

12th May 2020

THE ORC WEEKLY

Welcome back to our fourth edition of the ORC Weekly. This week's Newsletter will focus on the theme of how to keep our mind and body healthy during this period. We've got plenty of recipes for you to try out, as well as tips and useful signposts for you to have a look through. We hope you enjoy reading, and cooking too!



Update from Stephanie, Head of ORC:

I'm not very tech-savvy (I can barely turn on my own TV at home without asking one of my teenagers for assistance) so I felt quite anxious when we decided to launch Oxfordshire Recovery College Online. Following feedback from you - our students - we wanted to launch workshops which still kept the focus on talking to each other, and we wanted to focus on how to look after our wellbeing. I'm really proud of all our students and tutors because together we've managed to make online workshops work. 84% of our students found it easy to access the courses, and 81% found the workshops very useful.

A couple of student comments included:

"I've learnt that we are all experiencing different feelings about being in lockdown and virtual meetings can prove to be very efficient"

"It made me start a workbook I had sat in my cupboard for months"

We will be offering interactive online courses again in June and July - please look out for new times and dates towards the end of May. We will be repeating the most popular workshops, as well as introducing a few new workshops on different themes. If you haven't tried our workshops out yet, do give it a go in June. We can offer tech support if anyone needs that, but believe me, if I can do it, anyone can....

New Oxfordshire and Buckinghamshire Mental Health Phonenumber

A 24/7 mental health helpline has been launched to provide people with mental health advice during the coronavirus pandemic. This round-the-clock helpline will make it quicker and easier for people in Oxfordshire and Buckinghamshire to get the right advice they need for their mental health and emotional wellbeing.

This line operates 24 hours a day, 7 days a week for people who need mental health care when their situation is not life threatening.

Phone number for adults: 01865 904997

Phone number for Children and Young people: 01865 90499

Welcome to The ORC Kitchen

Scones

Here's Stephanie's recipe for easy to make sweet or savoury scones, depending on what you feel like!

"My favourite feel better activity is baking, and I often make scones because they are very quick and easy, but feel like a treat. Plain scones are delicious with jam and cream, but I also like making cheese scones for lunch - something a bit different when you're fed up with sandwiches. My top tip for scones is not to roll out your dough too much - the scones will rise in the oven, but not as much as some recipes suggest, so make them almost as big as you want them to end up."



Ingredients for about 8:

300g self-raising flour (or plain flour with 2 teaspoons of baking powder added)
75 g soft margarine (or butter for a bit of luxury)
2 tablespoonfuls of caster sugar
A pinch of salt
About 225 ml milk

Method:

Pre-heat the oven to gas mark 7 (220C)

Rub the margarine into the flour using your fingertips until the mixture looks like breadcrumbs. Stir in the sugar and salt, then mix in the milk using a table knife.

Put some extra flour on your hands and onto your work surface, then lift out the dough, bringing it together in a ball. Roll out the dough to a thickness of at least 2.5 cm. Cut out rounds of dough using a pastry cutter (or a narrow glass works if you don't have a pastry cutter).

Bring any remaining dough back together to cut out a few more scones.

Place your scones on a greased baking tray and bake in the oven for 15 minutes.

To make cheese scones, leave out the sugar and grate about 50g of cheddar cheese into your mixture instead.

Scones are best eaten as soon after baking as possible!

We'd love to hear if you get a chance to try out any of the recipes in this Newsletter, do send us in photos or let us know what you think! We'd also really welcome any more recipe ideas that you might have, or would like to feature in the next Newsletter

The Healthy Minds Platter

How we can nourish our mental well-being each day

Most of us are probably familiar with what an image of what a 'balanced diet' should look like. In this Newsletter, we're taking a look at what is the equivalent 'daily diet' for a healthy mind?

The Healthy Mind platter focuses on how we can nourish our mental well-being each day. There are seven daily mental activities, or 'mental nutrients', that our brain needs in order to function and help us to maintain good mental health. These activities help our brain to strengthen its own internal connections, as well as the connections you have with other people and the world around you.

Seven daily activities to keep our minds stimulated and maintain our well-being

Focus Time

When we closely focus on tasks in a goal-directed way, we take on challenges that make deep connections in the brain. *e.g. cooking a meal, or doing the house work*

Play Time

When we allow ourselves to be spontaneous or creative, we help make new connections in the brain. *e.g. creative activities like art, making something, or listening to your favourite song*

Connecting Time

When we connect with other people - (in person or virtually) we activate and reinforce our brain's circuitry. This can also happen when we take time to appreciate our connection to the natural world around us *e.g. looking at beautiful pictures of the natural world, spending time looking out of our windows, listening to the bird song in the morning.*

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

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Physical Time

When we move our bodies, we strengthen the brain in many ways too. Do some physical activity each day *e.g. Joe Wicks Workout, go for a walk if possible (respecting social distancing)*

Time-In

When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help our brains to form connections. *e.g. try out a mindfulness practice or focus on your breath. Check in with yourself, "how am I feeling today?"*

Down Time

When we are non-focused, without any specific goal, try to let our minds wander or relax, this helps the brain recharge. *Where possible protect at least 10 minutes a day to just 'be'*

Sleep Time

When we give the brain the rest it needs, we consolidate learning and our experiences of the day. *Try to maintain good sleep routines, keep the same bedtimes, don't watch the news before preparing to sleep and try to limit screen time at least an hour before bedtime*

Useful links for more information:

Introduction to the Healthy Minds Platter - Dan Siegel <https://www.youtube.com/watch?v=3EQ2tzHI3Ks>

Healthy Minds Website: https://www.drdsiegel.com/resources/healthy_mind_platter/



Thoughts about food by Tony

Tony, one of our tutors and office volunteers, has written an insightful piece into how food and his approach to cooking has helped him during his own recovery

Food has played an essential part in helping me to aid my mental health recovery. I have days when my moods would be up and down – mostly down. I had feelings of not being good enough, and some days the anxieties were so bad it felt like I was having a heart attack. Then there was the stress to the point I couldn't leave my house without becoming ill. Cooking has become a way for me to relieve much of the tension I feel and I find that when I experiment with different cooking styles it helps me to focus my mind away from the issues that are playing in my mind. Eating healthily for me is important and so I like to plan my meals in advance. This enables me to work with what food I have in either my cupboards, fridge or freezer and then choose the best way to cook the ingredients. Learning about balancing my diet has helped me understand how food affects my mental health; what gives me

energy, keeps me alert and feel physically good in myself. It's not always easy, at times I don't feel like eating but I know that by denying my body and mind food, I can get further unwell"

A few foodie facts:

Your favourite food? – either fish or crustaceans

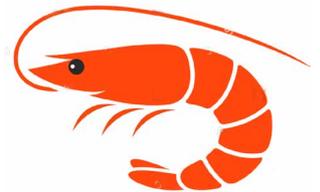
Favourite cuisine? – Italian (seafood!)

What is the best meal you've ever eaten? – Seafood linguine at an Italian restaurant in Edinburgh

Useful Links:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>

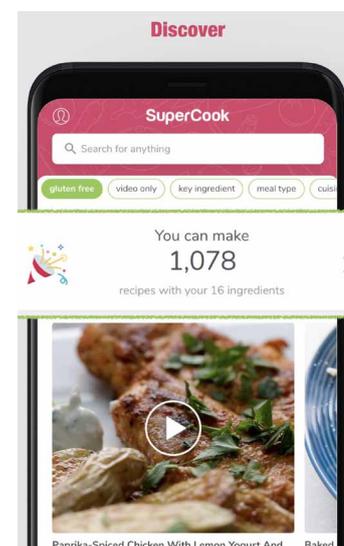


App of the Week – SuperCook



If you are feeling a bit stuck with what to do with the ingredients you have leftover in your cupboard or fridge, then have a look at the SuperCook app. You simply add the ingredients that you'd like to use onto the app, and it will find a variety of recipes that you can choose from using only those ingredients. This app is a great way to help you with ideas for what to do with those store cupboard ingredients and fridge leftovers!

You can download the app for free easily from your phone on an App Store, or you can head to their website to have a look at what you can make! <https://www.supercook.com/#/recipes>



Connecting through Cooking

Steven, Recovery College tutor and also trained chef, has come up with a brilliant recipe of how to make those fridge leftovers into a healthy, nutritious and colourful meal. We hope you have fun experimenting with this dish, and enjoy the creative process of discovering something new!

Baked frittata - Spanish Omelette style

I chose this recipe because: A) it's really simple! B) you can put anything in it you like - I just used what I had, and C) it's a balance of your essential nutritional requirements in one bite (carbohydrates, fats, proteins)

Ingredients:

Eggs (use enough to cover all your fillings - this will depend on how deep your dish is)

1 potato

1 tomato

Ham

Cheese - cheddar and feta

2 spring onions

Handful of spinach (microwaved for 30 seconds sprinkled in water, this will steam it. You can squeeze excess water out after)



Method:

Grate the potato - it will cook easier this way. You can cube it or use bigger chunks, but you may have to pre-cook them.

Grate the cheese and crumble the feta

Dice, slice or chop your ham, tomatoes and spring onions

Remove as much water content from your spinach as you can - a good squeeze and a pat with some paper towels should do it

Whisk your eggs and season with salt and pepper

Mix all the ingredients together

Pour into your slightly oiled baking dish of choice (A spray of oil is a good tip to stop any sticking)

Bake at 170/180c fan oven for 45 minutes, or until golden on top and firm in the middle

This dish can be eaten hot or cold, sliced, cubed or in wedges

This frittata goes really well as part of a healthy summery salad or as a selection of tapas. It's also fantastic to portion up and have ready in the mornings as a convenient breakfast snack!



Cooking well (on a budget and basics)

Podcast Episode 4

Oxfordshire
Recovery
College
Podcast

Our fourth episode is slightly extended because we did the podcast from our kitchens!

In this podcast we look at how to cook during the current lockdown, how to best use up old store cupboard ingredients, and how to cook well on a budget.

To listen to the podcast, please click here:
[Cooking Podcast](#)

We have now finished our first ever series of the ORC Podcast, and are taking a short break to compile some more ideas before we begin Series

Two. If you haven't had a chance to listen, our first series covers a wide variety of topics such as: living alone, panic attacks and mindfulness, cooking well on a budget, and sleep.

Please do get in touch with us if you have any ideas you'd like to share – we would love to hear from you! In the meantime, you can listen to all of our podcasts from Series One by clicking this link:
<https://anchor.fm/oxfordshire-recovery-college>

Our podcasts are also available on Spotify, just type in 'Oxfordshire Recovery College Podcast'.

Action for Carers

Support for unpaid carers

There are in the region of 62,000 people in Oxfordshire who are caring unpaid, looking after family, a friend or neighbour who needs their support because they are unable to manage everyday things on their own. Carers are facing even more pressure during the COVID-19 pandemic with many services having to be put on hold.

Action for Carers Oxfordshire have a dedicated team based all around Oxfordshire who are listening and helping family carers get through this tough time, we're giving practical advice and information, and making sure that we stay in contact for a regular chat or just to reassure them they are not alone.

If you are caring for a loved one, friend or neighbour and would like to know more about the advice and information we can provide please don't hesitate to contact us.

Call us 01235 424715

Text us on 07827 235443

Email us:

carersreferrals@carersoxfordshire.org.uk



Action for Carers
Oxfordshire

A message from The Midcounties Co-operative

The Midcounties Co-operative

We are working hard to support the most vulnerable members of our communities at this time.

Food home delivery for vulnerable people

Midcounties Co-Operative have introduced a home delivery service for vulnerable people who are self-isolating and can't get out to shop for food.

If you know someone who needs their help and lives within three miles of one of their stores then please put them in touch by asking them to call the Co-operative membership team on: **0800 435 902**

Their order will be taken from the Co-op's food essentials shopping list. If they want the list in front of them when they call they can find it here: mid.coop/HomeDelivery

The food order will then be passed onto to their local food store, who will contact them to confirm what's available, take payment and arrange delivery. The order will be delivered to their door by one of the local members and volunteers, free of charge.

If you prefer, you, or the person you are supporting, can email them at:

member.communications@midcounties.coop
and a member of the team will call them back.

Please do remember that if you are in Crisis, you can contact:

Mental Health Helpline (24/7)- Oxfordshire and Buckinghamshire

01865 904997 (support for adults)

**01865 904998 (support for children
and young people)**

Samaritans - 116 123
(free-phone, 24/7 support)

Dial 999
if you feel you are at immediate risk

Dial 111
if you need medical help quickly, but
are not at immediate risk

For a full list of organisations that you can contact, please click on the link below to head to the Signposting document on our website

<https://oxfordshirerecoverycollege.org.uk/signposting/>

If you need to get in touch, please do so:
by emailing contactORC@restore.org.uk, or
calling us on 01865 779613