perfect balance of what they need to and what they enjoy doing. For others though this doesn't come as easy, and it can cause stress and anxiety.

Without a structure to managing your time, you may find yourself spending too much time, thinking and planning how to spend time. This can become a vicious cycle that may build up to wasting time.

To hear more from Melanie and learn more about time management visit: <u>https://www.sunderlandrecoverycollege.com/resources/time-management</u>

Stress Management

Stress can create both physical and mental difficulties. Physical includes headaches, muscle strain – aches and pains, which if left untreated can possibly lead to heart attacks and strokes. Mental includes anxiety, depression and panic attacks.

The way to both physical and mental wellbeing, and the reduction of stress is to find ways to relax. Having time out for me isn't selfish but necessary and vital if we are to function well and give out to others.

To hear more from Melanie and learn more about stress management visit: <u>https://www.sunderlandrecoverycollege.com/resources/stress-management</u>





Hi my name is Chris Colclough and I have taught Biology for over 40 years.



More recently, whilst working at the University of Sunderland in the Biomedical Sciences department, I was diagnosed with bipolar disorder.

I had suffered from regular bouts of depression for 35 years but this was still a surprise. I was referred to the Recovery College in 2016 and found great benefit at a time when even leaving the house was difficult for me.

I attended a range of courses including Exploring Poetry, Mindfulness and Music appreciation.

After two years as a student my depression and anxiety had reduced significantly and I had gained enough confidence to become a volunteer and lead a course myself.

How Biology helped me with my Recovery.

Knowing your body has a key role to play in reducing anxiety and can therefore contribute to good mental health.

I wanted to provide an opportunity for students to find out a bit more about how the human body works and how to keep healthy by dispelling myths and encouraging confidence through developing understanding.

Since my first "Heathy Body Healthy Brain" course I have also led courses in Botany, Biochemistry and Ecology.

These are some of the courses I have developed and deliver for Sunderland Recovery College you can also access these on the website.

Course 1: How plants work

We know that growing plants has been linked to relaxation and reducing anxiety which can both contribute to good mental health.

This course is designed to help you to understand more about plants and how to grow them successfully.



Course 2: "Have you ever wondered?"

To relax and reduce my anxiety I love to do activities that give me a bit of a challenge and focus my mind. The activities in this course do just that and if you have an interest in science I think you will enjoy them. As you will see, some of them are designed for children and they will enjoy doing them with you. Some of the activities come from other courses that I have led at the college such as "Health body healthy brain".

Course 3: "Know Your Organs"

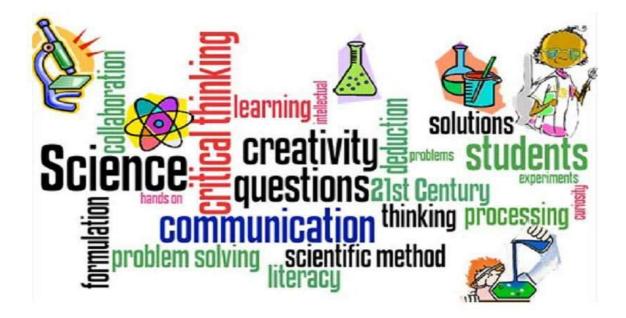
Understanding how our organs function and how to do our best to keep them healthy can help to reduce anxiety and improve our wellbeing. This course is designed to help you to understand more about the human body and fitness.

Course 4: "Know Your Genes"

This short course covers information to answer questions you might have asked about your genes and how they work as units of inheritance. How we inherit characteristics from our parents and how this can impact on our health is now well understood.

To learn more visit:

https://www.sunderlandrecoverycollege.com/resources/natural-science



Partner Information





Would you like to join any of the courses on offer which will be delivered through zoom? If so please contact: Kim Dobson for more information on 07500551869



Christmas Sugar Craft Tuesday 10th November

5 weeks 11:15am - 1:15pm

"A fun and interactive Sugar craft class, making models and cake toppers for the festive season".



Relax and Unwind Wednesday 4th November 6 weeks 1:30pm – 3:30pm

Christmas Flowers Thursday 5th November 6weeks 11:15am – 1:15pm

Christmas Crafts Friday 6th November 6 weeks 1:30pm – 3:30pm

The WEA is a charity registered in England and Wales



Education & Skills Funding Agency



https://www.wea.org.uk/

Partner Information





Recruitment

Sunderland Care and Support have a rolling recruitment programme for Support Workers in Supported Living. For details and applications go to recruitment@sunderlandcareandsupport.co.uk.

For any recruitment related queries, contact recruitment@sunderlandcareandsupport.co.uk.

