



January / April Edition 2020 Issue 9

Dear Students,

We hope you're enjoying the lovely Spring weather.

Spring and Summer term has started and we have a range of online workshops and courses on Zoom available to book. We'll be adding more online workshops and courses as they become available.

You can find more information [HERE](#)

Our virtual cafes and student voice gatherings are continuing, you can find out more information [HERE](#)

Have a great term.

The Recovery College Team

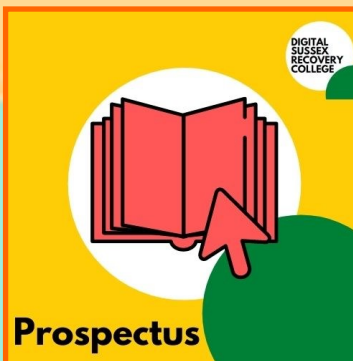


DIGITAL  
SUSSEX  
RECOVERY  
COLLEGE

Whats On Now



Timetable



Prospectus



Learn how to use Zoom

GETTING TO  
GRIPS WITH  
ZOOM



### Twitter

Download Twitter to keep up to date for all the latest news from Sussex Recovery College.

We share all our new courses and workshops as soon as they come off the press.

[Click Here](#) for a handy introduction video on how Twitter works.

[Click Here](#) to see Sussex Recovery College Twitter account

Scan this QR code with your smartphone camera to be taken to our Twitter feed.

**Sussex Mental Healthline has a new number - 0800 0309 500**

[The Sussex Mental Healthline](#) is a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.

The service is available to anyone concerned about their own mental health or that of a relative or friend and this includes carers and healthcare professionals. You do not need an appointment.

The Sussex Mental Healthline offers support to those who may be in crisis, distressed and in urgent need of help with their mental health. Please also see the urgent help in a [crisis page](#) for additional support and information.

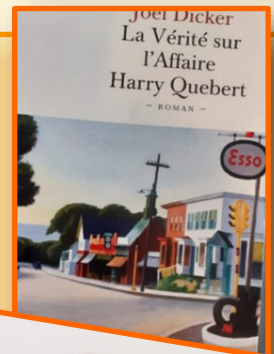
## Aiming for Tiny Adventures in 2021

As we started planning the Virtual Café sessions over the New Year, myself and my fellow peer trainers were grappling with how to support our attendees in what we know can be a challenging time as people look back on the past year and look forward to a new one. We were especially aware that this could be challenging for people in these times.

On New Year's Eve we sat down in the Virtual Café to create Hope collages – although the session actually turned into a chat and cake fest (also a good way to mark the end of the year).

Then for our first Virtual Cafés of 2021 we looked at an exercise called “Tiny Adventures”. We invited people to draw a hot air balloon, train, board game – or any image with segments that spoke to them – and then fill the segments with little adventures that they could do in 2021. The idea was that we may well be spending part of 2021 in lockdown, but that that doesn't mean we can't push our boundaries and try something new.

I decided to create a board game with 12 mini adventures, one for each month of the year. With a bit of help from my family, I came up with 12 new things to try, ranging from cleaning my carpets (hey, they'll look great when I'm done), to trying to get on local radio, and covering different interests of mine, like cooking, computing and crafts! One of the attendees came up with the brilliant idea of rolling a pair of dice each month to see which adventure I get to complete.



So, board game complete, I found a pair of dice and rolled with trepidation to see what I would be doing in January. Thankfully it didn't land on go in the sea... Instead I was going to explore the culinary delights of pickling vegetables.

This took a bit of preparation and planning. Jars had to be purchased, and, after all 3 of my local shops failed me, pickling spices had to be ordered from Amazon (thank goodness for Prime). It took me a good hour and a half of slicing, simmering and sterilising, but the end result was 6 jars (and an ice cream tub) of pickled red cabbage, shallots and ginger.

I wasn't brave enough to attempt a recipe that keeps for months, so I've now got a lot of pickles to eat my way through... but I'm happy to report that they are delicious and have made a welcome addition to my lunches. Plus, every time I crunch into them, they remind me that I started 2021 by trying something new and setting myself a challenge.

I can't wait to roll the dice every month, and I'm very excited to think that I'm going to have these small adventures – and big achievements – to look forward to without 2021.

**Victoria Hill - Peer Trainer**

**How?**

mental health problems

**A gift**

**Let's talk...** Understanding

A story driven by passion

Discover beauty and TRANSFORM


**Wild and wonderful**

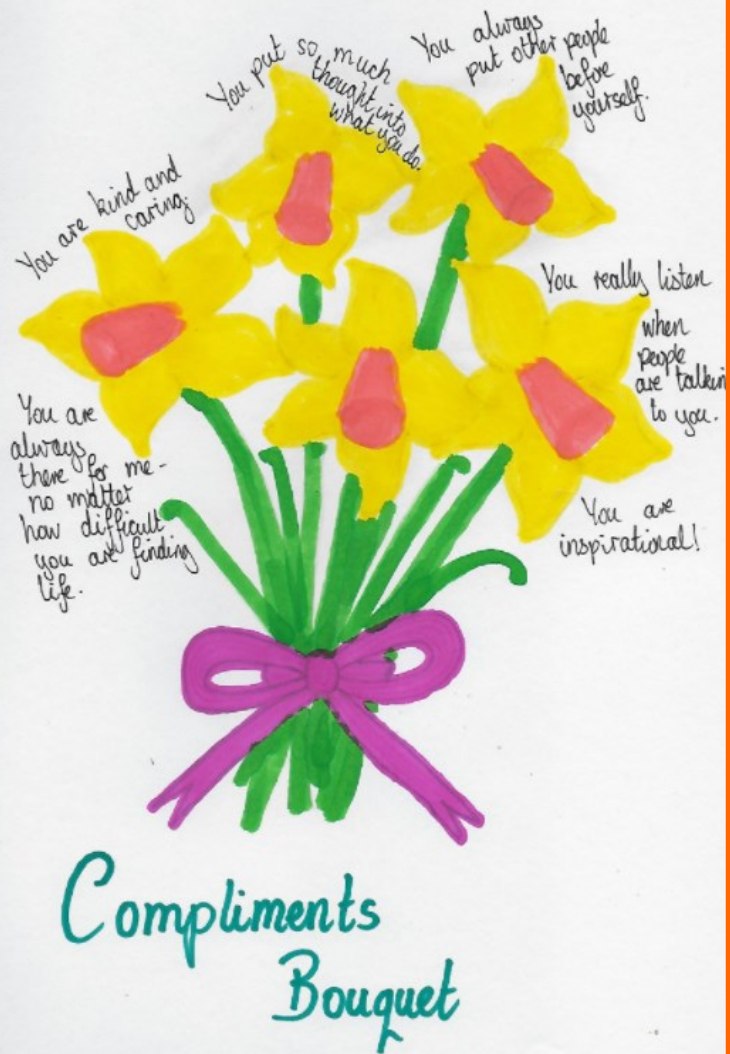
Knowing life makes

so much difference

to me

## Virtual Cafe

- 
- Go for walks. Carry playdough with you at all times. Practice deep breathing every day.
  - Take long, relaxing bubble baths in the evenings. Build creativity into your routine.
  - Practice gratitude - be thankful.
  - Take notice - be aware of things.
  - Pay compliments to others.
  - Keep on learning - always.
  - Give to others - time and effort.
  - Accept the things you can't change. Relax.
  - Kindly challenge your unhelpful thoughts.
  - Practice self-compassion.
  - Build a playlist of resilient music. Use positive affirmations.
  - Follow good sleep hygiene. Eat well.
  - Keep a worry diary or set aside worry time.
  - Tidy environment = calm mind. Be flexible. Enjoy what you do and have fun.
  - Practice deep breathing every day.
  - Build creativity into your routine.
  - Be kind to yourself and others.
  - Reach out to other people.
  - Spend time enjoying nature.
  - Be active in whatever way you can. Listen to others.
  - Approach problems with an open mind.
  - Be patient with yourself and with other people.
  - Focus on being in the present moment. Help others.
  - Visualise relaxing and calming environments. Set goals.
  - Get up and go to bed at the same time each day. Weighted blankets.





## We would love to hear from you.

How has lockdown affected you? How have you coped? What have you learnt?

Send us a picture of your achievements. Send us a poem.

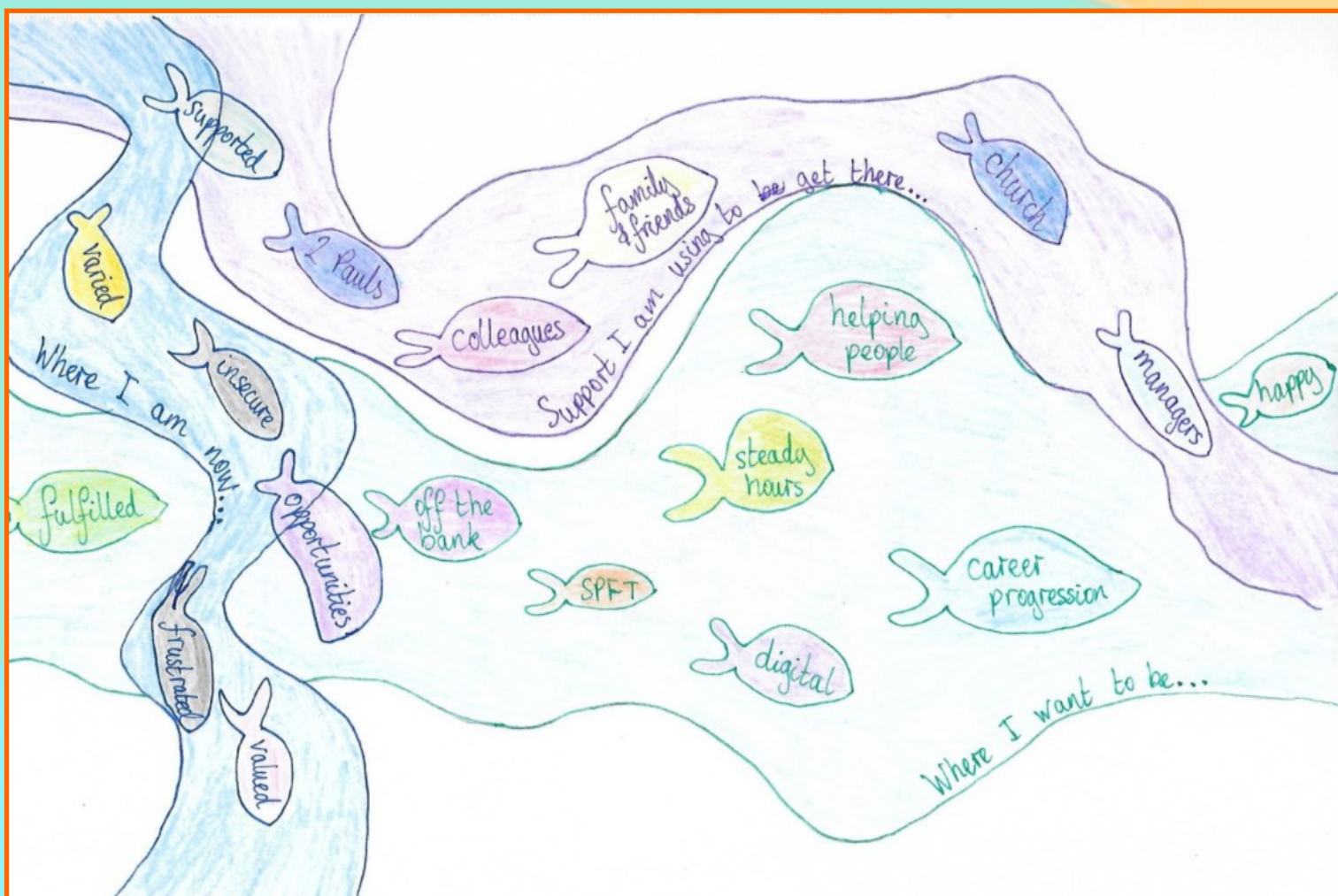
Have you been on our new online courses?

What did you think?

What online courses would you like to see?

Send us a quick email [Click here](#)

**Stay  
Connected  
With Sussex  
Recovery  
College**



# Managing Your Mental Health as Lockdown Eases

Lockdown has been difficult for a lot of us, but now as we are easing out of it, there will be new challenges, confusion and new things to get used to. You may be excited and relieved that things are moving back to 'normality', and you may be feeling less positive about these changes. These times are strange to everyone, so take things at your own pace and don't compare how you are coping with others.



But for many of us, even the happy, much anticipated changes and re-adjustment can be difficult for our mental health.

Just as it took us time to find ways of coping during lockdown, we should also expect that it will take time to find our way back, and to reconnect with life. Things may not be the same as they were before.

[Our mental health tips](#): about finding routines, staying connected, eating well, and taking exercise apply just as much now as they did at the start of lockdown – arguably even more so as we remain in a period of high stress but with more demands on us.

Because our situations are unique to us, it is really important to try not to judge ourselves harshly based on what other people are doing. Everybody is facing uncertainty and challenge – and we have no choice but to move through it as best we can with our own coping mechanisms.

Fear and anxiety are possibly the most common emotional responses any of us will feel as we approach the release from lockdown. Finding a way to pull ourselves through lockdown took a lot of our emotional energy and we may have found a place that lets us cope, and that we don't want to leave behind just yet. It's important to acknowledge that these feelings are reasonable, and to expect them. It's only by building up tolerance gently that we can move through these fears.

If possible, take things at your own pace – but try and challenge yourself to try something different each day or every couple of days. It's very easy to allow the seclusion that was necessary in lockdown to become deliberate isolation as lockdown ends. Celebrate small wins (and big wins) and try and keep a note of what you are achieving.



For more information, tips and advice please click [here](#)

More links with lockdown easing support

Mind: [Click Here](#)

ReThink: [Click Here](#)

Mental Health Org: [Here](#)

GOV Rules: [Click Here](#)

## The COVID Elephant.

They say "Be positive!" It'll all be over soon,  
But that isn't so easy with a COVID elephant in the room.

They say, "Don't worry" a vaccines nearly here...  
But what do we do with all of our fear?

When your mental health is suffering already that day,  
it's hard to make all of your worries go away.

But remember there is always someone who cares,  
The Student Voice forum is always there.

I know myself that loneliness is a killer!  
But I also know that reaching out is a great healer.

So tell your mum, friend, cat or anyone who will listen...

And if you haven't got that then make the Sussex Recovery College your mission.

The Student Voice is a sanctuary, a haven a home...  
Especially for those who are feeling alone,

I hope in 2021 you can release the grip of fear and hold your mental wellbeing dear.

I hope at this point it's not too trite to say, "I wish you all a Happy New Year!"

By Sam Fox - Student Voice Rep

**Community Hubs** have been launched in each Local Authority area across Sussex, and offer additional help in coping with coronavirus. Community hubs will provide a range of services for residents under one roof. They focus to be a central point in the community and providing services for all; young and old. You can request support for yourself or on behalf of someone else using the details below:

### West Sussex Community Hubs

#### [West Sussex Community Support Team Website](#)

Telephone: 033 022 27980 (Lines are open 8.00am - 8.00pm)

### East Sussex Community Hubs

#### [Eastbourne Community Hub Website](#)

Telephone: 01323 679722

#### [Hastings Community Hub Website](#)

Telephone: 01424 451019

#### [Lewes Community Hub Website](#)

Telephone: 01273 099956

#### [Rother Community Hub Website](#)

Telephone: 01424 787000 (option 4)

#### [Wealden Community Hub Website](#)

Telephone: 01323 443322

Please note, additional support is available for those considered 'extremely' vulnerable (or shielded) due to a specific medical condition.

**If this applies to you, please register at GOV.UK or phone 0800 028 8327.**

Stay positive.....

Connect with others

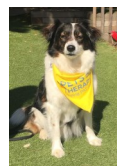
Stay active

Keep learning

Give to others

Pay attention to the present (mindfulness)

STAYING WELL DURING LOCKDOWN.....



@SusRecColl



Keep up to date with Sussex Recovery College On [Twitter](#)

To prevent Sussex Recovery College communications from going into your junk mail/spam folder, please add [sussex.recoverycollege.nhs.net](mailto:sussex.recoverycollege.nhs.net) to your safe addresses list in your email settings.

**Stay Safe Be Kind**

Up to date advice from the Sussex Partnership NHS Foundation Trust (SPFT), please visit:

<https://www.sussexpartnership.nhs.uk/coronavirus-covid-19-and-your-mental-health>

For audio guides and practical advice, please visit the NHS's Every Mind Matters page:

<https://www.nhs.uk/oneyou/every-mind-matters/>

The NHS has a complete list of mental health helplines and resources there are over 20 telephone numbers for help with such issues as suicide prevention, dealing with domestic violence, and much more [click here](#)



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 [www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk)  
 @withoutstigma