



Reconnection Weekly



W E L C O M E !

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Welcome to Issue #6 of Reconnection Weekly!

Thank you so much for getting involved in the production of Reconnection Weekly! We are so grateful for the contributions of pictures, poems and articles we receive weekly. We are here to offer you support during this uncertain time and ideas to inform and entertain you during lockdown!

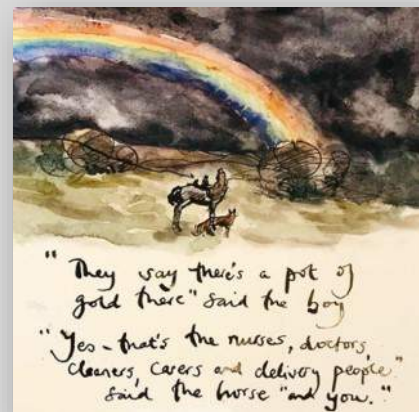
Issue #6 is all about FOOD! Read about gut health and mood, some of our volunteers and service users' favourite foods and the new Luncheon club at CGL in Hull! There are also additions to our resources section. If you have ideas you would like to contribute or find something you'd like us to cover next week get in touch!

We are working together with our readers to find helpful, fun and interesting things to try out whilst at home. Don't forget to check out our Recovery Service Facebook page for regular updates and ideas.

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!



If you need support 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



OUR FAVOURITE FOODS PAST AND PRESENT



Clotted cream on clotted cream ice cream- Richard

Fajitas and Midget gems - not together !- Paul

I used to love Treacle Brittle. I'm surprised I didn't pull my teeth out!-Naomi

Sports mixture and midget gems -Steve

Everything!- Collette

Yorkie Bar and Haribo, which are essential recovery food -Michelle

Sherbet Dust, that's showing my age! It's the dust out of the bottom of the sweet jars all mixed up-David

Bonfire Toffee -Tony



Frozen mars bars chopped up and frozen snowballs-melt in your mouth-David

Jelly Babies-Steve

Wrong.

Tim





Has to be Chinese food! Whenever it was mine or one of my brother's birthdays growing up, we would always get a big Chinese takeaway and have family round.- **Ben**

For me its crayfish and sweet thing would be crepes with lemon cinnamon and sugar. Probably my favourite food in the world.- **Tracy**

A tough one. Indian. Madras, mushroom fried rice, Bombay Aloo, keema naan.
Christmas Dinner.- **Adrian**

My favourite food is homemade guacamole, which is avocado, lime juice, onions, garlic and fresh red chilli, I usually serve with pitta bread and homemade hummus, its freshly made and very healthy....my favourite sweet is tiramisu, chocolate brownie, lemon tart....the list goes on...I love my food. I love anything sweet.- **Sally**

American biscuits and gravy. Favourite sweet - black pepper chocolate covered liquorice pieces. Or any gummy things that are sour enough to make your face pucker.
-**Corri**

My favourite food is any type of pasta as it reminds me of my honeymoon in Italy!
Favourite sweet of all time is very difficult, but think I will go for jelly beans!- **Ben**



Hot-sauce with everything. Raw Scotch-bonnet or Habanero in sandwiches/wraps. Nom nom nom.-**John**

It has to be an full range of Indian and instead of a sweet desert, its controversial - cheese and biscuits for me- **Andrea**

Mine is Christmas dinner, the ritual of making it..... homemade stuffing, homemade German red cabbage, homemade proper roast spuds and yorkies. Along with the turkey. No nasty sprouts though lol
Pud is Eton Mess, strawberries, cream and meringue
Or homemade cornflake cakes and a cup of good coffee.- **Lorraine**

My favourite food is Pad Thai and my favourite sweets are 'Morzartkugeln' - traditional Austrian chocolates filled with marzipan and various different chocolates.- **Gaby**

It has to be Chinese style belly pork for me with homemade chips and salad dressed in vinaigrette oil.
And sweet is pavlova shells broken with fresh strawberries scattered on top and loads of double cream and fresh squirry on top of that!!
Mmmmmm-**Steve**

'Cepelinai' Lithuanian potato dumplings with meat filling and my favourite sweet
-**Viktorija**



MENTAL HUNGER

Recovery
Service

Recently I've heard and read a lot of conversations about people feeling they are eating more during the lockdown period or maybe feeling that they're eating even though they're not hungry.

Mental hunger basically means thinking about food; this means thinking about what you want to eat, questioning whether you are hungry, thinking about not eating, and compensatory behaviours that make you feel you can eat food, for example working out.

I'm here to remind you: Our bodies are really smart. If you have either physical or mental hunger, it means you need to eat. We tend to overcomplicate this natural process, but it should be as simple as going to the bathroom when you need to. When you need the loo, you don't stop and question whether you need to go. You just go!

When we have mental hunger, it's our bodies message to us that we are lacking something, this might be a specific nutrient or in response to an energy deficit (i.e. not eating enough.)

Generally, this is what happens when we have cravings, our body is telling us what it feels deprived of. When you are eating in an energy and nutritional balance your mental hunger will reduce, as the body is getting what it needs.

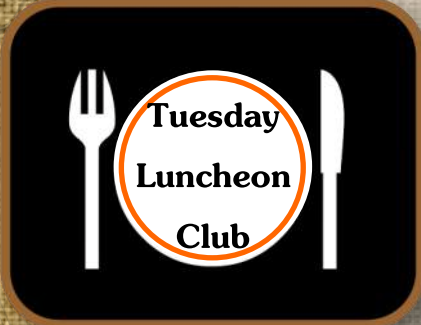
I'm also here to remind you: you do not have to earn your food. Ever. But especially during a pandemic when there is ever-increasing pressure to get fit, workout, be productive all the time, alongside the global stress and uncertainty- know that because you are alive you deserve food. When we nourish our bodies, our bodies nurture us.

- Grace



Recovery Service

THE TUESDAY LUNCHEON CLUB!



Here in Hull, we are working mostly from home, but on a Tuesday we have started a Luncheon Club.

It started when I brought some homemade Yorkshire Puddings in a few weeks ago and now a few of us bring one item each and we now share (at a safe distance), a delicious roast dinner every week.

It helps keep our spirits high here in Hull and I can safely say we'll be continuing to do this long after our current situation is over.



HELLO!



What a fantastic idea & so much fun!

Thank you CGL Hull!

...

Let us know how you're staying connected

LIVING WITH & SHOPPING FOR ALLERGIES IN THIS BRAVE NEW WORLD



Naively I thought when this pandemic started "it's okay no one will stockpile the gluten free or dairy free items" my main thought about this was the regular products simply taste a lot better.

despite being marketed as healthy alternative's, often gluten/dairy free/egg free/vegan foods are chocked full of hidden nasties/extra calories, this is to try and replicate textures and tastes, to make food more palatable for those of us who don't have much of a choice with our options when food shopping.

while things in the alternative dietary requirements industry have been getting steadily better over the years, most of us are still cooking from scratch and tend to avoid the more convenience type foods, and eating out or takeaways are very seldom a good or safe option.

a fair few visit to the shop later, I realised I was very much wrong, people continued to panic buy whatever they could stomach, it did not really matter. Scared people make odd choices with often not a lot of thought for the consequences of others.

It was looking a bit grim in our house, but those times we did find things like Gluten free pastas or the brand of alternative milk I like, was bit like winning on a scratch card.... The little things!

However for those of us who have little choice about their dietary requirements it was a bit of a stark wake up call to find none of your old faithful's which you rely on for your weekly menu are not in stock and nowhere to be seen.



In the Poyser household we all have varying food allergies with varying severity and impact, this can make anyone want to have a little cry when doing their weekly shop and meal planning.

The lack of gluten free basics had more of an impact on my partner who has coeliac disease, often those with Coeliac disease have an immune response to gluten products which is akin to having food poisoning and often it can take them as long as 4-7 days to feel better.

So, with little choice we got quite smart with our shopping and often cutting out items altogether until they were more readily available or looking in places we had never thought about before.

LIVING WITH & SHOPPING FOR ALLERGIES IN THIS BRAVE NEW WORLD

1: your local Co-op – Co-ops generally keep a shelf of long life milk and a good stock of free from foods, I was able to find soy, oat and coconut milk, this does not tend to get bought in bulk again as most people find the idea of long life milk a bit disturbing, that if not shaken well enough they seem to have this chalky residue left in the bottom of your tea cup... or even worse curdle in your cup yuk!

Also a little shout out for to co-op – they tend to do a good job with labelling and making it clear if there was a possibility of cross contamination (where other food stuffs were handled that have potential to leave trace amounts in the food you're going to eat)

2: Red lentil pasta- T was the night of panic buying and there was not a single packet of rice, pasta, noodles to be seen, a little wonder down the aisle later and BEHOLD ! endless packets of red lentil pasta which tends to be gluten free and allergy friendly (CHECK YOUR PACKETS) it was a proper fist in the air moment, again a lot of people tend not to eat red lentil pasta (a really good alternative to normal pasta) its texture tends to be a little more gooey when cooked and very dry when kept cold.

3: Flour – I use a lot of gluten free flour for baking or breads, but unfortunately our normal doves farm was out and still nowhere to be seen! check your local farm shops! for both regular flours and gluten free. A local Huntingdonshire farm shop, Johnsons, had managed to get both regular flour and gluten free in fairly consistently, which was an absolute win, while this did mean a bit of research and calling shops about stock we eventually managed to get our hands on 1kg of flour.

4: eggs- eggs have not been the easiest to find consistently, again if you're not eating things like cereal and toast that are allergy friendly, it can get a bit dull eating fruit or veggies first thing in the morning, again check your local farm shops or neighbours who have chickens or ducks. Although admittedly you will tend to find these shops and people in more rural areas they are dotted about all over the place in Cambridgeshire and they are very good value.

5: Read your packets, often products I thought were quite allergy friendly (Rice noodles for example) all of sudden had warnings left right and centre around "traces" or may "contain" don't be caught out continue to check and double check ! and sometimes when the stars align you may find a product which is allergy friendly which you had previously written offhello Oreo's my dairy free friend !

6: make use of your local unwrapped shops, Butchers, small farmers, often these type of smaller business while admittedly a little bit more expensive and have less choice, but tend to have consistent stock which is really good quality and since they tend to be solely responsible for their products their also vastly more knowledgeable about them what is and is not safe for you. Also buying more local helps those business's which are on your door step, use them or lose them !

7: Food banks – this is something I have never explored in terms of what is available but I would really love to hear any feedback anyone has around



- Bex



ACCEPT SKILL: DIFFERENT WAYS TO DISTRACT DURING A CRISIS

ACCEPT is a DBT skill that provides ideas for distractions when you are in a crisis or experiencing distress. (Note: whilst the acronym is ACCEPT it is a distraction skill, not an acceptance of the present moment skill.) Here are some ideas to try. Add your own suggestions and work out what works best for you when you are in distress.

ACTIVITIES

Clean a room, watch a TV programme, go for a walk, do a puzzle

CONTRIBUTING

Call a friend just to check in, Help another person, do something thoughtful

COMPARISONS

Compare how you feel now to a time when you felt different. Positively look back to happy times, Reflect on how far you have come

EMOTIONS

Read books, poetry, watch a film, listen to music
(creating emotions that are different to how you feel now, e.g something calming, funny, energising)

PUSHING AWAY

Take a mental break, push the situation away for a little while, put the problem in an imaginary box

THOUGHTS

Count to 10 slowly, repeat quotes or lyrics to yourself, do a puzzle

SENSATIONS

Squeeze a ball very hard, listen to loud music, hold ice in your hands, take a hot or cold shower



IMPROVE SKILL; IMPROVING THE MOMENT

IMPROVE is a DBT skill which involves replacing immediate negative thoughts and behaviours with more positive ones to make the present moment more tolerable. It's a particularly useful skill to use when you feel overwhelmed or stressed in a longer-lasting situation, or when distracting yourself isn't working.

IMAGERY

Imagine your favourite place, happy memories, imagine hurt draining from you like water

MEANING

Find meaning in a difficult situation, focus on the positives, explore your values

PRAYER

(This doesn't have to be religious.)
Ask for strength to bear the pain, open your heart or turn things over to a higher being

RELAXING

Have a bubble bath, give yourself a neck massage, take 10 deep breaths

ONE THING

Focus all your attention on doing one thing, focus on your body sensations, focus on one sense

VACATION

Turn off your phone for a while, take a brief vacation from responsibilities, do things you would do on holiday for a few hours/ half day

(SELF) ENCOURAGEMENT

Be your own cheerleader: 'I can do this,' 'I can stand it,' 'I will be okay,' 'this won't last forever.'

Give these skills a try and send us ideas and activities that work best for you!

Gracie.Rosemin@cgl.org.uk

HOW OUR GUT HEALTH AFFECTS OUR MOOD



How Gut Health Affects Our Mood



Have you ever noticed that sometimes when you're unwell, you might feel sad, depressed, tired or lethargic? This is because whatever is making you sick isn't just causing your physical reactions, it's affecting your mood too. However, this knowledge is good news, if the gut can contribute to feelings of low mood and anxiety, with some adjustments to the gut ecosystem it can also improve our mood!

The gut is the largest component to the immune system and regulator of inflammation, it allows essential nutrients into the bloodstream whilst also keeping pathogens out. The gut wall is just two cells thick, and there are around 100 million nerve cells (more than the spinal cord!) and up to 100 trillion bacterial cells in the gut. The gut is often referred to as the second brain and the second genome, due to its complex and numerous functions. There is two-directional communication between the brain and the gut via the vagus nerve (the largest cranial nerve and crucial part of the 'rest and digest' nervous system.) Interestingly, the communication highway is much stronger from the gut to the brain, than the brain to the gut.

A smartphone screen displaying the text "Feeling Hungry :(".

Feeling Hungry :(



HOW OUR GUT HEALTH AFFECTS OUR MOOD

The bacteria found in the gut produce many neurotransmitters which affect our mood, energy and sleep amongst many other things. 90% of our serotonin receptors (known as the happiness hormone) are found in the gut, as well as dopamine (feel good, pleasure-seeking), noradrenaline ('fight or flight' response), acetylcholine (muscle contraction, pain responses, sleep) and GABA (relaxation, pain relief, sleep.) Our gut microbiome feeds off what we eat and influences our food cravings by synthesising hormones such as tryptophan and tyrosine in order to produce serotonin and dopamine.

The vagus nerve is highly affected by stress in the body, and when this happens the vagus nerve stops the release of anti-inflammatory molecules that reduce inflammation. This affects our gut microbes, which are very sensitive to stress and inflammation. The vagus nerve also loses control over the gut permeability when stressed, this means that bacteria usually prohibited from leaving the gut, can enter the body and infiltrate through the blood-brain barrier, affecting mood.

We need generous numbers of a wide diversity of gut bacteria to stop opportunistic bacteria from making us sick, and also keeping the ecosystem resilient for if we do get sick. The diversity of the microbiome facilitates production of a fatty-acid molecule called butyrate, which makes the gut lining less leaky.

An unhealthy balance of gut microbiota, either from a lack of diverse microbes or too many/too little of a certain type, is linked to depression, anxiety, PTSD, chronic fatigue syndrome, diabetes, cardiac conditions and functional gastrointestinal conditions such as irritable bowel syndrome. This is due to dysfunction in the relationship between the gut bacteria, the gut lining and the immune system. Opportunistic bacteria have more of a chance to thrive, leading to illness or infection, the immune system triggers inflammatory responses and the body's natural stress response is triggered when the gut is in dysbiosis.

Eating a vast variety of different foods is the simplest and most effective way of supporting your gut microbiome to thrive. Keep your food bright and tasty, avoid demonising particular foods or food groups and aim for moderation.

You can read more about the scientific studies [here](#) or check out 'The Inflamed Mind' by Edward Bullmore.



Prebiotics (indigestible fibres for feeding healthy microbes)

- Fruits and vegetables, like garlic, onions, leeks, asparagus, Jerusalem artichokes, bananas
- Nuts and seeds
- Legumes
- Barley, oats, wheat bran
- Olive oil

What influences our gut health?

- Stress
- Processed foods- preservatives, additives, sugar substitutes
- Eating times and patterns (the gut loses around 10% of cells daily and needs time to repair when we are not eating, during sleep.)
- Medication, such as antibiotics
- Sleep patterns and lack of sleep

What improves our gut health?

- Eating a rainbow of whole fruit and vegetables
- Eating a variety of unprocessed foods cooked in different ways
- Eating probiotic-rich foods
- Eating prebiotic foods
- Practicing sleep hygiene and getting enough sleep
- Taking medications as prescribed when needed
- Eliminating stress as much as possible

Probiotics (containing live strains of bacteria)

- Live yoghurt, buttermilk
- Unpasteurised cheeses like cottage cheese and parmesan
- Sourdough bread
- Fermented foods:
 - Kefir
 - Sauerkraut, kimchi, pickles
 - Tempeh
 - Kombucha



THINGS TO DO!



FREE Kids' Colouring Downloads Available on Hobby Crafts Ideas Hub
www.hobbycraft.co.uk/kidscoloring

Audible Stories: Free Audiobooks for Kids
www.stories.audible.com

Disney's free drawing classes teach you how to sketch your favourite princesses
www.timeout.com/disney-drawing-classes

Cooking With Pixar: Make Dishes From Your Favourite Pixar Movies
www.ecretlondon.com/cookingwithpixar

Five Animal Live Cams You Can Enjoy From Home
www.timeout.com/animal-cams

WIN

COMPETITION TIME!



A chance to win a fabulous prize

We have two prizes of a Grow your own herbs indoor kit, a 240 variety puzzle activity book, (not pictured) a SUN Network mug and drinks bottle and a hardback copy of the beautiful *The boy, the mole, the fox and the horse* book which is about friendship and love, to give away.

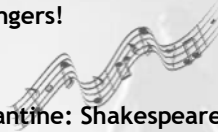
You can be in with a chance one of these prizes simply by sharing your experience of mental health or drug and alcohol services in Cambs and Peterborough. To enter, please click the link and fill in the feedback survey.
<https://www.surveymonkey.co.uk/r/XGKBC6Y>

Your feedback is making a huge difference to how services are being delivered. Thank you very much.

Closing Date is 31st May 2020- Winners will be notified shortly after.

THINGS TO DO!

- Take a Virtual Tour of Monet's House and Water-Lily Gardens
www.timeout.com/monets-house
- Covidcrafting - Cambridge Makers!
www.cambridgemakers.org/covid-crafting
- If you haven't already, check out the Ghibli Museum offers rare glimpse inside via virtual tours
www.itsnicethat.com/ghibli-museum
- If you want to experience more art online check out this website
www.ubs.com/experienceart
- Google Arts & Culture
www.artsandculture.google.com
- Beyond the Blues: Poet Mary Ruefle's Stunning Colour Spectrum of Sadness's
www.brainpickings.org/mary-ruefle-poem
- Opera and classical concerts to watch at home
www.theguardian.com/opera-and-classical-concerts
- Miss singing? Join The Sofa Singers!
www.thesofasingers.com
- BBC iPlayer - Culture in Quarantine: Shakespeare - A Midsummer Nights Dream
www.bbc.co.uk/iplayer/a-midsummer-nights-dream
- Fancy some comedy? - The Stay at Home Festival - The Cosmic Shambles Network
www.cosmicshambles.com/stayathome
- 10 Best Botanical Gardens In The World
www.timeout.com/best-botanical-gardens
- The Metropolitan Museum of Art is now offering a free botanical drawing course
www.timeout.com/botanical-drawing
- Action for Happiness—fantastic website
www.actionforhappiness.org/meaningful-may



Let us know what activities you've enjoyed or recommend!



When you look at the sun what do you see
 Just something that's there
 A big ball of fire in the sky, Bright and orange it never dies
 It goes away but soon comes back
 Rising with pride into the sky
 What do you see when you look at the sun
 Can you find it's hidden past, A magic porthole just for you
 Close your eyes and feel the heat with your mind wide open take a seat
 It'll take you back to days gone by
 Of summer nights and flying high, it'll bring back memories you thought you'd forgot
 It'll bring back a time when the world didnt stop
 When you were young and it was all about fun
 Water bomb fights in the street, laying on the hot concrete
 Camping out all night long, telling ghost stories and finishing with a song
 Making memories to last all life long
 Talking till the sun came home
 Waiting till the house was free, sneaking in to watch tv
 The coast is clear, everyone in, secretly watching Rita, Sue and not forgetting Bob too
 As you got older those summer nights changes
 Those friends had to go but the memories remained
 The sun made it possible for you to carry on
 To make memories again, with music to go along
 BBQ's on a weekend and fire pits to sit by
 Drinks and toasted marshmallows
 Once again your flying high
 Sitting out all night the sun to keep you warm, with the fire going until dawn
 Music playing and friends all around
 The sun taking pictures of this sweet sweet sound
 The laughter, the music the fun that was had
 It's all in the sun for you to look back
 Just sit back and take the time, I promise you, you'll be fine
 Close your eyes and feel the heat
 You'll remember laying on the hot concrete
 You'll hear the stories you once had, and you'll remember things arent so bad
 The sun is there, it's just waiting for you
 To help you and to guide you too
 To keep you safe and take you back
 To put your life back on track
 So take a seat and trust in me, in the sun and what you see

- Andrea

I'm sitting in edge mentally pledging my future

Brain fires electrolysis the brain is my tutor

Turn left turn right oh what do I do

Write down a poem It definitely calms down you

Maybe words is your map to find your way to victory

Was well then not now overcoming my recovery

Using words as spoken poetry

Last sentences last word

THESE ARE MY WORDS AND I USE IT AS THERAPY

-Unique Shofiq

Poetry Corner

Get involved!

Send us your favourite quote
 or a poem you've written



RESOURCES

THE EDGE

Edge Recovery

Group Meetings

Edge Recovery Zoom meeting

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

Edge Recovery

Writing

Recovery Writing Zoom meeting

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**

FOOD BANK INFORMATION

The Edge Café- [01223 212478](tel:01223212478)

Mon-Fri 12-2pm (excluding Bank Holiday Fri 8th May)

Cambridge City Foodbank centres (foodbank vouchers needed contact [here](#)) [07772 538628](tel:07772538628)

Chesterton Methodist Church- Weds 10am-12pm

Church of the Good Shepherd, Arbury- Thu 11am-1pm

Cambourne Distribution Centre- Thu 10am-12pm

C3 Centre- Fri 10:30am-2pm



Caring Together during the coronavirus (COVID-19) pandemic

At Caring Together we provide information and advice, run services in our local communities and campaign for carers' rights, so that carers have choices.

How we are doing this at the moment has had to change but our purpose and commitment to carers and the people they look after remains the same.

During this unsettling time, we are certain of one thing, that carers and their families need our support.

We continue to offer a variety of support for carers of all ages and the people they care for. This includes:

- Information, advice and guidance
- Listening Ear and telephone support service
- Help to plan for the unexpected (emergency planning)
- Virtual support
- Homecare (paid for)
- Family Carers' Prescription

We are also able to offer virtual support to other professionals supporting carers at this time.

For the latest information or more details, please visit our website www.caringtogether.org or our coronavirus section at www.caringtogether.org/coronavirus-covid-19, email us hello@caringtogether.org or ring us 01480 499090.

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 *camb11*)

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)

Cruse- 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 counseling, online Peer support and an online community.

A free support service for those suffering mental distress [Lifeline 0808 808 2121](http://www.lifeline.org.uk).

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

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*.



USEFUL LINKS

Cambridge Virtual Community Centre (CVCC) on Facebook: <https://www.facebook.com/cambridgevcc/>

CVCC 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.

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

Facebook pages

<https://www.facebook.com/HowAreYouCambridgeshire>

<https://www.facebook.com/Nowweretalkingmentalhealth>

From today, victims of domestic abuse will be able to access **safe spaces** at Boots pharmacies consultation rooms where they can contact specialist domestic abuse services for support and advice

<https://www.hestia.org/news/press-release-campaign-launches-safe-space-in-boots-stores-for-victims-of-domestic-abuse-across-the-uk>

<https://uksaysnomore.org/safespaces/>



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