



Reconnection Weekly



W E L C O M E !

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Welcome to Issue #5 of Reconnection Weekly!

Thank you so much for all your wonderful feedback on last week’s issue and thank you to everyone who has contributed so far. We hope in difficult times the resources in Reconnection will provide you with ideas to brighten up your day and take care of yourself.

We are here to support you and bring our community together in spirit during this time of uncertainty and distancing.

We are working together to offer useful resources, uplifting stories and fun, creative ideas to try out whilst we stay at home. Please get involved by sharing with us the activities that are keeping you busy and the seemingly “little things” that make a difference to your mood. Maybe you’ve reinvested yourself in a hobby, watched something really good or reached out to a resource that made a difference. Connect with us and let us know!

This week’s issue is focused on recognising where we are at with our mental health and finding coping strategies to support us during this time. You can read about our traffic light system, try out some dialectical behaviour therapy skills and read about mindfulness for good mental health. We have had lots of feedback during the past week of people feeling that they cannot access support from services for both their physical and mental health with the ongoing covid-19 lockdown.

Please do still reach out to your GP, call 111 option 2 for mental health support. Lifeline and Lifeline plus are open from 9am-11pm on 0808 808 2121.

In emergencies go to A&E.

The CGL four main service hubs across Cambridgeshire and Peterborough are open for needle exchange as well as Community Pharmacies (signed up to the scheme). If individuals cannot get out to pharmacies, or their nearest CGL hub, they can make contact with CGL who will help facilitate access to needle/syringe equipment.

It is so important to continue looking after your health during this time and reaching out when you need to.

We are here for one another. Let’s stay connected!



If you would like to get involved, please send your ideas, suggestions and photos to any of the following –

Tracy.Thompson@cgl.org.uk

Bex.Poyser@cgl.org.uk

Emma.William@cgl.org.uk

Gracie.Rosemin@cgl.org.uk

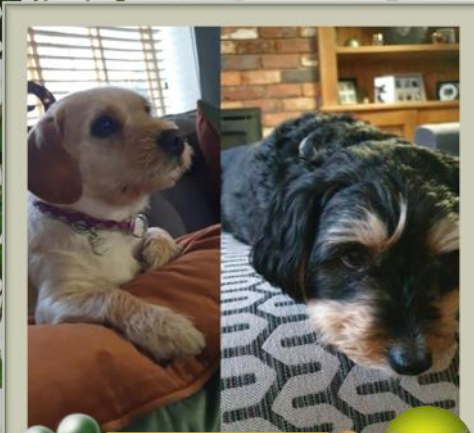
Reconnection Weekly is sent out on a Thursday and we ask that contributions are sent in no later than the Monday in order to be featured in that weeks newsletter.

Thank you!





PAWS FOR THOUGHT



Baxter & Maisie

"Baxter is a cross between a Cavalier and a Bichon Frise (Cavachon). He was adopted when he was just 17 months old and at this point we was already his third owner. He's loyal, fussy, and always excited to see me. He's recently just celebrated his 4th Birthday and has now a loving forever home. <3

Maisie is a cross between a Cavalier and a West Island Terrier (Cavestie). We got her as a friend for Baxter, who was really unsure of her at first, but now he couldn't be without. She's also just celebrated her first birthday and was coincidentally born on my wedding day last year on the 6th April. The best present we could have asked for!

It's been so nice to spend so much time with them during this lockdown. We don't have children, but they're treat like our kids all the same!"

- Matt

The second photo is of Bosom enjoying the pool in the garden. She didn't enjoy it so much when she fell in.

The first is of four of my cats shortly after I got them. (I have 5 now)

Two brothers and two sisters, Elvis, Jesus, Barbara and Bosom. They will be 10 in June and as gorgeous as they were kittens.



Elvis, Jesus, Barbara & Bosom

Having animals makes this whole situation a little more bearable. - Elly

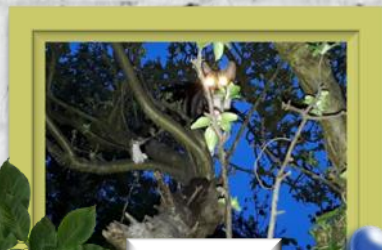


Bosom

Our new cat Jasper. He is about six months old. He's providing company and wrecking the kitchen.

James passed on aged 20 about six months ago. When James was in his prime, he caught 5 rats in one week! There happened to be a big timber yard near where we lived so they were a problem. My wife rang the public health and a very polite guy said that

James was being much more effective than they would be, no poison or anything else. He asked what his hourly rate was in cans of tuna. - Rick



Jasper



Jack





MINDFULNESS FOR MENTAL HEALTH

Just as we can strengthen our physical fitness with movement, we have the capacity to strengthen our mental fitness and resilience with mindfulness.

Mindfulness is the practice of living with intentional awareness in the present moment, without judgement, rejection or attachment to ideas of the past or future. It helps to reduce our experiences of suffering and emotional reactivity and helps to increase happiness and ability to focus. Mindfulness increases our awareness of the present moment and teaches us to observe our thoughts and emotions without necessarily having to react to them. It separates our internal chatter and 'stories' we tell ourselves from the facts. It also allows us to observe the connection between our thoughts and our mood, providing an emotional buffer and with practice we can understand that our interpretations of our experiences are not permanent.

When we are experiencing challenges with our mental health, such as stress and anxiety, there is more activity in a part of the brain called the amygdala. The amygdala is responsible for the perception of our emotions and is linked to our memories of events and emotions. You can think of it as the brain's emotional alarm system; therefore, when it's overactivated it increases our alertness and experiences of strong emotions. Meditation and mindfulness studies show a reduction in amygdala activity and shows reduced levels of hyper alertness for perceived threats and triggers. The more mindfulness is practised, the more opportunity we have to rewire the brain and create new and stronger neural pathways that don't unnecessarily set off that emotional alarm system.

Subconscious 'mindlessness' (lack of awareness) can become our default way of thinking. This leaves our thoughts, conditionings and 'mental stuff' unchecked, which in turn can increase the intensity of our suffering and symptoms of mental health challenges.

How do we tune in?

With your **head**- become aware of the 'stories' we are telling ourselves and believing as facts, this is sometimes described as our inner voice or critic, or the catastrophiser in our brain.

With your **heart**- what emotions can you notice in yourself? How do you feel?

With your **body**- what physical sensations are you experiencing in the body? How are thoughts and emotions manifesting in the body?

What do we practice? Formal vs. informal practice

Most people when asked to think about what mindfulness is, might picture a person sat cross-legged on the floor breathing. This can be thought of as a formal meditation practice, where the awareness is purely on the breath and/or gaze of the eyes. This practice is built incrementally, and the more you practice the longer you will be able to practice in awareness.

Informal practice is observing, describing and participating during your everyday activities. An example of this is bringing a mindful attitude to making your bed, brushing your teeth or making and drinking a cup of tea.

You can **observe** by zooming in your attention and zooming out, opening your attention to whatever arises.

-noticing your senses, such as taste, sounds, smells

-observing both inside and outside your body

-observation by wordless watching

Describing is adding words to an observation, so if something hasn't been observed it cannot be described.

-practice describing your breath

-describing thoughts as they come and go in your mind

-describing feelings and how they feel in your body

Participating means throwing yourself 'all in' to whatever you are doing and immersing yourself in the experience.

-participate in music; dance to your favourite song or sing in the shower

-completely focus your attention when someone is talking, participate fully in the conversation.

Our number one priority when doing any kind of practice is listening to our body and taking care of ourselves. When tuning into practice, there is often a natural element of discomfort, because our brain is so used to running on autopilot for us! The practice of awareness is knowing when our experience becomes too challenging. Our bodies have excellent mechanisms to protect us and this may be felt as emotions or resistance. Bear this in mind and know that you do not need to force anything in mindfulness.



THE TRAFFIC LIGHT SYSTEM



Feeling ok

- At ease
- Able to focus
- Enough energy
- Feel ok about the future
- Can make decisions
- Motivated some of the time
- Want to look after myself
- Want contact with people

Pay attention - make some changes

- Feel slowed down or agitated
- Irritable, anxious or low in mood
- Harder to make decisions
- More easily frustrated
- Hard to focus
- Start to withdraw from people
- Sleep is less restful
- Less inclined to eat well or exercise

Do something - act now

- Emotions are overwhelming or numb
- My future looks bleak
- I want to run away, I feel trapped
- Crying, shouting, angry
- Motivation is gone
- Withdraw from everyone
- Feel physically sick, exhausted
- Stop taking meds
- Urges to hurt or kill myself

Everyone experiences stress in life. The situation with corona virus has added more stress and most of us are feeling a bit less resilient.

It is entirely normal to spend some time in each of the green, yellow and red boxes. What is more important is the balance of time; If you notice you are in yellow or red much of the time, it is time to make some changes and seek help.

Please seek help straight away if you start thinking about hurting yourself.

THINGS TO TRY

See next pages for full list of suggestions

Self-Care

Self-soothe with your senses

S.T.O.P.P

Practice mindfulness

Practice relaxation

Stay in the present

Physical self care

Be kind to yourself

Distract

Radical acceptance

Connect – talk to someone

Take time out

Exercise

Spend time in nature

PLACES TO GET SUPPORT

Phone MIND on **0300 303 4363** to find out about online Good Mood cafes and Calm Spaces.

Phone the Samaritans (116 123) or Lifeline (0808 808 21 21) if you need someone to talk to, feel anxious or lonely.

Phone Psychological Wellbeing Service on 0300 300 0055 if you need talking therapies and are not in a crisis.

Look at www.keep-your-head.com/local-support for information about helplines, self help guides and apps.

[Recovery Service facebook page](#)

Call First Response Service: 111 option 2 if you need help with your mental health now.

Phone the Samaritans (116 123) or Lifeline (0808 808 21 21) if you need someone to talk to, feel anxious or lonely.

Call 999 if you need immediate ambulance or police help. Phone your GP and ask to speak to a Primary Care Mental Health Worker if you need to access mental health treatment.

Download free app Calm Harm and Stay Alive for evidence based help with managing thoughts about hurting yourself.



THE TRAFFIC LIGHT SYSTEM

S.T.O.P.P

S – Stop!

Pause for a moment.

T – Take a Breath

Notice your breathing.

In and out. In through the nose...
out through the mouth.

O – Observe

What are your thoughts and feelings?

Where is your focus of attention?

What are you reacting to?

What sensations do you feel in your body?

P – Pull Back - Put in perspective

What's another way of looking at this situation?

What advice would I give a friend?

Is this a fact, or opinion?

How important is this now? And in 6 months?

What is the bigger picture?

P – Practice what works, proceed

What is the best thing to do right now?

Where can I focus my attention right now?

Do what's effective and appropriate.

Have a look at this guiding video:

www.youtube.com/guide

Self-Soothe with Senses

VISION: Go for a walk and pay attention to the sights, look at your favourite photos, find one of a scape or scenery that relaxes you; visualise in your mind a time you felt happy.

HEARING: Listen to something enjoyable, like music or nature; listen to sounds around you

TOUCH: Take a warm bath or shower, pet your dog or cat, put on your most comfortable clothes; make a hot water bottle

SMELL: Put your favourite perfume or lotion, light a scented candle, smell freshly brewed coffee.

TASTE: Cook something you like, make some popcorn, drink your favourite healthy beverage, have some ice cream.

Practice Mindfulness and Relaxation – Stay in the present.

Mindfulness practices can help you to increase your ability to regulate emotions, decrease stress, anxiety and depression. It can also help you to focus attention, as well as to observe thoughts and feelings without judgement.

There are several apps you can use for this, like HEADSPACE; CALM; STOP, BREATH AND THINK, Balance; etc.

You can also find some techniques which have been shared in our magazine. Or some on the MIND website bellow:

www.mind.org.uk/mindfulness-exercises-tips

THE TRAFFIC LIGHT SYSTEM



Physical Self Care

It may feel strange to focus on yourself and engage in normal activities, like exercise, when you are living through a crisis. However, now perhaps more than ever, it is very important to sustain or work on your strength and physical resilience. Because we know that stress puts a significant strain on our body and mind.

Exercise is a good element to focus some positive energy on. The endorphins created by exercising makes us feel good, and can help with sleep and focus.

Try something new: Exercise is not just about running or cycling. Can you book an online class? Or try some of the suggestions given by the Reconnection Weekly magazine.

Make it Fun! Listening to your favourite motivational music is a good way to make any form of exercise more enjoyable. Eye of the Tiger anyone? Don't be afraid to be silly.

Go outside if you can. Research has shown that spending time in natural, green spaces, can have a significant impact on your wellbeing. If you can't go outside, maybe trying to look after a new plant? Rescuing an old one? Even just going to the window and getting some sun with a breeze on your face can go a long way.

Avoid talking yourself out of it: This is an important one! Feeling like it often comes only after you started. Action comes before motivation.

Be kind to yourself - Practice self-compassion

Self-compassion is about how you talk to yourself when things aren't going well.

Being actively compassionate towards yourself involves being aware of your needs and knowing when things are getting too much. It is not about excusing yourself from mistakes or denying responsibility in problems. Instead, it focuses on removing self-judgement and learning forgiveness and acceptance.

Negative Self-Talk	Compassionate Self-Talk
This type of self-talk is extremely common but being able to recognise it is the first step to changing it.	Compassionate Self-Talk is anything supportive and kind, helpful, caring, encouraging or soothing you say to yourself. As if you were talking to someone you love.
<p>Examples:</p> <ul style="list-style-type: none"> . <i>What's the matter with me?</i> . <i>Why can't I "snap out of it"?</i> . <i>Why do I always get things wrong?</i> . <i>I am always messing up and running everything.</i> . <i>I will never be able to do this.</i> 	<p>Examples:</p> <ul style="list-style-type: none"> . <i>This is a really tough situation, lots of people are feeling overwhelmed. I'm doing my best and its okay if I'm not perfect.</i> . <i>Everyone makes mistakes. I will try to learn from experience and do better next time.</i>



THE TRAFFIC LIGHT SYSTEM

Distract (A.C.C.E.P.T.S.)

Negative feelings will usually pass, or at least lessen in intensity over time. It can be valuable to distract yourself until the emotions subside. The acronym 'A.C.C.E.P.T.S.' serves as a reminder of the idea.

Activities: Engage in activities that require thought and concentration. This could be a hobby, a project, work, or study. Cook a new recipe? Try some from our magazine.

Contributing: Focus on someone or something other than yourself. You can volunteer, do a good deed, or do anything else that will contribute to a cause or person. Share some positive information on your social media.

Comparisons: Look at your situation in comparison to something worse. Remember a time you were in more pain, or someone else was going through something more difficult.

Emotions: Do something that will create a competing emotion. Feeling sad? Watch a funny movie. Feeling nervous? Listen to soothing music.

Pushing Away: Do away with negative emotions by pushing them out of your mind. Imagine writing your problem on a piece of paper, crumpling it up, and throwing it away. Refuse to think about the situation until a better time.

Thoughts: When your emotions take over, try to focus on your thoughts. Count to 10, recite a poem in your head, or read a book, watch a movie.

Sensations: Find safe physical sensations to distract you from intense negative emotions. Hold an ice cube in your hand, or eat something sour like a lime.

Radical Acceptance

Sometimes you'll run into a problem that's simply out of your control. It can be easy to think 'This isn't fair' or 'I shouldn't have this problem', even though those ways of thinking only make the pain worse.

Radical acceptance refers to a healthier way of thinking during these situations. Instead of focusing on how you would like something to be different, you will recognise and fully accept the problem or situation as it is. Remember, accepting is not the same as liking, agreeing with or condoning something.

Learning to accept the problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.

-Thank you, Louise & Joana

POETRY CORNER

The only person
You are destined to become
Is the person you decide
From the help of CGL arm

When you feel like quitting
Cos of all of what you've been in
Your not sailing a tight ship
The ship is sinking

Keep your head above water
Stay as a positive thoughter
Carve yourself a CGL path
LOOK AT THE BEAUTY
OF WHAT HIGHER POWER BROUGHT YA

-Unique Shofiq

"The world has stopped turning but only for a few.

To the two tired intensive care staff round the corner from me, some chocolates, flowers and wine from me they got.

In our little corner shop Sarah's tired as can be, working alone, some flowers she got from me.

And to you all at ReNew still working for us, to keep us safe and off the drugs.

You can't have wine you work at ReNew so nibble on some chocolates and don't feel blue, just know that I appreciate you.

Some may not show it but they know what you do, deep down they appreciate you too.

The world has stopped turning but only for a few.

I got my release papers on Tuesday this week,

Lockdown for me will be a treat, a time to reflect and think about me.

To be happy and carefree, and think about the future that lays ahead of me.

If I ever come back it'll just be to say hi, never again will be to get clean.

I can't wait to go out and watch my first sunset after this lockdown test.

After all this is over I hope people see, the world so differently.

The world has stopped turning but only for a few and I just want to say... Thank you!"

-Andrea

Poetry
Corner

Recovery
Service

NAOMI'S RECOVERY CAFÉ KITCHEN

Goopy Chocolate Brownies!

You will need:

- An 8x8 tin (but any will do) lined with greaseproof paper
- Mixing bowl
- Mixing spoon
- Microwaveable jug
- Preheat the oven to 180°C

Ingredients:

- 200grams dark chocolate broken into pieces
- 100grams of cooking margarine or butter
- 225grams of sugar (whatever you have will do)
- 1 teaspoon vanilla extract
- 4 eggs
- 100grams plain flour
- 50grams ground almonds
- 100grams choc chips or nuts

Place the 200grams of chocolate (not the chips) into a plastic jug

Add the margarine on top and pop in the microwave for 30 to 60 seconds.

Check after 30 seconds and stir. Keep blasting for 10 seconds at a time until melted.

Place all other ingredients in a mixing bowl and give it a stir.

Add the chocolate mix and then add your chocolate chips or nuts.

Pop it in the tin and bake at 180°C for 30 to 40 minutes.

I baked the ones in the photo for 30 minutes because I like them to be gooey

I had left over chocolate so I placed it on top before cooking

ENJOY!



-Thank you, Naomi



WHAT'S THE BEST ADVICE YOU'VE EVER BEEN GIVEN?

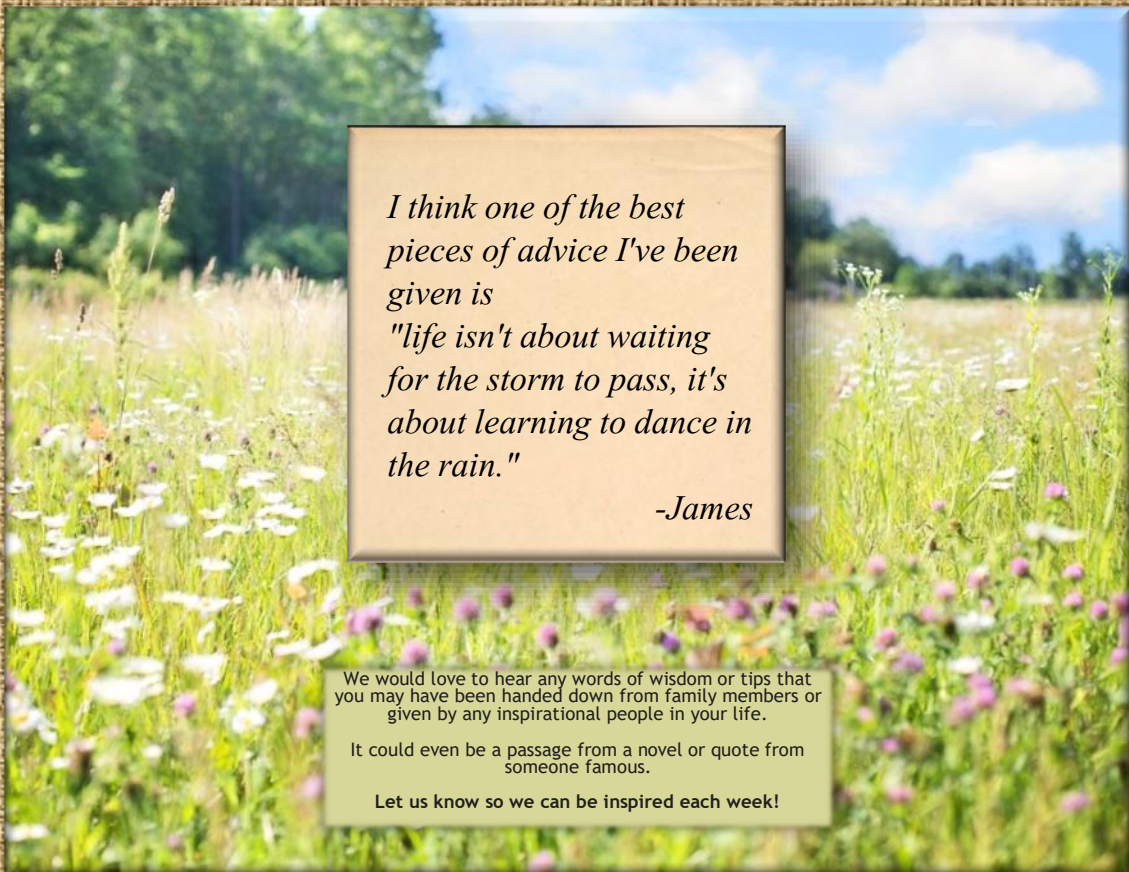
*I think one of the best pieces of advice I've been given is
"life isn't about waiting for the storm to pass, it's about learning to dance in the rain."*

-James

We would love to hear any words of wisdom or tips that you may have been handed down from family members or given by any inspirational people in your life.

It could even be a passage from a novel or quote from someone famous.

Let us know so we can be inspired each week!





THINGS TO DO!

Join Grace for a 'Yoga at your Desk' practice on our [YouTube](#) page.



50 fun things to do with your kids during lockdown

www.portsmouth.co.uk/50funthings

20 things to do at home during lockdown

www.londontheatre1.com/thingstodo

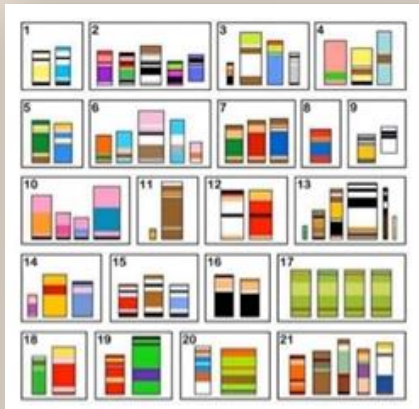


- GOOD NEWS -

<p>Theatre you can watch while London is closed www.timeout.com/londontheatre</p>	<p>Uplifting news stories from around the world www.readersdigest.ca/good-news-stories</p>	<p>Five things to make you smile during lockdown www.itv.com/five-momentstomakeyousmile</p>
<p>The Metropolitan Opera!! www.timeout.com/metropolitan-opera</p>	<p>Good news stories at a difficult time www.musicmark.org.uk/good-news</p>	<p>Useful- An amazing resource with so many different sections, ideas, worksheets etc: www.getselfhelp.co.uk</p>
<p>Dr Seuss Rap! www.upworthy.com/dr-seuss</p>	<p>Love in Isolation Shakespeare Globe www.shakespearesglobe.com/love</p>	




THINGS TO DO!



How many of these famous TV characters/shows can you name?

The colours in each box represent the characters. How many can you guess?

Let us know your answers for next week!



ART & Creativity

Don't forget to get you 1st and 2nd activity pack from artist Grayson Perry- www.firstsite.uk/graysonperry

Cats in Art ! www.amazonaws.com/catsinarthistory



Woolly Wonders at The Edge

Flowers, bring me joy and a smiley face.

I have tasked myself with creating a flower a day.

I need yours - all of them; big, small, multi-coloured loveliness

Leaves too if you so desire.

I want to showcase all of them at a later date, as a symbol of our connectedness through creativity

I will introduce you to the lovely, inspirational and amazingly uplifting blogger Lucy @ Attic24, this is her pattern for teeny tiny flowers - I love her joy and zest! Click [Here](#)

These are some of my currently unfinished fleurs - easy-peasy, smiley-miley!!



Download 200 Art books from Guggenheim for free! www.timeout.com/newyork/guggenheim

LET'S GO OUTSIDE!



Ten best nature activities for kids

www.mykidstime.com/10natureactivitiesforkidsgarden

Fun garden activities for kids during lockdown

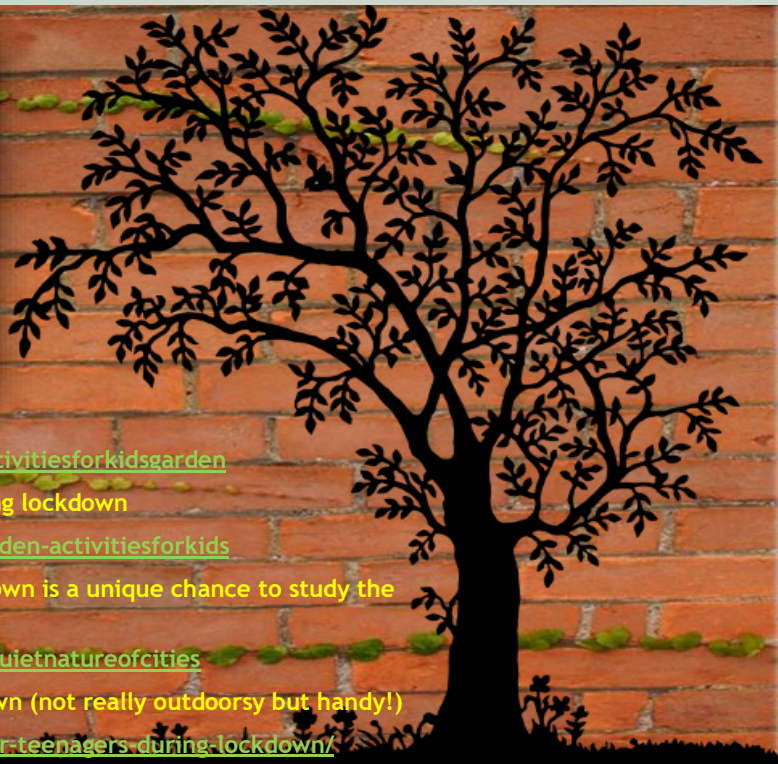
www.growveg.co.uk/guidesfun-garden-activitiesforkids

'The bliss of a quiet period': lockdown is a unique chance to study the nature of cities

www.theguardian.com/theblissofaquietnatureofcities

Activities for TEENS during lockdown (not really outdoorsy but handy!)

actuallymummy.co.uk/activities-for-teenagers-during-lockdown/



NINE STUDIO GHIBLI FILMS BY LORNA


 Recovery
Service

Studio Ghibli (pronounced *jee-blee*) films are close to the hearts of many, and it's not hard to see why. The Japanese film studio has created some of the best anime flicks of the past four decades. Netflix subscribers can now view Ghibli's entire film catalogue. Here are nine of my favourites:

Spirited Away (2001)

Lewis Carroll's *Through the Looking Glass* meets Shinto nature spirits. *Spirited Away* is often the first Studio Ghibli to come up in conversation, and for good reason. It is a powerful tale of 10-year-old Chihiro, who stumbles into the world of Japanese Shinto folklore while moving to a new neighbourhood with her family. After her parents are transformed into pigs by an evil witch, Chihiro takes a job working in a bustling, supernatural *senjo* (public bathhouse) to find a way to free herself and her parents and return to the human world. This is a landmark piece of animation, showcasing an incredible mix of empathy and imagination, and is surely one of the greatest films of all time.

My Neighbour Totoro (1988)

This family classic centers on two young sisters, Satsuki (*Sat-ski*) and Mei, encountering the supernatural world in post-war rural Japan. Totoro is the 'king of the forest', a cuddly woodland spirit with a massive smile, roaring yawn and comfy plush fur. A professor moves with his daughters into an old, seemingly haunted house in rural Japan to be near their hospitalised mother. The girls stumble across Totoro, his friends and the magical forces enlivening the landscape around them. The story is based on experience, situation and exploration, not on conflict or threat, and it's the comfort film I turn to when I want to relax in a safe world for 90 minutes.

Kiki's Delivery Service (1989)

This is a charming piece of animation, following the fortunes of a young witch, Kiki - complete with black cat and flying broomstick - who travels to a bustling city in the hope of forging her own path. Kiki uses her magical abilities to find work as a personal courier for baked goods and children's toys. It's a whimsical take on a coming-of-age story and one that deals sensitively with the pressures of independence, isolation and expectation. It's a wonderful film for all.

Princess Mononoke (1997)

Combining an ecological message with the world of Shinto nature spirits, Princess Mononoke is one of Ghibli's more mature films. Set in medieval Japan, the story focuses on a war between resource-hungry humans and the protective gods whose forest is being destroyed. This can be a difficult film for people who are accustomed to the whimsical side of Ghibli, but if you persevere, you'll be rewarded with one of the studio's very best films.

The Tale of Princess Kaguya (2013)

A mesmerising take on a 10th century Japanese folk tale, the thumb-sized Princess Kaguya is discovered living in a bamboo shoot and adopted by a tree-cutter and his wife. The boisterous baby grows into a graceful young woman at magical, lightning speed.

However, her contented and innocent life is disrupted when the tree-cutter moves his family to the capital in search of a noble lifestyle befitting his extraordinary daughter. Using an illustrative, paint-brush style, it stands out from the traditions of modern animation and is unafraid to let minimally-drawn sketches and colours take center stage. I can't get enough of this film.

Ponyo on the Cliff by the Sea (2008)

Boy meets cute, smiling goldfish. Five-year-old Sosuke (pronounced *so-skeh*) discovers a goldfish princess who has washed ashore in a glass jar. He calls her Ponyo (an onomatopoeia based on what a soft object sounds like when squished). The daughter of the king of the ocean, Ponyo is no ordinary goldfish. She has all the magic of the sea at her disposal. The film addresses the topics of humanity and our relationship with the natural world. It celebrates the innocence and cheerfulness of a child's universe with its uplifting themes and gorgeous visual design. Ponyo is a fantastic, innocent film for kids and adults of all ages.

My Neighbours the Yamadas (1999)

If you're after a simpler animated comedy that effortlessly crosses cultural boundaries, the Yamada family could be for you. Using a comic strip style that deviates from traditional Ghibli productions, the film is broken up into vignettes. The events are domestic and modern - family disagreements, forgetting a child on a car trip, arguing over control of the television. There's no magic in this one! The Yamada family is presented with humour, simplicity and love (even with all their flaws), presenting a very believable picture of family life.

Nausicaä and the Valley of the Wind (1984)

This is the first Ghibli film and also one of the studio's best. Based on an already popular manga, it lent itself to this film adaptation as well as the emerging realm of video games. It takes place in a world devastated by war, now turned largely to desert, with only a few patches of forest and green land left. Princess Nausicaä is a dedicated explorer and scientist who seeks to restore nature to its former glory - with thrilling villains, gorgeously rendered wildlife, and a thoughtful environmental message at its core.

Howl's Moving Castle (1994)

Another Ghibli classic packed with magical elements that make the Star Wars films look positively mundane. The film follows a young girl (seeing a pattern here?) who is cursed by a witch (yes, another one) to lose her youth. She finds employment in a travelling mechanical castle, a clump of pipes, turrets, scaffolding and legs. Viewers can identify with the characters' loss of identity and faith, and how they naturally and beautifully regain them. It's a love story, too, if you're looking for romance.

-Thank you, Lorna

RESOURCES

THE EDGE

Edge Recovery
Group MeetingsEdge Recovery Zoom
meeting

- Daily x 7 days
- Time: 12.30-1.10
- ID: 160 596 836
- Password: 007707

Edge Recovery
WritingRecovery Writing Zoom
meeting

[www.zoom.us/
EdgeRecoveryWriting](http://www.zoom.us/EdgeRecoveryWriting)

- Day: Every Tuesdays
- Time: 1pm
- ID: 828 5439 8400
- Password: 048398

Edge Record- Stay connected!

Keep up to date with online groups and activities by following their Facebook page and to join their WhatsApp group



If home isn't safe, support is available

If you or someone you know is experiencing domestic abuse, you can get help:

Cambridge Women's Aid (City, East, South Cambridgeshire): 01223 361214
 Refuge (Fenland, Huntingdonshire and Peterborough): 07787 255821
 National Domestic Abuse Helpline: 0808 2000 247
 Men's Advice Line: 0808 801 0327
 LGBT Helpline: 0800 999 5428

In an emergency call 999

For more information visit www.cambsdasv.org.uk

Abuse

National Domestic Abuse Helpline- 0808 2000 247 (24/7)

[CAPRCP](#) (See website for opening hours in areas)

Addiction

[Breaking Free online](#) (use access code *cambs11*)

AA- 0800 917 7650 (24/7)

Al-Anon, for supporters of those with alcohol addiction- 0207 4030 888 (Daily 10am-10pm)

NA- 0300 999 1212 (Daily 10am-12am)

Talk to Frank- 0300 123 6600 (24/7)

DrugFAM, for supporters of those with drug addiction- 0300 888 3853 (M-F 9am-5pm)

Anxiety

Anxiety UK- 03444 775 774 (M-F 9:30am-10pm, S-S 10am-8pm)

The Wellness Society- [Coronavirus Anxiety workbook](#) and other [free resources](#)

Bereavement

The Bereavement Trust- 0800 435 455 (Daily 6pm-10pm)

Cruise- 0808 808 1677 (M-F 9:30am-5pm, T,W,T until 8pm)

Eating Disorders

Beat- 0808 801 0677 (M-F 12pm-8pm, S-S 4pm-8pm)

Financial Advice

[Stepchange Debt Charity](#)

LGBTQ+

LGBT Foundation- 0345 330 3030 (M-F 9am-9pm, S-S 10am-6pm)

Switchboard- 0300 330 0630 (Daily 10am-10pm)

OCD

OCD Action- 0845 390 6232 (M-F 9:30am-5pm)

No Panic- 0844 967 4848 (Daily 10am-10pm)

Mood

Bipolar UK- Peer Support- 0759 137 5544 (arrange a call back)

ReThink Mental Illness- 0300 500 0927 (M-F 9:30am-4pm)

Samaritans- 116 123 (24/7)

Depression UK

Lifeline- 0808 808 2121 (Daily 2pm-11pm)

[Qwell](#)- (Chat support M-F 12pm-10pm, S-S 6pm-10pm)



USEFUL LINKS

(This list will be updated weekly)

There are now thousands of local community support groups across the country to help you during this time. Below is an up to date list to help you find your nearest one, simply type in you're postcode.

[Local groups](#)

Mental wellbeing while staying at home

www.nhs.uk/stayingathometips

Good selection of things to do in isolation as well as good support group

www.survivorsnetwork.org.uk

A very good all rounder from support to activities and virtual tours

www.chatterpack.net

Stay at home guidance for households

www.gov.uk/stayathome

If you have a vulnerable person living with you

www.gov.uk/stayathome/vulnerable

Keep Your Head

www.keepyourhead.com

Group for Men with mental health issues seeking mutual NON medical support

www.menunite.org

Harm reduction strategies for alcohol dependence

www.downyourdrink.org.uk

NA meetings online

www.ukna.org

Recovery For Substance or Behaviour Addiction (no spiritual requirement & no labels)

www.smartrecovery.org.uk

Local volunteer hub information

www.cambridgeshire.gov.uk/your-community-needs-you

Support and wellbeing community for adults in Cambridgeshire and Peterborough

www.quell.io

This service run by CPSLMIND is a free online support and wellbeing community offering Chat based counselling, online Peer support and an online community.

A free support service for those suffering mental distress [Lifeline 0808 808 2121](tel:08088082121).

A very good resource for our older clients or anyone who is living with or has elderly relatives. Run in conjunction with Age UK it's a very informative website that has telephone forums, chat rooms and films.

www.thesilverline.org.uk



USEFUL LINKS

Adult support

Samaritans -Call 116 123

www.samaritans.org/how-we-can-help

Mind UK - UK Mental Health Charity

with information and an online mutual support community

www.mind.org.uk/

www.mind.org.uk/support-community

Refuge - 07787255821

National Domestic abuse support - 0800 2000247

Men's Advice Line - 0808 8010327

LGBT support - 0800 9995428

Young people support

www.kooth.com

www.youngminds.org.uk

If you need urgent help text YM to 85258

www.childline.org.uk/get-support

Chat Health Cambridgeshire (school nursing team) Text- 07480635443

Parenting/carers support

If you need some support looking after your child's mental health, you can call 'YoungMinds' at 0808 802 5544 between 9.30am and 4pm every week day.

You can also email YoungMinds on their website, out of hours and they will get back to you.

Family Action

Telephone: 0808 802 6666

Text message: 07537 404 282

www.family-action.org.uk/

The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

Breaking Free Online is a free, evidence-based treatment support network for anyone struggling with substance addiction.

You can access the site at www.breakingfreeonline.com and sign up with your personal email and password, our CGL access code is *cambs11*.

Cambridge Virtual Community Centre (CVCC) on Facebook: <https://www.facebook.com/cambridgevcc/>
CCVC is a virtual community space to share positive ideas, support and inspiration, encouraging everybody in Cambridge to remain safe and resilient during the ever-changing Covid-19 pandemic.

USEFUL LINKS



Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/>

Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking

<https://www.al-anonuk.org.uk/>

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon

<https://www.al-anonuk.org.uk/alateen/>

A weekly chat

Heart and Soul Listening Service is available for people based in Cambridgeshire and Peterborough struggling with isolation or worries around Covid-19 that need a friendly ear. Read more about this service and find their contact details by following the link below-

<https://www.sunnetwork.org.uk/how-would-you-like-someone-to-contact-you-weekly-for-a-chat/>

Cocaine Anonymous online meetings www.meetings.cocaineanonymous.org.uk

Marijuana Anonymous online meetings www.marijuana-anonymous.org.uk

Gamblers Anonymous online meetings www.gamblersanonymous.org.uk

Sex & Love Addicts Anonymous online meetings www.slaauk.org.uk

Chemsex Advice Short Videos from Dean Street www.dean.st/chemsex

Gay and Sober UK online meetings www.gayandsober.org/england

Crystal Meth Anonymous online meetings www.crystallmeth.org/

AA Tamil Spoken Word AA Big Book - chapters on YouTube www.youtube.com/channel/UChpva

AA Polish language helpline www.aachilternthames.org.uk/polish-speaking-helpline

The CGL four main service hubs across Cambridgeshire and Peterborough are open for needle exchange as well as Community Pharmacies (signed up to the scheme). If individuals cannot get out to pharmacies, or their nearest CGL hub, they can make contact with CGL who will help facilitate access to needle/syringe equipment.

-Mill House, Brookfield's Hospital, Mill Road, Cambridge.

-Hartford House, 2 Hartford Road, Huntingdon

-Inspiration House, Church Terrace, Wisbech

-102-104 Bridge Street, Peterborough

Cambridgeshire CGL 0300 5550101

Peterborough CGL ASPIRE 01733 895624

<https://www.changegrowlive.org/drug-alcohol-service-cambridgeshire>

For further information on safer injecting please review the following resources

www.harmreductionworks.org.uk/films/cleaningsyringes

www.talktofrank.com/news/coronavirus