

THE BEFRIENDERS NEWSLETTER

February 2022

VASL

Torch House, Torch Way, Market Harborough, LE16 9HL

Poem by Rupi Kaur

when the world comes crashing at your feet
it's okay to let others
help pick up the pieces
if we're present to take part in your happiness
when your circumstances are great
we are more than capable
of sharing your pain

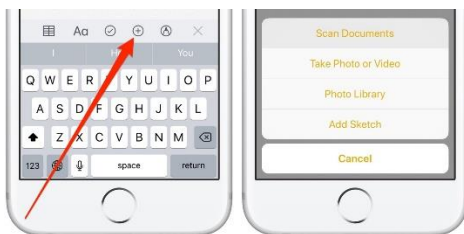
“Poet and illustrator Rupi Kaur has tackled a variety of mental health topics in her books *Milk and Honey* and *The Sun and Her Flowers*, including sexual assault, toxic relationships, addiction and depression. What this poem teaches us: That it's OK to ask for help. Those in our community care about us and are happy to support us if we let them in - we were never meant to do this alone.”

Tip of the month:

DID YOU KNOW?

If you have an iPhone or iPad you actually have a scanner: you can use the 'Notes App'.

Open a new note, press the camera button, the option to scan document will pop up. Once the document is scanned you can email it easier than a photo, plus you can add notes to the scanned doc.



Upcoming Events

February

“Admire and enjoy dazzling banks of stunning snowdrops at two glorious village gardens in Harborough district. The two outstanding horticultural attractions at Tilton on the Hill and Great Glen are both taking part in the highly-acclaimed **National Garden Scheme's 2022 Snowdrop Festival**.”

<https://www.harboroughmail.co.uk/whats-on/things-to-do/how-you-can-view-stunning-snowdrops-in-the-harborough-district-this-winter-3516345>

22nd to 26th February 2022

Bull by Mike Bartlett and Garden Pests by Jean McConnell An opportunity to come and see two One Act Plays at the same time.

https://harboroughtheatre.com/ht_event/one-act-plays-bull-by-mike-bartlett-garden-pests-by-jean-mcconnell/

Sun, 27 February 2022
10:30 – 16:00

The Market Harborough Vegan Market takes over The Square!

The event will feature a variety of vegan street food, artisan bakers, craft brewers, ethical jewellers, small-batch soapers, sustainable chandlers, local artists, zero-waste champions, environmental charities + loads more.

The 5 ways to Wellbeing:



Ways to cope with stress:

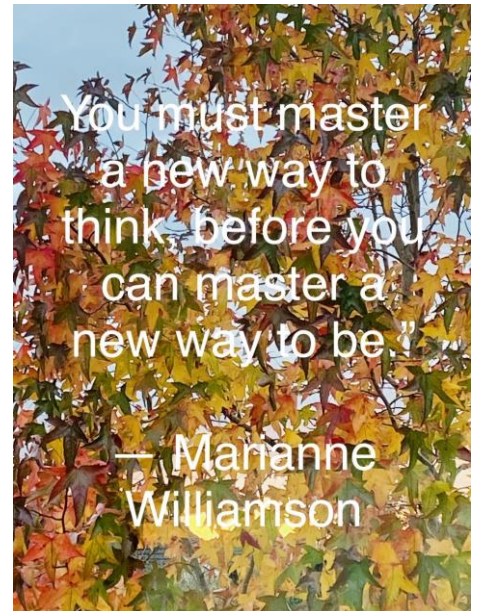
There are several things you can do to help cope with being under pressure. Everyone is different, and what works for some people might not work for you, so only try out what you feel comfortable with.

https://www.health-in-mind.org.uk/wellbeing_resources/stress/d232/

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#93957

Difficulty: moderate



In the Community

Market Harborough Orchestra Welcome Back Concert

Sat, 29 January 2022
19:30 – 22:30

<https://www.eventbrite.co.uk/e/market-harborough-orchestra-welcome-back-concert-tickets-223573242587>





**Leicestershire
Recovery College**



**Leicestershire Partnership
NHS Trust**

Available Online Courses February 2022

Involvement Opportunities within LPT

Thursday 3rd February
10:30am-12:00pm



This course is delivered by:



Caring for a Loved One with Mental Health Challenges

Thursday 10th February
10:00am-11:30am



This course is delivered by:



Understanding a Diagnosis of Psychosis and Schizophrenia

Friday 25th February
10:00am-12:30pm





This course is delivered by:



The Recovery College offers
a range of recovery-focussed educational courses
for people with lived mental health experience, their friends,
family, carers, and Leicestershire Partnership NHS Trust staff.

If you wish to attend a course, you will first need to enrol
as a student with the college, to do so.

 0116 295 1196

 LPT.Recoverycollege@nhs.net



www.leicspart.nhs.uk/service/leicestershire-recovery-college/