

# Keeping Connected

Calderdale & Kirklees

Recovery and Wellbeing College

**NHS**

South West  
Yorkshire Partnership  
NHS Foundation Trust

**October 2021**

*Do you have a favourite book, poem or recipe you would like to recommend? Would you like to share your own recovery journey experience? If so please get in touch as we'd love your contributions.*

*Email us at [ckrecovery.wellbeing@swyt.nhs.uk](mailto:ckrecovery.wellbeing@swyt.nhs.uk) Please note all content correct at time of writing.*

Dear Learner,

**Welcome to a spooky edition of Keeping Connected!**

I was brought up in a family where we were not allowed to celebrate Halloween. It glorified death and evil spirits. I suspect there are many people that feel the same way. Well, it certainly feels like we are facing a nightmare of a winter (see article overleaf). A phrase we use in the College a lot is "reframing our thinking". In other words, by the way we think we largely create our own pain and suffering, stress and anxiety (guilty as charged Your Honour!). Pain and suffering are real, but we can lessen them by "reframing" how we view the world. So rather than dreading the winter, get your wellies on and have a go at embracing it. We'll do our best over this challenging season to help – so watch out for new courses and ideas to help. By the way I love Halloween now, and in that vein, I was going to make a skeleton joke, but you wouldn't find it very *humorous*.

Stay safe, reach out and read on.

**Matt Ellis, Principal**

## The Recovery & Wellbeing College Recommends.....

Forward Together: Mental Health UK  
Mental Health UK - Forward Together

[mentalhealth-uk.org](https://www.mentalhealth-uk.org)

This site provides information and support, money advice, real life stories and the opportunity to connect with peers via their online community.





# Tis the season..?

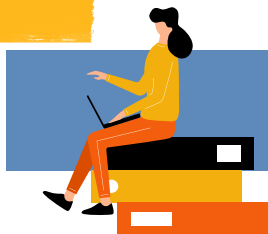
With dark nights approaching, Coronavirus and Flu to contend with, rising energy and food prices, possible gaps in the supply chain and the pressures that Christmas can bring... may mean a difficult rather than joyous season for many.

However, as you probably already know, one of things we value at the College is a focus on everything that is right with an individual (and the world), rather than what is wrong. That doesn't mean we are ignoring all the very real issues described above, in fact quite the reverse. We are in the process of planning various workshops and courses that will help you, our lovely learners not just survive the season but to embrace it! There will be lots on offer like budgeting tips, how to make the festive period less stressful, plus plenty of activities to remind us that winter is such a special time of year.

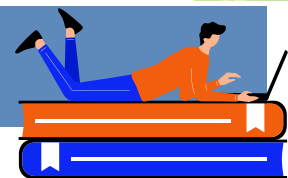
Think of crisp, white, freshly fallen snow, roaring log fires, hands wrapped around a steaming mug of hot chocolate covered in marshmallows or a bowl of your favourite soup with a chunk of buttered bread just out of the oven. Mmmmmmmmm!

While we don't want to wish time away, as there is still loads to enjoy in Autumn with Halloween and Bonfire Night just around the corner, please keep an eye out for workshops and courses as part of our new **Winter Well-ies** theme.





# Upcoming Courses



## Understanding Dementia

This one-off workshop delivered by Kirklees Dementia Hub will provide you with information about symptoms, the progression of Dementia, how to access support and be able to answer some of your questions relating to this diagnosis.

Starts: Monday 15 November at 10.30am (online)

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## Weaving for Wellbeing

Start a wellbeing journey, exploring yourself and how you engage with the world using the creative art of weaving. Sessions will have a mix of activities, inspiration, media and the opportunity to produce your own woven piece.

***LAST CHANCE TO BOOK ON THIS FAB CREATIVE COURSE!***

Starts: Tuesday 9 November at 1pm @ The Artworks in Halifax (face to face)

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## Autism Awareness

This one-off workshop will promote an understanding of the characteristics of Autism and the ways that it may affect a person. You will learn how to access support with a potential or existing diagnosis and discover the local/national support networks available.

Starts: Thursday 25 November at 1pm (face to face at the RWC in Kirklees)

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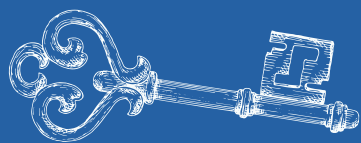
## Fun & Games at Christmas

Here at the RWC, we are ditching everything digital this December to recapture the fun-loving spirit of Christmas past. Reviving good old fashioned family entertainment, we will, as a group, play some games that you may or may not be familiar with. This one-off INTERACTIVE session aims to help you enjoy time with friends & family through play, which can boost your mood and help strengthen relationships. **ONLY 2 SPACES LEFT!**

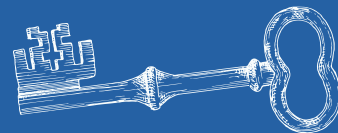
Starts: Monday 6 December at 1pm (face to face at the RWC in Kirklees)

For more details visit our  
[calderdalekirkleesrc.nhs.uk/courses/](http://calderdalekirkleesrc.nhs.uk/courses/)





# Keys to Happier Living



## Key No 10: Finding meaning

Finding meaning in our lives can help us feel happier and can reduce feelings of stress, anxiety and depression. However, 'meaning' isn't something we can just buy off the supermarket shelves so where do we find it in our own lives?

There is no one type of 'meaning in life' - it is different for everyone, but basically it's about being connected with something bigger than ourselves, often something that creates an 'outward' focus, away from our own day-to-day concerns. It can stem from a role you may hold; a parent, a carer, community member or volunteer, something that you find rewarding. It might come from creative activities such as art, crafts or writing or you may find meaning in religious, spiritual or political beliefs or from a connection to the natural world. People often feel the meaning in their lives gives them a sense of purpose and a reason for being.

*But what if we don't possess a sense of purpose or meaning?*

Desperately searching for it can lead to anxiety and low mood if we endlessly hop from one issue/career/relationship etc to another, hoping to find 'the one'! Instead, Action for Happiness advises us to think carefully about which activities, people and beliefs we feel most strongly about then make sure we prioritise these things in our lives. For example, if you feel strongly connected to nature then finding time to get outdoors and into some green space a few times a week may help you to develop a sense of connection and meaning. To take it further, you could get involved in a project to tidy up a local park or river, improving your wellbeing in a number of ways including having a deeper purpose, getting more exercise, and developing companionship and a feeling of belonging to the wider community.

### GREAT DREAM

Ten keys to happier living

- |            |   |
|------------|---|
| GIVING     |  Do things for others            |
| RELATING   |  Connect with people             |
| EXERCISING |  Take care of your body          |
| AWARENESS  |  Live life mindfully             |
| TRYING OUT |  Keep learning new things        |
| DIRECTION  |  Have goals to look forward to   |
| RESILIENCE |  Find ways to bounce back        |
| EMOTIONS   |  Look for what's good            |
| ACCEPTANCE |  Be comfortable with who you are |
| MEANING    |  Be part of something bigger     |

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

You can find out more about the ten keys to happiness and how to develop a happier way of living by visiting <https://www.actionforhappiness.org/10-keys>



# Snap happy

Team member Sarah shares her mindful photography practice in a blog post, here's a *snapshot*...

by Sarah W

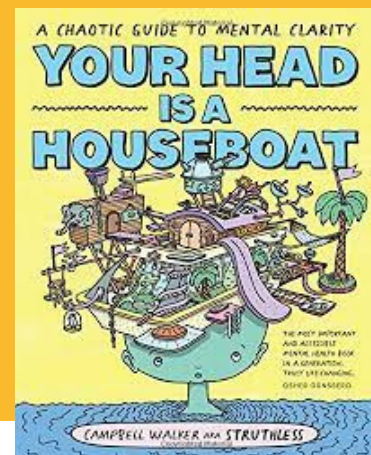


"For me, the enjoyment comes not from taking an amazing, award winning photograph (although any tips are welcome), it's about taking my mind off how I'm feeling and away from my worrying thoughts. I have previously always thought of mindfulness and mindful activity as being about breathing exercises and focusing on something as a distraction, but I now believe it is much more than that. It is a way to refocus my thoughts and give my racing mind a well-deserved break. My worries haven't completely disappeared and I don't think they ever will, but when I'm behind the lens or looking for photo opportunities my anxiety lessens and is not all consuming.

Read the rest of Sarah's blog here -  
[calderdalekirkleesrc.nhs.uk](http://calderdalekirkleesrc.nhs.uk)

## Book Review

In *Your Head is a Houseboat*, the author, Cam (aka Struthless) demystifies mental health, emotions, mindfulness and psychology – but with less complex terminology and more bizarre metaphors. It's a book filled with illustrations, journal exercises and words that will probably hit close to home. At its core, this is a funny, accessible approach to understanding your head and making it a nicer place to live.



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## How to make a difference

We know that ways to reduce our use of fossil fuels is a recurring theme in this feature and, with energy prices soaring now might seem like a good time to put those ideas into practice — if you haven't already. However, we also need to make sure that we take care of ourselves, as well as the planet and stay warm this winter.

*So how do we do both without it costing the earth?*

**Layer Up:** making sure you have a couple of layers of long sleeved clothing on is definitely a good idea during the cooler months.

**Put Your Slippers On:** cold feet can really make the rest of your body feel cold too, so wear socks/trainers/slippers to keep your toes toasty!

**Make a Cuppa:** having hot drinks and meals every day can really warm the cockles!

**Sleep Well:** dig out the thick duvet / place an extra blanket on the bed or fill up that hot water bottle.

**Snuggle Up:** soft furnishings are great to add warmth to you and your home. Curtains, when closed help keep heat in, rugs are great on cool laminate flooring and who doesn't love a throw over their legs when curled up on the sofa.

**Heat One Room:** if spending large amounts of time in just one room then it makes sense to heat that room alone. Turn off thermostats in unused rooms or invest/borrow a heater for that particular space.

**House Maintenance:** do a bit of DIY and fix any drafty doors / windows, to help keep the cold out.

**Move More:** walking around or doing a bit of exercise helps get the blood flowing and warms up the body.

**Close Doors:** doing this keeps the cold out and, by creating a smaller space, means it is quicker and cheaper to heat rooms up.

**Save Energy Elsewhere:** making sure you have turned off lights / appliances throughout the house can help keep your electricity costs down meaning you have more ££ for heating bills.

**Insulate Your Home:** whether you live in a private or local authority property you might be entitled to free or discounted cavity wall / loft insulation from your local council so why not check it out?

## Contact us

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