



in Bexley

Recovery College

Magazine Issue TWO



A note from our CEO

Last week was volunteer's week so I want to share why volunteers are an integral part of Mind in Bexley. Many residents and students give up their valuable time and skills so that we are better able to support residents. Since lockdown volunteers have provided us with an incredible 500 hours of volunteer time in the Recovery College alone. Volunteers do a variety of tasks from administration and governance, counselling, mentoring to support others and undertake wellbeing checks to name but a few. All are unpaid and are truly inspirational individuals. The Board and I do not forget these remarkable kind people and therefore I would like to thank all those who volunteer and support us particularly during these challenging times.

Many thanks

Dr David Palmer CEO

Welcome to the Recovery College Magazine!

Thank you everyone for taking the time to read the first edition of the Recovery College Magazine and sharing your amazing feedback with us. We were blown away with your ideas for future editions and we will do our best to include as many as we can. Again, this is a collaborative piece so please keep sending your thoughts through to us at recovery@mindinbexley.org.uk, it really helps us design the right content for the magazine.

This issue is dedicated to our incredible volunteers! Working alongside you all continues to inspire me daily. Your commitment and dedication gives me hope that people experiencing mental health difficulties and their families are valued in our communities and together we will work to drive out stigma and support equality for all.

Thank you, Laura Rey



in Bexley

WELLBEING SUPPORT LINE

0203 912 0048

I need to speak to somebody about how I am feeling

Where can i go to get help?

WE ARE HERE TO SUPPORT YOU

Times - Monday-Friday
9 am - 6 pm



ISOLATED, WORRIED - WE ARE JUST A PHONE CALL AWAY

Mind in Bexley Volunteers

I would like to thank every Mind in Bexley volunteer for their continued time and support during these challenging times. Since the lock down together as a team have worked hard and adapted to the needs of those who require support. It has been a challenge for all of us. Mind in Bexley services are here for you, if not in person, by video, email, telephone and messaging, continuing to stay in touch and provide many opportunities to support our well being in all ways other than face-to-face.



We have Volunteer Mentors offering over 35 calls a week supporting those who are struggling with the changes and challenges we are facing right now, The Mentor provides one to one support and encouragement to isolated and vulnerable individuals wishing to regain their quality of life after experiencing mental ill health. Mentor volunteers are matched with service users and work with them on a one to one basis. Together they work towards achieving realistic goals while developing new skills to build confidence and independence along the way, support has been offered by phone

We have volunteers supporting our Mind Recovery College, facilitating groups and workshops and support the staff delivering courses. The men's group and women's group are volunteer led and they provide peer support, having the opportunity in a safe place talk openly to each other, support each other, to be kind to each other. We have Mind Volunteers supporting Open spaces project to maintain the hard work required to keep our allotment and garden sustainable ready for when we are able to re open

We have volunteers supporting the Mind Revival Cafe delivering food parcels to those are self-isolating struggling due to financial pressures struggling with their mental health

We have admin volunteers who hard work behind the scenes supporting staff with the many admin duties required to keeping our services running smoothly, keeping us all connected.

Thank you Pauline Fisher, Volunteer lead

Jackie Smith

I have been volunteering since last year and I assist the volunteers Mind in Bexley with administration duties once a week.

I wanted to volunteer to gain some experience and confidence working in an office as I hadn't done so for 13 years. I have gained more IT skills and every week I find my confidence and self-esteem growing and look forward to improving and learning new skills with the support from Pauline. I find working at Mind in Bexley very rewarding and I have found everyone welcoming and very friendly. I would recommend it to anyone who is able to spare a couple of hours or even more.



Viv

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Joanne

I have been a volunteer in the Revival Cafe since July 2019. I really enjoy working in the cafe as it is a bright, friendly, welcoming and happy space. We always have the vinyl spinning and customers are encouraged to choose some music so that they feel part of the cafe. We have lots of returning regular faces which is nice as you can really get to know people and have a good chat, which is what the cafe is all about. Claire, who runs the cafe, is really lovely and the food is amazing too!



Since lock down, I was asked to phone a couple of people who needed a regular call each week. I just needed to make them feel that they weren't alone and to listen to them and hopefully make them feel less anxious and have a positive influence. During this difficult time, there are so many people who are really struggling and it was nice to feel that I may have made a difference to their well being.

I love Volunteering and would encourage anyone who has a few spare hours to volunteer as kindness really can make the difference to your own and others happiness!

Ola

My name is Ola, I am a volunteer with Mind in Bexley as a Mentor. I have been supporting Mentees during this lock down by offering weekly phone calls, listening and providing practice support. When speaking to Mentees I go through their recovery star with them which really empowers a person and supports individual recovery, this is soothing to them as well as myself. The great thing about talking to my Mentees is that one told me that she's always looking forward to my call every week. This makes me more determined to progress in this field.



As a volunteer with Mind in Bexley I find this as a great privilege to give back to my community and a career progression.

Thank you MIND IN BEXLEY for giving me this opportunity.

Pat

I wanted to become a Volunteer for MIND shortly after passing Level 2 Award in introduction to Listening and Counselling. I used the services personally to which I found to be extremely helpful.

MIND are a superb charity having lots of support areas and the Recovery College is lead superbly.

I received excellent training which I fully understood and I was supported to become a volunteer at MIND and I have been doing this role for 5 weeks. As a mentor I listen and engage with clients and signpost best way possible if needed. I have built a great rapport with all my clients whom are on the way to recovery. Having someone who listens, to talk to and engages and understands is a lifeline for so many.

I also am a Volunteer Facilitator hosting the Men's Group which is going remarkably well, again lots of engagement and proving to be very enjoyable and supportive.

I would strongly recommend anyone thinking of being a volunteer for MIND to join the fantastic team – I am so glad that I did as I feel I am giving something back.

None of us are broken – some of us are trying to put the pieces together.



Harry White - Open Spaces Volunteer

Hey everyone reading this, my name is Harry White and I am a Volunteer with Mind Open Spaces. I've been a Volunteer for around 2 years, going on 3 now, if my memory serves me right. I tend to the allotment as an Open Spaces Volunteer, which is wonderful for me, and my duties are primarily tending to the allotment and garden which can be de-weeding, planting fruit or vegetables or flowers, general things you do at an allotment as well as checking in with the Office to let them know we have arrived. Whilst at the allotment, clients come down to also do the same as either part of their CBT or a course they decide to take themselves, as part of a mental health therapy session.



In fact that's how I started out, I was a client with Mind and I wanted to go to the allotment as at the time I had an interest in growing my own fruit and veg, so what better place to help me and learn at the same time. After about 2 years of attending the allotment, as a client, they asked me if I wanted to become a volunteer, to which I said yes. To which I have become great friends with the Staff member running the Open Spaces and a fellow Volunteer who joined us during my 2nd year, we have a great time and laugh as well. I will also say I have become friends with some of the clients that attend as well, its nice seeing them and having a nice chat while working.

Anyway, I've gotten off topic.

When the Clients are at the allotment, my duties become more focused on the clients ensuring their safety and providing tasks that each person are able and comfortable with doing. Sometimes this requires me to show them how to carry out the tasks, as in how to dig properly or where things need to go. Sometimes I would show how to sow seeds or move plants and explain how and why we do certain things that way. They are classed as workshops since this can involve teaching more than one person, and once we have taught the how and why, we encourage the clients to crack on and have a go themselves.

Of course, whenever we have new clients or people interested in the allotment, we show them around our plots explain the tasks we carry out. We provide a basic rundown of all the areas, including health and safety, drinking area, toilet facility and answer any questions people may have.

I do have a "boss" to report to (I say "boss" but she is more like a friend), if I have any concerns or need anything for the allotment, since she is the Volunteer Leader and oversees the Open Spaces Project. She is pretty much our liaison to the office, providing us with any new information or changes happening. Since I was a client as well, she has kept in touch during the Lockdown of COVID-19 which has been really helpful to me as well, so big bonus for me.

To wrap things up, as it were, I've really enjoyed being a volunteer. It gave me great confidence that they asked me to become a volunteer with them, and I have absolutely enjoyed my time down at the Open Spaces. The Allotment is pretty much the highlight of my weeks.

Harry White, 24
Open Spaces Volunteer

If you would like to know more about our green spaces please contact recovery@mindinbexley.org.uk



Digital Timetable

Our digital timetable continues to grow and evolve. We have collaborated with Porchlight in Bexley who will be hosting 'Helping Hands' a parental support group.

BASS (Porchlight) work with 8-17 year olds across Bexley, providing one-to-one support at home, in school, or anywhere the young person feels safe. We've designed the service to help young people with high levels of support needs, whether they're having difficulty managing their relationships, at risk of exclusion or have serious problems at home that are affecting their education. We are offering an on-line session in partnership with Bexley Mind during this difficult time when we are all effected by Covid-19. This session will be an open platform for parents to have an informal chat with BASS staff regarding any concerns you may have about your child's emotional wellbeing at this time.



Porchlight
Changing attitudes • Changing lives

Mind-body wellness

Typically when we think of what yoga is, it is not uncommon for the mind to conjure up the image of a lean, contorted body, immaculately poised on top of a cliff as the sun is setting. We may instantly think 'I am not flexible enough or strong enough to practice yoga'. The truth is that yoga was never meant to be about the body, although that is a good place to start as an access point to the deeper teachings. The practice of Yoga was and always has been about the art of self-realisation and freeing ourselves from suffering so that we can feel a deep and unbreakable connection to all life. With this comes the ability to find sustained peace amidst the dramas of life. If yoga were about flexibility, then every gymnast would be enlightened. The foundation of yoga is the mind and therefore to authentically practice yoga is to learn how to master our minds which then becomes a tool for our own liberation.

In yoga we use a combination of movement, breath and other specific techniques to achieve the following benefits:

Physically: Increase mobility, improve posture, build strength, nourish and tone digestive and nervous system, boosts immunity and improve circulation.

in Bexley

Monday	10:00 - 12:00	Women's Group
Monday	13:00 - 14:00	Goal Setting for the week
Monday	14:00 - 15:30	Young Adults Project
Monday	15:00 - 16:30	Guided Mindfulness
Tuesday	09:30 - 10:30	Tai Chi
Tuesday	10:30 - 12:00	Men's Group
Tuesday	11:00 - 12:00	Communication in the workplace
Tuesday	12:00 - 12:45	Pilates
Tuesday	12:00 - 14:00	Creative Writing
Tuesday	14:00 - 15:00	Preparing to return to work course
Tuesday	14:00 - 16:00	Positive Mindset course
Tuesday	18:00 - 20:00	Stress and Anxiety course
Wednesday	09:00 - 9:45	Guided Mindfulness
Wednesday	11:00 - 13:00	Mend, Make and Motivate
Wednesday	14:00 - 15:00	Helping Hands - for parents in lockdown
Wednesday	14:00 - 15:00	Grow your Wellbeing
Wednesday	15:00 - 17:00	Wellbeing Workshop
Wednesday	18:00 - 18:45	Yoga
Thursday	09:00 - 9:45	Guided Mindfulness
Thursday	10:00 - 12:00	Stress and Anxiety course
Thursday	12:00 - 12:45	Pilates
Thursday	12:00 - 14:00	Wellbeing Workshop
Thursday	14:00 - 16:00	Positive Mindset course
Thursday	16:00 - 17:00	Relaxation Techniques
Thursday	17:00 - 19:00	Wellbeing Workshop
Friday	09:00 - 09:45	Yoga
Friday	10:00 - 12:00	Wellbeing Workshop
Friday	10:00 - 12:00	Confidence & Self Esteem course
Friday	12:00 - 12:45	Guided Mindfulness
Friday	13:00 - 13:45	Preparing for the weekend
Friday	13:00 - 14:00	Employment Briefings
Friday	15:00 - 17:30	Peer Support - Let it Out
Saturday	10:00 - 11:00	Move your Mood through exercise

Mind-body wellness - continued

Mentally: Reduce stress, cultivate calm and inner stability, build tolerance to change, improve quality of sleep, more clarity, heightened self-awareness, build presence and lasting happiness.

Energetically: Release stored emotions and trauma, cultivate and master personal energy, build awareness of your energetic nature and more subtle layers of your being



Megha, Yoga Teacher

Support our local community group- take your mind off it!

Take your 'mind' off it, was created by John Bull and Lisa Muirhead on Facebook, this group was officially began 2 years ago on 14 May, with the whole purpose of this was to get all communities together, to try and discuss the umbrella of mental health issues that still has a stigma surrounding it.

This group initially began from someone in Bexleyheath, who was involved in a terrifying ordeal and was suffering extreme mental health, this became the topic of conversation across a certain social media platform which included some of the local news and gossip pages across the boroughs, but mainly on a particular Bexley site.

This post was causing a huge affect on this gossip page that with the comments concerning this awful event, it then took Lisa to mention in a comment that something was required to enable people to say their feelings, and that the amount of services available was inadequate for the people.

So with the post and comments, John agreed with Lisa that highlighting this awful event was not fair and most of all, insensitive to all. This lead to John and Lisa joining together, to enable other members of the communities to reach out to each other, where the discussion of meetings on a monthly basis.

John then decided to call it 'Take your mind off it' as its what people try to do, so they don't have to concentrate on their issues.

After a very short period of time, John and Lisa managed to have there very first meeting, and this was at Christ Church in Bexleyheath with almost 50 members of the group attending, they felt overwhelmed with the amount of people coming.

Meetings continued monthly and had to move to various venues across Bexleyheath and Welling.

Last year, it became tough again, and they kept persevering and hunting for a new venue, until contact was made with the club management of Welling youth centre (Lovel club), this has now been confirmed as a permanent fixture with monthly meetings for all members of the group to attend to discuss their mental well beings. Since starting their group, John and Lisa have had various meetings with various organisations such as Oxleas NHS foundation trust, the Mayors of Bexley, BVSC (Bexley Voluntary Services Council) The Samaritans of Bexley & Dartford, and also a conference call with Mind in Bexley at the beginning of lockdown, where all these are now in working partnership with John and Lisa's group.

They have now over 1300 members, which is growing on a daily basis, and they are striving to continue to help the communities of Bexley and Greenwich in much way as they possibly can with the support of these organisations.

They have individually and together fought cases for their members, this still continues, and have some amazing stories that members share both within their group and at their meetings.

The group is primarily a peer support group where the members generally help, advise each other, with John and Lisa are on hand to advise, should any problems occur or if that member feels they needs some additional support and advice in private.

The key points to this group is....

- Connect
- Communicate
- Share

This is open to all with no discrimination, but assist each other.

kind regards

John Bull

Recipe of the week

Joy's Easy Banana Bread

This easy banana bread recipe is quick to prepare, and everyone always comes back for seconds!

Ingredients

- 3 ripe bananas, mashed
- 200g caster sugar
- 1 egg
- 60g melted butter
- 200g plain flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon salt

Method

Prep:15min > Cook:1hr > Ready in:1hr15min

1. Preheat oven to 160 C / Gas 3. Grease a 23cmx13cm loaf tin.
2. Combine bananas, sugar, egg and butter together in a bowl. Mix flour and bicarbonate of soda together in a separate bowl; stir into banana mixture until batter is just mixed. Stir salt into batter. Pour batter into the prepared loaf tin.
3. Bake in the preheated oven until a skewer inserted in the centre of the bread comes out clean, about 1 hour.

Give it a go and tag us on social media [@mindinbexley](#) with your pictures!
Thank you Joy for sharing your recipe with us



Brain training and puzzles

Here are just some of the amazing benefits to keep our brains active anytime especially during lockdown!

- Faster thinker
- Sharper listener
- Quicker reactions
- Enhances positive mood
- Boosts self-confidence
- Improves memory

Check out the following links for daily online brain games

<https://www.gamesforthebrain.com>

<https://www.websudoku.com>

<https://www.lumosity.com/en/>

<https://games.aarp.org/games/daily-crossword>

Please see this editions puzzle below:

<https://jigex.com/XHSD>

Remember take a picture of your completed puzzle and time and tag us on social media [@mindinbexley](#)



in Bexley

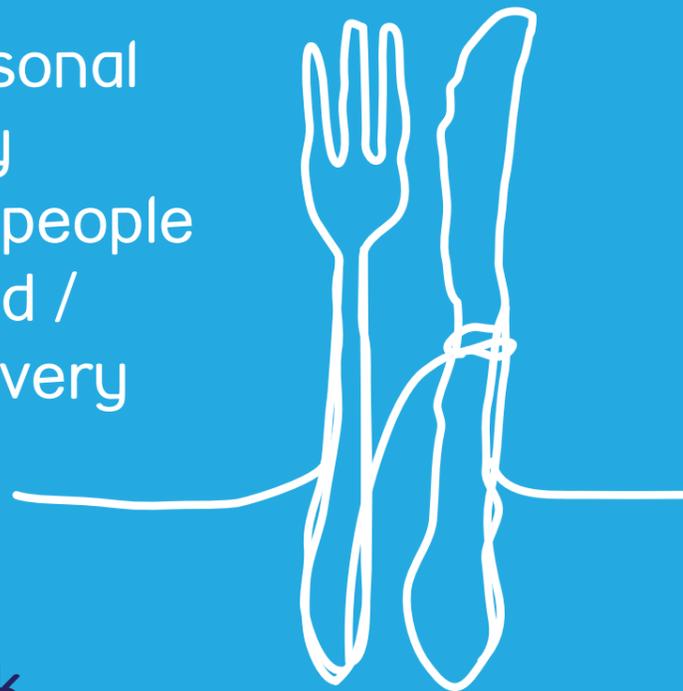
Food for Thought

We want to reach out and support people to stay well during these testing times.

The food for thought scheme is open to anyone using a Mind in Bexley service.

We are allocating a personal allowance of £15 weekly (subject to demand) for people to register an online food / personal care items delivery

For more information visit: mindinbexley.org.uk



FOOD BANK

At Revival Café on Devonshire Road next to the Mind in Bexley Offices every Tuesday and Thursday from 10 am -12 midday

DONATIONS WELCOME

Food Parcels will be given out on a first come, first served basis and there is no need for food vouchers.

Please contact Clare McMahon for more information:
T: 0208 305 0004 E: cmcmahon@mindinbexley.org.uk



Mindfulness Script

Breathe in the Rainbow

Welcome to this mindful rainbow meditation.

Let's begin by settling down into a nice comfortable position either sitting or lying down.

Allow your eyes to gently close
Put your hands on your belly and just focus on your breathing
as the breath flows gently In and out.

Now using your imagination picture in front of you a beautiful colourful rainbow
shining brightly all around you.

Now start to focus your attention on the rainbow colours as we go through them
all one by one.

Beginning with the colour red - Imagine the colour red is getting brighter and this
colour supports you to feel strong, and as you breathe in the colour red the feel-
ing of being strong flows through your whole body, and as you breathe out the
colour red flows back out into rainbow.

And you say to yourself I am strong

Now you notice that the colour orange is getting brighter and this colour supports
you to feel hopeful, and as you breathe in the colour orange the feeling of hope
flows through your whole body, and as you breathe out the colour orange flows
back out into rainbow.

And you say to yourself I am hopeful

Now you notice that the colour yellow is getting brighter and this colour supports
you to feel happy, and as you breathe in the colour yellow the feeling of happi-
ness flows through your whole body, and as you breathe out the colour yellow
flows back out into the rainbow.

And you say to yourself I am happy

Now you see that the colour green is getting brighter and this colour supports
you to feel kindness towards yourself and others, and as you breath in the col-
our green the feeling of kindness flows through your whole body, and as you
breath out the colour green flows back out into the rainbow.

And you say to yourself I am kind

Now you notice that the colour blue is getting brighter and this colour supports
you to feel peaceful, and as you breath in the colour blue the feeling of peace
flows through your whole body, and as you breath out the colour blue flows back
out into the rainbow.

And you say to yourself I am peaceful

Now you notice that the colour indigo is getting brighter and this colour supports
you to feel grateful, and as you breath in the colour indigo the feeling of grate-
fulness flows through your whole body, and as you breath out the colour indigo
flows back into the rainbow.

And you say to yourself I am grateful

Now you see that the colour purple getting brighter and this colour helps you to
feel creative, and as you breath the feeling of creativity flows through your whole
body, and as you breath out the colour purple flows back into the rainbow.

And you say to yourself I am creative

Now you see all the rainbow colours together shining brighter than ever before
And you realise that you can always see yourself in the rainbow and you can
always see the rainbow in you.

Now it's time to gradually wake up slowly moving your body, and gently opening
your eyes and you smile because today you are all that you need.

CONTACT US

Bexley Recovery College

Telephone: 0208 303 8932 Option 5

Email: recovery@mindinbexley.org.uk

Welfare Rights / Debt Advice:

Telephone: 0203 912 0041

Advocacy:

Telephone: 0203 961 7846

Email: advocacy@mindinbexley.org.uk

Carers Service:

Telephone: 0203 912 0030

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