

Recovery Café 29/7/2021 Chat Box Contents

Welcome's

New to the café? It would be great for you to provide your 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. Looking forward to hearing from you Lewis Payne Patient Experience and Involvement Administrator
Hi Firoza here, patient and carer leader for LPT's People's Council

Julian Harrison, mental health campaigner, activist, service-user

Jayne service user /expert by experience etc

Hi everyone, I'm Charlotte, an Employment Specialist within the Employment Support team

Hi everyone, I am Sam Wilson, Outreach Worker from the Leicestershire Recovery College

hi i am Neil i work with the CMHT city west.

Hi I'm Sarah Wilson. Therapy Technical Instructor at the Bennion Centre.

hi everyone my name is Annie palmer clinical trainer practice development facilitator for MH services

Hi, everyone. I'm Peter Smith, the team leader with the Employment Support Service, which helps people using LPT's adult community mental health services find a job and keep it to support your recovery

Sarah Ferrin - service user - have just left the NHS due to a severe mental health episode, having worked as a senior finance manager for over 20 years. Hoping to be able to offer something helpful as both a user and someone with in depth knowledge and experience of the NHS.

Hi, I'm Kelly Webster - I am the Patient and Carer Facilitator for the LD In-patient services.

Hi I am Jacqui and I am a carer

Agreement and Support Discussion

Sorry for the delay Haley, was trying to find the link. One of our fab tutors offered this crisis service as a signpost during the Getting Good Sleep course...
Shout Crisis Text Line – text 'SHOUT' to 85258 (free number) – this service is confidential and available 24hours a day

Thank you Sam.

are you connected with Pepper's <https://peppersrutland.co.uk/>

Thank you for sharing Pepper's Jacqui. We recently shared it in our Recovery College Facebook group

Thanks for sharing Jacqui I wasn't aware of Pepper's.

Mind Apples Session with Julian

Mind Appler...I like that

Sorry Julian, but I need to go....such a shame as I am enjoying the Mind Apples activity!

i recommend manifest on Netflix a good binge

Ive just finished watching Lupin....fab

my mouth is watering

(everyone provided their scores at this point)

I must try that although once the chocolate is open I am not sure I could stop!!

gave me lots of ideas to relax

interesting, makes you think about how much you already do to relax

positive & life affirming

good bit of fun

realised I need to change the way I eat chocolate! You sold it to me Julian

Simple activities that don't require a lot of effort, although we often think that we don't have time for them

Early morning walks with the dog on the park really helps me

It's always easier to do things for other people/organisation than for yourself. Which is not always the best form of self-care.

These are the sort of things that are easy to do BUT also easy not to do - we need to ensure we do them e.g. put in the diary like you said

Although i know from personal experience that when you are not feeling well any activity can take more effort, and you often dismiss them...But they are really important, and more effective than you realise. Reinforcement and routine helped me.

Love this idea....I block my lunches out now and they include a small walk.....I do a lot more walks now that I prioritise a lunch break. I am going to block out some little things for me like sunsets, smelling flowers, meditation etc

The books 'The Slight Edge' and 'Atomic Habits' cover this sort of thing and are a fab read!

I agree, atomic habits is a great book!

hip hop, metal

ELVIS

I really like a bit of Rock or Drum and Bass to kick start my day, but YouTube has some fab down time tunes to relax (eat chocolate with)

Listen to all kinds of music dependent on how I'm feeling or how I want to feel, for example relaxation music to make me feel calm, dance music to get me moving.

All Music rock pop Christian Bollywood relaxing music if I can it depends on my moods

A lot of musical theatre music for me, especially since the theatres have been closed

Music is very important to me. Rock music. Live gigs are back. Got 2 at weekend. Get anxious but good when I get there

Music seems to be a bigger part of my life when I'm happier and mental health is good.

Although I love music I love the peaceful times

how exciting....im sure it will be great.

I agree Haley but sometimes that's more about my motivation, so if someone else is listening to music or I overhear it, this can actually help me, but I do know that music can be very emotive.

Mozart sometimes

Thank you for the cafe this morning everyone. Unfortunately I need to go but hopefully I will speak to you all soon.

Music can have a powerful connection and help you feel not so alone in your turmoil.

My dentist plays Mozart in the waiting room

Nature sounds are very goods

white noise

I listen to rain when I go to sleep on my phone, not outside!!

I love the sound of rain at night, and birds in the morning. There is some great apps for nature sounds

Love nature...very reassuring. Life going on around you as usual no matter what you are going through.

audio books

audible

Audio books but not actual reading

I love books and I read on kindle everyday

Reading and Audible books.

Escapism - fiction.

imagination expands when reading

Same for me Jayne.....I love a good book that can take you somewhere else.

inspiring stories help me dig deep sometimes. David Goggins.

For non fiction - there are some fabulous 'self help' books/books to educate you about mental health - I am building up a small library of them. Also love fiction for escapism - so two different ways that I use reading - relaxation and education.

i like kids books example harry potter

Most local libraries now have self help health books, a range of various books. Well worth looking into

I love self help books - currently listening to an audible book about self compassion, and this has lots of meditation exercises in it too!

you can borrow audio books from library and get it downloaded to your phone using borrow box

Im looking into audio books....great idea. Ive not been read to since I was a child

<https://www.borrowbox.com/>

i do mandala colouring for mindfulness

chess.com

does dominoes do the same thing?

how about scrabble?

In OT we talk about 'flow' getting involved and absorbed in an activity.

Monopoly in my house certainly doesn't have a positive effect...always a squabble! & cheating

Haley haha!!

you should get the cheaters edition

Oh I never knew about that Lewis....i shall have a look

Thank you and Good bye

This session is fantastic

thank you everyone

what an amazing session thank you everyone

Thanks for today. I have enjoyed this and learnt a lot.

Thank you for the session today, was really interesting

Thank you everyone. It's my first visit and I've loved it

I use a gratitude app that gives me time to think back over the day

Thank you Haley and Julian and everyone in the group. Really enjoyed the cafe. Take care everyone.

thank you guys