

9th April 2020

# THE ORC WEEKLY

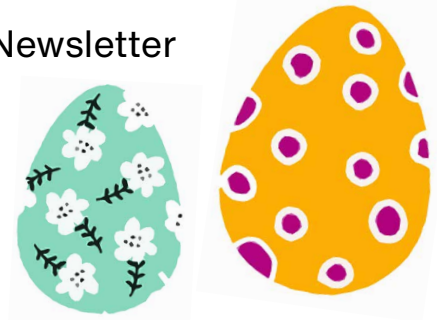
**Hello and welcome** to our Easter Bank Holiday Newsletter edition from Oxfordshire Recovery College.

## ORC Online Courses

Following positive feedback from the Student Survey which we sent out last week (thank you to those who took the time to fill this in), we are delighted to be going ahead with the first ever Oxfordshire Recovery College courses online.

At ORC, we are really excited to share these with you and connect through these courses in this new format. Please keep an eye out next week for our Summer Term Timetable of online courses, beginning Monday 20th April.

If you've been to one of our courses before, they will run in a similar way, valuing input from all students sharing their own ideas and experiences, and making sure co-production remains at the heart of what we do. The main difference with these new courses is that they will be a little shorter, and online instead!



## Course Tasters

Here's a taster of what courses we will be offering in the first half of this term (20th April-31st May): Intro to ORC Online, Coping with Stress and Anxiety, Healthy Sleep, Cooking on a Budget, Being Creative, Focusing on Small Steps, Mindful Movement and Breathing, and Five Ways to Wellbeing (as a five-part series)

Alongside the Course Timetable; we will have a thorough FAQs section in the Newsletter next week to help guide you through what to expect, and hopefully answer any questions that you may have. If you do have any questions that you'd like to ask us in the meantime though, please don't hesitate to contact us.

## A Video Message:

Lesley Dewhurst, the CEO of Restore and Chair of the Oxfordshire Mental Health Partnership has created this video message for all ORC Students and Restore members. Please click on the link to watch: [LINK](#)

**A QUICK NOTE:** We will not be posting any medical advice – we believe that is best left to the superb people at the NHS, so please do look at their website for the latest recommendations, and listen to government advice.

# Panic attacks and Mindfulness: ORC Podcast Episode 3

Oxfordshire  
Recovery  
College  
Podcast

## About this podcast

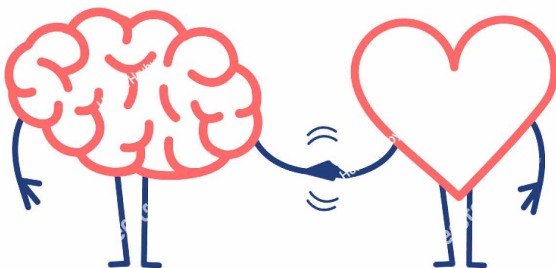
When choosing topics for our podcast we are trying to stay as relevant to the current situation as possible, without overwhelming you with information. As many of us are self-isolating, anxiety levels might also be rising and so we thought it might be useful to brush up on information about panic attacks. We also introduce Mindfulness, a well-being technique which many people find to be a useful coping strategy, and helpful way to maintain their wellbeing.

In this episode, Rachel, an ORC student and NHS worker, shares her experiences. We discuss some useful tips on how to deal with panic attacks and anxiety if you find yourself struggling.

You can listen to the [ORC Podcast here](#)

## Signposting - Panic Attacks

For written tips compiled by people with lived and clinical experience, please have a look at the No Panic website - [LINK](#)



## Top Tips for if you find yourself having a panic attack:

1. When you feel the initial fear, drop your shoulders and relax as much as you can. Do the breathing technique we have mentioned in the podcast: breathe in through your nose to count of two, then a slow breath out to count of six through your mouth.
2. Don't fight the symptoms, wait and give them time to pass, don't run away
3. Try and accept the feelings and symptoms because they are not going to harm you
4. Remember the feelings and symptoms you experience are normal reactions to stress and anxiety
5. Don't add on frightening thoughts (thinking the worst will happen), such as the "what if's"
6. Panic attacks won't last a long time if we deal with them properly
7. You won't faint, collapse, have a heart attack or die. Try to accept panic for what it is
8. Nothing else will happen to you but the feelings of anxiety
9. Try to believe you are not in danger
10. Tell yourself how well you have done. It is a great achievement

For further information on Mindfulness, have a look over at the next page to find some really useful websites and Apps

# Mindfulness & Meditation Oxford Mindfulness Centre

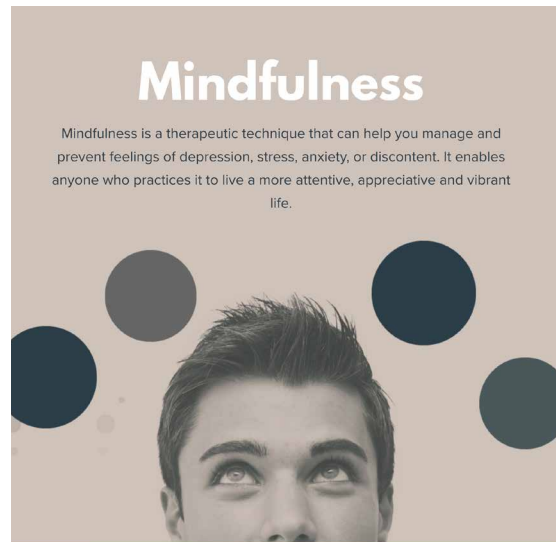
## Oxford Mindfulness Centre

The brilliant team at Oxford Mindfulness Centre are offering online sessions which are open to anyone who feels they would benefit. The sessions are completely free and open to the general public, and you do not need any prior mindfulness experience to take part.

Each session will also be available as a free podcast shortly after for anyone who missed the live session or wishes to practice again.

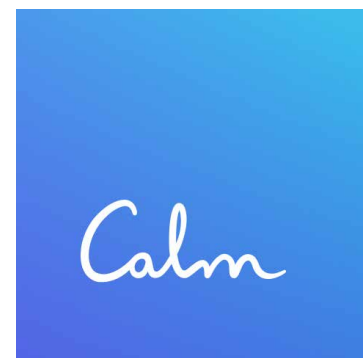
The sessions are run once per week, and are led by a fully trained Mindfulness Teacher.

Oxford Mindfulness Centre website: [LINK](#)



## App of the Week: Calm

The meditation app Calm have put together a fantastic range of resources to help people take care of themselves. On the Calm app you can find a number of guided meditations, including: soothing meditations, sleep meditations, as well as relaxing music, practices to find ease such as gentle movement videos, and plenty more mindfulness resources.



### Daily Calm Live Stream

Calm also run a 'Daily Calm Live Stream' – this is a 10-minute meditation and is offered every weekday, Monday to Friday, on their Facebook and YouTube pages. Each of these small, gentle meditations will explore an inspiring new theme and mindfulness concept.

You can find the link to these resources here:

Download the Calm App on your phone/tablet - <https://www.calm.com/>

Calm Live Stream on youtube – <https://www.youtube.com/calm/videos>

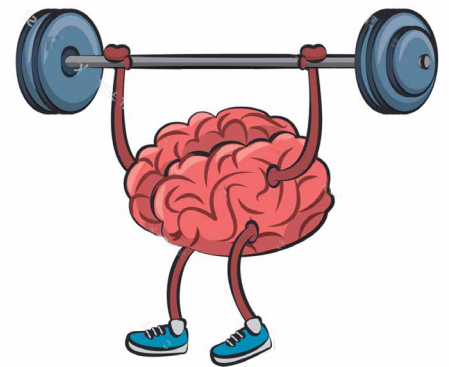
On their Facebook and YouTube pages, you can also access the previous live streams uploaded to their channel if you'd like to access more. The live streams each day tend to be around 5pm UK time, but it is worth double checking the timings on the day.

# Tutor Corner: Helen

This week our Tutor Corner features Helen, one of our Forensic Recovery College Tutors and who works as a Clinical Lead Occupational Therapist.

## What keeps you going and able stay optimistic in these difficult times?

I find it really helpful talking to people, even if it's just to let off steam and have a bit of a moan. It helps me sharing my anxieties about the situation, and to realise that it's not just me who's feeling like that. I suppose that helps me not to build things up and out of proportion in my mind. I also find exercising lifts my mood a lot. The endorphins I get from pushing myself and achieving something make me feel happier, and focusing on something different is a good distraction. Being outside in the sun and fresh air also clears my head.



## Are Jaffa cakes biscuit or a cake?

I reckon they're a cake. Apparently cakes get harder as they become more stale, but biscuits get softer. Jaffa cakes basically turn into miniature frisbees within a day of being opened. I could be wrong on this one, mind!

Editors note: The product's classification as a cake or biscuit was part of a VAT tribunal in 1991, with the court finding in McVitie's favour that the Jaffa cake should be considered a cake for tax purposes. .... Chocolate covered cakes are exempt from VAT unlike chocolate covered biscuits.



## Best lunch recipe you can cook for £5?

I'm not a big fan of fancy food. I really like scrambled eggs on toast, so I'd cook that but add in some spring onions for a bit more flavour. I do own a bread maker though, and I'd make fresh bread for it. That's pretty fancy, I guess.



## What is best thing about working in the NHS?

I love working with people. Everyone is completely different and has their own experiences. No two days are the same and I'm constantly learning from others. That still applies even in these difficult times.

# Clare's Five Ways to Wellbeing

Here are some final tips for Staying Safe and Well over the Bank Holiday, using the Five Ways to Wellbeing – compiled by our Tutor and College Administrator Clare:

## Staying Safe and Well over the Bank Holiday using the 5 Ways to Wellbeing

### Connect:

Text/phone/video call a friend/relative/colleague

Say hello to someone whilst out getting your daily exercise

Smile at someone

Text/phone someone you haven't spoken to in a while

Talk to friends/relatives about what they are doing this weekend, listen to their ideas and share yours

### Learn:

Read a book

Cook a new recipe

Do a crossword or Sudoku

Research something you've always wanted to know

Download a game on your computer/tablet or phone

Drawing

Mindfulness/ Tai Chi/Yoga

Sewing, Knitting or crocheting

Basic home repairs

### Give:

Smile at someone whilst out walking or in the supermarket

Share a recipe or gardening tip

Call or text someone you know who lives on their own

Share your own 5 Ways to Wellbeing with someone

Self-care

### Take Notice:

Take a different route on your daily exercise\*

Take notice of nature changing whilst out walking\*

Take notice of new places and routes that you could take another time

Look at what ingredients you have in your cupboards and see if you could cook/bake something different

Take notice of what you have been doing during isolation and how it's made you feel, focus more on the things that made you feel good

*\* Whilst adhering to social distancing guidelines!*

### Be Active:

Go for a walk, try somewhere new and go a little further each time\*

If you have a bike, try a new cycle route somewhere\*

Do some easy exercise at home using YouTube, try to push yourself a little bit further each day if you feel comfortable

Gardening – this can include getting rid of those pesky weeds!

# National Theatre At Home

A huge thank you to one of our Students at the College, who has pointed us towards this brilliant resource from The National Theatre. As the National Theatre are currently not able to put on performances for audiences in person, they have decided to stream them online every Thursday evening!

Have a look at their website for some of the performances coming up that you can either stream live, or watch in your own time (they are only available for up to a week after their first release). These include plays such as: Jane Eyre; Treasure Island and Twelfth Night, all to come this April.

National Theatre Website: <https://www.nationaltheatre.org.uk/nt-at-home>

## Tonight's performance (Thursday 9th April) is: Jane Eyre

It will be available from 7pm  
tonight live on the National Theatre  
YouTube channel: [LINK](#)

This showing of Jane Eyre will be  
available to watch from  
Thursday 9th April-Thursday 16th April



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

**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 - [LINK HERE](#)

If you need to get in touch, please do so:  
by emailing [contactORC@restore.org.uk](mailto:contactORC@restore.org.uk), you  
can also tweet us: @OxfordshireRC, find us  
on facebook: Oxfordshire Recovery College,  
or listen to us: [https://anchor.fm/oxfordshire-  
recovery-college](https://anchor.fm/oxfordshire-recovery-college)