



# Spring Newsletter

## Issue One



At East Kent Mind, we continue to think of ways to keep all of us connected, active and encouraged throughout these times. These magazines will help to bring together any ideas, thoughts, exercises and recipes for us to stay well. If you have any suggestions for our newsletter, please feel free to contact us on [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk)

## COVID-19 UPDATE

At East Kent Mind we would like to keep you up to date with any changes to our plans due to COVID-19 and the recent government advice. We are absolutely committed to every one of our clients, and we will continue to support you throughout this journey. With the new timeline of reduced restrictions announced, it may be a relief to many that we are now on the road to ‘normality’, with prospective dates to work towards.

Although the return to ‘normal’ will be slow, it may still be too fast for some people. Fears caused by the COVID-19 pandemic may remain, and some people will have become used to the way we have been living over the last year. For many, those fears may be strong, and could bring feelings of anxiety. We are here to let you know that it is okay to feel this way, it’s important not to compare your journey with others whilst we readapt to the changes. Each journey is individual so remember to take it at a pace that you are comfortable with.



## So, what does East Kent Mind have going on at the moment?

### Revival Café

As some may have heard, we are still currently in the process of finding out if our Revival Café at Whitstable Horsebridge will re-open. We had so many plans to expand and develop our mental health services within the Whitstable locality; our mission now is to find new premises, so if you know anyone that can help please contact us. If you want to keep up to date with our news check out our Facebook Page - [www.facebook.com/caferevivalatthehorsebridge](https://www.facebook.com/caferevivalatthehorsebridge)

### Crisis Café

We are super excited to announce that our new Ramsgate Crisis Café is now operating three nights a week. The Crisis Café is a safe and friendly place that you can come to if you are experiencing severe emotional or psychological distress. It is a drop-in service where you can access mental health support and advice from mental health and wellbeing workers. The aim of the Café is:

- To provide a safe, relaxing space where you can speak freely with one of our mental health workers about what is going on for you
- To offer support, advice and signpost you to a suitable service for you
- Help you feel less isolated
- Provide support to learn from a crisis

### When is it open?

We will be open from 6 pm to 10 pm on a Friday, Saturday and Sunday.

34 KING STREET, RAMSGATE,  
KENT CT11 8NT

# RECOVERY SUPPORT

Here at East Kent Mind, we are proud to have developed a varied programme of activities and groups which aim to promote good mental health in friendly informal and safe environments. Our programme includes social and self-help activities, designed to help you improve your own wellbeing, and support you to make positive changes in your life.

Our SELF Programmes are divided into four groups:

SELF Help –for example Peer-led Groups; Courses & Personal Development

Active SELF –for example yoga; health walks; tai chi; physical exercise classes

Creative SELF -for example Make, Mend and Motivate Group; Music & Photography

Social SELF -for example, New Parent Group; Women's Group; Men's Group  
It's easy to register for any of these via the website under Education & Training. Once you submit the registration form, the zoom codes will be sent to you. Please be aware that we have changed the registration process and you now need to self-register for your chosen workshop each calendar month as the ZOOM link is changed monthly

 **mind**  
East Kent

**Weekly Digital Timetable April 2021**

**Live well**  
Community wellbeing

Monday	Tuesday	Wednesday
10:00 - 12:00 Women's Group 12:00 - 13:00 Preparing for life after lockdown (Course) 13:00 - 14:30 Goal Setting for the week 14:00 - 15:15 Young Adults Project Group 15:00 - 15:30 Guided Mindfulness	09:30 - 10:30 Tai Chi 10:30 - 12:00 Men's Group 12:00 - 12:45 Pilates 12:00 - 13:30 Job Club 12:00 - 14:00 Creative Writing 14:00 - 15:00 Preparing to return to work 14:00 - 16:00 Positivity (Course) 18:00 - 20:00 Stress and Anxiety (Course)	11:00 - 13:00 Mend, Make and Motivate 12:00 - 13:00 Parental Support 13:00 - 14:00 Maintaining Wellness at Home (Course) 14:00 - 15:00 Hearing Voices Group 18:00 - 18:45 Yoga
Thursday	Friday	
09:00 - 9:45 Guided Mindfulness 10:00 - 12:00 Stress and Anxiety (Course) 12:00 - 12:45 Pilates 12:00 - 14:00 Wellbeing Workshop 14:00 - 16:00 Positivity (Course)	09:00- 9:45 Yoga 13:00 - 13:45 Guided Mindfulness 13:00 - 14:00 Employment Briefings 16:00 - 17:30 Peer Support - Let it Out	

Register online:  
[eastkentmind.org.uk](http://eastkentmind.org.uk) Email:  
[Email: info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk)

Although there are some things, we cannot change about the current situation with restrictions still in place whilst we make our way out of the pandemic, there are some aspects that we can. Need something positive to focus on that in turn can improve mood and general well-being? This is where 'food and mood' come in to play. We often really underestimate the influence that the food we consume has on our mental well-being. Even the smallest changes to your diet can really help to improve your mood, give you more energy and help you to think more clearly.

## Quick tips:

- Eating breakfast gets the day off to a good start.
- Instead of eating a large lunch and dinner, try eating smaller portions spaced out more regularly throughout the day.
- Avoid foods which make your blood sugar rise and fall rapidly, such as sweets, biscuits, sugary drinks, and alcohol.
- Eating regularly

If your blood sugar drops you might feel tired, irritable, and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady. Slow-release energy foods include pasta, rice, oats, wholegrain bread and cereals, nuts and seeds.

## The Nutrition and Lifestyle connection for Health & Wellbeing

**Friday 21st May -14:00-16:00 pm**

How to eat well

How foods impact on your body

How foods impacts on your mind

**Live well**  
Kent  
Community wellbeing

 **mind**  
East Kent

# Ecotherapy

Now that we have entered spring, it's a great time to explore Ecotherapy - another service offered by East Kent Mind in conjunction with the University of Kent. Ecotherapy is a formal type of therapeutic treatment which involves doing outdoor activities in nature

## Benefits of Ecotherapy:

- Improves mental well-being
- Helps people to become more physically active
- Gives people the skills to get back into work or training
- Helps people who are lonely or socially isolated to broaden their networks

This project, currently working with a collection of students, staff and community members are working to create a sustainability and wellbeing hub centred around growing food.

The existing Oasis Garden and the larger area around it has the potential to become a well-used resource for teaching, learning and engagement, and our project aims to:

- Create an accessible multiuse space
- Provide opportunities for skills building and training
- Provide opportunities for work experience
- Promote sustainable and healthy food
- Provide access to growing space
- Create activities and quiet spaces for wellbeing and mental health programmes
- Enhance the student experience

Due to current circumstances the garden is closed, however, To fill the gap, Kent-COG Coordinator Emily Hill is hosting weekly Grow Your Wellbeing online sessions for students via Zoom every Wednesday afternoon (1-2pm) during their busy exam period May-June with practical advice on trying Ecotherapy at home.

To find out more please email Emily at [kentcog@kent.ac.uk](mailto:kentcog@kent.ac.uk) or visit our blog <https://blogs.kent.ac.uk/kentcog/>. You can also follow us on Instagram [kent\\_community\\_oasis\\_garden](#)



## Garden Gate Project, Margate

The Garden Gate Project Ltd is a community garden focused on the well-being and cohesion of our local community. Based in Margate, The Garden Gate enables people to improve their quality of life, social interaction, physical and mental health in a supportive community environment.

Services being run by the Garden Gate Project at the moment include arts and craft activities, courses to improve mental health and well-being and horticultural therapy.. Please click on this link for more information about how to get involved

ADDRESS: Northdown Park, Northdown Park Road, Margate, Kent, CT9 3TP

OPENING HOURS - 10am-3pm Mon to Fri

Website: [thegardengateproject.co.uk](http://thegardengateproject.co.uk)

## Windmill Allotment Dane Valley

The Windmill Allotment at Dane Valley is a community run project growing fruit & vegetables, where a variety of volunteers are welcome to share their creativity and work together. They also have a Garden Club, open to all abilities and skills, with a chance to meet new people and gain new skills.

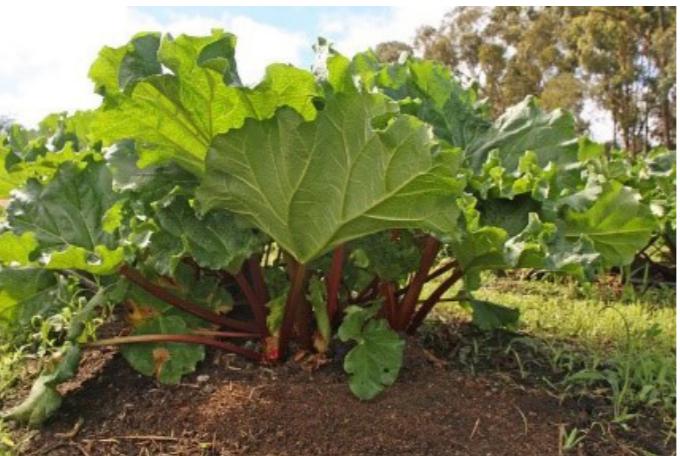
"This past weekend marked the Spring Equinox, and at the Windmill Community Gardens the signs of spring are already here, Rhubarb is starting to form its crimson red and green spears and will delight the veg bags soon with their delicious taste.

If you have visited our Community Garden site during the Spring and Summer months you will have seen our Rhubarb patches which grow and abundance of spears through out the season."

ADDRESS: Dane Valley Road, Margate, CT9 3RU

Tel: 07919 491 791

Website: [thanet.veg-box.org](http://thanet.veg-box.org)



## Healthy recipe of the week

### Baked oats for one

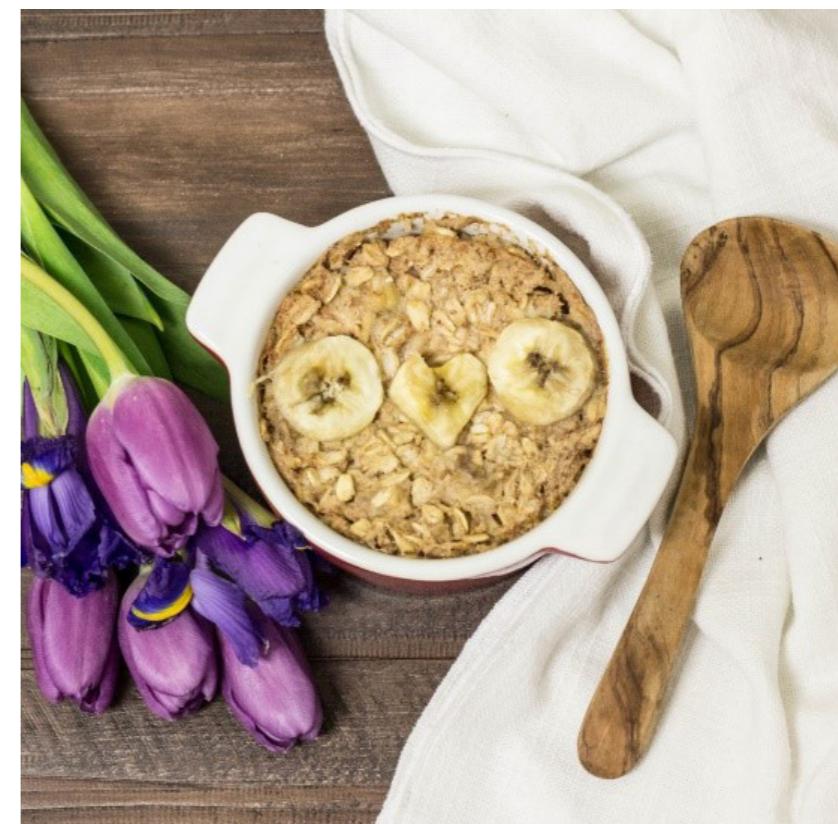
Oats are very filling and great to have for breakfast to get you started for a great day of balanced eating. Oats are protein-packed, full of fibre and low on fat, so we think you'll like this recipe!

Ingredients:

- 1 ripe banana, mashed
- 1/2 cup nondairy milk or water
- 1/2 cup rolled oats
- 1 tsp flaxseed, optional
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- a pinch of sea salt

Instructions:

- Preheat oven to 170C and grease a suitable sized dish with coconut oil or baking spray.
- Mash a banana in a small bowl, then add milk/water.
- Mix remaining ingredients in a separate bowl. Add banana mixture into the bowl of the dry ingredients and stir to combine.
- Pour oatmeal mixture into the prepared dish and bake in the centre of the oven for 20-25 minutes. Allow to cool for a minute or two and enjoy!



# International Womens Day

On the 8 March 2021 we had International Women's Day. This is a day that celebrates 'the social, economic, cultural and political achievements of women' whilst also calling for equality - where men and women are treated the same. No one government, country, charity or group is responsible for it and this year's theme is "choosing to challenge".

"A challenged world is an alert world," say its organisers. "And from challenge comes change."

International Women's Day (IWD) has been marked for over 100 years with the first gathering held in 1911. More than one million women and men attended IWD rallies in Europe, campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination.

International Women's Day is a national holiday in many countries, in Russia where the sales of flowers doubles during the three or four days around 8 March. In China, many women are given a half-day off work on 8 March. In Italy, International Women's Day, or la Festa della Donna, is celebrated by the giving of mimosa blossom. In the US, the month of March is Women's History Month. A presidential proclamation issued every year honours the achievements of American women.

#ChooseToChallenge



## Recommended Reads & Podcasts

Matt Haig – The Midnight Library

Between life and death there is a library.

When Nora Seed finds herself in the Midnight Library, she has a chance to make things right. Up until now, her life has been full of misery and regret. She feels she has let everyone down, including herself. But things are about to change.

The books in the Midnight Library enable Nora to live as if she had done things differently. With the help of an old friend, she can now undo every one of her regrets as she tries to work out her perfect life. But things aren't always what she imagined they'd be, and soon her choices place the library and herself in extreme danger. Before time runs out, she must answer the ultimate question: what is the best way to live?

Gaby Bernstein – A Walking Meditation

Walking meditation has gained popularity over the last few years as more people are trying to find ways to squeeze in some relaxation time for their mind. This meditation is great because it feels like less like a task you need to tick off the to-do list, you can simply walk and just put your headphones in and tune in.

"I want to share with you a joyful walking meditation that you can do while strolling around the neighborhood or through the woods. Wherever you can walk is totally fine, whether it's a busy sidewalk or a quiet meadow. Just be sure wear comfy shoes and keep your eyes wide open so you're aware of your surroundings while your earbuds are in."

<https://gabbybernstein.com/6-minute-walking-meditation-can-take-anywhere/>





## We need your help! We are looking for Volunteers!

Do you have a few hours a week to spare?  
Be part of an amazing team supporting others during  
these challenging times!  
Would YOU like to learn new skills and gain experience?

### We all have different skills to offer

Caring Patient Supportive Good Communication Skills  
Good Listener Creative IT skills Lived Experience  
then we would like to meet YOU!

### Wanted!

Telephone calls to promote EKM services  
Facilitate workshops /Groups  
Reminding attendees of workshops  
Manning main line phone and email  
Chaperone outdoor groups  
Assisting with Data control  
Minute Taking

Full support and training provided, Please contact

**t: 0203 912 0031**

**e: info@eastkentmind.org.uk**

