



NEWSLETTER

Hello everyone and welcome to Sunderland Recovery College Newsletter.

Every Day is a NEW BEGINNING

Always remember you are not alone.

The only thing that is certain is that things always change.



Sunderland
Care and Support

NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

College Update



We know the last year has been a trying time on all of us. I wanted to take a moment to say a big thank you for your continued support.

Thank You



Thank you for all you're doing to help stop the spread of Covid, Cases continue to come down, but we've got to keep going to make sure cases don't rise as lockdown restrictions begin to ease. Remember, hands, face, space and get the vaccine when you're offered it.

At this time the foremost concerns must be personal health and safety—of our families, our employees, and ourselves. Taking care of those who contract the virus and joining the global community in taking sensible steps to slow its spread is of the utmost importance. Our first priority is the safety and well-being of those we work with and serve including our students, volunteers, employees and partners. For that purpose, we have proactively adopted social distancing, the wearing of face masks and remote working whenever possible in accordance with regional and national recommendations. In most instances, we cancelled face to face groups to minimise direct personal contact to help keep everyone healthy.

As we cautiously move out of lockdown, we will be developing plans to introduce some face-to-face safe accessible support groups and activities in the community, we will continue to communicate constantly, consistently, and transparently through our social media and newsletters to keep you up to date.

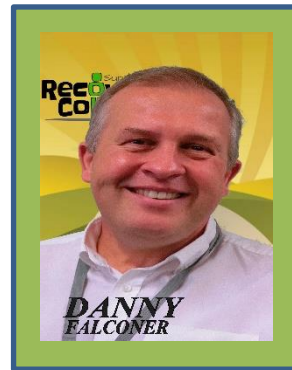
While maintaining focus on keeping everyone safe, we are continuing our online support, education and social groups, feedback from students regarding the online platforms has been encouraging so it is something we would like to continue alongside face-to-face groups in the future. The college is keen to develop more groups but will be following the Governments guidance on keeping everyone safe and lifting lockdown measures.

Groups will be managed very differently and will not be drop-in sessions due to number limitations and government guidelines. Sessions/courses will be offered in community venues as before, but enrolment will be necessary, watch out for our summer course schedule coming soon. It has been a difficult time for everyone the isolation has had a detrimental effect on the most vulnerable. With some people not seeing anyone for months but we now need to move forward cautiously and safely, and we look forward to seeing you all soon.

Thanks again Kim



College Update



Hi my name is Danny Falconer I am a Senior Support Worker at Sunderland Recovery College, due to the covid pandemic the Recovery College was delivered differently, I was seconded to Telecare, I was a little apprehensive about moving but I was excited too to learn new ways of working. I was placed into Geoff Christer's team with Dave Mandy, Denise, Jarva, Mandy, Lisa, and Amanda. I have truly enjoyed my year at Telecare. Geoff's team welcomed me in and had lots of patience showing me how the teams on telecare operate and after a couple of months of responding to alarms with one of the team I was out on my own. The team was always there to encourage and support me and it was a pleasure to work with them so thank you to all the teams who supported me while I was at Telecare. Now I am back at Sunderland Recovery College I am looking forward to supporting our students and getting involved again.

Sunderland Care and Support

Telecare and how it makes a difference.

This is a service which means that you live confidently and independently in your own home with the peace of mind of knowing that help is only the press of a button away. Telecare uses a range of discreet sensors around the house to detect problems such as fire, flood or a person falling. The equipment you have will depend on your own personal circumstances. When the equipment is triggered it connects you to an operator who will use their skills and experience to decide on the most appropriate course of action. Whatever the emergency, help will be provided. It may be that the operator can reassure you enough for you to contact your family or the emergency services. We may also send one of our fully trained Support Workers to come and help you.

The help is available whenever you need it - 24 hours a day, 365 days a year.

The service can provide a basic pendant and unit to vulnerable customers on request from a prescriber or via self-assessment. Additional equipment can also be provided following a referral from a Social Worker, Occupational Therapist, or other approved prescriber.

College Update



Hi everyone, I'm Viva (Laura) Valentine and I'm a Peer Support Worker at Sunderland Recovery College.

I produce, deliver, and oversee courses which I hope will increase people's confidence, self-esteem and self-purpose by engaging in educational classes and/or meaningful activity and social interaction.

I'm always interested in what the folks of Sunderland (and nearby areas) want from services or want to be able to access. Here at the Recovery College there's a little something for everyone, but if there's something in particular you'd like to see us provide then I'd love to hear from you with any ideas or informal suggestions.

I love meeting new people as well as catching up with familiar faces, so please feel welcome to join our groups and I look forward to seeing you soon.

*A little side note of where I've been for the past year!

Me and my colleague Danny were both temporarily relocated within Sunderland Care and Support over the current pandemic, and both landed fantastic positions within the Telecare Service, responding to emergency calls from the elderly or vulnerable within the community, keeping those individuals safe and well in their own homes.

In the meantime, our own service was managed online, which has worked really well thanks to our manager Kim, but it's so nice for us all to be back together now and offer a little more of that personal touch in the delivery of service once again. Can't wait to see you all.

College Update



The Recovery College building continues to be closed to students, but this hasn't stopped us from continuing to work hard behind the scenes to offer support through online platforms and offering advice and guidance over the phone.

We have some amazing students, volunteers, peer supporters and partner organisations who continue to support the college to develop our new normal throughout the pandemic.

The vaccination programme across the city is continuing. Please help us encourage those who are eligible to get vaccinated when it's their turn by sharing information with your communities.

Gerry Taylor, Sunderland's Director of Public Health and Dr Fadi Khalil, local GP and Clinical Vice Chair, [NHS Sunderland Health](#) answer residents questions about the [#Covid-19](#) vaccination programme. You can watch the video here. [Click Here](#)

Sunderland recovery College has been sharing this video though out its social networks to raise awareness.

The College has circulated its April Term Flyer, courses will continue to be delivered on online platforms but we are working on a summer flyer which will advertise some outdoor activities.

The college newsletter which provides updates, course information, activities and is a source of support is delivered through email as well as being posted out, you can sign up to receive the monthly newsletter and term course flyers through our website.

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

Facebook continues to be a great resource for the college supporting us to interact with many continuing students but also many more new students. Posting daily motivational quotes, challenges, advice and much more. Our new April Flyer advertising courses and resources is out and you can find it on our Facebook page at:

<https://www.facebook.com/sunderlandrecoverycollege/>

Remember this is **your** newsletter, so please feel free to send any contributions or ideas of what you'd like to see in it to Kim Dobson at kim.dobson@sunderlandcareandsupport.co.uk or ring Kim on 07500 551 869. You may have some photographs of arts and crafts you've been doing or other ways you've been spending your time during the pandemic, some jokes you think will make us smile, poems, articles or tips on what's helped you to stay positive during these times.

College Update



Outdoor Activities

Gardening Project

Research shows that gardening can improve communication with others, help learn new skills, teamwork and planning. It improves confidence and helps concentration.

Gardening really can change the way you feel, it helps us relax and let go.

Due to the pandemic the garden has been closed and it now needs some tender loving care to get it up and running again.

It's a great safe space to meet up in the fresh air for that well deserved social contact we have all been craving for so long.

The garden project is situated in the Houghton-Le-Spring area and has good transport links. If you are interested and would like to help out please ring **Danny on 07795291237**



Walking Group

Would you like to join us on a local heritage walk?

Come and join us on a guided walk spending some time in green space and bringing nature into your everyday life, it can benefit both your mental health and physical wellbeing. Being in nature or even viewing nature can reduce anger, fear and stress and increase pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate and muscle tension.

Roker Seafront Circular Walk Distance & Time: 1.9 miles or 3km 40 mins (approx.) Start and Finish Point: Bungalow Café Pier View Roker

If you would like more information or would like to take part please telephone **Danny on 07795291237 to enrol.**

Sleep Awareness

Sleep problems are very common and often referred to as insomnia. One study found that only 5% of adults reported never having trouble sleeping.

A recent study found that as many as 30% of the adult population are affected by sleep problems. Therefore, to have trouble sleeping at some point in your life is quite common.

Why is sleep so important?

Sleep plays a vital role in good health and wellbeing throughout your life.

Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life and safety.

Sleep helps your brain work properly. While you are sleeping your brain is preparing for the next day.

People can become very distressed when they are not getting a good night's sleep, which can make it harder to get off to sleep.

There is a popular idea that we all need 7 to 8 hours sleep every night. *THIS IS NOT TRUE*

Many studies have shown that people range between needing 4 hours a night up to needing 10 hours a night or more.

Also, the amount of sleep a person needs varies throughout their lives.



Not only does the need for sleep vary from person to person and with age but it varies depending on level of activity.

If someone has retired from work, they may be less active and therefore require less sleep. On the other hand, if they have a young family and are constantly on the go then they may require quite a bit of sleep.

Not only do we need less sleep and sleep becomes lighter and more broken as we get older but our pattern of when we sleep changes too. It becomes more likely that we drop off to sleep during the day so our natural rhythm of sleep can be disturbed.

What causes sleep problems?

1. *Normal effect of ageing*-when people get older; they tend to sleep less deeply and need less sleep.
2. *Medical reasons for disrupted sleep*-medical reasons for poor sleep may or may not be related to getting older.
3. *Stress, anxiety and worry*-sleep is easily affected by how someone is feeling.
4. *Depression and low mood*-when someone is feeling depressed, disturbed sleep is common.
5. *Surroundings*-can make a big difference to sleep.
6. *Disrupted sleep routine*-people who work shifts which change frequently often have difficulty sleeping.

Overcoming your sleep problem.

One of the first steps in overcoming sleep difficulties is finding out any possible causes and trying to look for solutions.

Is sleep your main problem or is there another problem which may be causing you to have difficulty sleeping?

Continued Learning

Problem:

Worrying about not getting enough sleep- are you expecting too much sleep and worrying about not getting enough?

Solution:

Try to remind yourself that loss of sleep will not hurt you.

Don't keep looking to see what the time is.

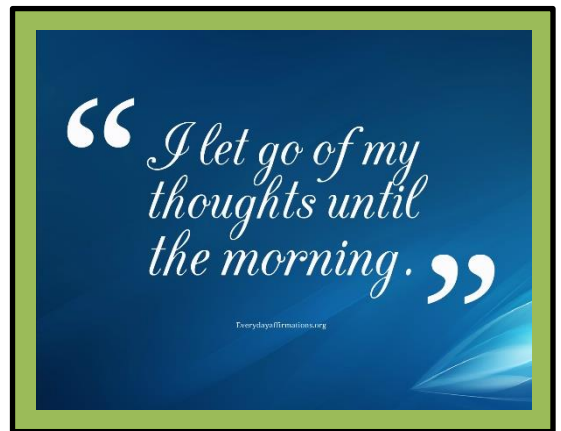
Relaxation may be helpful, there are many CDs available to buy.

You may find that getting help in other areas has a knock-on effect on your sleeping. Your sleeping may well right itself if you can resolve some of your problems. Even so you may have got into some "bad Habits" which are not helping you get off to sleep. Many people have bad habits and may get away with it for most of their life.

Try not to worry about not getting enough sleep-It may be that you are getting enough, but it's just less than you expect. Don't take naps during the day to catch up this will affect your natural rhythm and only add to your problems.

Look at your Surroundings

- Noise (too noisy, too quiet?)
- Light (too light, too dark?)
- Comfort of mattress (too soft or too hard?)
- Temperature of room (too hot, too cold?)



Food and Drink

Anything that contains caffeine taken near to bedtime will reduce the quality of sleep.

Examples include coffee, tea, hot chocolate and cola.

Its best not to have any of these things within four hours of bedtime.

If you are having a bedtime drink, make sure it is decaffeinated.

Smoking last thing at night can keep you awake as nicotine is a stimulant.

Some drugs can affect sleep because they are stimulants. If you are taking medication, it is worth checking with your pharmacist or doctor.

Whilst people often feel sleepy after drinking a lot of alcohol the quality of sleep is affected.

Continued Learning

Pre-sleep routine

Try to use the hour before going to bed to unwind and prepare for sleep. In the same way that you would not expect a child to go straight from an exciting game to bed most adults need to wind down.

For a child, a bedtime routine helps with the winding down process, for example, bath time, pajamas, teeth brushed, story then bed.

The same is true for adults, try to get into a pattern.

Do not go to bed until you feel sleepy.

Gradually increase your daytime activity and exercise but don't exercise too near bedtime.

If you have not fallen asleep within 30 minutes get up and have a malty drink like Horlicks.

Listen to some relaxing music, read a relaxing book or watch something boring on TV until you feel sleepy.

Make sure your bed is associated with sleep.

Don't watch TV, eat and talk on the phone in bed.

These simple guidelines really can improve your sleep, but they take time. Be patient, your hard work will pay off, although it can take many weeks to develop new sleeping habits.

Good luck and sleep well



Continued Learning

Come and join us for a cuppa and a chat.



Every **Tuesday** 1pm till 2pm

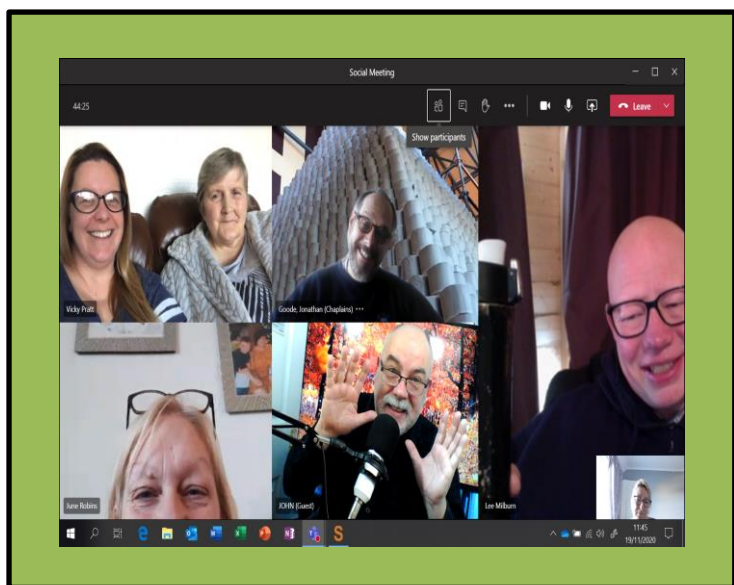
Every **Thursday** 11am till 12noon

These are weekly get togethers delivered via Microsoft Teams



Come and Join Us

To join us please call 07500551869 and book your place



Continued Learning



LIVE VIRTUAL CHOIR SESSIONS

Our choir meets regularly through Microsoft Teams every Monday 1pm till 2pm supported by Joanne, Terry and Kim if you would like to get involved please feel free the more the merrier.

Contact us on 07500551869 to enrol and book your place.



JUST
Be
YOU



Information Sharing



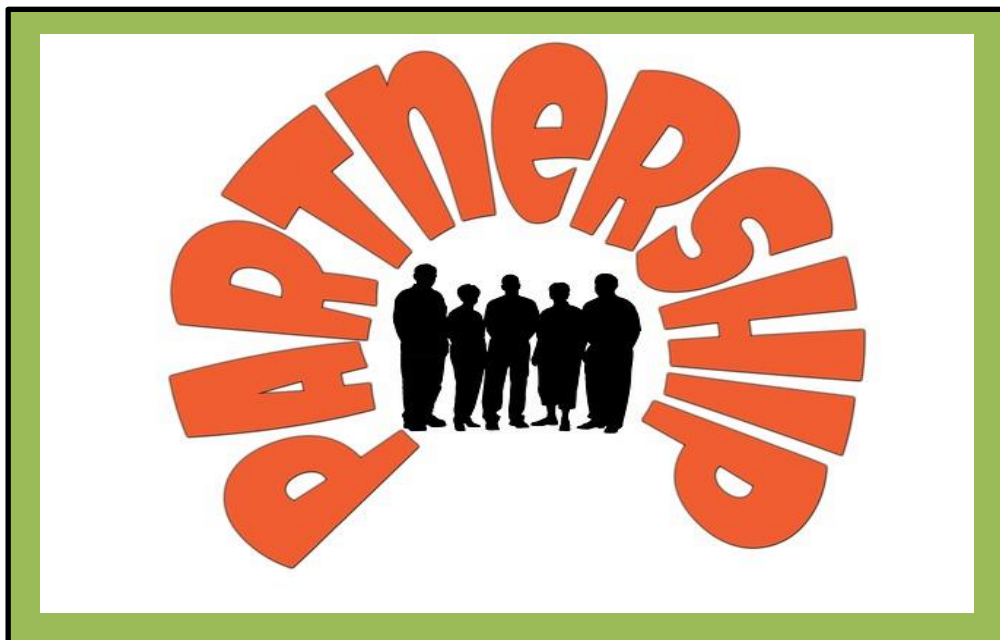
Finding the right job can be challenging for all of us, and for those of us with health or learning needs can be an almost impossible struggle – but help is out there.

Moving On Tyne & Wear (MOTW) is a local employability programme who have been helping people in Tyne & Wear that are unemployed and have a health barrier, disability, additional learning need or autism get into employment, training or volunteering since 2017. The free and voluntary service provides bespoke one-to-one support from a team of experienced navigators, who help people to build on their strengths and aspirations and guide them towards taking realistic and manageable steps. Anyone who is aged 18 or over and eligible to work in the UK, currently living in Tyne and Wear, unemployed and suffering from a mental or physical health issue can reach out to this invaluable service for support.

To find out more about Moving On Tyne & Wear and how they could help you find employment visit www.motw.org.uk



Moving On Tyne & Wear



Do you need advice?

Citizens Advice Sunderland provides free, confidential and impartial advice. Our goal is to help everyone find a way forward, whatever problems they face. We specialise in providing advice on benefits, energy and debt but people come to us with all sorts of problems. We can help to point you in the right direction.

One of our benefit advisers has recently supported a client to appeal their benefit decision. You can see their success story here:

Case study from one of our Benefit Advisers

We supported a client to appeal their benefit decision.

One of our benefit advisers helped a client to challenge their Personal Independence Payment (PIP) decision. It was highly successful.

The appeal was overturned at the first stage (MR stage) meaning that the client avoided a lengthy appeal process. The client was awarded Enhanced Rate Daily Living and Standard Rate Mobility. This means that they will be awarded £112.75 per week. The client also received a backdated payment of £3728.26 due to missed benefits.



If you need advice, please contact us on:
Advice Line (Monday to Friday, 9am-4pm): 0300 330 1194.
Website: citizensadvice.org.uk.

Help applying for Universal Credit

We can also help people apply for Universal Credit. Our dedicated Help to Claim service supports people in the early stages of their Universal Credit claim, from application through to their first payment.

Universal Credit Free Helpline (Monday to Friday, 8am-6pm): 0800 144 8444.

Universal Credit Webchat Service: citizensadvice.org.uk/helptoclaim.

GRIEF AND MENTAL HEALTH AWARENESS EVENT

**Sunday 18th July 2021
10.30am- 3.30pm
Grindon Church Community
Sunderland, SR4 8JZ**



**Mental Health Reps
Signposts
Support
Group advice**

**Stalls
Raffles
Home made Goods
Tombola**



**Self Care
Mindfulness
Therapy tasters
Breath Sessions**

**Reiki tasters
Plant Sales
Support groups
Help break
down stigma!**

Your Health Multi-Sports and Football Re Start

Just a quick update as we are now able to be able to restart the Monday Multi-Sport Group and the Wednesday Football Group here at the Beacon of Light.

Session details are below and both sessions are FREE to attend.

Monday Multi-Sports

Restart Date: 19th April 2021

Time: 2pm till 3pm

Venue: Beacon of Light, Sunderland, SR5 1SN

Facility Type: Indoor Sports Hall

Age Group: 18 years plus

Cost: FREE

Wednesday Football

Restart Date: 14th April 2021

Time: 10.00am till 11.00am

Venue: Beacon of Light, Sunderland, SR5 1SN

Facility Type: Indoor Football Barn (4G)

Age Group: 18 years plus

Cost: FREE

Alongside the GOGA (Get Out Get Active) funded programmes that we run on the Monday and Wednesday; we are also providing a Thursday Football group which is for anyone aged 18 years plus with a wide range of SEND. These sessions are running over several 5 aside pitches at the Beacon of Light with each pitch ability banded to maximise engagement and enjoyment of the participants.

Thursday Football

Restart Date: 15th April 2021

Time: 1.30pm till 2.30pm

Venue: Beacon of Light, Sunderland, SR5 1SN

Facility Type: Outdoor 5 aside pitch (3G)

Age Group: 18 years plus Cost: £2 per week



**FOUNDATION
OF LIGHT**

**THE WORLD AT YOUR FEET
INVOLVE. EDUCATE. INSPIRE**

Kevin Darke

Inclusion Coordinator

DD: 0191 563 4746

E: kevin.darke@foundationoflight.co.uk

W: foundationoflight.co.uk

Sunderland Information Point

Sunderland Information Point is for everyone; offering information; advice and guidance on a range of subjects to support you and your family.

<https://www.sunderlandinformationpoint.co.uk/kb5/sunderland/directory/home.page>

If you need urgent help,
call 24 hours a day,
7 days a week


Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

North Tyneside and Northumberland

Adults - 0800 652 2861

Children and young people - 0800 652 2862

Text for deaf service users - 07887 625 277

North Cumbria

Adults - 0800 652 2865

Children and young people - 0800 652 2865

Text for deaf service users - 0779 565 6226

Newcastle and Gateshead

Adults - 0800 652 2863

Children and young people - 0800 652 2864

Text for deaf service users - 07919 228 548

Sunderland and South Tyneside

Adults - 0800 652 2867

Children and young people - 0800 652 2868

Text for deaf service users - 07889 036 280

