



Living Spiritually

Spirituality, like recovery, can mean different things to different people. For some, it is a belief in something beyond ourselves; believing in a higher being. For others, it may be something they experience during a moment of reflection, perhaps while in nature or meditating or practicing yoga.

Whether you consider yourself to be a spiritual person or not, with both Easter and Eid al-Fitr occurring this month it is perhaps a good time for a bit of personal reflection. Often, we can lose sight of why we do the things we do, and just carry on regardless. However, taking a little time for some contemplation can help us re-focus and connect with what we are doing and the reasons why. It can be a good opportunity to learn more about ourselves, becoming more self-aware, as well as a way to process some of our thoughts and feelings.

Both Easter and Springtime are full of signs and symbolism relating to new life and new beginnings so why not practice some self-reflection and we hope you will, like nature, start this season feeling refreshed and with renewed feelings of hope for the future.



Spotlight On...

Carers Count

If you care for an adult with dementia, mental health difficulties, autism or drug or alcohol dependency then Carers Count can provide you with the support and guidance you need in your caring role.

They understand that caring for another person is both physically and emotionally demanding, so they provide a service to support carers on a one-to-one basis and give them an opportunity to talk through their problems and concerns. They also offer breaks for carers; providing support staff to be with your loved one, to enable you to attend appointments, go shopping or to simply have a break.

Alongside this individual support, they also run dedicated groups and drop-in sessions, where you can get advice and share ideas with other carers as well as members of the Carers Count team. These groups are a great opportunity to meet other carers, to relax and have a brew in a safe and supportive space.



To discover what Carers Count have on offer and when and where or if you have any other queries about their service please call Carers Count on 0300 012 0231 or email: info@carerscount.org.uk

Alternatively, please visit their website: <https://carerscount.org.uk/>

If you live in Kirklees and care for / support someone over 18 then why not book on our brand new course *Self-Care for Carers* starting on Wednesday 10 May at the RWC?

A letter to myself

We felt very privileged recently when learners on our *Write Time for Wellbeing* course shared some of their fabulous work with us. One of them, has kindly agreed for us to publish one of her pieces - it was a letter to herself. We're sure you will find it as inspiring as we do!

Dear Nancy

Thank you for writing this letter, it's been a long, a very long time, for me to get around to doing this. I love the fact that you are making an effort to help yourself, making sure that you are doing something to keep you and your mind healthy. Do not forget to do something to keep busy, keep motivated, trying new things, keep driven.

Be yourself, everybody is there to support you, your family, your partner, your friends. Keep strong Nancy, be positive, have confidence in yourself.



Writing can be a wonderful 'wellness tool' as our learners discovered on this course and seeing your words in print can give us a real sense of pride and achievement. So if you like to write, why not follow Nancy's example and get in touch and we may publish some of your work too!

Let's Get Physical



We all know that being more active is good for both our physical and mental health but sometimes just knowing that isn't enough. Many of us don't know where to start, lack the motivation or just don't feel physically able to start exercising. So what can we do?

Active Calderdale have produced an extensive list of low / no cost activities for all abilities, such as:-

Take Ten Step Out Challenge which can help you to take an active break during your day

We Are Undefeatable have created *Five in Five* a workout perfect for people of all abilities

Parkwalk: strive for five is an 8-week programme to get you up to a 5k walk, produced by Parkrun

Moving Medicine have resources for people with a range of health conditions

Living Streets: Try 20 has tips for building 20 minutes of walking into your day

For more information, ideas and motivation visit:
www.active.calderdale.gov.uk/getting-active

There are still a couple of spaces on our *Dance Fusion* course starting on Wednesday 19 April, so strike while the iron is hot and book on now!



Try something new!

As we head into spring we're reminded of new life and new beginnings, with lambs in the fields, flowers popping their heads through the ground, and buds appearing on the trees and shrubs.

What better time to try something new in our own lives, to boost our wellbeing? Here are a few ideas to get you started!

Get planting!

If you've never been green-fingered, why not try some planting this spring? Stick a seed in a soil-filled pot, water occasionally and see what happens. You and the planet will likely both feel better for it!

Listen to a podcast!

There are podcasts on a million and one subjects, and they're a great way to learn something new or just relax and enjoy! Google for podcasts on any topic you're interested in, and have a listen. If you want you could even get your chores done at the same time!

Say hello to a neighbour you haven't spoken to before!

Many of us don't have much contact with our neighbours these days, but they can be a great source of friendship and support. Why not challenge yourself to say "Hello!" next time you see a neighbour you don't know? You might just brighten the day for each of you!

Learn a new hobby!

It's a great feeling to learn a new skill, especially when it's something you enjoy doing. Check out our Bloomin' Well workbook for ideas, or try one of our courses or workshops!

**Our Bloomin' Well handbook is available from the
Resources Page of our website:**

www.calderdalekirklesrc.nhs.uk

or contact us to request a copy to be posted out to you.

Stay up to date, follow us on our socials



Someone like me

'Lived experience' is really important at the Recovery & Wellbeing College. What we mean by this is that how the College is run and the courses we deliver have been influenced / co-produced by those with their own personal experience of living with, or caring for someone with either a mental or physical health condition. This means that hopefully our courses are relatable and relevant to our learners, who may experience similar issues.

Meeting with others who are or have been in similar circumstances, whether that be health related or otherwise can be a positive experience. Knowing someone else has been in your shoes and can associate with the difficulties you are experiencing, can somehow lighten the load. Maybe it is just the feeling of being heard, understood, accepted, or perhaps seeing that others are able to enjoy a good quality of life, despite their struggles that makes being with our peers so beneficial.

We hope that everyone finds the College to be a friendly, safe and inclusive place of learning and we welcome people from a diverse range of backgrounds but we want to do MORE to help our learners feel more connected. If you are living with a particular health condition or diagnosis, are part of a specific community or are just willing to share your own story then we'd love to hear from you, so that we can learn how to better support you and others. Please get in touch to find out more about contributing to 'Someone like me'.

Contact us

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www.calderdalekirkleesrc.nhs.uk

