

March 2021

LEICESTER LIFE LINKS

OFFICIAL NEWSLETTER



OUR SERVICE LEICESTER LIFE LINKS

Life Links is a Community Mental Health and Wellbeing Recovery Service for adults (18+) living in **Leicester City, Oadby, Wigston and Blaby District.**

Our information line provides information, advice and navigation services from 9am-5pm, Monday to Friday to help you to find mental health support or any other support you may need.

Our community recovery support is available to you on a 1:1 basis and we create support plans focusing on your goals. We also facilitate Peer Support Groups and deliver Recovery Education Workshops.

The support we offer focuses on your strengths, needs and future aspirations.

Use your camera to scan the QR code to access our website & download the referral form



THIS ISSUE:

OUR SERVICE
PAGE 01

WORKSHOPS
PAGE 02

PEER SUPPORT GROUPS
PAGE 02

VOLUNTEERING
PAGE 02

VOLUNTEERING
PAGE 02

EVENTS & UPDATES
PAGE 02

CLIENT RECOVERY STORY
PAGE 03

WELLBEING ACTIVITY
PAGE 03





WORKSHOPS

This month we are delivering a set of 4 workshops which are based around topics we feel COVID-19 has directly impacted. These workshops will have different psychoeducation topics along with interventions and resources you can take home to use in your daily life. These workshops are as follows:

- Covid-19 and the impact on student life
 - Isolation & Self Care
- Maintaining a healthy work life balance
- Understanding mental health and supporting others

To find out more about these workshops and to book your place now scan the QR code on this leaflet to access our website.

VOLUNTEERING WITH US

Are you a good listener and empathetic?

We are looking for reliable and dedicated volunteers who are committed to providing support for those we support.



Opportunity to gain an OCN Accreditation

No previous experience required!

<https://www.rlifelinks.co.uk/volunteering-in-leicester/>

UPCOMING EVENTS

Next month is Stress Awareness Month and as part of this we will be delivering a Stress Awareness Workshop following this year's theme of 'Regaining Connectivity, Certainty and Control' where we will explore current events and how this had impacted our stress levels, while also learning techniques we can use during stressful periods.

PEER SUPPORT GROUPS

We facilitate a number of Peer Support Groups:

Managing Anxiety Group

Creative Links Group

History Group

Student Group

BAME Group

Men's Group

Should you wish to register interest, this can be done so via contacting our Freephone Information Line

For more information, please go to our 'Peer Support' tab on our website.

UPDATES

Currently, due to Covid-19 restrictions in place.

Our service is running online. This means all support is taking place via telephone calls or zoom.

We endeavour to keep you updated.



HANDS



FACE



SPACE



CLIENT RECOVERY STORY

'Since working with my (amazing) recovery worker Aliyah I have been far less suicidal and have been given some great tools/techniques to use when I am in distress. The support has been invaluable in improving my mental and physical well-being.

Aliyah has been open actively listening and responding with kindness and an emphasis on what I can do to benefit myself. I have even accessed support at a difficult time outside of our usual session and was able to be directed to resources that helped me in that moment.

Most of all, I have appreciated feeling heard, respected and empowered to handle life with the tools/skills which have been shared.

I cannot thank you service enough.' -Client



FEEDBACK QUOTES

'There were some great resources shared which I can incorporate into my wellbeing toolkit, thank you very much for the workshop!' -Client

'I look forward to the Men's group every week!' - Daffyd

SELF CARE CROSSWORD

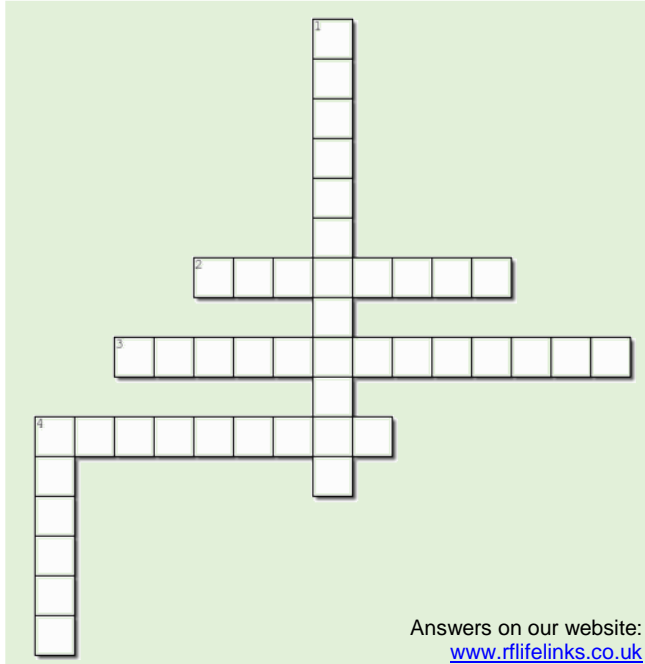
Complete this crossword puzzle to find all the different types of self-care that are essential for our well-being.

Across

- 2. This aspect of self care involves eating healthily, exercise, sleep and generally looking after your body.
- 3. This part of self-care involves using healthy coping strategies, expressing our feelings and doing comforting things.
- 4. This aspect of self-care can involve anything that helps you to develop a deeper understanding of the world.

Down

- 1. This type of self care is about establishing a healthy work life balance.
- 4. This part of self-care involves talking to our friends and family and making time to be connected to others.



Answers on our website: www.rflifelinks.co.uk