



THE BEFRIENDERS NEWSLETTER

November 2021

4-7-8 Breathing Technique

1. Find somewhere comfortable to sit. If you can, close your eyes.
2. Breathe in through your nose to the count of four.
3. Hold the breath to the count of seven.
4. Exhale through your mouth to the count of eight.

Dates for your diary:

→ Wednesday 3rd November

Volunteer get-together to be held at The Wellbeing Hub at Market Harborough Leisure Centre, 11am to 12:15.

→ Tue 9th Nov to Sat 13th Nov

Harborough Theatre

Fools by Neil Simon

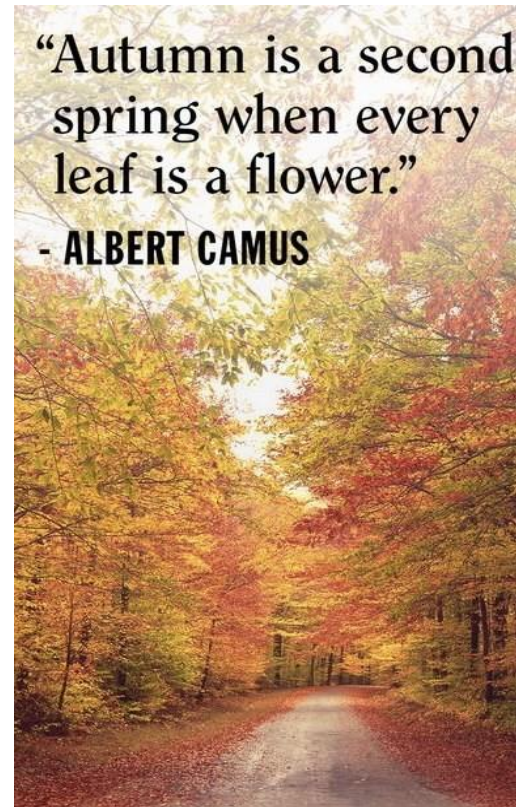
This warm & funny play is set in a small village in the Ukraine in the 19th century. A young schoolteacher arrives to take up a job and soon discovers that the village is cursed with its inhabitants doing things upside down and back-to-front.

→ November 19 @ 6:30 pm - 9:00 pm

Market Harborough Christmas Lights Switch On

“Autumn is a second spring when every leaf is a flower.”

- ALBERT CAMUS



This Month Book Review:

Title: "What Happened to You? Conversations on Trauma, Resilience, and Healing"

Authors: Oprah Winfrey, Dr Bruce Perry (2021)

Oprah Winfrey and renowned brain development and trauma expert, Dr Bruce Perry, discuss the impact of trauma and adverse experiences and how healing must begin with a shift to asking 'What happened to you?' rather than 'What's wrong with you?'

I am reading this at the moment, and this book gives me a lot to think about and reminds me to be kinder with myself & others. It also puts many memories and relationships in perspective for me. I recommend it for its duo conversational styling if you're looking for a non-clinical book about trauma. Karine A.

The Crisis Café in The Symington Building, Market #Harborough is open on Wednesdays from 12 noon - 8pm offering a safe space for those are feeling lonely, experiencing anxiety or depression, or if they're experiencing a mental health crisis.

Trained, friendly Turning Point staff are on hand to welcome & provide mental health support for all.

No appointment needed - please come along to join 1:1 sessions, group crafting or to learn practical coping strategies.

Everyone is welcome ♥ For details about Crisis Cafés visit: <https://www.leicspart.nhs.uk/contact/urgent-help/>



Free training around loneliness awareness being run by Rural Community Council, available to everyone: [InTouch - RCC \(ruralcc.org.uk\)](https://www.ruralcc.org.uk)

The RCC are also providing free Wellbeing, suicide awareness and digital awareness training, which all volunteers can access.



“Fun & interesting facts about me”

This month, **Karine** answered a few questions to introduce herself:

One of my favourite things to do is DIY/ painting/ decorating

My favourite season is autumn because of the beautiful colours.

If I could have any superpower, it would be a mind-reader!

My favourite dish is seafood, especially oysters and sushi.

I support le XV de France and have done since I was 30.

I would love to meet (and even have lunch with) George Clooney.

An accomplishment I’m particularly proud of is learning English at the age of 28!

One very memorable holiday was visiting Egypt –and Jordan.

One thing I cannot live without is my mobile phone...

If I had to eat one type of food for the rest of my life, it would be cheese & bread!



The 5 ways to Wellbeing:



Keep learning

Learning for Wellbeing: Wellbeing Saturdays courses are one day courses aimed at giving a basic introduction to: Astronomy; Patchwork; Card Crafts; Chocolate Craft; Creative Cushion Covers; Flower Craft; Indian Cooking; Make Your Own Bread; Photography; Upcycling Furniture Techniques.

<https://www.leics-als.ac.uk/>



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#132870

Difficulty: moderate



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