



Reconnection Weekly



W E L C O M E !

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Welcome to Issue 11 of Reconnection Weekly!

Thank you so much for your continued support, feedback and contributions. Keep them coming! If you would like to send in a picture of your pet, tell us about your favourite lockdown activity, a great recipe, or have a suggestion for the newsletter, get in touch!

This week we will be looking at the different ways we are experiencing lockdown when living with a chronic illness as well as living with someone with active addiction. We will also be focusing on the Black Lives Matter protests and the ways we can educate, get involved and stand with the Black Lives Matter movement.

We are working together with our readers to offer useful resources, fun activities and interesting practical ideas you can try out whilst at home. Please get involved by sharing with us the things that help to keep you busy and feeling well. What have you been doing during lockdown? Send us your suggestions! Don't forget to check out our [Recovery Service Facebook page](#) for regular updates and ideas.

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 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 Monday and we ask that contributions are sent in no later than the previous Wednesday in order to be featured in that week's newsletter. Thank you!

LOCKDOWN WITH A CHRONIC ILLNESS

Recovery
Service

I began social distancing at the beginning of March, three weeks before the UK officially went into lockdown. I found in many ways that my life didn't look too dissimilar to how it did pre-lockdown; I live alone, regularly spending a lot of time by myself and I have at times struggled to get out and about during periods of illness. So, for me, lockdown wasn't too much of an adjustment! I had already become used to communicating with my loved ones via the phone or facetime, as my ability to go to social events or travel to visit my friends has always been dependent on my health. I realise the adjustment hasn't been so easy for others who have chronic illnesses, who might be struggling with the increased isolation and loneliness, or for fear of catching the covid-19 virus and becoming very unwell.

WHAT YOU SEE:



WHAT YOU DON'T SEE:



To put it simply, I am accustomed to not being able to do what I want sometimes. The nature of chronic illness often impacts the sufferer's ability to participate in the hobbies they enjoy, such as exercising, socialising, going to classes, to the cinema or a museum, or seemingly simple daily tasks like cooking, cleaning, going out to get shopping and picking up prescriptions.

The majority of the nation began working from home and lots of people have told me of the disruptions this has caused to their routine and schedule, especially for those with children who need entertaining and home-schooling. Working from home has helped me to pace my day, reducing my fatigue and pain levels as I'm not spending 90 minutes in the car commuting to and from work. It's also made it easier for me to focus and be more productive as I can get comfortable at home, working from the sofa or sitting on the floor when needed. I can take regular breaks to stretch out and do a few sun salutations when I need to, although I could probably do this in the office too as my colleagues are amazing! It's been helpful to have the more flexibility around my working hours, as I can work in smaller chunks during the times of day which suit me best, instead of the regular 9-5 day. I often start work around 7am, then take a break in the afternoon if I need the extra rest time.

LOCKDOWN WITH A CHRONIC ILLNESS

I have found it difficult to have long-awaited medical appointments postponed or cancelled, some of which I have been waiting for over 12 months. A lot of hospital referrals have either been stopped or severely delayed whilst others have moved to telephone appointments. Whilst I'm grateful for the contact I have had with my team, it has been much less than usual and it's frustrating to accept that at times the support I really need just isn't available right now. It's been discouraging at times for me to feel like my progress all but stopped with areas like physiotherapy, having worked so hard to get to this point! During this lockdown period I've needed a new urgent referral and been told that I probably won't be seen until next year as the waiting times have increased so significantly.

You are FREE
to CHALLENGE yourself
while also
BEING GENTLE
with yourself.
- MHN

Having invisible illnesses means that to others I often appear completely well. Sometimes I feel like I'm fighting to keep up with able-bodied people and put unrealistic expectations on myself. It can feel like I have to justify my struggles to the people in my life and the medical professionals who support me. I have struggled more during this time (and hear a lot from others too) is feeling that I'm a burden for contacting my GP or healthcare team. A frequent thought I know I and many people with chronic illnesses have are 'there are people who need help more urgently than me.' Having a chronic illness and always experiencing symptoms to some degree can make it difficult to know when to seek more urgent treatment; it's constantly questioning whether this symptom is part of a flare-up that can be self-managed, or whether it's something new.

YOUR STORY
OF RESILIENCE
WILL STIR UP
RESILIENCE IN
OTHERS.
- MHN

It's easy to take for granted being able to pop out to the shop or for a socially distanced walk when 'normal' life feels far away. It's important that we do our best to be considerate, patient and non-judgemental during this uncertain time. So often we are unaware of what's going on for others and we don't know their full story. This is so true for those with invisible disabilities, chronic conditions, mental health challenges and so many more. We can't walk in another person's shoes but we can walk beside them.

- Grace

ACTIVE ADDICTION DURING LOCKDOWN FROM A LOVED ONES PERSPECTIVE

Recovery
Service

Life in lockdown living with someone with substance use. This someone being my elder brother.

So, it's always triggered me because my father was an alcoholic, so now I can't tolerate drugs of any kind, including smoking

I've always known my brother was dependant on the substance, yet it was always denied whenever I tried to talk about or discuss it with him. As a very honest individual with mental health issues of my own, I struggled to comprehend this level of denial when his use is so obvious. As his sister all I've ever wanted to do is help him, the reason I try to intervene rather than just let it slip under the rug and pretend that nothing's happening. I want him to live a good life, not be wasted just living for the drug, sleep, eat, misuse, repeat.



Every day is exactly the same for him. Most people's routines since lockdown was announced have been completely turned upside down and people have struggled to find any sense of normality. My brother on the other hand, well, nothing changed at all. Other than him not going to work, his days haven't changed. He doesn't get out or do anything, getting up at almost 2pm every day, to pass a few hours eating, then substance use until the early morning and back to sleep. Spending more time asleep than awake. What a wasted life?

His memory is shocking, I can have the same conversation with him every day and he wouldn't notice, which just leaves me feeling so frustrated. I can hear him 'sorting it out' from his bedroom, the sounds I hear are fully triggering for me, it angers me, and I just want it to stop. Usually I would be out of the house so I wouldn't be as exposed to it, but being stuck indoors in lockdown, I can't escape.

There were a couple of days after lockdown was announced where he didn't have access to the substance and the result was quite alarming, but this also told me exactly what I knew despite his denial. He is heavily reliant. He told me that he had been awake all night with thoughts and bad images playing on his mind, and that he'd woken up with his hands shaking and trembling uncontrollably. My initial response was "what do you expect?" Despite my frustration from trying to help for years and years, I stepped back and continued trying to help rather than just say "I told you so," but everything I suggested was thrown back in my face.

It was at this point I thought, you know what; I've done absolutely everything I can to try and help but it wasn't accepted and later that day the substance use continued and has done since... nothing has changed. Some days it will get to me more than others and I worry a lot about it but ultimately, I've done as much as I can and so it's up to him now to realise the damage he's doing to himself and accept it as a problem.

-Anonymous



Lisa's Recovery Story

Lisa was a professional, working as a teacher, married with a family and a home. Later she was arrested, lost her job, her family and became homeless.

How could this happen? And what's her life like now?

Lisa tells her own addiction recovery story in the hope that it will help others. Hear her share her story from the beginning ([1 min.](#)), what she did ([2 mins.](#)), and where she is now ([3 mins.](#)) feeling “*the most balanced I've ever been... and happy*”.

Listen to more of her story [here \(20 mins.\)](#) and [here \(23 mins.\)](#).

All our true stories of addiction and recovery are [here](#).

If you would like to learn more about *Addiction Recovery Stories* please visit the following link

<https://www.sunnetwork.org.uk/launching-addiction-recovery-stories/>

The [SUN Network](#) works to amplify the voices of service users and break down stigma about addiction and mental health. Contact us to feedback your experience of support regarding drugs & alcohol and/or mental health.



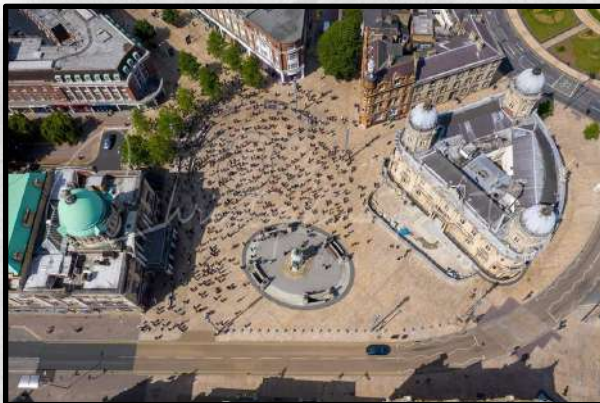
BLACK LIVES MATTER

I had a much needed week off last week and packed my week with lots of fun days out. There was also time to take part in Hull's peaceful and socially distanced Black Lives Matter protest.

I was with my best friend of 45 years, Imogen and her son Edward (my god son), both of mixed African heritage.

Imogen admitted she was really nervous about attending the protest, but was reassured as so many of our friends were attending too.

I wanted to share two photos from the day, one taken by me and one taken by a drone.



My best friend Imogen has an amazing life story to tell.

She was involved with a project called
Africans in Hull and East Yorkshire.

www.africansinyorkshireproject.com/imo-g.html

Empowerment is a tremendous thing that we do every day at Change Grow Live, as is peacefully protesting against racism.

-Elly



BLACK LIVES MATTER

55 links to educate yourself, get involved and stand with the Black Lives Matter movement:

Instagram

@cambridgeforblacklives

@blkivesmatter

@blackmindsmatter.uk

@shaunking

@youlookokaytome

@laylafsaad

@lisalikes2blog

@blacknationapp

@novareidofficial

@jonelleyoga

@jane_elliot_

@monachalabi

@monroebergdorf

@leilasadeghee

@therapyforblackgirls

@sylvestermcnutt

@izzy.marianne

Photos from Cambridge for Black Lives Protest- Saturday 6th June



Facebook

[Know Better Do Better group](#)

[Black Lives Matter UK group](#)

[Black Lives Matter Global Network](#)

[LGBT Foundation](#)

BLACK LIVES MATTER**Books**

Black Rage- William H. Grier & Price M. Cobbs

How to Be an Antiracist- Ibram X. Kendi

White Fragility: Why it's so Hard for White People to talk about Racism- Robin DiAngelo PhD

I know Why the Caged bird Sings- Maya Angelou

So You Want to Talk about Race- Ijeoma Oluo

Me and White Supremacy- Layla F Saad

Why I'm no longer Talking to White People about Race- Reni Eddo-Lodge

Superior: The Return of Race Science- Angela Saini

Natives: Race and Class in the Ruins of Empire- Akala

Netflix

13th

Dear White People

See You Yesterday

When They See Us

American Son

Time: The Kalief Browder Story

**Videos**

[The Same Drugs: Coleman Hughes on race, racism, police violence, and Black Lives Matter](#)

[Let's get to the root of racial injustice | Megan Ming Francis | TEDxRainier](#)

[Analysis: Whiteness](#)

[What Matters documentary series](#)

[50 years of racism -- why silence isn't the answer | James A. White Sr. | TEDxColumbus](#)



BLACK LIVES MATTER

Petitions

[COMPREHENSIVE LIST OF PETITIONS HERE](#)

[Black Lives Matter Petitions](#)

[Teach Britain's colonial past as part of the UK's compulsory curriculum](#)

[Biggest US Petition Of All Time: Death of George Floyd](#)

Donate

Help the family of George Floyd [HERE](#)

Fight for Breonna Taylor [HERE](#)

Help the family of Ahmaud Arbery [HERE](#)

Want to help protesters? Donate to one or more community bail funds [HERE](#)

Exist Loudly Fund to support Queer Black young people [HERE](#)

Further Resources

[Topple The Racists](#)

[The Black Curriculum](#)

[A BLM reading list for Families](#)

[50 Brilliant Speculative Works by Black Authors](#)

[Prison Reform Trust: race and prison](#)



ART & CREATIVITY



- The 240 Project is bringing homeless artists together during the crisis
www.bigissue.com/culture/the-240-project-is-bringing-homeless-artists-together-during-the-crisis/
- Mother and daughter create amazing 3D chalk art
themindcircle.com/3d-chalk-art/
- Striking portraits by artist Tawny Chatmon embellished with gold garments and ornate backdrops
www.thisiscolossal.com/tawny-chatmon-redemption-klimt/
- This creative woman excels at baking art pies with avant-garde crust designs
mymodernmet.com/creative-pies-lauren/
- Hyperrealistic oil paintings of fish trapped in glass bowls are metaphors for modern life
mymodernmet.com/young-sung-kim-hyperrealism/
- 21-Year old WWII soldier's sketchbooks reveal a visual diary of his experiences
mymodernmet.com/victor-lundy-wwii-sketchbooks/
- Graceful photographs of solitary figures by Oye Diran explore beauty and empowerment
www.thisiscolossal.com/oye-diran-photographs/

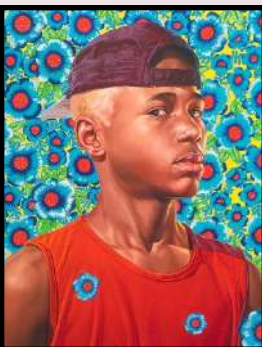
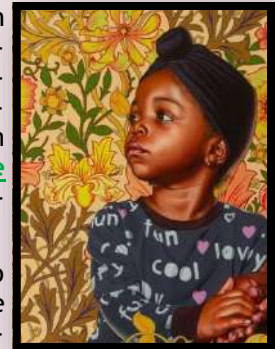
●● Make visible what, without you, might perhaps never have been seen. ●●

— ROBERT BRESSON



ARTIST OF THE WEEK

Kehinde Wiley is a contemporary African-American painter known for his distinctive portraits. His subjects are often young black men and women, rendered in a Photo Realist style against densely patterned backgrounds. Wiley melds references from many sources, including [Jean-Auguste-Dominique Ingres](#)'s portraits of Napoleon Bonaparte, Islamic architecture, and hip hop culture.



"I believe it's possible to hold twin desires in your head, such as the desire to create painting and destroy painting at once," the artist has explained. "The desire to look at a black American culture as underserved, in need of representation, a desire to mine that said culture and to lay its parts bare, and look at it almost clinically."

Born on February 28, 1977 in Los Angeles, CA, he received his BFA from the San Francisco Art Institute in 1999 and his MFA from the Yale School of Art in 2001. On February 12, 2018, both Wiley and the artist Amy Sherald unveiled their official presidential portraits of Barack Obama and Michelle Obama for the Smithsonian National Portrait Gallery in Washington, D.C.

The artist currently lives and works between New York, NY and Beijing, China. Today, Wiley's works are held in the collections of the Metropolitan Museum of Art in New York, the Denver Art Museum, the Hammer Museum in Los Angeles, and the Walker Art Center in Minneapolis, among others.

Influential Living African American Artists

www.artsy.net/article/artsy-editorial-influential-living-african-american-artists

Do you have a favourite artist, author or musician you'd like us to feature? Let us know!

MUSIC, DANCE & DRAMA

- LSA (Live Stream Archive) is a temporary digital archive collating all of the work being shared online by UK Theatre & Performance Artists.
livestreamarchive.co.uk/
- Stream Shakespeare's dream-like comedy 'A Midsummer Night's Dream' from the comfort of your own home
www.shakespearesglobe.com/watch/a-midsummer-nights-dream
- MUSIC: Selecting the best UK music every week and sharing it with the world
music.britishcouncil.org/selector-radio
- Beyond a BPM explores London's creative dynamic through the eyes of the musicians, producers and designers who are blurring the lines between art, music and fashion
music.britishcouncil.org/beyondabpm
- Wes Anderson's favourite movies: 30 films the auteur wants you to see
www.wes-anderson-favorite-movies-films/
- Claire Foy and Matt Smith to star in socially distanced live-streamed *Lungs* at empty Old Vic
www.whatsonstage.com/london-theatre
- Scottish Mental Health Arts Festival - SMHAF 2020: Week Seven
www.mhfestival.com/news/week-seven

A GOOD READ

- Maya Angelou on Courage and Facing Evil
www.brainpickings.org/maya-angelou-bill-moyers-facing-evil/
- How kindness became our forbidden pleasure
www.brainpickings.org/on-kindness-adam-phillips-barbara-taylor/
- How to Love: Legendary Zen Buddhist Teacher Thich Nhat Hanh on mastering the art of "Interbeing"
www.brainpickings.org/how-to-love-thich-nhat-hanh/
- Pride Month: Exploring the Kettle's Yard Collection - Kettle's Yard
www.kettlesyard.co.uk/pride-month/
- Egon Schiele on what It means to be an artist and why visionaries always come from the minority
www.brainpickings.org/egon-schiele-letter/



POETRY CORNER



People are saying that all lives matter
And yes I guess that's true
But you have to understand what being black means to you
Understand what they've been through
From their ancestors so courageous and brave
They went through hell for you
To today with racism and more
I remember in school with a mind so young
Learning of slavery and all they went through
Even back then I felt things so deep
I couldn't understand and would weep
What gives us the right
Just because we were born white
And to this day I remember the text books
The pictures, the way they looked
And still to this day it hurts me so much
How people can be so nasty
It's a colour that's all it is
It's the person you are that matters
Not the colour of your skin
We're all the same within
We bleed the same blood, we break we hurt
For a colour of a person shouldn't matter
It's not our planet
We don't own it
But we've done a lot of damage because of our colour
You wear black clothes, even dye your hair black
Maybe even have a pet that's black
So what's the difference when it comes to people
We should all be living and loving as one nation
I don't see colour when I look at you
I see my friends my family too
Even my fur babies all colours they'll be
From fully black, to black brown and white, brown and white and a Bengal gone mad
A sock fetish she does have
My little jazz was a gorgeous as can be
Completely black
She was as precious as can be
I loved her no less because of her colour
In fact she was protected like no other
Because even they went through hell because of their colour

-Andrea



POETRY CORNER

NOT GOT CERTIFICATES
 JUST GOT SCARS
 SET MY LIMITS FAR
 THAT'S MY BAR
 I'M NOT DEFEATED
 BY A BIT OF PAPER
 MY LIVED EXPERIENCES
 TAUGHT ME TO BE GREATER

SOME WRONG MOVES
 WITH WRONG CREWS
 DESTROYED MY LIFE
 CRIME WATCH NEWS
 PROLIFICAL CRIMINAL
 COKE UP INDIVIDUAL
 THOUGHT HE'S INCREDIBLE
 GOD SLAPPED HIM IN THE FACE
 PUT HIM IN HOSPITAL
 COMATISED 2 WEEKS
 EXCUSE ME NURSE NIGHTINGALE
 WHAT HAPPEN TO THIS FOOL
 125CC BACK TYRE POPPED
 LOST CONTROL A LOT
 THEN SMASHED INTO A WALL

 BUT THE ACCIDENT GIFTED HIM

UNIQUE SHOFIQ

Be free from the chaos and torturous ways,
 start building new memories and gift yourself some happy days,
 give yourself some credit and well earned praise.

-Teresa

Thank you for your contributions.

Keep sending in your poetry!

If you'd like to read more about Shofiq's story click [HERE](#)



THE WINDOW (GROUP PROJECT)

Thank you to everyone who has sent in photos of their 'Window' artwork so far! Keep them coming!

We'd love to feature all kinds of creative work in future newsletters and on our website.

So please send them in!

emma.william@cgl.org.uk



Acrylic painting -by Megan



Photograph -by Debbie



Acrylic painting -by John



GET INVOLVED!



Want to use photography to be creative and to express your current experiences of lockdown?



Hi, I'm Julia! I'm delivering a new online photography programme at CGL: **the first taster session is on Zoom, Wednesday 17th June at 11am**, and the programme will then run for three weeks after this date.

The following sessions are held:

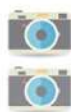
Wednesday 24th June 11am

Wednesday 1st July 11am

Wednesday 8th July 11am

The programme also informs a research study relating to the benefits of participation and how photography can be used to convey your experiences of lockdown

Zoom ID: 292 970 4605 Password: photo0300



The programme gives CGL members a chance to develop photography skills through a range of activities facilitated by a trained photographer - to express yourself and to present and explore your photographs in group feedback sessions.

Please contact Ellie Morphew or your Recovery Coordinator at CGL if you are interested in being considered for the group, places are limited!

JOIN US!



Next weeks
Reconnection Weekly
Nature & Health

**Missed the deadline for
submissions?**


Don't worry!

We still want to share your
contributions in future
newsletters! **Send them in!**

**Complete the Survey and
be in with a chance to win
a £30 gift voucher!**

Your opinion matters!



 Change Grow Live drug & alcohol
recovery services want your help
in continuing to improve your
services.

Your experiences of CGL (negative & positive) are important and of great interest to those who are making decisions which is why we at the SUN Network are here to amplify your views & try to give voice to the voiceless. Read more about it [HERE](#)

As a thank you for giving your time & feedback, we are giving away one £30 gift voucher (which can be spent online or in a shop near you) to a person randomly selected from our survey participants.

Take the survey [HERE](#)

Closing date is 30th June.



ONLY FOR THE WISE

QUIZ NIGHT


Recovery service Zoom Quiz night

ALL WELCOME IN THE RECOVERY COMMUNITY

The next Quiz Night date, time and zoom ID/password will be in next weeks issue, so watch this spacell!

GIFT CARDS UP FOR GRABS FOR 1ST/ 2ND AND 3RD PRIZE





 **Change
Grow
Live**

Change Grow Live Manchester would like to invite you and the people who use your service to join our choir on Zoom!

Every Tuesday 6pm until 7pm
Meeting ID 350 074 3187
Password 5KUs57

For more info, and the songs we will be singing, contact
louise.byron@cgl.org.uk

 **Phoenix Rising**




 Recovery Service

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/recoverymeeting

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

Edge Record-Stay connected!

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

FOOD BANK INFORMATION

The Edge Café-
01223 212478

Monday to Friday
12-2pm

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!!

- Gail



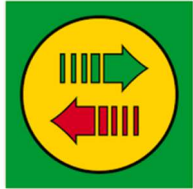
Have a go!
Get
involved!

"Without the edge cafe I seriously wouldn't be able to live. These guys have helped god knows how many ppl, they're all pretty amazing and love them all so much, Please recognise all they do and have the up-most respect for them, what they do and have done for us and still they help, PRETTY AMAZING by all accounts, thank you so very much guys"

-Sally xxxxxx

"Helps me and my parents who are in isolation bump up our food so we can survive"

-Sharron

RESOURCES**Needle Exchange Service**

We would like you to know that all our needle exchanges are still open at CGL.

Extra precautions are being carried out during this period for example observing the 2 meters distance.

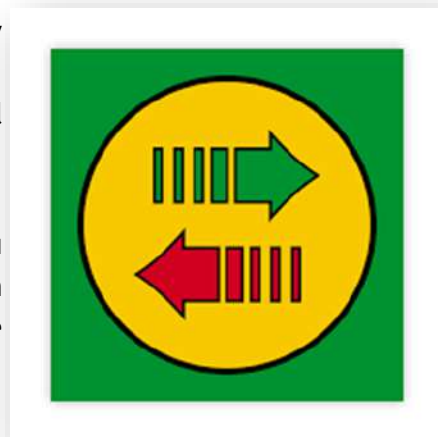
- **Wisbech 9.30am-4.30pm Monday to Friday**
- **Cambridge 9.30am-4.30pm Monday to Friday**
- **Huntingdon 9.30-4.30pm Monday Wednesday and Friday**

As usual you are more than welcome to come in and carry out an exchange or collect new if you need to. Needle exchange is a very important part of our work here at CGL as we want to make sure our clients get the best harm reduction and equipment they can.

- **All our equipment is totally free of charge,**
- **You do not need to be a client of CGL's or any other service provider to use the needle exchange.**
- **As well as needle exchange, we also provide condoms, harm reduction advice and sign posting for other useful agencies you may need.**
- **If you are unable to make it down to the service during this period, you can also carry out an exchange at many local pharmacies. Check to see if they have a sticker or small symbol like this with in the pharmacy.**

Please always feel free to contact us at CGL if you want to ask questions, would like harm reduction advise or even check what we have in stock, we would always rather hear from you than not.

Telephone: 0300 5550101





RESOURCES

Family service

It can be the hardest thing to watch a family member struggling with addiction. The feelings of helplessness, anger and fright can be paralysing and often it seems that there is no one who will understand and nowhere to turn.

The substance misuse service has for many years run a family service which supports all those affected by someone else's substance misuse. Within the groups we have supported those family members who are over 18 and we have signposted those under 18 to appropriate help. This work continues in these Covid times and we run a family support group every Wednesday via Zoom at 3pm. Please see the poster below for details on how to join. We also provide 1-1 support for those who cannot attend on a Wednesday and this is accessed by calling Tracy Thompson on [07778145427](tel:07778145427). There is no problem too big or too small and the support and understanding gained from other people who are going through the same experiences is invaluable.

Please don't struggle alone. Call us now and we will do our best to walk beside you at this time.

Friends & Family Zoom Group



We recognise the impact on the whole Family of Living with someone who is a substance misuser .
Our aim is to support and educate family members about substance misuse and teach them coping strategies so they are better able to help their loved one overcome their dependence and achieve recovery.

This group is open to friends and family of those involved in substance misuse, regardless of whether those individuals are in treatment .

Join us **Wednesdays at 3:00pm on Zoom**

Meeting ID: 723 551 1005
Password: Talk

For any reason that you do not feel you can join us in the meeting, or do not feel safe to talk, you can always email or call the service.

Please feel free to get in contact with the family service.

Email: RecoveryServiceCambs.SPOC@cgl.org.uk
Telephone: 077781-45427
CGL Service: 0300 555 0101

Follow the Recovery Service
www.facebook.com/RecoveryServiceCambs

RECOVERY SERVICE & CGL
CAMBRIDGESHIRE

LET'S TALK

Recovery

ZOOM MEETING

JOIN US

Wednesdays - 10:30 AM

**Meeting ID - 723551
1005**

Password - Talk

1. RECOVERYSERVICECAMBS.SPOC@CGL.ORG.UK
2. FOLLOW THE RECOVERY SERVICE
WWW.FACEBOOK.COM/RECOVERYSERVICECAMBS
WWW.CHANGEGROWLIVE.ORG/DRUG-ALCOHOL-SERVICE-CAMBRIDGESHIRE

RESOURCES



Services and service adjustments made at [CPSL Mind](#) in response to Covid 19



If you need a listening ear. Lifeline Plus is a new helpline for adults in Cambridgeshire and Peterborough. Trained staff can discuss issues affecting mood and wellbeing during this time, or signpost to other sources of support.

Call Monday to Friday, 9am-2pm, on 0808 808 2121



Qwell is an online community for adults in Cambridgeshire and Peterborough. Find self-help resources and join in peer support through chat. You can also access safe and confidential one-hour sessions with a fully qualified counsellor via instant messaging.



As part of our Good Life Service we offer a number of community initiatives aimed at encouraging community

connectivity and increasing wellbeing skills. These ordinarily take place in cafes and other locations at the heart of our communities. Good Mood cafes are informal 'get togethers' designed to connect individuals to other like-minded people within their communities; offer wellbeing support and share interests and skills. Our Open Door calm spaces offer somewhere to turn if you're looking for a bit of space and tranquillity.

These sessions offer guidance on self-help techniques which can help you to 'ground yourself' and feel better - both in that moment and in the future.

However, we are now bringing these directly to you to participate in from home using Zoom video calls. You can sign up to join the virtual sessions detailed below by emailing us at goodlife@cpslmind.org.uk or calling us on 0300 303 4363. We'll then send you a private link and password which you can use to safely and securely join.

Our Sanctuary service remains open for dedicated telephone support for those in mental health crisis and is only accessed via the NHS First response Service on telephone 111 option 2.

FOOD BANK INFORMATION

The Edge Café- 01223 212478
Mon-Fri 12-2pm

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

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


 Recovery Service

USEFUL LINKS



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.



Wonderfully Made Creative Café

This is an intentional safe space of real community where anyone can come and just be themselves, aimed particularly at those people struggling with mental health difficulties. Our drop-in 'creative cafe' based at Cafe 121, Milton Road, where a different craft activity is offered at each session, is temporarily suspended due to the Coronavirus. However, we have a private and confidential facebook group where we continue to meet and support each other through conversation and livestream events. For more information please visit us here: <https://www.facebook.com/groups/772250209847560>.

We would love to hear from you if you would be interested in joining us. For more information please go to our webpage or get in touch using the contact details below. We hope to be able to meet up again very soon - updates will be posted on our webpage. We are also looking for volunteers to join our team so please get in touch if you are interested.

W | www.arburyroadbaptist.org/wonderfullymade

E | wonderfullymade@arburyroadbaptist.org

T | 07594 246662 (voicemail)

Abuse

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

[CAPRPC](#) (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)

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)

More extensive list at back of newsletter

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.

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*.


 Recovery Service

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

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

www.al-anonuk.org.uk/

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

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-

www.sunnetwork.org.uk/weekly-for-a-chat/

Cocaine Anonymous online meetings

meetings.cocaineanonymous.org.uk

Marijuana Anonymous online meetings

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
dean.st/chemsex

Gay and Sober UK online meetings
gavandsober.org/england

Crystal Meth Anonymous online meetings
crystallmeth.org/

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

AA Polish language helpline

aachilternthames.org.uk/polish-speaking-helpline

Facebook pages

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

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

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

Victims of domestic abuse are able to access **safe spaces** at Boots pharmacies consultation rooms where they can contact specialist domestic abuse services for support and advice

www.hestia.org/news/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