

THE BEFRIENDERS NEWSLETTER

March 2022

VASL

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

Poem by Neil Hilbon

Slam poet Neil Hilbon is known for his passionate performances and knack for expressing the realities of living with mental illness. In this poem Neil describes falling in love, being heartbroken after a relationship ends and how OCD accompanies them on every step of the journey.

<https://www.youtube.com/watch?v=vnKZ4pdSU-s&t=158s>

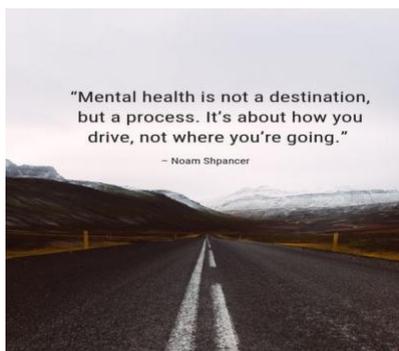
What this poem teaches us: That everyone deserves love and that being in a relationship with someone with mental illness can be trying and requires a great deal of patience and understanding.

DID YOU KNOW?

Yawns Help the Brain Keep Its Cool – listen to this short podcast:

"...recent evidence suggests that yawning may function to promote brain cooling. The idea being, when you breathe in deeply, the incoming air slightly cools the brain. And stretching the jaw increases blood flow to the brain too--another cooling factor."

<https://www.scientificamerican.com/podcast/episode/yawns-help-the-brain-keep-its-cool/>



Upcoming Events

Festival of illuminated art set to light up Leicester early March.

LEICESTER city centre will be lit up with some extraordinary artworks next month, with the return of a world-class festival first held in the city in 2020.

<https://news.leicester.gov.uk/news-articles/2022/february/festival-of-illuminated-art-set-to-light-up-leicester-in-march/>



Still on till August 2022

(I loved it! Karine)

Thanks to cutting edge virtual projection you will become a part of the spectacular, incomparable universe of Vincent Van Gogh. The experience will let you discover the life of the artist in a new way: his time at the convent and in Arles, the secrets from the letters he wrote to his brother and much more. You will participate in a unique sound and light show that will immerse you in the world renowned and familiar images of Vincent Van Gogh. No one will leave untouched. Van Gogh: The Immersive Experience is a 360 degree experience in the universe of one of the greatest geniuses of the last century.

<https://www.vangoghexpo.co.uk/leicester/>

The 5 ways to Wellbeing:



“Loneliness is an issue that can affect us all, young or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated. You should not blame yourself for feeling like you are struggling, now or at any other time.”

<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>

On this page, you will find some practical advice and tips on how to help yourself or others if you or they are feeling lonely.

1. Keep in touch with those around you
2. Join a group
3. Do things you enjoy
4. Share your feelings – but do not compare
5. Help someone else feel connected

There are 7 differences in each picture



Retired vicar and a yoga teacher set up free drop-in sessions exploring mindfulness, meditation and prayer in Harborough

Canon Brian Davis and Una Bentley are to start staging weekly lunch-time sessions at St Dionysius Church on the High Street from Friday February 18.

They will begin at 12 midday and last for 30 minutes.

“It will be a precious half an hour for people to gather and enjoy some peace and silence in the middle of the day. They will be able to breathe and be still and explore finding a sense of spiritual wholeness and inner healing. We’re calling these sessions ‘Peace Seekers’.”

Una said: “We both find that having a regular practice of sitting mindfully, and being still, is an immense benefit to our health and well-being.”

This month book recommendations by Emma:

- **The Wild Silence by Raynor Winn** – a story of hope triumphing over despair.
- **I am an Island by Tamsin Calidas** - is a story about the incredible ability of the natural world to provide when everything else has fallen away- a stunning book about solitude, friendship, resilience and self-discovery.

Quote from The Wild Silence book: **“The Shell Must Break Before The Bird Can Fly.”**

Our aim is to bring the community together and create as many knitted and crocheted squares to make several Union Jack flags to decorate the Market for the Queen's Platinum Jubilee to raise money for VASL .

Any questions and to find out about free crochet & knitting lessons to help with the project please ask at Craft I Trims



We need -
Royal Blue,
Red or
White squares
10cm x 10cm



CRAFT I TRIMS COMPETITION

To celebrate the Queen's Platinum Jubilee

Make any
handmade item to
decorate
Harborough
Market for the
Queen's Platinum
Jubilee

- 1st Prize - Sewing Box with Accessories
- 2nd Prize - Knitting Bag with Accessories
- 3rd Prize - Fiskars Scissors

Please bring your entries to craft I trims
before 28th May

