



Dates for your diary:

- **04/01/22** contact to any of our clients and phone calls can resume ☺
- **17/01/22** This Brew Monday, 17 January, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people they care about.

Read more about it:

<https://www.samaritans.org/support-us/campaign/brew-monday/>

THE BEFRIENDERS NEWSLETTER

January 2022



"We may think we are nurturing our garden, but of course it's our garden that is really nurturing us."

--
Jenny Uglow

This Month Book Review:

"The Anomaly" by Hervé Le Tellier

Le Tellier investigates how people cope (or don't cope) when their idea of reality gets defeated: a flight from Paris to New York is caught in a storm, then lands in the US...

Do NOT read the reviews if you plan to read this, as they spoil everything. Better to go blind into this one. The plot is actually very original!

I read this book in French in 2 evenings. It will be out in English end of January. I cannot recommend it enough! Karine



New Crisis Café to provide mental health support to Market Harbourough

Market Harbourough Crisis Café will provide mental health crisis support to local people.

The Crisis Café is open to anyone who feels they would benefit from some mental health support, whether they are feeling lonely, anxious, or are finding it hard to manage difficult feelings. The drop-in service will offer a safe space for those who are struggling as well as one-to-one sessions where they can learn practical coping strategies.

Provided in partnership between Turning Point and the Leicestershire Partnership NHS Trust, the Crisis Café will be open without appointments **from 12 noon – 8pm every Wednesday at The Symington Building**, on Adam and Eve Street in Market Harbourough.

Karen Russell-Haines, Service Manager at Turning Point, said: “The last year has put a great strain on our mental health and it’s vital we have easy access to services. We already provide a wide range of services across Leicestershire including a crisis house, a mental health helpline, and drug and alcohol treatment services. We’re looking forward to extending our mental health services to support the people of Market Harbourough.”

https://www.harborough.gov.uk/news/article/1457/new_crisis_caf%C3%A9s_to_provide_mental_health_support_to_market_harborough





“Fun & interesting facts about me”

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

Right now, I'm reading a book called *Up* by Ben Fogle about his journey to the top of Everest. I do love an autobiography and love a Swedish crime book too.

My favourite cuisine is Thai food, especially a vegetable curry.

One thing on my bucket list is to visit Iceland and go on a road trip around the island and if I am lucky to see the northern lights.

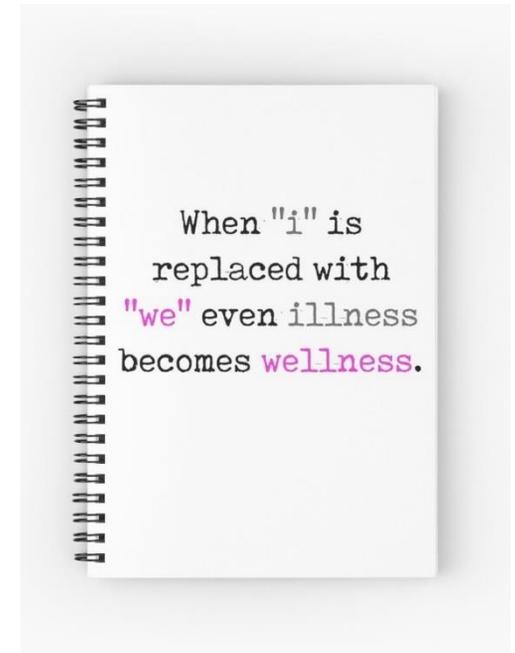
My favourite season is spring because there is hope, light and growth and the promise of adventures.

One of my favourite things to do is swim, especially outdoors.

If I could have any superpower, it would be to be able to fly, how amazing would that be?

I would love to meet my two year old niece in Australia who I have only met via video calls.

My perfect day would start with a swim and a family breakfast and end with a sunset walk along the beach.



The 5 ways to Wellbeing:



Take Notice:

A good place to start is with our five senses: smell, sight, hearing, touch & taste

Suggested activity: Take a seat somewhere comfortable. Then, spend a few minutes noticing:

- Five things you can see
- Four things you can touch
- Three things you can hear
- Two things you can smell
- One thing you can taste

4				7		2	9
		8			4	5	
					5		7
		5	9	8			
							3 7
3							1
5	1						6
			1	2			
	6						4

#29956

Difficulty: moderate

