



# WINTER NEWSLETTER

The Wheel of Wellbeing



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## Introduction

At East Kent Mind, we continue to think of ways to keep all of us connected, active, motivated and part of the East Kent Mind family.

The six ways to wellbeing will be the ethos around this newsletter so that during the looming winter months we can use the services to tackle isolation, loneliness, anxiety around the pandemic, and encourage everyone to access our services, in a safe way, so that we can lead fulfilled lives.

- hopefully by learning new things,
- getting active by joining our walking group or zoom yoga,
- connecting with others in our groups,
- making the most of what we see around us by maybe taking notice of that perfect shot for photography,
- giving others support in peer support..... and finally
- By taking care our planet.

No one says it will be easy but by applying the six ways into your lives you will hopefully notice small changes.

This newsletter will help to bring together any ideas, thoughts, exercises and recipes for us to stay well.

If you have any suggestions for our next newsletter, please feel free to contact us on [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk).

## EAST KENT MIND OFFICE

Our East Kent Mind Office in Ramsgate at 34 King Street, Ramsgate, Kent, CT11 8NT

We offer calls by telephone at the start of your time with East Kent Mind but many people prefer a face to face and this can be arranged by asking your Wellbeing Case worker.

We have private rooms for confidentiality or you can sit in our pleasant open plan retro style café.

## A message from the World Health Organization

It has been more than 18 months since the start of the COVID-19 pandemic. In some countries, life is returning to some semblance of normality; in others, rates of transmission and hospital admissions remain high, disrupting the lives of families and communities.

In all countries, the pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. At the same time, a WHO survey conducted in mid-2020 clearly showed that services for mental, neurological and substance use disorders had been significantly disrupted during the pandemic.

Yet there is some cause for optimism. During the World Health Assembly in May 2021, governments from around the world recognized the need to scale up quality mental health services at all levels and endorsed WHO's Comprehensive Mental Health Action Plan 2013-2030, including the Plan's updated implementation options and indicators for measuring progress.

It's time to capitalize on this renewed energy among government leaders to make quality mental health care for all a reality. World Mental Health Day presents an opportunity for government leaders, civil society organizations and many others to talk about the steps they are already taking and that they intend to take in support of this goal.

We need to be empowered to look after own mental health and provide support to others.



# COVID 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. It seems that normality will be a slow process, and fear of the pandemic will still be amongst many of us.

Although the return to 'normal' will be slow, we have ideas on the back burner to start some face to face groups from our Ramsgate office. Groups will be small, in a well ventilated room and will follow government guidelines at all times. 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. Our zoom groups will continue to run so that you can connect with others from a safe place.

## RECOVERY SUPPORT

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

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; healthy walks; tai chi, pilates

Creative SELF - for example Make, Mend and Motivate Group, Music, Photography for Fun, Journaling Together

Social SELF - for example; Women's Group; Men's Group

It's easy to register for any of these via the website: [eastkentmind.org.uk](http://eastkentmind.org.uk)

You will find the Digital Timetable under the Services Tab on the website and this changes monthly. You can register by clicking on the blue tab Registration Form each month. Once you submit the registration form, the zoom codes will be sent to you.

## Mind focuses on the recovery and individual

Let's bring the outside in and try to encourage each and every one of us struggling with our mental health to participate in the digital groups, workshops and courses.

**'The amount of courses workshops, activities and support you offer is absolutely amazing and I really appreciate it all!'**

**'Routine and structure is important. Feels like I belong in Groups. Something to look forward to.'**

**'East Kent Mind give loads of strategies to cope, sense of achievement. Connecting with people is massive for Recovery'**

**"The make, mend and motivate group were my lifesavers whilst shielding, kept me sane, busy and gave me something to look forward to each week."**

Please take a look at our extensive timetable on the following link: [eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)

### 'So what can we keep your days filled with?'

Let's find out about some of these groups'

Mend Make and Motivate.....Journaling Together...

Creative Writing.....Photography for Fun.....

Test Your Brain.....Peer Support - Let It Out

# MEND MAKE AND MOTIVATE

This Peer support group, facilitated by a Volunteer and Mind Staff Member is a great opportunity to meet up with old friends and make some new ones whilst mending, making, being motivated and taking some time out for yourself.

What this will look like will be different for each of us. For some this may involve sitting with a cup of tea and talking to the rest of the group but for others it will involve being creative; painting, baking, drawing, writing poetry, you decide how creative you want to be. Once you start to practice some self-care you will realise the benefits that it brings to you as well as to those around you. You will feel more able to cope with situations that life throws at you because you will know what you need to do to recharge your batteries. Why not sign up to attend as it might give you the motivation to try something new.

**“I love these groups, to me they mean “my time – my day” “I love crafting, it helps me to relax”**

Days and Times: Wednesday 11:00- 13:00 Duration: Two Hours

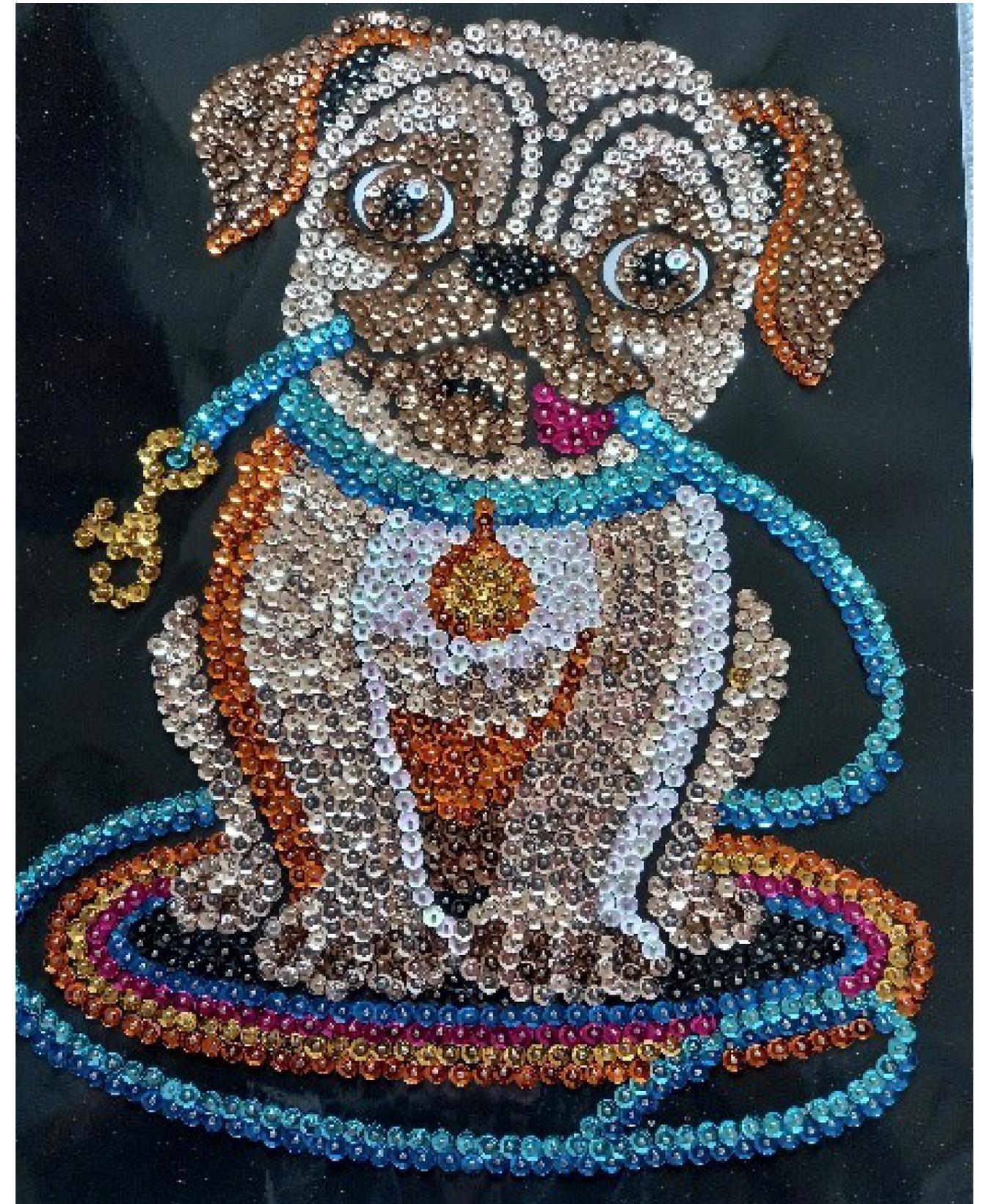
**‘I started making this temperature blanket on my 60th birthday that was in July. So I started with the aubergine where the temperature was above 23.7. Each colour represents a small range of temperature. The other section of aubergine is our heat wave last week. Hope this explains how it works.’**

A temperature Blanket made in Mend Make and Motivate



## Diamond Art

**‘I tend to do this only in Mend Make and Motivate and it is relaxing. Some are challenging. It is nice to see the pictures grow as I grow in my confidence. I have been doing these for quite a few years and didn’t think I would be able to do some of them’**

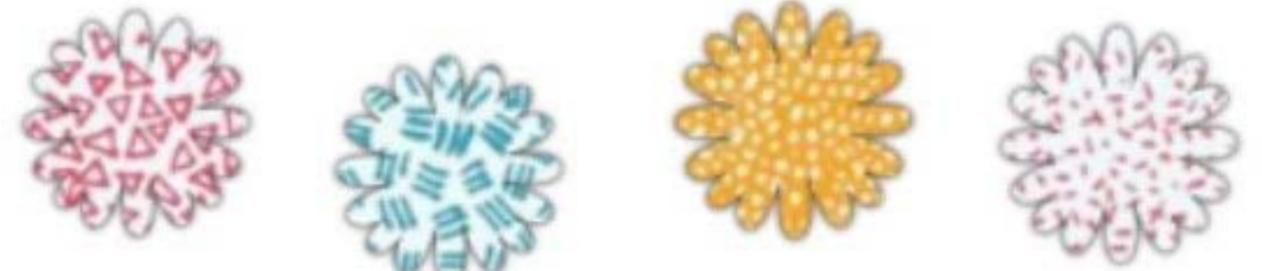




## When a Mend make and Motivate staff member left A CAKE WAS MADE AND A POEM WRITTEN

Stuart, oh Stuart I am sorry to hear  
 That on our screens you no longer will appear.  
 You have sat in and listened to our chatter  
 Commented from time to time when you thought it would matter.  
 Before the session had ended you would have written a rhyme, describing how  
 some of us had spent our time.  
 Whether it was knitting, colouring, sewing,  
 you didn't care  
 Would there be one of Emma's spectacular  
 cakes on there?!

Your poems were so much fun  
 Bringing a smile to each and everyone  
 So before you go  
 This poem is to let you know  
 Make, mend and motivate will be at a loss  
 Are you sure you are not an undercover boss?  
 We are sorry that you had to point out to us  
 when your hair had been done  
 Best wishes are sent to you from everyone!



## Make, Mend and Motivate

On Zoom Every Wednesday 11~1pm

Register monthly through Minds recovery college online

Grab a cuppa and your latest project  
 From doodling to sequin art to painting with  
 acrylics to home baking and making jewellery. This  
 group has it all.

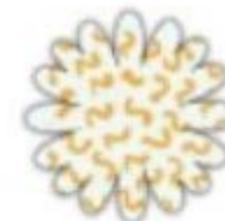
Whether you need motivation to start something new  
 or finish something old, bring it along to join  
 likeminded peers.

We share our projects, hints, tips and tricks. We  
 encourage and motivate each other.

There is always a round of applause when someone  
 finishes what they've been working on

We do ask that clients join for the full 2hrs to  
 really get the full benefits

mind  
 in Bexley  
 and East Kent



## Mend Make and Motivate

### Instructions to Make a Stress Ball

What you will need:

2 x squares of cling film 40cms x 40cms,

Bag of lentils, rice or broth mix

3 plain balloons and 1 patterned balloon

1. Lay your first piece of cling film out on a table
2. add 1 cup full of mix
3. Pick up four corners of cling film and twist forming a ball with mixture
4. Spread extra cling film around ball
5. Lay ball mixture down on top of second piece of cling film at one end
6. Roll it from one end to another folding over the cling film.
7. Fold both sides in and mold into a ball shape
8. Cut off top (mouth piece) of first balloon
9. Place over ball like a swim cap
10. Repeat for balloon 2
11. then for balloon 3 ensuring a ball shape is kept at all times
12. Finally cut the patterned balloon at the mouth piece and cover ball

### Benefits.....

A Great Grounding Tool

Releases Tension

Helps to Relieve Stress

Calms Anxious Behavior

Boosts Blood Circulation

Improves Coordination

Helps to relax

Can reduce Blood Pressure

Tones Muscles



## JOURNALING TOGETHER

**'I have heard of the benefits of journaling before, but I didn't find the connection with it up until around 3 weeks ago. Then something happened, I just opened a notebook and I started to write down things which were in my mind at that moment. It felt good. Since then I have been doing it regularly. I consider the journaling a good way of letting things out.'**

**Personally, I often struggle to express myself and my brain tends to go blank in certain situations. Journaling gives me an opportunity to practice what I want to say. It helps me to see things more clearly and it is a great way to discover, explore and learn about myself. I also use it to make notes of things which can be potentially useful, so I can read them again when I need them. It also helps to make things (more) conscious for myself.**

**Journaling can mean many things. I have been doing it for only 3 weeks and I am looking forward to discover, personally, what else I can use a journal for.**

Journal writing, when it becomes a ritual for transformation, is not only life-changing but life-expanding..... Jen Williamson

### Benefits of journaling

- Being able to express our thoughts and emotions without judgement
- Being able to separate from our thoughts and evaluate from an external view
- Feel our thoughts by releasing negative emotions
- Enables us to process complex thoughts and emotions
- Help us reach a wide range of goals
- Help us clear our heads
- Help us to make important connections between thoughts feelings and behavior's
- Reduce or buffer the effects of our mental illness
- Boost our memory and comprehension
- Make us more aware and self-aware
- Enhance our sense of wellbeing
- Reduce intrusion and avoidance symptoms' post-trauma
- Boost our mood
- Reduce depression and anxiety before an important event
- Journaling can be especially helpful for those with PTSD or a history of trauma

# Journaling Together

2pm - 3pm

Every Friday

Want to start keeping a journal but don't know where to start?

Do you have a journal but have never used it or have stopped using it after only a couple of weeks?

We have made this group to be a very simple guide to weekly journaling. We will discuss tips and tricks and every week learn a new style. You will also be given time to prepare your journal for the week ahead therefore encouraging you to get into the habit of daily use.

Join us on zoom every week, sign up through your recovery college

The logo for 'Mind in Bexley and East Kent' features a stylized blue brain icon to the left of the text. The text is arranged in three lines: 'Mind' in a large, blue, sans-serif font, 'in Bexley' in a smaller, blue, sans-serif font, and 'and East Kent' in a blue, sans-serif font.

## Creative Writing

If you want to write a story, read a story, play word-games and experience gentle learning and have fun within a group of likeminded people. Then you are welcome to come along and join us where you can increase your word power and broaden your horizons at your own pace.

Days and Times: **Tuesdays 12:00 – 14:00** Duration: **Two Hours**

Fill your paper with the breathings of your heart.....William Wordsworth  
In creative writing the group is structured in three sections;

1. Start a game of balderdash, this consists of words and facts that are not known well and we come up with the most creative ideas of what it could possibly be...it's a good giggle.
2. Writers Tool Box, this consists of a 15 minutes piece where three participants are asked to pick a number between 1 and 30 and each number has a sentence. Start with first sentence and after 5 minutes second sentence and another 5 minutes third sentence. We then share our stories with each other which responses are always supportive.
3. Short Story, a participant is asked to pick a number between 1-15 in which there is a sentence for each number and we are given five minutes to write about this, also known as short story.

Writer's tool box (See Page 17)

1. As the sun began to set
2. My hand was clenched
3. The newspaper said

**Keep Learning, Connect, Give, Take Notice, Care**

## Short Story

When you go through significant trauma as a child, your brain becomes wired in a way your friends aren't.

The slightest trigger sends messages to the amygdala which tells you, you are in danger even though in the present moment you are not.

Your brain tells you you're a useless piece of shit that no one cares about, and then shock horror, you give in to make the head quieter, but it never stops. The lesson to take from this is to measure your worth on those that think you are worthy, that care about you and that you matter to them and to ensure you take note of this. That what society says are the simple things in life and to be grateful for those that are around you.

It may not stop the whole head but doing this every time it will start to break the critical wired brain and create new pathways.



## Suggested Poems

### Still I Rise by Maya Angelou

You may write me down in history with your bitter, twisted lies,  
You may trod me in the very dirt But still, like dust, I'll rise.  
Does my sassiness upset you? Why are you best with gloom?  
Cause I walk like I've got oil wells pumping in my living room.  
Just like moons and like suns, with the certainty of tides,  
Just like hopes springing high  
Still I'll rise.

Did you want to see me broken? Bowed head and lowered eyes?  
Shoulders falling down like tear drops, Weakened by my soulful cries?  
Does my haughtiness offend you? Don't you take it awful hard?  
Cause I laugh like I've got gold mines digging in my own backyard.  
You may shoot me with your words, you may cut me with your eyes,  
You may kill me with your hatefulness, but still, like air, I'll rise.  
Does my sexiness upset you? Does it come as a surprise?  
That I dance like I've got diamonds at the meeting of my thighs?  
Out of the huts of history's shame

I rise  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide  
Welling and swelling I bear in the tide.  
Leaving behind nights of terror and fear  
I rise  
Into a daybreak that's wondrously clear  
I rise  
Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.  
I rise  
I rise  
I rise.



### Autobiography in Five chapters by Portia Nelson

#### One

I walk down the street  
There is a deep hole in the side walk  
I fall in.  
I am lost...I am hopeless  
It isn't my fault.  
It takes forever to find a way out

#### Two

I walk down the same street.  
There is a deep hole in the side walk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I'm in the same place.  
But it isn't my fault.  
It still takes a long time to get out it.

#### Three

I walk down the same street.  
There is a deep hole in the side walk.  
I see it is there.  
I still fall in...it's a habit.  
My eyes are open.  
I know where I am.  
It's my fault. (Responsibility?)  
I get out immediately.

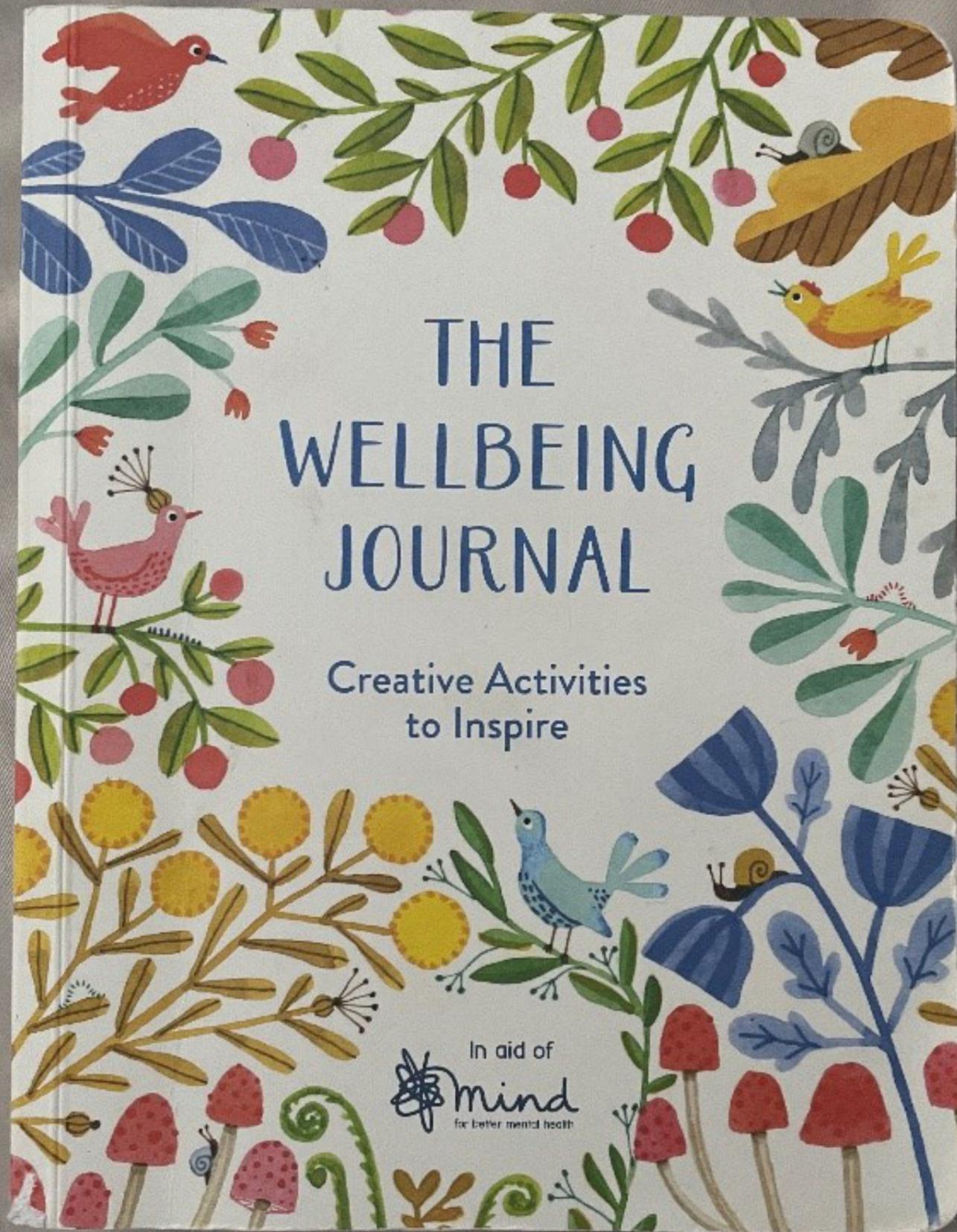
#### Four

I walk down the same street.  
There is a deep hole in the side walk.  
I walk around it.

#### Five

I walk down another street





## PHOTOGRAPHY FOR FUN

Taking Photos is one pastime that incorporates nearly all of the six ways to wellbeing.

- Getting out to find the perfect shot and being active
- Taking notice of the beauty around us indoors and outside
- Keep learning new techniques
- Give others the pleasure of seeing your shots in the group
- Connecting with others discussing how you took the shot
- Care for and appreciate our beautiful planet

**I'm excited each week to get out and find the shot that fits the week's mission. I probably wouldn't have gone out otherwise'**

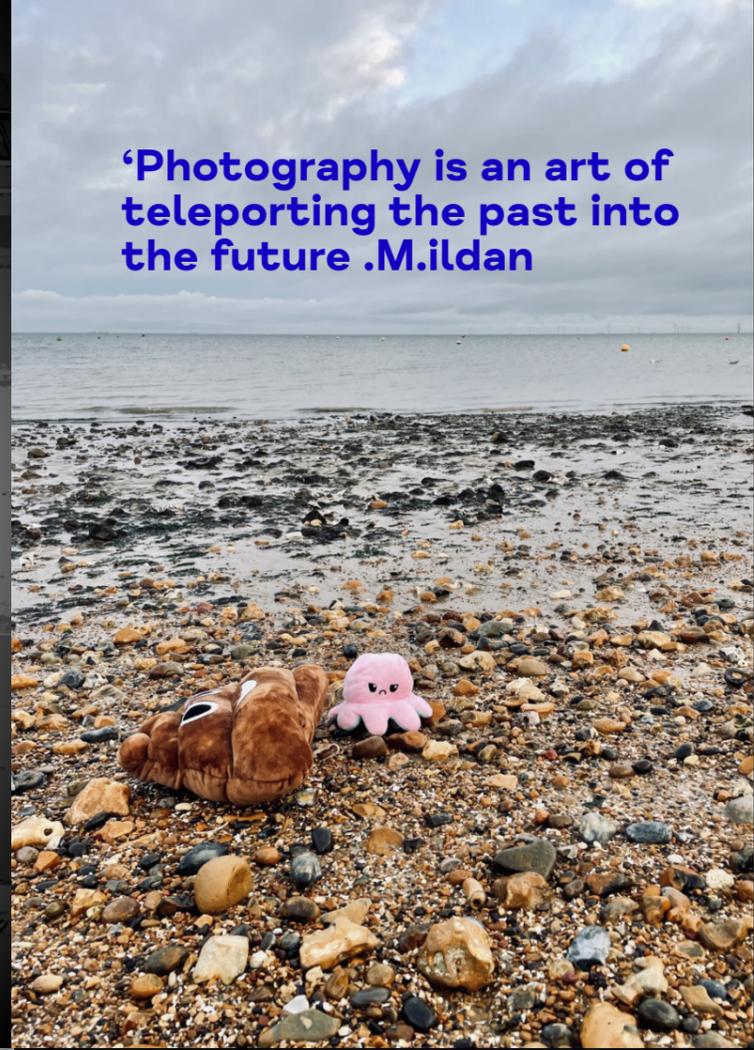
**I'm lucky to have the river by my flat. Great place for taking pictures'**

**'The group are so supportive when talking about each photo. They're all so well taken'**

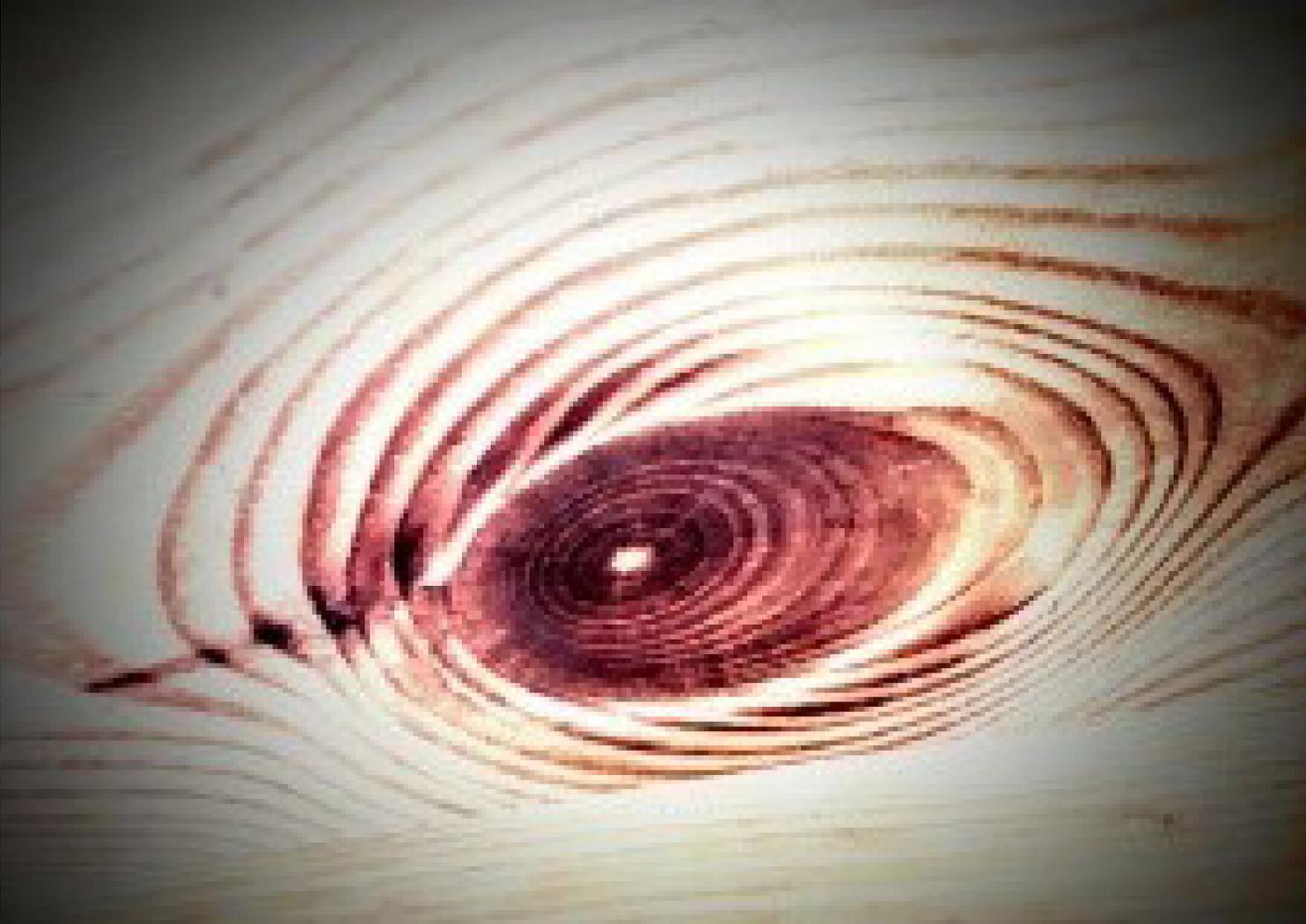
**'It's such a great group to attend when I can'**

**'Taking the shot distracts me from my usual horrible thoughts. I take more notice of things around me too now'**





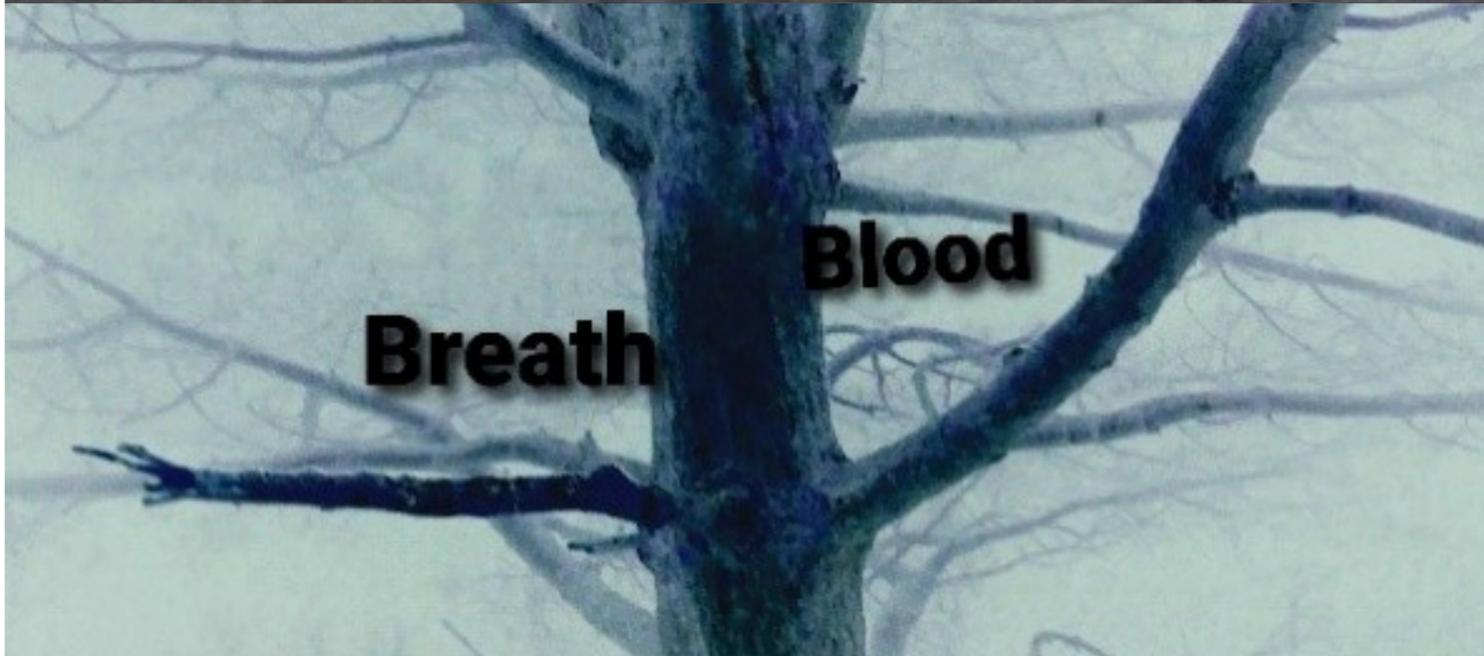
‘Photography is an art of teleporting the past into the future .Mildan



Photography is a language more universal than words.....Minor White



.....Photography takes an instant out of time, altering life, by holding it still  
.....Dorothea Lange



**Breath**  
**Blood**

## PEER SUPPORT – LET IT OUT

The Let it out Peer Support Group is an online community facilitated by Volunteers and Mind staff members where you have the opportunity to talk about your mental health and connect with other people who understand what you're going through.

Peer support is when people use their own experiences to help each other and involves both giving and receiving support. This could be for example sharing knowledge or providing emotional support, social interaction or practical help. Everyone's experiences are treated as equally important and no-one is more of an expert than anyone else.

3 of the 6 Ways to Wellbeing are actioned in this group – To Connect, to Give, To Keep Learning,

Days and Times: **Friday 16:00-17.30 Duration: 90 Minutes**

**'Peer Support is where we can talk about the hard stuff in a safe place. Triggering subjects will come up so make sure you're in the right headspace'**

**'The new co-facilitator of group supported the host in 'let it out' in a brilliant way. Writing up things mentioned without being prompted. Ensuring people were heard. A good team.'**

**The hosts in let it out, did a really great job of making me and others feel really welcome and instantly part of the group**

## TEST YOUR BRAIN

You are Invited to join us on Zoom for Quizzes, Memory Games, spelling tests, boggle, spot the difference, math's problems and much more...

All you need is a pen and paper. No scores are read aloud, this is all for Fun!

Days and Times: Friday **11:00 – 12:00 Duration: One Hour**

**Keep Learning, Connect, Give, Take Notice**



# Test Your Brain

You are invited to join us on zoom for quizzes, memory games, spelling tests, boggle, spot the difference, math problems and so much more...

All you need is a pen and paper. No scores are read aloud, this is all just for fun !

## Fridays

# 11 till 12

## WELLBEING CALLS

When you register with East Kent Mind you will be allocated an individual Case Worker who will call you a number of times until you feel ready to join in groups and workshops. You can contact your case worker if you need to talk or if you have any queries that may arise. If you prefer a face to face conversation this can be arranged also actioned in this group – To Connect, to Give, To Keep Learning,

**‘My support worker listens and goes that extra mile. She is understanding and makes me less anxious by putting things in perspective.’**

**‘Thanks so much for your call this afternoon.....You were a God sent & a happy pill at that moment of shock & severely low mood ‘**

**‘I was moved to tears when I was given support on my first call to mind and I am so glad I called. EKM was and has been a great support.’**

**‘Having calls from mind has been really important for my wellbeing. It is really good for me to have regular catch ups with someone. The calls gave me structure and something to look forward to, and to be present and prepared for. The consistency was what really helped me, I find it reassuring and comforting. I feel valued and cared for and have created a relationship that I am thankful for and that feels safe and secure. The weekly calls have been not only support but an opportunity to learn and grow and share ideas and dreams. And best of all, if the time is right, a good laugh! :)’**

**‘It was a lifeline for me. The most important thing was we clicked. I was able to have face to face and it felt comfortable. My support worker listened carefully and followed up and signposted me to relevant services. This took it out of an institutional setting and it was palatable. I felt equal which made all the difference to me. Through accessing lots of new support I have gained back the original fun in me.... How I used to be.’**

## MENTORING

Mentoring is a time limited programme depending on your referral date. It is a goal driven system based on a Recovery Star. This identifies the areas that you may wish to improve on, and an action plan is developed from that to guide the tasks assigned each week.

**The ten areas of the recovery star are: -**

1. Managing Mental Health
2. Self-Care
3. Living Skills
4. Social Networks
5. Work
6. Relationships
7. Addictive Behaviours
8. Responsibilities
9. Identity and Self Esteem
10. Trust and Hope

For example: - Managing Mental Health

This ladder of change is about how you manage your mental health issues. This is not necessarily about not having any more symptoms or medication, though this may happen. It is about learning how to manage yourself and your symptoms and building a satisfying and meaningful life, which is not defined or limited by them. Let your caseworker know if the Mentorship Programme is of interest to you

## Crisis Café

Our Ramsgate Crisis Café is open 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 wellbeing 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

**We are open from 6 pm to 9.30 pm on a Friday, Saturday and Sunday.  
34 KING STREET, RAMSGATE, KENT CT11 8NT**

## Newsletter feature: Black History and Mental Health

2021 Theme: The Black Family: Representation, Identity, and Diversity. ...  
In England and Wales, nearly one in five of us come from a BAME (Black, Asian and minority ethnic) background. Challenges such as racism, stigma and inequalities can affect the mental health of people from BAME communities.  
<https://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities>  
<https://www.kingsfund.org.uk/publications/health-people-ethnic-minority-groups-england>  
<https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/>

### Adam's contribution

In the interest of promoting conversation and curiosity here are some facts and some links to browse, at your leisure if you wish.

Jamaica was ruled by England before Scotland and England were unified into Britain in 1707. Akala the British artist, author and academic shares his heritage with both Jamaica and Scotland. What a guy!

British tax payers were paying for slave owners to be compensated for the slaves they "lost" after slavery was abolished from 1835 to 2015! I know right! It has also been said that some people have actually taken that long to finally get round to sending their photos in to the Photography for fun Group on Wednesdays at 9:30am! Crazy stuff!

**CARICOM** (Caribbean Community and Common Market) was established in 1973 and includes 20 countries including Trinidad and Tobago, Jamaica, Haiti and Guyana. It's a bit like the EU but in the Caribbean, with sunshine, mango trees, waterfalls, sunshine, fresh coconut, and some sunshine. The Amazon Rainforest also reaches several CARICOM countries

**Simone Biles**, the young woman who represented the United States in the Gymnastics Championships of 2019 holds the Guinness World record for the first double-double dismount on beam, in competition! Amazingly this young woman also spoke out about having a break down. Nice to have a bit of mental health addressed in the media, to break down the dwindling stigma. Am I right or am I right?

Below is a link for a Discussion between two authors on British history and race: for those who want to hear some food for thought.

<https://m.youtube.com/watch?v=2w-lQIhnNTQ>

**A Debate on being a black man:** <https://m.youtube.com/watch?v=EDQiFfx5EfU>

## Therapy PET - Me & My Dottie

Secrecy creates disconnection from everyone and everything. Depression is a disconnection from not only those around you but yourself and therefore the only way to get through trauma, through the depression, to live life than rather exist in it is through re-connection. How can you do this though when your experience of those that are supposed to love you has a warped understanding of love, who have hurt you and who have betrayed your trust? It is all well and good saying to improve mental wellbeing and overall quality of life is to get out there and meet people, but when your trust is shattered and you hate yourself it feels almost impossible!

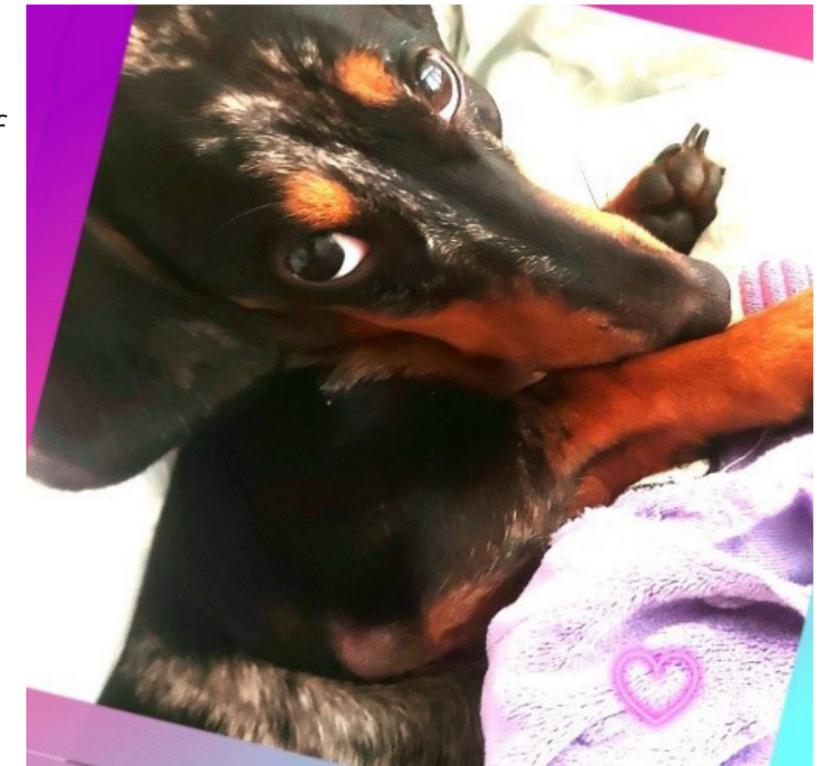
However, connection does not mean it has to be with humans, building and developing a relationship can be with any living thing, right?

My lovely little Dottie has helped me in more ways than one. She loves me unconditionally and is always there for me no matter what, she does not judge, she accepts me for me even though I struggle with that myself and she is always there to listen to my challenges. She is here through the good, the bad and sometimes the very ugly! She also gives me a reason to get up on days my head is louder than my heart as she needs walking, feeding and looking after too.

Dottie has taught me that to be loved is possible and that I can't be that bad of a person if she see's something in me. She has made me realise that not everyone lets you down and that is how I became involved with MIND where the trust from Dottie has transferred to starting to trust people again and re-connecting with others through our lived experience of mental health difficulties and sharing experiences through the groups online which have been a life saver through lockdown and getting back into recovery.

Thank you, Dottie, for always being there for me and accepting me for me.

**(Emma, 2021)**



## SELF-HELP TOOLS

### EAST KENT MIND

Check out our website for **SELF-HELP** tools

[www.eastkentmind.org.uk/self-help](http://www.eastkentmind.org.uk/self-help)

#### Managing Money

[www.eastkentmind.org.uk/managing-money](http://www.eastkentmind.org.uk/managing-money)

#### Crisis Information and Services

[www.eastkentmind.org.uk/crisis-information](http://www.eastkentmind.org.uk/crisis-information)

#### Mindfulness

[www.eastkentmind.org.uk/mindfulness/](http://www.eastkentmind.org.uk/mindfulness/)

#### Physical Activity

[www.eastkentmind.org.uk/physical-activity](http://www.eastkentmind.org.uk/physical-activity)

#### Things to do at Home

[www.eastkentmind.org.uk/things-to-do-at-home/](http://www.eastkentmind.org.uk/things-to-do-at-home/)

#### Self-Care

[www.eastkentmind.org.uk/self-care/](http://www.eastkentmind.org.uk/self-care/)

### FROM NATIONAL MIND

#### ANXIETY AND PANIC ATTACKS

[www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/?o=6272/#\\_VQf0mE0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/?o=6272/#_VQf0mE0pUps)

#### BIPOLAR DISORDER

[www.mind.org.uk/information-support/types-of-mental-health-problems/bipolar-disorder/about-bipolar-disorder/?o=1142/#\\_VQf0vE0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/bipolar-disorder/about-bipolar-disorder/?o=1142/#_VQf0vE0pUps)

#### BORDERLINE PERSONALITY DISORDER

[www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/about-bpd/?o=8668/#\\_VQf1A00pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/about-bpd/?o=8668/#_VQf1A00pUps)

#### DEPRESSION

[www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/?o=9109/#\\_VQf1IU0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/?o=9109/#_VQf1IU0pUps)

#### HEARING VOICES

[www.mind.org.uk/information-support/types-of-mental-health-problems/hearing-voices/about-voices/?o=6263/#\\_VQf2u00pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/hearing-voices/about-voices/?o=6263/#_VQf2u00pUps)

#### HYPOMANIA & MANIA

[www.mind.org.uk/information-support/types-of-mental-health-problems/hypomania-and-mania/about-hypomania-and-mania/?o=1148/#\\_VQf4U00pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/hypomania-and-mania/about-hypomania-and-mania/?o=1148/#_VQf4U00pUps)

#### LONELINESS

[www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/?o=6287/#\\_VQf4cU0pUps](http://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/?o=6287/#_VQf4cU0pUps)

#### PANIC ATTACKS

[www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/#\\_VQf4-E0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/#_VQf4-E0pUps)

#### POST TRAUMATIC STRESS DISORDER

[www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/about-ptsd/?o=14567/#\\_VQf5nU0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/about-ptsd/?o=14567/#_VQf5nU0pUps)

#### SCHIZO AFFECTIVE DISORDER

[www.mind.org.uk/information-support/types-of-mental-health-problems/schizoaffective-disorder/about-schizoaffective-disorder/?o=6265/#\\_VQf5300pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/schizoaffective-disorder/about-schizoaffective-disorder/?o=6265/#_VQf5300pUps)

#### SCHIZOPHRENIA

[www.mind.org.uk/information-support/types-of-mental-health-problems/schizophrenia/about-schizophrenia/?o=6266/#\\_VQf6AE0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/schizophrenia/about-schizophrenia/?o=6266/#_VQf6AE0pUps)

#### SELF-ESTEEM

[www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/?o=6807/#\\_VQf6N00pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/?o=6807/#_VQf6N00pUps)

#### SELF-HARM

[www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/?o=6809/#\\_VQf6UU0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/?o=6809/#_VQf6UU0pUps)

#### SLEEP PROBLEMS

[www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/?o=10124/#\\_VQf6Z00pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/?o=10124/#_VQf6Z00pUps)

#### STRESS

[www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/#\\_XApG29v7SM8](http://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/#_XApG29v7SM8)

#### STRESS TIPS

[www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/#\\_XApHB9v7SM8](http://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/#_XApHB9v7SM8)

#### SUICIDAL FEELINGS

[www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/?o=6813/#\\_VQf6300pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/?o=6813/#_VQf6300pUps)

#### PSYCHOTIC EXPERIENCES

[www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/about-ptsd/?o=14567/#\\_VQf5nU0pUps](http://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/about-ptsd/?o=14567/#_VQf5nU0pUps)

## DID YOU KNOW?

World Kindness Day is on the **13th November 2021**

World Hello Day is on the **21st November 2021**

Elf Day is on the 3rd December 2021 – Unleash your inner elf by dressing up

International Volunteer Day is on the **5th December 2021**

Winnie the Poo Day is on the **18th January 2022**

National Hugging Day is on the **21st January 2022**

Random Acts of Kindness Day is on the **17th February 2022**

Self - Injury Awareness Day is on **1st March 2022**

## Healthy Winter Soup Recipes

### Healing Tomato Carrot Turmeric Soup

Delicious, creamy and nutritious soup filled with the immune boosting and healing properties of turmeric.

Prep Time **2 minutes**,

Cook Time **15 minutes**

Total Time **17 minutes**

#### Ingredients

- 1 Cup Medium Tomatoes
- 1/2 Cup Baby Carrots
- 1/2 Tsp Turmeric Powder
- 1/8 Tsp Ginger - fresh is preferred
- 1/2 Cup Vegetable Stock - homemade or store bought
- 1 Can Coconut Milk - you may even use cashew milk but not almond as it makes the soup too thin
- 2 Tbsp Olive Oil
- 1 Bay Leaf
- Salt + Pepper

#### Toppings:

- 4 Tbsp Cooked Garbanzo Beans.
- Salt and Chili
- Hemp Heart
- Herb of Choice - I'm using thyme

#### Instructions

1. Heat oil in a large pot
2. Add bay leaf, tomato, carrot, ginger, turmeric and sauté for a minute.
3. Add stock, salt, pepper and cover the pot.
4. Cook covered for 5 minutes over low heat (stirring every 2 minutes).
5. Finally, add the 1/2 can coconut milk and cook for another 3 minutes.
6. Now turn off the heat and churn this soup mixture using a blender or food processor.
7. Heat the pot again and pour the churned soup along with 1/2 can coconut milk.
8. Let this simmer on low heat (check for salt+pepper).
9. Once the soup has thickened, turn off the heat.
10. Pour in serving cups and sprinkle with favourite toppings.
11. Serve Hot.

#### Nutrition Information:

Yield: 4

Serving Size: 1 Amount Per Serving: Calories: 210 Total Fat: 33g Saturated Fat: 20g Trans Fat: 0g Unsaturated Fat: 11g Cholesterol: 3mg Sodium: 340mg Carbohydrates: 14g Fibre: 3g Sugar: 5g Protein: 7



## Healthy Winter Soup Recipes

### Winter Vegetable & Lentil soup

#### Ingredients

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander



#### Method

##### STEP 1

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

##### STEP 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

##### STEP 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

## RECOMMENDED READ

Mindfulness a Practical Guide to Finding Peace in a Frantic World

BY Mark Williams and Danny Penman

‘So, this book, hmmm this book, I have to say, it’s a yes from me. Gold buzzer! All of that jazz! If you want to improve your wellbeing, feel less stressed, have more focus, more sleep, just to name a few benefits, then give this beauty a try. I have found the ideas in this book to be truly life changing! And it is quite possible that you could share the same opinion. There are things worth having in life, and if you value your mental health, in my opinion, this book is one of those things. Enjoy it, take your time, there is no rush.’ (Adam, 2021)

#### Mark Williams Lecture on Mindfulness

<https://m.youtube.com/watch?v=WY08aXxor20>

<https://www.waterstones.com/book/mindfulness/professor-mark-williams/dr-danny-penman/9780749953089>



## 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](mailto:info@eastkentmind.org.uk)**



# East Kent Mind

## Who we Are?

Mind, the mental health charity.

We are here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support.

## Mission

Our purpose is to promote better mental health and wellbeing across East Kent including the Canterbury District and Thanet.

## Charitable Objectives

To promote the preservation and the safeguarding of mental health services and provide relief to those suffering from mental health disorders.

## You are not alone!

Contact us for more information

**[www.eastkentmind.org.uk](http://www.eastkentmind.org.uk)**

Email: [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk)

Phone: 01843 319 193