



Reconnection

W E L C O M E !

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Welcome to our next issue of Reconnection!

In this issue of Reconnection we share some of our readers tips for staying well over the winter period as well as providing a 'winter checklist' you may find useful.

We make a culinary trip to sample readers recipe's in our new 'In the Kitchen' feature shared from our weekly online group, as well as another inspiring recovery story.

We've included the wonderful creativity of our recovery service poets as well as fantastic nature walk photography. Don't forget we are still collating a music playlist, so please send in your suggestions.

This is a magazine for everyone, and we would love to hear from you!



If you need support please 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!

DIFFICULT ROADS
OFTEN LEAD TO
BEAUTIFUL
DESTINATIONS.

RECOVERY SERVICE

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

Amy.SheppardRich@cgl.org.uk

Don't forget to check out our Recovery Service Facebook page for regular updates and ideas.

STAYING WELL DURING WINTERRecovery
Service

How do you stay well during the winter months?

Walk every day, do at least 3 circuit online sessions a week and lots of homemade soup.

-Sally

Curtains closed on sofa in a duvet with the hubby. Watching old funny, romantic movies with hot chocolate, cream and marshmallows. Yum yum!

-Linda

Trying to go out once a day

-Nathan

Scented candles

-Mark

Colouring, Poetry, snuggly blankets and edible treats.

-Teresa

I wear as little as possible since my daughter has been home from university and the heating is always on. Menopause keeps me warm and eating lots of chocolate.

-Collette

I wear as many wool items as I can fit on my body (currently hat, cowl, cardigan, wrist warmers, socks, and slippers) and a constant mug of hot beverage. If I have free time, I snuggle under a wool blanket and watch TV or listen to an audio book, while knitting. Doggie snuggles are usually involved.

-Corri



Recovery
Service

STAYING WELL DURING WINTER



Curled up with something snuggly and a hot drink is always a winner. I have a SAD light which helps when days are dreary and dull, but I've learned not to look directly at it - it's very bright!



I've got the compulsory fairy lights up. I keep forgetting to get blu tack or hooks though so they're just unartistically dumped for now.

I use the pet friendly vapour diffuser to make the room smell nice too - currently 'sweet cherry and plum' which smells amazing.

Lastly, my favourite is my room. I bought some extra pillows and make a 'nest' to snuggle up with a super-soft blanket and read a book or watch a film.

-Lucy

Hygge - that I first read about in the newsletter. Candles, fairy lights, log fire (if possible!) - basically, cosiness. I've spread the word and got other people into it too. Really helps.

-Mary

A fleecy blanket, hot water bottle and a hot drink to keep warm and cosy .

-Naomi

Chilling with the cat and a video game.

Although accessing the keyboard is not easy with a hefty chonk on the desk...

-John



Winter Checklist

Do you have your RC's phone number?

Do they have yours? (have you changed it recently?)

Are you registered with a GP?

Do you have your GPs number?

Do you have your pharmacy number?

Are you registered/booked in with a dentist?

Get yourself a flu jab. You may be entitled to a free one.

Speak to your recovery worker or nearest
pharmacy/GP practice.

Make sure your medications are all up to date. Book in a
review of medication with your GP or nurse
prescriber where required.

Do you have an up to date Naloxone kit?

Keep an Aid box – cold remedies, basic painkillers, anti
bac , plasters, masks, condoms.

Recovery
Service

Check your nearest food bank opening hours.

Check your nearest pet food bank too!

Budget for electric/gas.

Emergency credit for those on meters.

If you have not got a phone please speak to your recovery worker, we may be able to support you with gaining a phone.

Budget phone credit or review a sim only plan which gives you minutes +texts and even data if you can.

Is your housing secure?

Do you need support around your accommodation?

Speak to your recovery worker.

Check you are getting all your benefits you are entitled too, make sure that you are up to date with job coach if you have one and book in your next few appointments.

Get yourself a cheap 2020-2021 diary to plan out all your appointments or utilise the calendar on your phone and remember to set reminders.

Make sure you have an up to date zoom group timetable and face to face timetables for your local services.

Make sure you are getting outside and getting fresh air on a regular basis.

Make sure you are making regular contact with your recovery community.



In the Kitchen

Happy Dal

A dear friend of mine taught me how to make this years ago, and it has been a staple in my house ever since. Dal is cheap, filling, comforting and healthy. I often add spinach to boost the nutritional value. I asked my friend what she'd like me to name the recipe, and she replied "Dal that we have and make together is happy Dal".

- Serves 4 as a main meal or 6 as a side.
- Cost: approximately 28p per serving.
- Vegan
- Keeps in the fridge for 2 days
- Freeze for up to 3 months
- Add a dash of water if reheating from chilled or frozen
- Can be made in a slow cooker

Method:

Put the lentils into a large saucepan and cover with 1 litre cold water. Soak for 1 hour (you can skip this step but it significantly reduces the cooking time).

Once soaked, add another 1/2 - 1 litre of water, until you have about double the amount of water to lentils in the pan.

Add the turmeric to the lentils and water and stir in.



Ingredients:

- 250g dried red lentils
- 2 tbsp turmeric
- 2 tsp cumin seeds
- 1-2 tsp dried/fresh chilli (to taste)
- 4 large or 6 small cloves garlic - crushed
- 2 tsp fresh/frozen/dried coriander
- 3 tbsp oil
- 1-2 tsp black pepper (to taste)
- Salt to taste
- 1-2 litres water





On a high heat, bring the lentils almost to the boil. Just before the water is boiling, turn down to a low heat. Cover and simmer, stirring occasionally, for approx. 60 mins, until the lentils have lost their shape and you have a thick soup-like consistency. You may need to add more water during the simmering stage, depending on whether you prefer a thicker or thinner consistency.

Garnish:

This is the most important step and adds the flavour to the dish.

In a separate pan, heat the oil on a medium heat. Add the garlic, chilli, coriander and cumin, and sauté for 30-60 seconds, or until the garlic is just starting to brown.

Take off the heat and pour the oil and spice mixture to the lentils, stirring in well.

Add salt and pepper and serve.

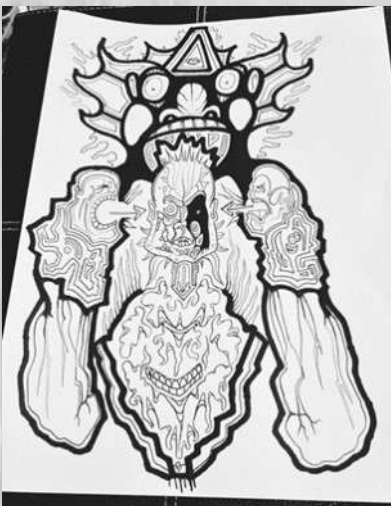
Serve with rice and/or naan and salad, or as a side with other dishes.



Thank you, Mary!



ARTIST OF THE MONTH

Recovery
Service

Dermot

Hi my name is Dermot, and I have enjoyed writing and drawing for many years. I find it very therapeutic, and it is a major part of my recovery. I have experienced mental health problems as well as other personal issues for many years. I began drawing and writing as an outlet for experiences I could not articulate that suddenly became part of my daily life. When I developed Schizophrenia in my late teens I found creativity as an excellent tool for expressing ideas and experiences that I was having to come to terms with. These images and words could be seen as an attempt to give life to the world as I experience it. Where the functions of the brain are inverted and a human being becomes a victim of their own mind. That said, who isn't a victim of their own mind? It is hard to explain the way anybody's mind works, without over simplifying the experience. We humans are complicated things after all!

Recovery
Service

ARTIST OF THE MONTH



If you look at the images and read the words, they will at first look quite basic. However if you look again, the “secrets” will be revealed. There are layers and details that take time to appreciate. These are only revealed as you trace the path of a line, see a hidden face, or look into a pattern or relationship between particular details. I hope you enjoy these recovery based images and writing, and maybe they will inspire you, or someone you know, to draw or write. It is a good way to express thoughts about difficult subjects and events. I would recommend it as a tool to anybody who struggles to put words to life and those extreme places and times that are so hard to navigate yet so many of us find ourselves having to negotiate and come to terms with.

Thank you for your interest and bye for now,

Dermot.



ARTIST OF THE MONTH

When I am unwell. I make decisions that don't help. I reach out for medicines that cloud an already unsteady mind. My body bloated from too much bad food. My head aches from the strain of too many chemicals and too much bad medicine. You prescribe but do not understand. You look but cannot see, and this hurts me in ways that even you do not comprehend. I am surrounded by protectors who defend the castle of my mind. As nestled deep within a voice seeks its audience. I write these words to compensate for the barren nature of my world and your understanding of it. I am the shadow in the heat of the midday sun. I flicker like the flame that can be extinguished at any moment. Blinded by the incandescent light that delights and seduces me with its brilliance. In the dark corners of my mind lies anger and confusion. I feel trapped and restricted by my own actions. I create a mighty ark for me to set sail into an unknowable future. Putting my faith in the supreme being who loves and guides me. My passage to the great unknown path ahead that will lead to greater achievement. In the hope I find redemption and peace in success. As I make a great leap forward from old states of pain, and into a brighter day. In this mighty battle there is no certainty who shall win or who shall lose. Yet there is solace in this conflict as I mix magical potions of every concoction imaginable. A sickness that is all consuming. An eternal regret. Hoping to make amends for the damage wrought. A vague beauty in destruction, as the image in the mirror fades. A new creation comes from the looking glass as white rabbits offer suggestions of delight. New pleasures in touch and taste are less vague and intangible than bitter fruit. The delicacies of a thousand years of toil and regret rot, only to grow old and unwanted, falling from the trees of a now distant forest. A place of fantasy and deception, where all that is false and fleeting is valued over the real and worthwhile. It has been a journey of many missteps as I venture inward to the precious and fragile dew of a golden dawn. A world of my creation fashioned from the molecules of the human mind. As synapses fire signals through the cold reptilian brain of ancient wisdom and conformity. A decision is discovered, as I make my way up a treacherous path that ascends a mountain of misdirection amongst the many molehills of repeated errors and dead ends that have littered my life. This high road a place of possibility and wonder as a weary traveller makes good on his adventure and discovers a mine of plenty. Deep within a cold and twisted mountain lies the fruits of this perilous journey of tears. On a battlefield a single soldier sings a lament for the gift of life and his inability to share this gift with his fallen comrades. The mists recede, and standing tall and strong a decision is made. As the exhausted fighter staggers through old memories and regrets, to return home to a lush valley of potential and hope. In the conviction that things can improve, and life back home will be better than the challenges faced in pursuit of a king's ransom.

ARTIST OF THE MONTH

A beauty revealed as night passes to make clear in the rays of the morning sun, the gift of greater hope and peace. All else appears as fantasy, the product of too many lost days and nights. Reality a world of dreams that describe the futility of existence. As a few have the insight to challenge the conventions of a society that confines and restricts independent thought. The impulse to create that is stymied by essential reason. The scientist beguiles the people with his creations. As the genius of a mathematician in a distant spire recites a liturgy of blind faith in the ear of a false god. The industrialist builds the walls of the castle high enough to prevent man from witnessing the prejudice and sadism that is the illusion of the real world. The multiple membranes of perception bend and flex, manipulated by a cold, uncertain mind. The mighty creator that sits in heaven pulling the strings of life that control a puppet to entertain ignorant minds into the ways of foolishness and convention. Leaders of everywhere demand solutions to problems that do not exist so that in the place of the real and tangible, an idol is placed. The reality of which is hidden from view by the conjuror who tricks and deceives for the price of his ever more elaborate feast. The need for more, an impossible passage within the gut of the beast. An ever and all-consuming behemoth of industry that demands loyalty for the crumbs from the beasts groaning table. As orders are barked from its vile belching mouth. When I am unwell. All this seems real. The pain of years is deep and profound. As I stagger and fall, fall and stagger. The world illusionary. As I sit in stasis hoping to wake from this dream into a greater reality. Blood flows from my fingers as I grip the blade of my own destruction. I am a soldier of fortune, hard on their luck. A mercenary newly returned from a silent conflict. Eyes blinded by the moon that shines, causing the tides to ebb and flow. The waves of a great and treacherous sea lash the decks of my unstable, make-shift craft. I tie myself to the mast and pray to an uncertain god to let me live. To experience dawns early light and be delivered redeemed into the arms of a loving mother and father. Clean

By Dermot

RECOVERY STORIES

Recovery
Service

KARIM

A police recruit, let's call her Jill, heard Karim tell his story as part her training about drugs and alcohol addiction. She soon found out that this was the first time Karim had ever spoke in front of an audience (about 20 new police officers).

Imagine them all sitting in a classroom in their uniforms, which could be triggering and intimidating for him! As he waited to share, he didn't look anxious, but he wondered exactly what to say and what to leave out. He had never shared his story in public before, but his passion to help break the stigma around addiction and drugs won out over his nervousness. So when introduced, he took a breath, stood up, and started talking.



Jill told Karim right after his talk when she starts her role as a police officer, when she sees homeless people and those drugs users, she will remember his face and think of him. She will never see these people the same again. They aren't problems, they are people. Karim loved the experience as well. He was practically glowing and said it was so fulfilling and rewarding to think his story can help others.





What was his story? You can hear for yourself below:

TRIGGER WARNING: Karim's telling of his experience of overdose is emotional and may be upsetting.

Karim's [early addiction & drugs](#) (4 minutes). How Karim [got into heroin](#) (4 mins.). Karim & [the world of heroin & crack](#) (2 mins.). Karim on [overdosing & living with heroin](#) (3 mins.), his [life saved](#) by naloxone (3 mins.), [using heroin](#) (2 mins.) and [quitting heroin](#) (4 mins.). Karim's [passion](#) for addicts and Karim's experience of [CGL's compassionate support](#) (3 mins.). Finally, Karim on [cocaine anonymous & 12 step fellowships](#)(3 mins.), [12 step support for atheists](#) (5 mins.) and his addiction recovery [self care tips](#) (3 mins.).

[Here's](#) his full story in one video and [Here](#) are all his clips together in one playlist.

The SUN Network is an independent organisation that is steered by its members, here to ensure your voice is heard. Our vision is that everyone in Cambridgeshire & Peterborough will have equitable access to high quality Mental health and/or Drug & Alcohol interventions and services at the time when it is needed.

To [contact](#) us ring, text or WhatsApp KC on 07710 998 368 or email him via kc.cade@sunnetwork.org.uk to chat, as he'd like to hear your story.

POETRY CORNER

I'll burn an ear,
the talk is cheap,
my outlook's richer and
my pockets run deep.

I jumped on the wagon,
the ride was free,
My head's real busy,
but its just me.

I forgot the blues,
To shake this mood,
Throw it all back now,
What can I chew,

Ive not got the answer,
but Ive worked real hard,
With or without you,
I'll get so far,

Dont take it personal,
I'm doing real fine,
I could do it all again now,
and take a little less time,

It's so good,
Now the path is clear,
So good,
To be standing here,

I was lost,
But now I'm found,
The picture's bright,
It's painted now.

.....

Zeph

In and out of recovery we may
weave,
our troubles and past we wish to
leave,
for we no longer wish to grieve.
One day at a time we can learn to
believe
that all we have is a daily
reprieve
and in ourselves we can believe.

By Teresa

It only takes a glance to stereotype
Take a look at yourself before your mouth pipes
Problem stress & all things negative
It does follow you Don't you let it live
Embrace the fact your days is going good
Cos It's not the same for all in your hood
When you next walk past a homeless person
Initiate a smile
For it may make someone Just for a second
... No longer fragile
Go the extra mile and give them a smile
Cos you know why

..It'll stay in their heart for a long loving while

Unique Shofiq

We'd love to share
your poetry .

Get in touch!



THE WINDOW 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



By Tara





OUR NATURE WALKS

Connecting with nature to explore the positive relationship between spending time in an outdoor environment and our health and wellbeing. Here is a selection of readers photographs.



London



Cambridgeshire

*Spring is ahead of us,
the beautiful colours
and new life it does bring,
may it bring joy
and allow your heart to sing
for the pure beauty of spring.*

By Teresa




Huntingdon



Norfolk



*What have you seen
on your walk
recently? Send in
your photos.*

emma.william@cgl.org.uk

THINGS TO DO!

- **Nature**

From behind London Zoo's gates we're bringing the Zoo to you!

[ZSL London Zoo - Zoo in London - Zoological Society of London \(ZSL\)](#)

Watch the live cameras at Monterey Bay Aquarium

[Live cams | Monterey Bay Aquarium](#)

Explore some of the wonders of the world online, including the [Taj Mahal in New Delhi](#), India; [the Eiffel Tower](#) in Paris, France; or even the [Sydney Opera House](#) in Australia.

Outdoors and our wellbeing

[Peace of mind - CPRE](#)

- **Family Fun**

Explore Disney!

[Disney Parks Launches First-Ever 360-Degree Panoramas on Google Street View | Disney Parks Blog](#)

Lynette Yiadom-Boakye
Meet the artist who makes powerful paintings of imaginary people

[Who is Lynette Yiadom-Boakye? - Who Are They? | Tate Kids](#)

Find lots of family fun things to do

[Virtual Museum Activities | Lets Go With The Children](#)

EXPLORING THE ARTS

- **Art & Museums**

The British Museum - The Museum of the World

[Museum of the World \(britishmuseum.withgoogle.com\)](#)

Florist and botanical sculptor Makoto Azuma pushes the boundaries of flower arrangement with his surrealist installation art

[Artist Preserves Dozens of Flowers in an Incredible Frozen Installation \(mymodernmet.com\)](#)

National Museum of Natural History - Virtual Tours

[Virtual Tour | Smithsonian National Museum of Natural History \(si.edu\)](#)

[Virtual tours | Visiting | National Gallery, London](#)

Giant wooden xylophone in Japanese forest plays the notes of Bach's Cantata 147

[Giant Forest Xylophone Plays the Notes of Bach's Cantata 147 \(mymodernmet.com\)](#)

Pretend you're exploring some of the world's most famous theatres through virtual tours.

[11 Dramatic Virtual Tours of Stages Around the World - Google Arts & Culture](#)

- **Winter Poetry**

[Twelve beautiful winter poems - Pan Macmillan](#)

GET INVOLVED

Poetry Anthology Art & illustration

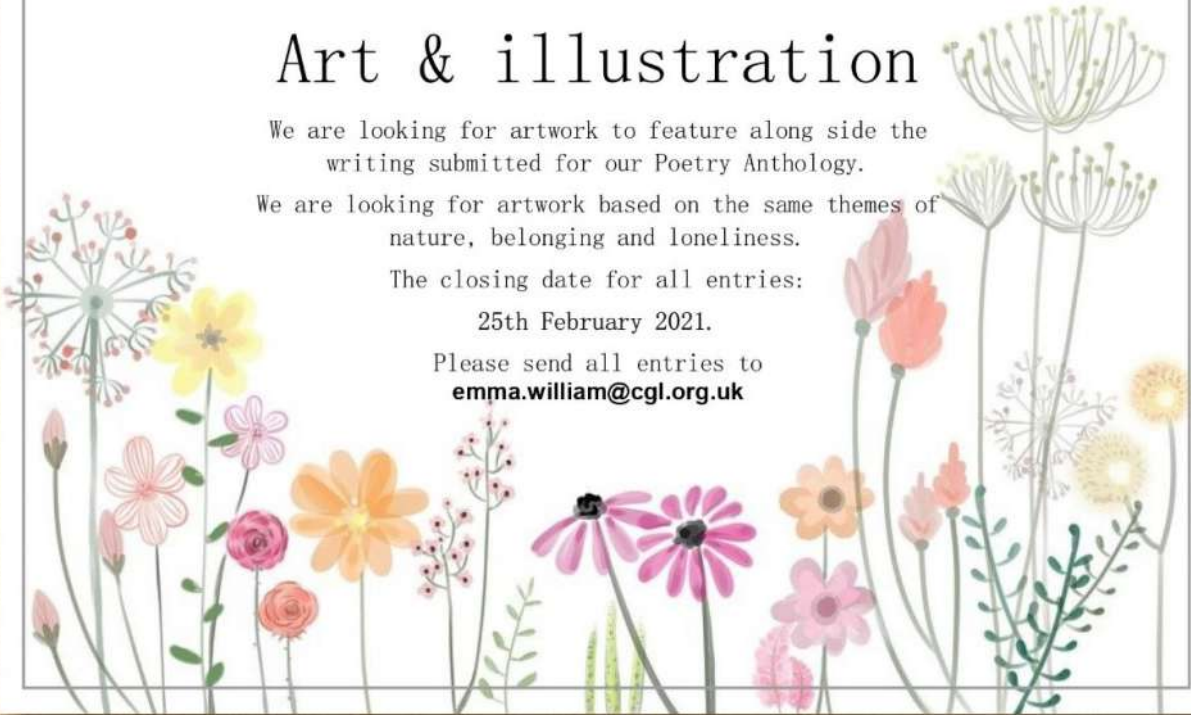
We are looking for artwork to feature along side the writing submitted for our Poetry Anthology.

We are looking for artwork based on the same themes of nature, belonging and loneliness.

The closing date for all entries:

25th February 2021.

Please send all entries to
emma.william@cgl.org.uk



Looking For Creatives!

Do you have time to spare?

Would you like to get involved with your local community?

Do you have creative skills that you would be excited to share?

Get in touch with Emma for more information

emma.william@cgl.org.uk





JOIN US!

Recovery service

QUIZ NIGHT

ALL WELCOME IN THE RECOVERY COMMUNITY
Saturday 7.30pm

<https://zoom.us/j/7235511005>
Meeting ID: 723 551 1005

QUIZ NIGHT DATES

- Sat 20th Feb 2021
- Sat 6th March 2021
- Sat 20th March 2021
- Sat 3rd April 2021

What you'll need—
a pen, paper & five questions for the quiz!

Cambridgeshire Recovery Service Playlist!



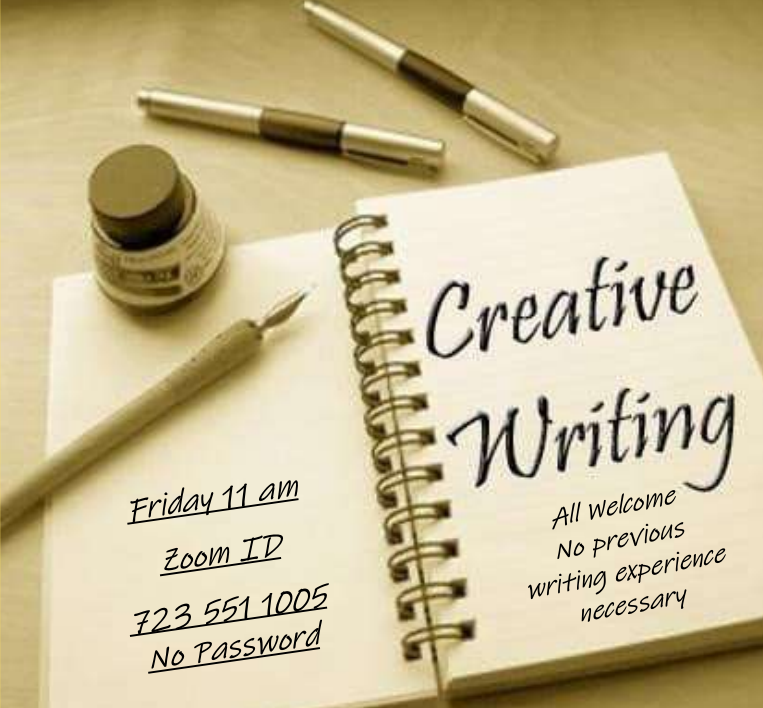
The Recovery Service are compiling a playlist of all your favourite songs. Get in touch & let us share your favourite tunes!

THINK TANK NEEDS YOU!!

Service User Forum
held online every
Friday at 3PM

<https://zoom.us/j/7235511005>
Meeting ID: 723 551 1005

Have your say

Friday 11 am
Zoom ID
723 551 1005
No Password

All welcome
No previous
writing experience
necessary



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

- Monday-Friday
- Time: 12-1pm (Fri 6.30-8pm)
- ID: 863 4437 0062

Edge Recovery Writing

Recovery Writing Zoom meeting

www.zoom.us/recoverymeeting

- Day: Tuesdays
- Time: 1pm
- ID: 892 5883 6870
- Password: writing

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-mileyy!!

- 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 utmost 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

NEEDLE EXCHANGE

*Recovery
Service*

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.

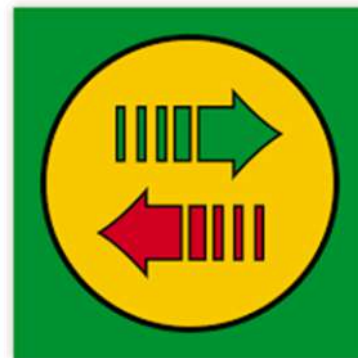
- **Wisbech 9.30am-4.30pm Monday to Friday**
- **Cambridge 9.30am-4.30pm Monday to Friday**
- **Huntingdon 9.30-4.30pm Monday Wednesday and Friday**

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



Recovery
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THE SUN NETWORK



'The SUN Network is an independent Organisation that is steered by its members. Here to ensure your voice is heard. Our vision is that everyone in Cambridgeshire will have equitable access to high quality Mental health and/or Drug & Alcohol interventions and services at the time when it is needed.'

The Service User Network is an independent organisation that exists to amplify the voices of service users. We are a small team who work with service users to get their feedback on mental health and drug and alcohol services in Cambridgeshire and Peterborough so people with lived experience can shape their services.

KC focuses on substance misuse (drug and alcohol addiction) by working closely with CGL as well as mental health services across our county, making use of the wealth of knowledge his colleagues have about mental health services. Many who want to work on their addiction recovery have other mental health struggles that contribute to their problems and we work with the individuals needing help and the services who provide that support.

The SUN Network helps people's experiences (good and bad) be known to workers and decisionmakers by services and commissioners. Highlighting weaknesses and gaps in service is key to continuing to make service better and better. We believe celebrating success is equally as important as highlighting issues that need to be improved so service users experience the best care possible.



THE SUN NETWORK

Recovery
Service

A bit more about KC and his work-

KC's time is spent meeting service users and hearing their stories of addiction and recovery, which is how our online [Addiction Recovery Stories](#) came about. He is inspired to hear and share stories that are powerful, hopeful, bring understanding and can break the stigma around addiction. It's an honour and privilege to listen to people from all walks of life and all around our county. Signposting people to services offered by CGL, mutual aid groups and mental health services is rewarding and meeting people who are working to recover and those who are working to help others recover, is fantastic! KC shares some of what he's learning on the SUN Network [blog](#).



Before Covid-19 KC led a collaboration with Change Grow Live, Cambridgeshire, our [Five Values Project](#), where we sat down face to face with about fifty service users, workers and volunteers across the county to find out what service users thought was working best and what they thought should be improved. Everyone involved learned a lot, strengthened relationships, and the experiences of the service users will help us all to make addiction recovery better in our communities. This project had several service users working alongside the SUN Network and CGL, as we strive to involve people with lived experience in all that we do. Anyone who wants to talk to us can share their feedback or offer to be involved via our [website](#), our [social media, by text, telephone or email](#).

Sometimes service users raise issues that are helpful to follow up on. We are working with services to be able to report back things like, "**you said** you didn't know when you'd hear back from the service after your assessment, **we did** training with our staff and volunteers that everyone should get a call back within a week from their assessment.". This '**you said, we did**' feedback loop should help everyone to be heard, make improvements, and to hear how being heard has helped.

Some of KC's time is spent in addiction recovery meetings, which are safe places to talk vulnerably and honestly about our struggles while supporting each other. As a member of a 12-step addiction recovery group, KC finds it rewarding talking about the psychology of addiction (like they do in [SMART Recovery](#)) equally the spirituality of recovery (as practiced in 12-step groups like [AA](#) and [NA](#)). The anonymity and confidentiality of mutual support groups, with passionate and sensitive facilitators, make for a beautifully healing environment—where we might find some laughter as well as a few tears.

RESOURCES



LGBTQ+ Peer Support Group

ALTERNATE THURSDAYS 6:30-7:30PM

MEETING ID: 723 551 1005

THE LGBTQ+ PEER SUPPORT GROUP IS A SAFE SPACE TO CONNECT WITH OTHERS IN THE RECOVERY SERVICE COMMUNITY.

MOST MEMBERS OF THE LGBTQ+ COMMUNITY HAVE EXPERIENCED SOCIAL INJUSTICE, DISCRIMINATION AND BIAS AT SOME TIME; THIS HAS CONSEQUENCES FOR OUR MENTAL HEALTH, RELATIONSHIPS AND ALL ASPECTS OF LIFE. RESEARCH SUGGESTS THAT PEOPLE WHO IDENTIFY AS LGBTQ+ ARE 3 TIMES MORE LIKELY TO DEVELOP MENTAL HEALTH CHALLENGES AND/OR SUBSTANCE ABUSE.

OUR AIM FOR THE LGBTQ+ PEER SUPPORT GROUP IS TO PROVIDE A SAFE ENVIRONMENT TO DISCUSS THESE CHALLENGES AND CULTIVATE RELATIONSHIPS WITH OTHERS WHO RELATE TO YOUR EXPERIENCES.

ALL MEMBERS OF THE LGBTQIA+ COMMUNITY ARE WELCOME.

PLEASE EMAIL US AT RECOVERYSERVICECAMBS.SPOC@CGL.ORG.UK IF YOU HAVE ANY QUESTIONS OR WOULD LIKE MORE INFORMATION. THE PEER SUPPORT GROUP IS FACILITATED BY STAFF WHO IDENTIFY AS PART OF THE LGBTQ+ COMMUNITY.

Ex-Forces Zoom Meeting

You are not alone.
Join fellow ex services for a "Naafi Break"

'You may not wear the uniform any longer, but you still carry the pride'

The details are:
Naafi Break
ID: 862 0906 5939
Every Tuesday
11am

Adrian at CGL has my husband in a therapy group called NAFFI BREAK. This is for ex service men who are all suffering with being alcoholics mostly because of the effect of their time in the armed services. It is doing my husband so much good, he really looks forward to it and the realisation that he is not the only one suffering in this way has really changed his attitude to life and alcohol and the light on the other side.

I can't thank Adrian and the CGL enough. not only have you got hubby wanting to live again, you have given me back the man I fell in love with 40 years ago

www.careopinion.org.uk/

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

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 paralyzing 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.

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.

Weekdays 11am-11pm,
Weekend 2pm - 11pm, Call 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

RESOURCES



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)



Richmond Fellowship is now part of **Recovery Focus**, an expert group of charities inspiring individual recovery nationwide.

Richmond Fellowship Employment Support

Our service provides support in Cambridgeshire for those with mental ill health to retain or regain employment. We can support with CV building, interview practice, job search, support to prepare for and attend employer meetings and provide ongoing support for someone in their workplace. We have a specialist Autism/Asperger's advisor working across the locality.

For more information or to make a referral or to self-refer, please contact 01223 301032 or email cambs&bedsreferrals@richmondfellowship.org.uk

Visit our website www.richmondfellowship.org.uk

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

gayandsober.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



RECOVERY SERVICE TIMETABLE

Mon	Tues	Weds	Thurs	Fri	Sat
<p>10 am Wellbeing group</p> <p>Meeting ID: 723 551 1005</p>	<p>09:30 am Zoom Yoga with Iir</p> <p>Meeting ID: 885 7538 1927</p> <p>Passcode: 701808</p>	<p>10:30 am Let's talk recovery</p> <p>Meeting ID: 723 551 1005</p>	<p>10am Peer Group south Cams</p> <p>Meeting ID: 723 551 1005</p>		<p>7:30 pm Games night</p> <p>Meeting ID: 723 551 1005</p> <p>*Every two weeks</p>
<p>12pm Edge recovery</p> <p>meeting ID: 863 4437 0062</p>	<p>12pm Edge recovery</p> <p>Meeting ID: 863 4437 0062</p>	<p>12pm Edge recovery</p> <p>Meeting ID: 863 4437 0062</p>	<p>10.30 am The Edge Family Group</p> <p>Meeting ID: 837 1673 4199</p> <p>Password: family</p>	<p>11am Creative Writing</p> <p>Meeting ID: 723 551 1005</p>	
<p>6:30 pm Let's talk recovery</p> <p>Meeting ID: 723 551 1005</p>	<p>1pm Edge Recovery writing group</p> <p>Meeting ID: 892 5883 6870</p> <p>Password: writing</p>	<p>3pm Friends and family</p> <p>Meeting ID: 723 551 1005</p> <p>*family and friends only group</p>	<p>12pm Edge recovery</p> <p>Meeting ID: 863 4437 0062</p>	<p>1pm Tai Chi with Sam</p> <p>Meeting ID: 840 0843 5061</p> <p>Password: 123123</p>	
	<p>6:30 pm Recovery café</p> <p>Meeting ID: 723 551 1005</p>	<p>6:30pm Media Power Hour</p> <p>Meeting ID: 723 551 1005</p>	<p>2.30pm Photography Group (alternate Thurs)</p> <p>Meeting ID: 723 551 1005</p>	<p>3pm County Think Tank</p> <p>Meeting ID: 723 551 1005</p>	
			<p>6:30pm LGBTQ+ Peer support group (alternate Thurs)</p> <p>Meeting ID: 723 551 1005</p>	<p>6:30pm-8pm Edge recovery</p> <p>Meeting ID: 863 4437 0062</p>	
			<p>8:30 pm Recovery café</p> <p>Meeting ID: 723 551 1005</p>	<p>7pm Winter Wellbeing</p> <p>Meeting ID: 723 551 1005</p>	