**Stepped Up Recovery Café Session 1**

**26.02.2021 - Chat Box Contents**

**Welcomes**

**New to the café?**

It would be great for your 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 @Lewis Payne 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. [lptpatientexperience@leicspart.nhs.uk](mailto:lptpatientexperience@leicspart.nhs.uk)

Looking forward to hearing from you

Lewis Payne

Patient Experience and Involvement Administrator

I'm Will, and I work with Kate and Emma and Radha at the Recovery College

​

Hi Ronda here I’m from Thurmaston 😊 🌞

​

Firoza here in sunny Leicester :)

Nicola, in Earl Shilton

​

Hi Im Helen Mowbray. Community OT MHSOP and the health and wellbeing champion for the OT team.

​

Radha - hi all  Thanks to Will for enabling me to connect

​​

Grant

**Café Conversations – Connectedness**

Its been great to speak to others with similar experiences, and to find out about others techniques for coping.

Its fine to not be ok too

'A little time alone' by Crystal da rock

A little time alone, at times,

Does the mind, body n soul

n spirit Some good.

Just like they say that the milk does.

Loll...

Also, a little time alone,

Can be a stress reliefer

And a form of deliverer

To help rescue the other parts of you,

that needs to be at rest n be bless by a moment of tranquility.

And that there is a reality.

And believe a moment of peace n time alone is just like gold for recovery n rejuevenation from all of life's difficulties, distractions, miserys and from life's catastrophes n torments.

Love it 😊👍🏻 my new name is Ronda da rock lol

Bridgeton !!!

​Yes to boxsets

​

Yes box sets  😊👏🏻

​

​Watched far too many Ronda R :)

​

Same  looking for new ones haha

​

​Some good ones on bbc iplayer Ronda

I’ll have a look thanks Firoza

​

Five ways to manage your wellbeing as a parent during lockdown

<https://www.bbc.co.uk/bitesize/articles/zrmhscw>

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[From lockdown to relaxation of covid rules: tips on looking after](http://From lockdown to relaxation of covid rules: tips on looking afterThe gradual easing of lockdown brings both opportunities and challenges for many of us.www.mentalhealth.org.ukhttps://www.mentalhealth.org.uk/coronavirus/looking-after-your-mental-health-we-come-out-lockdown)

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<https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>

<https://www.mentalhealth.org.uk/coronavirus/one-year-covid-loss-and-gain>

<https://10daysofhappiness.org/>

**5 Ways to Wellbeing**

Copies to be sent out;

Ronda

Rosemary

Hannah

Emma – Recovery College Students

Tania

​Love connecting with nature, so therapeutic for me(sun)(flower)

Especially on a glorious day like today Kate...

Thanks Sandra. I think I will pass this slide on to my daughter - it could really help her at the moment.

**Recovery College**

New Spring Term prospectus out now - <https://www.leicspart.nhs.uk/wp-content/uploads/2020/12/Spring-Term-2021-Interim-Prospectus-FINAL.pdf>

**Goodbye, next café and any feedback**

Thanks Haley - you have done a fab job x

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Thank you for your effort in making it interesting  and purposeful

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​Thank you ❤

Thank you 😊

Thank you