

New to the café?

It would be great for you to provide you details (name and email address) in the chat box so we can add you to our distribution list to share details of this and future cafes with you.

You can do this by typing @Sandra Warden first along with your details, which will ensure your message will come to me personally and avoid sharing your information with others in the café session.

Looking forward to hearing from you J

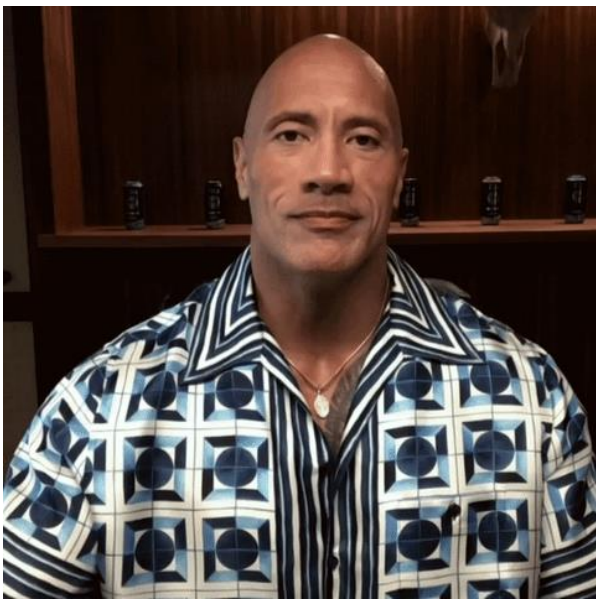
Sandie Warden

Patient Experience and Involvement Coordinator

hello and thank you so much for replying so quickly with the link

Hello Suzanne Palmer I am on T & T Team so have been unable to attend sessions in the afternoons

Hey Jacqui x



That is fantastic news. Well Done



Congratulations April! 🎉

Hello everyone (laugh)

Hi Everyone, Azar Expert by Experience for Leicestershire Partnership Trust here to support all service users and Carers within the Trust and beyond.



Hi everyone, Firoza here :)

Kate Hamill from Leicestershire Recovery College - providing recovery focused, educational courses to people accessing mental health services across Leicester, Leicestershire and Rutland - currently delivering the majority of courses online

Hello Jayshree

Hello Grant

Glad you managed to get in Grant (smile)

hello Grant

Hi all

Hi Jayshree (smile)

hi Helen (smile)

Could you pop the YouTube link in the chat please :)?

<https://youtu.be/5pW2b1vwwf4>

We will send slides out afterwards to which will include all the links
Thank you for feeding back Lucy - I really enjoyed our conversation, thank you

Lucy Laura HAMILL, Kate (smile) thank you all, sorry I was kicked out at the end. Enjoyed our discussion and meeting with you

I am sorry but I need to go but found the discussions very informative and will try to join you all for your next session

A great Cafe and thanks for all your input. See you all soon :-)

A Weighted blanket has really helped me

No caffeine after 1pm has made a huge difference to the quality of my sleep

Insight Timer App - 10 min guided meditations' use before sleep and if I wake up. Works for me - I'm normally asleep before it's finished...All free.

Also de-clutter your bedroom, so tidying up isn't on your mind

Lots of lovely pillow sprays too - one by 'This Works'. Smells gorgeous...

yes, I got a sleep mist for Christmas which works a treat

tools such as earplugs, an eye mask, changing nightwear & quilt thickness blanket, bed socks & levels of light coming in through borrowed lights etc help as the spring & summer approach & the hour goes forward

I sometimes do a 10-minute yoga session for sleep and relaxation from YouTube before bed

Link to access the Recovery Café evaluation survey, please feedback on today's session:

<https://ratemyhhs.co.uk/survey/50061bda-6d5d-44bd-8936-9d74338478fc>

thank you for such a nice session

it was very calming session (smile)