



**Inspiration to help you
Live Life Well**

**Calderdale and Kirklees
Recovery and Wellbeing College**



Bloom where you are planted

Here at the RWC we believe that being well is different for each of us. However, there are common ideas that unite us all, as surely as night follows day and spring follows winter.

We invite you to embrace the lessons that nature has to offer over the coming months to help you feel 'bloomin' well!'

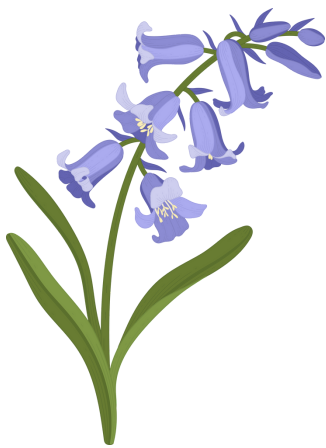
Be patient with yourself, nothing in nature
blooms all year

All the flowers of all the tomorrows are in the
seeds of today

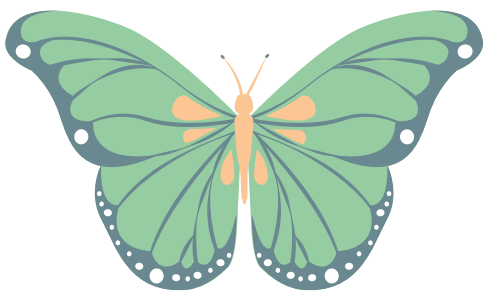
May the flowers remind us why the rain was
necessary

Springo!

Enjoy a game of Springo! Look out for the blooms pictured below and when you have found them all reward yourself with a small treat, such as a nice cup of tea!



This simple activity can be done whilst out and about or even in the comfort of your own home or garden. Whether you opt for the tulips and daffodils above or create your own version with perhaps different species of birds or other wildlife. Anything goes!



Remember to treat yourself when you get a full house!

A Mindful Walk

Spring is the perfect season to enjoy some fresh air and give your vitamin D levels a boost after the dark winter months.

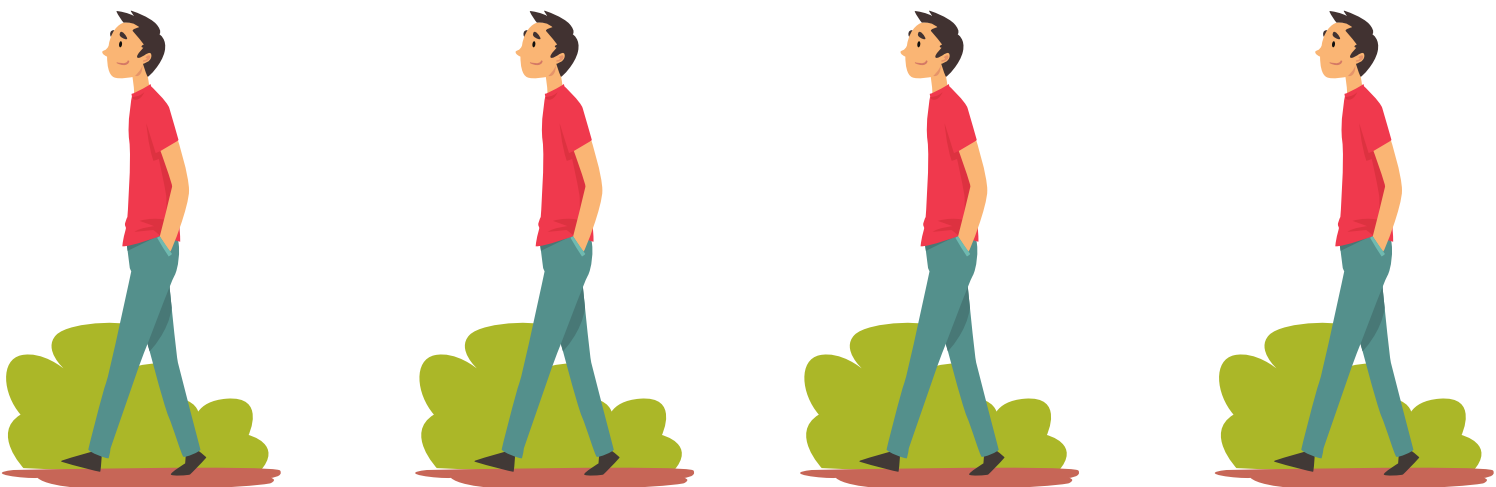
A gentle walk around your local park or even your own garden is an opportunity to practice being mindful. You don't have to be an expert in mindfulness to reap the benefits. Here are some tips to help you on your way:

Take notice of the sights around you; the bark on a nearby tree, the brightness of the sky, how green the grass is

Take notice of the sounds around you: the birds singing, the wind in the trees, the laughter of children

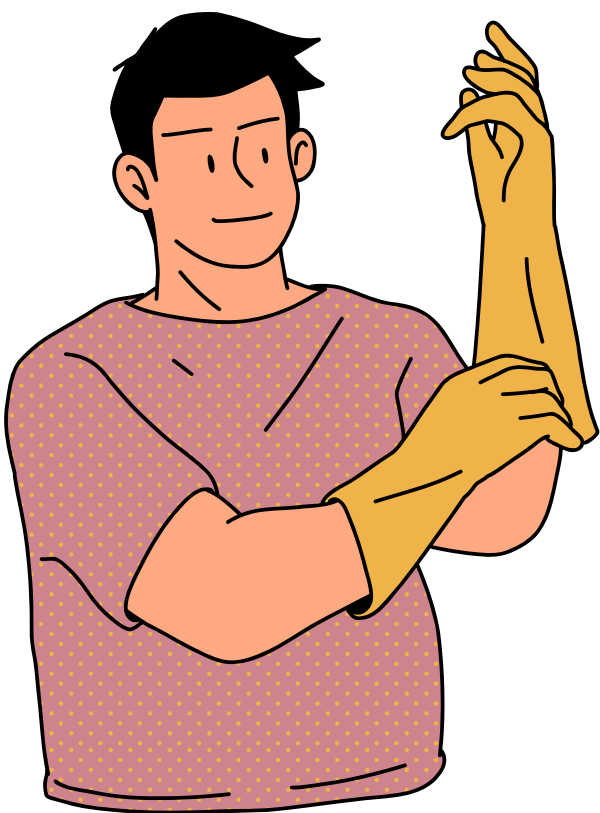
Take notice of the smells around you: the beautiful fragrance of the springtime flowers, freshly cut grass

Take notice of physical sensations: the sun on your face, the breeze gently blowing your hair



Research shows that 20 minutes of gentle walking is enough to help relieve symptoms of anxiety and depression as well as improving our sleep and overall physical health.

Get Your Marigolds On!



Despite various theories, the jury is still out on why many of us feel inclined to rid our homes of every spec of dust at this time of year but whatever drives us, having a good old spring clean can be really therapeutic.

Cleaning and organising the spaces where we spend most of our time can give your mood a boost and the task itself can feel energising rather than a tiresome chore.

So there are lots of reasons to don those marigolds if you are feeling motivated. Surfaces glistening and sparkling in the sunshine, curtains fluttering in the springtime breeze, that lovely pine fresh smell that lingers for hours are all lovely rewards for your hard work.

However, we suspect the greatest reward is putting your feet up after a busy day and feeling that sense of achievement for all your efforts.

Snap Happy



Whether using a more traditional camera or your smartphone, photography is a great pastime that most of us can enjoy.

Consider challenging yourself to take one photograph each day of a single happy moment. Maybe its your pet curled up in your lap, bluebells on a woodland walk, the perfect cup of tea (with just the right amount of milk), someone else doing the washing up, fresh bed linen, a bubble bath, a slice of cake, slipping into your comfy tracky bottoms at the end of a long day. Get the picture?

Whether you challenge yourself to do this for a week, a month or even longer, you'll be surprised how much pleasure can be found in small things and how wonderful it is to have those moments captured.

The Power of Plants

There is lots of research to support the psychological benefits of plants and gardening - and the great news is that we can all find a place for them in our lives should we choose to. Whether it's a single pot plant on your kitchen windowsill or work desk, a flower filled window box, a garden, allotment or local park we can all find somewhere to enjoy the many advantages that being close to nature can provide.



Studies have shown that those who interact with nature have higher levels of creativity, experience greater feelings of positivity and hopefulness and improved memory. There are even studies that demonstrate quicker hospital recovery times for patients who are able to see just a single tree from a window compared to those who don't. Amazing right?

It doesn't matter if you don't know your Gerberas from your Geraniums, Mother Nature always provides a helping hand, so stick a seed in a soil filled pot, water occasionally and see what happens. You've likely created new life - that not only looks good, but serves a purpose too. Absorbing carbon dioxide, emitting oxygen and reducing our stress and anxiety levels, to name but a few.

Creating your own green haven doesn't have to be expensive, seeds can be picked up at relatively low cost and ask friends or family for cuttings as you develop your skills and knowledge. Good luck!



Inside Out

In winter it can be tempting to hibernate away so with the arrival of spring it's a wonderful opportunity to make the most of the outdoors. You don't have to go for a long hike in the countryside to do that (although that's a great thing to do if you're able), simply wrap up warm and take your morning brew outside and enjoy the lighter, warmer days that this season offers. Linger a little, read a book, potter in the garden, chat to a neighbour, practice meditation.

As lovely as all that sounds we recognise that not everyone can access outdoor spaces so why not bring spring inside? Open doors and windows and let the air flow through your home, arrange a bright and cheery vase of daffodils somewhere prominent, cook a new recipe with some seasonal veg or sketch or paint a springtime scene from the comfort of your home.



A Good Book

Love to read? Okay, we know that a good book can be enjoyed at any time of year, indoors or outside, but here are a few recommendations that might just put a spring in your step....

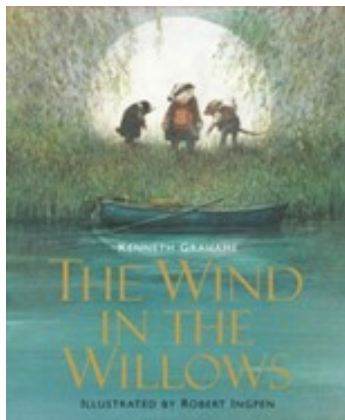


Sweet Bean Paste by Durian Sukegawa, is a delightful slice-of-life book, which tells the story of Sentaro, a man who dreams of becoming a writer but in fact has a criminal record, drinks too much, and spends his days in a tiny confectionery shop selling sweet bean paste pancakes. But when Sentaro meets Tokui, an elderly woman with a troubled past in springtime, everything changes for both of these memorable characters. It's a wonderfully uplifting story of friendship to read in spring.

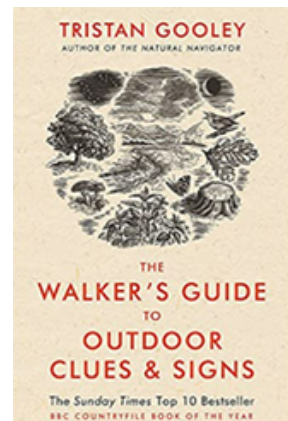


The Enchanted April by Elizabeth von Arnim is a book that just feels like a balm for the soul; it breathes fresh air, new opportunities and new beginnings.

Reading this, you escape to a sun-kissed villa on the Italian Riviera with four middle-aged women seeking a change from dreary London.



The Wind in the Willows by Kenneth Grahame is a true British classic. It is a book about spring, beginning with Mole spring cleaning his home (he soon grows exhausted and decides to head above ground to enjoy the warm weather). What follows is a celebration of Mole's spring fever as he sets forth into the world with Mr. Toad, Badger, and Ratty in one of the most charming pieces of English literature.



The Walker's Guide to Outdoor Clues & Signs by Tristan Gooley, is the ultimate guide to what the land, sun, moon, stars, trees, plants, animals, sky and clouds can reveal, when you know what to look for! This top ten bestseller is the result of decades of pioneering outdoors experience, instructing, researching and writing. It includes lots of outdoor clues and signs that will not be found in any other book!

07717 867911

If these aren't your thing, why not research other good reads that are fitting for this wonderful season?

Courses at the Recovery & Wellbeing College

With the beginning of the spring / summer term only a few weeks away, there are lots more courses to check out. Please note; if your preferred course is fully booked please still request a place and we can add you to a waiting list. Don't forget if you can't attend a course to let us know so we can offer your place to another learner. Thank you :)



**Dance Fusion - starts
Weds 19 April**

**Song Writing - starts
Thurs 20 April**



**Dare to Dream - starts
Friday 21 April**

**Self-Care for Carers -
starts Weds 10 May**



To see our full list of courses please visit our website:
www.calderdalekirkleesrc.nhs.uk