# **Rethink Carers Service e-bulletin early January 2022**

*We send these by email at most 3 times a month – to receive them or to stop receiving, just ask!*

## Happy new Year

Yes, whatever else is happening, the days are getting lighter!

## Understanding and supporting change

## For many people struggling with mental health difficulties, motivation to make lifestyle changes is often low or complicated by other factors.

## For loved ones, friends and health care workers this can feel very frustrating, can often lead to disagreements or tensions and despite people’s best intentions, can sometimes result in the person being less likely to make changes.

## Motivational Interviewing is a conversational style that aims to help people explore and resolve their ambivalence around making behaviour changes.

## **1st February and 15th February 2022 from 12.30 – 2.30**

## This two-part workshops will be an opportunity to learn about the core principles of Motivational Interviewing, develop a deeper understanding of behaviour change processes generally and find out about key strategies and techniques that may help to shift some of the more challenging and stressful dynamics.

## Nicky Noble, Occupational therapist at Bristol Community Rehabilitation Service will be sharing her expertise, and co-facilitating with Rethink Carers Service.

## Please book here: <https://www.eventbrite.co.uk/e/220069171817>

## Dates:Tuesday1st February and Tuesday 15th February 2022 from 12.30 – 2.30

## Duration: 2 hours each session (please attend both)

## Facilitators: Nicky Noble (Community Rehab Service) & Karen Allen Bonney (Rethink Carers Service)

## Walks

A new programme of walks is available to book in January, February and March, so do sign up if you are interested, it’s something to look forward to! The next one is on 12th January.

January: [www.eventbrite.co.uk/e/january-walk-medieval-streets-and-temples-tickets-199977747827](http://www.eventbrite.co.uk/e/january-walk-medieval-streets-and-temples-tickets-199977747827)

February: [www.eventbrite.co.uk/e/february-walk-nordic-taster-and-oldbury-court-tickets-228267092017](http://www.eventbrite.co.uk/e/february-walk-nordic-taster-and-oldbury-court-tickets-228267092017)

March: [www.eventbrite.co.uk/e/march-walk-blaise-and-daffodils-tickets-228864087647](http://www.eventbrite.co.uk/e/march-walk-blaise-and-daffodils-tickets-228864087647)

## Monthly Online support

We have discontinued our afternoon online support group, but you are very welcome to attend the evening group, which is held the second Wednesday in each month from 6.30 – 7.30pm. It is a Zoom group facilitated by a Rethink worker and there is often a staff member from mental health services as well. The next dates are:

Wednesday 12th January, 6.30 – 8pm

Wednesday 9th February, 6.30 – 8pm

Wednesday 9th March, 6.30 – 8pm

Please let me know if you would like to try it out and I will email you details.

## SLaM Recovery College Courses January 2022

Justfour of the many online courses which are available to all through the Maudsley Recovery College. See [www.slamrecoverycollege.co.uk/news](http://www.slamrecoverycollege.co.uk/news)

1. **Understanding Anxiety**

Anxiety is something we all experience from time to time. Most people can relate to those anxious, butterfly feelings when doing something which feels uncertain or feeling fearful about sitting exams, having a medical, or going to the dentist. It is a natural feeling and can be useful, as it warns us when we need to take action or when we may be in danger. It can even help us to perform better. This two-part course will examine the facts about anxiety, how it is diagnosed and what it feels like to experience anxiety. We will discuss professional support available, practical techniques to help to relieve anxiety, as well as lifestyle changes for wellbeing.

Part 1 | 11am-12:30pm | Tuesday 25th January

Part 2 | 11am-12:30pm | Thursday 27th January

1. **Understanding Bipolar Disorder**

Bipolar is a mood disorder characterised by extreme changes in mood. Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming - individuals can experience severe and/or rapid mood swings that can last several weeks or months, far beyond the normal ups and downs. We will explore how bi-polar is diagnosed, and what the symptoms and early warning signs are. We will also look at how bi-polar is treated and explore self-help ideas and how to manage during the COVID outbreak.

2pm-4pm | Monday 31st January

1. **Eating Healthily to Look After Your Weight**

This two-part course focuses on how to work towards a healthier lifestyle, and diet. Many of us struggle to understand the reasons why it is so hard to eat a healthy diet, and also to manage our weight. We will explore what is effective healthy eating to support your physical, and mental wellbeing. We will discuss the environmental, and personal issues that affect our food choices. The second part of the course will outline how to monitor, and measure, weight, make dietary changes, and consider broader lifestyle issues. Setting realistic weight goals, and developing sustainable, and personal, action plans, will also be discussed. The course facilitators will be the Trust Head of Nutrition & Dietetic Services, and a peer recovery trainer and a practitioner trainer from the Recovery College.

Part 1 | 2:30pm-4pm | Wednesday 12th January

Part 2 | 2:30pm-4pm | Wednesday 19th January

**4. Parenting and Mental Health**

N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded. In this two-part course we will discuss practical coping strategies for looking after our mental health while looking after our children. We will share some hints and tips for reducing our stress levels and we will also be drawing upon the self-compassion work of Kristen Neff and Susan Pollak.

Part 1 | 1pm-2:30pm | Thursday 13th January

Part 2 | 1pm-2:30pm | Thursday 20th January

See [www.slamrecoverycollege.co.uk/news](http://www.slamrecoverycollege.co.uk/news) for more details.

## New Advocacy Service replaces Mind

A new Non Statutory Advocacy service will start on 1st January 2022providing the following services**:**

· Community/Outreach Advocacy - For adults who have learning disabilities and/or mental health needs, and their carers, who need support with a particular issue.

· Citizen Advocacy - For people with learning disabilities, mental health needs and physical or sensory impairment, older people and carers of people in these groups, who need support with health and wellbeing issues but do not qualify for other types of advocacy.

· BAME Advocacy - for people from BAME communities who have a mental health issue. This service is for inpatients on psychiatric wards across Bristol including Fromeside and Wickham, and for people living in the community who are experiencing serious mental or emotional distress.

The provider for the services will be POhWER . You can go to their website here [www.pohwer.net/bristol](http://www.pohwer.net/bristol). The phone number for POhWER is **0300 456 2370**, this is for referrals, leaflets and to ask advice about eligibility etc.  Email is pohwer@pohwer.net  (please ensure all referral forms are sent securely)

You can find out more about POhWER by looking at their website home page  [www.pohwer.net/](http://www.pohwer.net/)  or even watch some short films on human rights in everyday life [www.pohwer.net/human-rights-in-everyday-life](http://www.pohwer.net/human-rights-in-everyday-life)

*Don’t read these emails? Just reply ‘Unsubscribe’*

# **Rethink Carers Service e-bulletin Late Jan 2022**

## Understanding and supporting change

## *There are still a few places left on this course which starts on Tuesday.*

## For many people struggling with mental health difficulties, motivation to make lifestyle changes is often low or complicated by other factors.

## For loved ones, friends and health care workers this can feel very frustrating, can often lead to disagreements or tensions and despite people’s best intentions, can sometimes result in the person being less likely to make changes.

## Motivational Interviewing is a conversational style that aims to help people explore and resolve their ambivalence around making behaviour changes.

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## Dates:Tuesday1st February and Tuesday 15th February 2022 from 12.30 – 2.30

## Duration: 2 hours each session (please attend both)

## Facilitators: Nicky Noble (Community Rehab Service) & Karen Allen Bonney (Rethink Carers Service)

## Changes to Support groups

Since April 2020 we have been running support groups online, open to anyone with family or friends with MH issues in or connected to Bristol. We are receiving many new requests for support each month, so we want to use our time in the best way. So from February the online group we normally hold on **the second Wednesday evening of each month will stop** due to low attendance, and we would like to know what form of group support you’d like instead.

We are considering offering two different types of group, both will have limited places so that you have time to get to know each other and it feels safe and supportive:

**In Person**: Held once a month for a closed group limited to 6 – 8 people for a period of 6 months, or six sessions, with the option to continue as a peer-led group.

**Online**: Held once a month in person closed group limited to 6 – 8 people for a period of 4 months, or four sessions, followed by a review.

**If you are interested in either of these options, can you reply to me**? I will then ask you more about when/ where you prefer to meet.

## Mindfulness taster sessions

Penny from Mindfull Life writes: I would be very grateful if you would cascade to the Carers in your Support Group the dates of our next two Mindfulness for Carers Taster Sessions.  The next Mindfulness For Carers Taster sessions  are on:

Monday afternoon 7 February at 2.30-3.45pm

Thursday evening 3 March at 7-8.15

We very much hope that we will see some of your carers at these sessions.  The details of our Course are found below.

 MINDFULNESS FOR CARERS ONLINE COURSE

[www.themindfullife.co.uk](http://www.themindfullife.co.uk)

The course has been designed to help you to:

* Make space/ time for yourself, and feel less run down and fatigued
* Work toward improving your best sleep pattern/habits
* Improve your emotional well being and learn coping strategies
* Feel less isolated and more supported
* Strengthen your resilience and work toward maintaining a hopeful outlook

If you feel you would like to join this FREE online course please get in touch by sending an email to:  info@themindfullife.co.uk

# **Rethink Carers Service e-bulletin Early Feb 2022**

## Walk in Oldbury Court

A reminder that our next social walk will be in east Bristol, at Oldbury Court. Wednesday 16th February meeting at 10.30am. Do join us! Book here:

<https://www.eventbrite.co.uk/e/february-walk-nordic-taster-and-oldbury-court-tickets-228267092017>

A recent reflection on the walks: “I very much enjoyed the walk and meeting other people in person rather than on Zoom. It's easier to talk in more depth and on a one to one basis. It's more sociable too, which is beneficial in itself…”

## Online Support group

Our regular Online support groups are no longer running, so there will be no evening meeting on February 9th. If you are interested in joining future grroups, please let us know.

## Understanding Depression: Online sessions offered by Maudsley Recovery College

Depression is a common mental health condition which can take hold of your life and just won’t go away. Understanding the signs, symptoms and causes of depression is the first step to overcoming the problem. This course will explore what depression is, its causes and how it is diagnosed. We will discuss what can help overcome the hurdles to recovery such as negative thinking and what professional support is available. We will offer practical tools to help overcome depression as well as how we can support others.

Part 1 | 2:30pm-4:30pm | Wednesday 9th February

Part 2| 2:30pm-4:30pm | Wednesday 16th February

The online sessions are open to anyone who wants to participate, regardless of geographical location.  For more info and booking:

[news (slamrecoverycollege.co.uk)](https://www.slamrecoverycollege.co.uk/news)

# **Rethink Carers Service e-bulletin early March 2022**

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## Rethink dates for the diary:

**Tuesday 15th March** (12.30pm) Understanding and Supporting Change part 2

**Tuesday 22nd March** (10.30am) Walk at Blaise

**Wednesday 30th March** (1pm) Innovative Approaches to Suicide Prevention

**Tuesday 5th April** (time tbc) Recovery Workshop

## Understanding and Supporting Change

A reminder that we have the second part of the Understanding and supporting change workshop is happening next Tuesday 15th March (online). Open to anyone who attended the first session on 1st February, or who intended to come but couldn’t.

## Walk at Blaise

More details and book here:

<https://www.eventbrite.co.uk/e/march-walk-blaise-and-daffodils-tickets-228864087647>

## Innovative Approaches to Suicide Prevention

We know that suicide rates reflect wider inequalities and people more likely to be affected include those in debt and living in poverty, people who are homeless and unemployed and those experiencing loneliness and isolation.

The most recent ONS statistics in 2020 did not show a rise in suicide although we must not be complacent. The cost of living crisis will put many more people in these high risk groups. We must continue to explore new ways to reach people who are at most risk and underserved in our communities.

Join us at a webinar on **30th March 1-2 p.m**. to discuss this and hear about innovative approaches to suicide prevention. Book here:

[Innovative Approaches to Suicide Prevention Tickets, Wed 30 Mar 2022 at 13:00](https://www.eventbrite.co.uk/e/innovative-approaches-to-suicide-prevention-tickets-274345483727?keep_tld=1)

The webinar will be chaired by Brian Dow, Deputy Chief Executive of Rethink Mental Illness and Co Chair of the National Suicide Prevention Alliance.

Speakers include representatives from the North West London NHS suicide prevention initiative talking about their approach to co producing the programme as well as their ‘listening’ events, new training offer and diverse grassroots projects funded by micro grants. Also:

* Angie Belcher, Comedian and Comedy Educator, discussing the role of comedy as a therapeutic tool and her training course ‘Comedy on Referral’ which has been piloted in Bristol.
* Professor Zaffer Iqbal, Clinical Director – Psychological Services and Research and Suicidality Prevention Lead at Navigo and
* Dr Sophie Brown, Postdoctoral Research Fellow talking about their award winning approach to crisis with a focus on the drivers behind this and an emphasis on hope.

## Recovery workshop

Why not sign up to our next online workshop is how you can helps someone to recover from mental health issues? We have all have wondered at some time whether we are doing the right thing, and question what guides mental health workers and ‘recovery navigators’ in their work. Cofacilitated by Suzanne Gerrish, an experienced practitioner who works in the Community Rehab team and has also led on carers issues in the teams she has worked in for many years.

Tuesday 5th April 2022 and Tuesday 26th April 2022

<https://www.eventbrite.co.uk/e/recovery-whats-it-all-about-tickets-272700473457>

 Time tbc: please express your preference: daytime or evening when you book

## Online Reconnection Day

Find out what the Bristol involvement team at Avon and Wiltshire Partnership Trust are doing, and how you might contribute. You can drop in, reconnect, sign up, listen and chat - there may be projects you have a keen interest in and work you want to be involved in. Whatever it is, we want to come along and join us.

Thursday 7th April 1pm - 4pm Via Microsoft Teams

You can join by confirming attendance to: awp.bristolsuinvolvement@nhs.net

## Walking groups

A new **Nordic Walking Wellbeing Programme** will start in April 2022 from East Trees and Charlotte Keel Health Centres thanks to funds from Sport England, Age UK Bristol, and Green Social Prescribing.

Classes are free and there will be one class per week from these two health centres, aimed at supporting fitness and mental wellbeing. You will learn the Nordic walking technique and there will be a lovely sociable walk to nearby parks and green spaces in a safe, organised group.

If you live in Inner City or East Bristol you are eligible to join – you do not need to be a patient of East Trees or Charlotte Keel. As there’s a limit on numbers you must sign up in advance. Email vicky@letswalkbristol.co.uk for more information.

[Walking for everyone - Lets Walk Bristol](https://letswalkbristol.org/)

## Mindfulness for carers

The next Mindfulness For Carers Taster sessions  are on: Monday afternoon 4 April at 2.30-3.45pm.

MINDFULNESS FOR CARERS ONLINE COURSE

The course has been designed to help you to:

* Make space/ time for yourself, and feel less run down and fatigued
* Work toward improving your best sleep pattern/habits
* Improve your emotional well being and learn coping strategies
* Feel less isolated and more supported
* Strengthen your resilience and work toward maintaining a hopeful outlook

 The course covers the following: A TASTER SESSION

So that you can experience what the course will be like and if an online course is for you, this session is 1.15 hours.

* We will cover what mindfulness is, share some meditations with you and some ways to use mindfulness  in your everyday life

The next Mindfulness For Carers Taster sessions  are on:

* Thursday evening 3 March at 7-8.15pm - we still have a few places available
* Monday afternoon 4 April at 2.30-3.45pm

If after the taster session you feel that this is for you, sign up for our main course.

Please get in touch by sending an email to:  info@themindfullife.co.uk

Or see [www.themindfullife.co.uk](https://protect-eu.mimecast.com/s/crC4C7L8gUJGGrtBepCF?domain=themindfullife.co.uk)

## BS13  Kitchen Garden

Heart of BS13 is a social enterprise committed to reducing health inequality and food insecurity in Hartcliffe and Withywood, South Bristol. The enterprise works across the life course, mobilising children, young people and adults towards better health. In a community where health inequalities impact significantly on life chances, we take action to challenge food insecurity, improve the environment and address physical and mental health concerns.

**Monthly community volunteer days** take place on the second Monday of every month and are open to anyone who would like to participate. This is a great day of learning, socialising, gardening, and eating delicious food grown from the garden and shared together in our Orchard Barn.

**Gardening for health and wellbeing**is a 4-week program aimed at BS13 residents, taking place every Tuesday from 12.30 - 2.00 pm providing an introduction to horticulture from seed sowing to harvesting, cooking and sharing a meal from the garden together.

**Weekly volunteer opportunities** for BS13 residents. Our core volunteers gain a breadth of horticulture knowledge and employability skills. Volunteering happens on Tuesdays and Thursdays and long-term volunteers are offered additional learning pathways in areas that fit their specific skills and interests.

Please contact **Jo Boswell, Kitchen Garden Program Lead** for more information

Mob:  07552607363 [www.heartofbs13.org.uk](http://www.heartofbs13.org.uk)

## Bristol Wellbeing College Workshops and Courses:

**Anxiety: Introduction:** We identify some common causes of anxiety, explore our autonomic nervous system and the impact anxiety has on our body and wellbeing. We practise simple techniques to help reduce the symptoms of anxiety. This is an ideal foundation before attending our **4 week Anxiety Course:**  Designed to empower and gain control.  The course provides a deeper understanding of anxiety, how individual thinking styles affect how we perceive difficult situations and our ability to cope with them.  We explore and practise various techniques to build individual tools and skills to incorporate into daily routines.  Implementing and practising individual plans will improve confidence and internal resilience, and increase external resources to better cope with anxiety.

 Weds 30th March 6pm – 7.30pm online via Zoom

26th April 2.30pm – 4.30pm at Greenway Centre

Anxiety not the issue?  We have many more workshops to improve wellbeing and explore creativity.  See:  [www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/](https://protect-eu.mimecast.com/s/mugVCL86KC1J99FqGUVP?domain=second-step.co.uk/) or phone 0117 914 5498

# **Rethink Carers Service e-bulletin Early April 2022**

## Dates for your Diary:

26th April: Part 2 of Recovery workshop online

Early May: groups restart in person

10th May – Trooper Hill Walk

7th June : carers week walk and lunch

## Groups restart

In the past we have run groups with no limitation on maximum or minimum numbers, and no limit to the time anyone can attend, in different parts of the city. For many reasons, we are setting the groups up differently this time, limiting numbers of people attending and the time we are offering the groups, and holding them in central Bristol.

Both groups will run for 7 months, starting in May, and ending in November. There will not be a break in August. One session will be with Dominique, a Rethink peer group organizer, who will give you the opportunity to continue meeting after November in a self-organised group, and provide guidance and support in setting this up.

We have more than enough people who have already expressed interest, and will be contacting you individually when we have confirmed the room bookings.

## Walks In Bristol

We are continuing to organise social walks for Rethink carers, join us for the next one if you can:

**Troopers Hill and the Avon Valley on Tuesday 10th May meeting at 10.30am**

We will meet at The Fountain Café, 326 Church Rd, Bristol BS5 8AJ at 10.30 and walk up the Avon Valley towards Keynsham, returning the same way we came.

There is a relatively steep descent to reach the river, so wear grippy footwear.

10.30 meet for coffee

11am leave for walk. Picnic if the weather permits! (Please bring your own picnic, or take away from the cafe).

**Book here:**

<https://www.eventbrite.co.uk/e/may-walk-troopers-hill-and-the-avon-valley-tickets-272236916947>

## Carers week lunch

We would like to invite anyone using the Carers Service to join us for lunch on the harbourside, and we will book a table for our group and meet most of the cost. We will have to limit numbers for lunch, but in any case you are welcome to join us for the walk, or just for lunch.

**Book here:** [www.eventbrite.co.uk/e/june-afternoon-on-the-harbourside-in-carers-week-tickets-272230457627](http://www.eventbrite.co.uk/e/june-afternoon-on-the-harbourside-in-carers-week-tickets-272230457627)

## Evening walk

Not free during the day? July’s walk will be in the evening:

**Book here:** <https://www.eventbrite.co.uk/e/july-georgian-healthcare-hotwells-evening-walk-tickets-311191501157>

See all walks on our webpage: [www.rethink.org/bristolcarers](http://www.rethink.org/bristolcarers)

# **Rethink Carers Service e-bulletin Early May 2022**

## Speedwell Allotment group

An invitation from Jane Brown, co-facilitator of our Boundaries Workshop and care coordinator at Central and East Recovery team:

I am working with Nikki Petch (community service user involvement worker) and a working group on setting up an allotment group at Speedwell, we have funding!!!! We have two service user involves at the moment and we are looking for a carer involvee, ideally this will be a carer for someone in central and east recovery/crisis team and we wondered if you had anyone in mind that may be interested in joining us? We are really keen to think about how carers may also make use of the space along with helping us work on the idea for the project.

Phone: 0117 9556098 and ask to speak to Jane, or email me and I will pass it on to her.

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Not free during the day? July’s walk will be in the evening. See all walks on our webpage: [www.rethink.org/bristolcarers](http://www.rethink.org/bristolcarers)

## Rethink Bristol is recruiting volunteers

We now have 2 live adverts for volunteers on the Rethink website and Charity Jobs website now. Here are the links to the adverts on our website:

•             Co Producer – <https://rethink.current-vacancies.com/Jobs/Advert/2556728>

•             Peer Support – <https://rethink.current-vacancies.com/Jobs/Advert/2555331>

Feel free to forward to anyone you think might be interested, or contact Claire Stankovich, Volunteer Coordinator & Peer Support Coordinator at Rethink Mental Illness,T: 07570 307463 claire.stankovich@rethink.org

## Innovative Approaches to Suicide Prevention

For those of you who wanted to attend this session but missed it, it was recorded and can be viewed here: <https://youtu.be/xmpa_5AoxFI>

Mentioned in the session are these approaches to comedy:

Angie belcher: [www.angiescomedycourses.com](http://www.angiescomedycourses.com)

Rich Hardisty's show, called Silly Boy <https://www.richhardisty.com/>

## Maudsley Courses in May

Several very interesting looking online courses are coming up delivered by Maudsley Recovery College. See more at [www.slamrecoverycollege.co.uk](http://www.slamrecoverycollege.co.uk/)

Recovering Our Purpose | 11:00am-1:00pm | Wednesday 11th May| Online

Understanding Depression Part 1 | 1:00pm-2:30pm | Wednesday 11th May | Online Part 2 | 1:00pm-2:30pm | Wednesday 18th May | Online

Communication Skills for Resilient Relationships Part 1 | 2.00pm -3.30pm | Wednesday 11th May | Online Part 2 | 2.00pm -3.30pm | Wednesday 18th May | Online Part 3 | 2.00pm -3.30pm | Wednesday 25th May | Online

Managing the Impact of Social Isolation on Mental Health | 1:00pm -4:00pm | Tuesday 17th May | Online

# **Rethink Carers Service e-bulletin Mid May 2022**

## Carers Week events

It’s Carers Week from 6th June, and we would like to invite you to a couple of events we have planned. They are both in the daytime, so apologies if this is not possible for you due to work or other reasons. The next evening event is a walk in Hotwells in July, see below.

**Carers Week walk and lunch:**

[June: Afternoon on the Harbourside in Carers Week Tickets, Tue 7 Jun 2022 at 12:00 | Eventbrite](https://www.eventbrite.co.uk/e/june-afternoon-on-the-harbourside-in-carers-week-tickets-272230457627)

There will also be an afternoon event on 8th June at Callington Rd Hospital, from 12pm – 3pm. More details to follow.

## Change of date for Hotwells walk

We have changed the date for the Hotwells and Healthcare evening walk from 6th July to Wednesday 13th July due to a clash with the new support groups. Book here:

[July: Georgian healthcare & Hotwells evening walk Tickets, Wed 13 Jul 2022 at 17:30 | Eventbrite](https://www.eventbrite.co.uk/e/july-georgian-healthcare-hotwells-evening-walk-tickets-311191501157)

## Booking phone appointments

It can be frustrating if you call us and we are busy, or expensive to call us on a mobile phone. Did you know that you can book a phone appointment to speak to Margaret or Karen? To book a call with Margaret, text or email her with a couple of options for times that are good for you, give her a week’s notice if you can.

Karen is using a new system where you can see when she is free, and book yourself in to receive a call up to 20 days ahead. Just click here:

<https://calendly.com/rethinkbristolcarers/phone-appointment>

## Thrive courses

Free open access mental health training courses ‘for people working and volunteering in the community in Bristol’. *We take that to include you!*

Courses currently being offered are on:

-Connect 5: skills-based programme drawing on Cognitive Behavioural Therapy tools and the Five Ways to Wellbeing

-Mental health awareness and supporting someone in distress

-Self-harm and suicide awareness

-Trauma-informed practice

-Financial issues and mental wellbeing

The training programme is funded by the Integrated Care Partnerships in ICE and South, and Public Health

[www.eventbrite.co.uk/o/thrive-bristol-31019592755](http://www.eventbrite.co.uk/o/thrive-bristol-31019592755)

or email thrive.bristol@bristol.gov.uk with any queries

## Green Cotham Gardening Project

Are you interested in gardening? Would you like to be part of a friendly gardening project which aims to help local wildlife and create beautiful community gardens? We are based in the gardens of Cotham Parish Church and High Kingsdown.

Sessions are on Wednesday afternoons 2- 4pm and if it’s too wet to garden we’ll be inside the church doing wildlife based craft activities. Sessions are free, and all tools and gloves are provided, along with refreshments. We are a supportive project that seeks to bring people and nature together. We aim to be accessible and inclusive, all welcome!

To find out more and book a place, please visit Cotham Parish Church website: <https://cothamparishchurch.org>

Green Cotham can be found under the groups tab or alternatively email: greencotham@gmail.com

# **Rethink Carers Service e-bulletin extra (Mid May) 2022**

## The Human Nature Project

The Human Nature Project is Light Box’s community level response to the escalating public mental health crisis in the UK. The project provides free, professionally led forest therapy sessions, open to the general public.

The Human Nature Project in Bristol takes place in Leigh Woods Green Barn on Tuesdays, launching June 28th 2022.

We are now taking bookings from those who would like to attend.

Pick your session/sessions from the timetable below and book a place today, by pressing the ‘Book me in’ button below.

To learn more about The Human Nature Project, see

<https://www.wearelightbox.co.uk/humannatureproject>

Eating Disorders support

University Hospitals Bristol and Weston NHS Foundation Trust is holding a public online event - ‘Eating Disorders, our Hospitals and the Pandemic’ – on Monday 23 May.

The NHS has been treating record numbers of young people for eating disorders during the pandemic. It can sometimes be hard for people to find out where to access help and support. University Hospitals Bristol and Weston NHS Foundation Trust work together with mental health specialists in the Avon and Wiltshire Mental Health Partnership to support young people with eating disorders, and this event will raise awareness around eating disorders and the help that is available across Bristol, North Somerset and South Gloucestershire. A panel of speakers from both organisations will explain the increase in hospital admissions and referrals during the pandemic and what the NHS locally has been doing to support people.

Join us to find out about different types of eating disorder, how to spot warning signs, and how to get help for yourself or a loved one. Following the talks, there will be an opportunity to ask any questions that you may have.

The event will take place online at 7pm-8.30pm on Monday 23 May 2022. To book your place and receive a link to the event, please see our website:  <https://www.uhbw.nhs.uk/p/working-with-us/health-matters-events-1> or contact us at FoundationTrust@uhbw.nhs.uk or 0117 342 3764.

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