

Christmas Newsletter 2022

December 2022

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From us all at Recovery Near You:

We wish you a very warm and merry Christmas and a Happy New Year!

At RNY we understand the difficulties and challenges that this time of year can bring people in recovery.

We hope this newsletter can provide you with a little extra support during this

time and give you some extra things to think about and accomplish during the holiday period.

As well as service updates to ensure you are informed of our availability, we are including some useful tips on maintaining your wellbeing and recovery as well as some activities and

recipes to try!

We hope you enjoy this newsletter and find it useful this Christmas and New Year.



Recovery near you

Service updates:

Fri 23/12/22: open

Mon 26/12/22: closed

Tue 27/12/22: closed

Wed 28/12/22: open

Thu 29/12/22: open

Fri 30/12/22: open

Mon 02/01/23: closed

Tue 03/01/23: open

Check with your local pharmacy for needle ex-

change services, as well as Boots Pharmacy Mander Centre.

Remember to collect your medication regularly over this period as we will be unavailable on bank holidays

For emergencies call

999 or 111 for NHS .

Samaritans: 116 123

Crisis & Home Treatment Team: 01902 444 141

The Good Shephard (9am-3pm, Mon-Fri): 01902 399 955

Sugar Donuts



INGREDIENTS:

- ◇ 250g plain flour
- ◇ 1/2 tsp salt
- ◇ 70g cold unsalted butter
- ◇ 1 tsp baking powder
- ◇ 170ml milk

METHOD:

Mix all the ingredients apart from the milk to that it forms a bread-crumb texture

Slowly add the milk. You may not need it all

Create a firm-ish dough

Roll out the dough to approx. 1cm thickness

Cut out the donut shapes (you can use two circle cookie cutters)

In a pan/fryer heat oil

Slowly add the donuts in and flip over every so often. Fry until golden brown

Take out and then dip in some sugar and enjoy

Cheesecake



INGREDIENTS:

- ◇ 250g digestive biscuits
- ◇ 100g melted butter
- ◇ 1/2 tsp vanilla extract
- ◇ 600g full fat soft cheese
- ◇ 100g icing sugar

- ◇ 284ml pot of double cream

METHOD:

Crush the digestives till it forms crumbs

Mix with melted butter then firmly press into a greased cake tin

Chill in the fridge for 1 hour

Mix cheese, vanilla and

icing sugar until smooth

Spoon the mixture over the biscuit base

Leave to set in the fridge overnight

Slice and enjoy

Flapjacks



INGREDIENTS:

- ◇ 120g porridge oats
- ◇ 60g softened butter
- ◇ 60g light brown sugar
- ◇ 102 tbs golden syrup

METHOD:

Heat the oven to 200c

Mix everything really well in a bowl

Grease baking tin and pour mixture in pushing everything down with the back of a spoon

Cook for 10 mins or until golden brown

The mixture will be soft when its removed from the oven. This normal and it will harden as it cools

Non-alcoholic Tiramisu

INGREDIENTS:

- ◇ 300 ml black coffee
- ◇ 1 tub of double cream
- ◇ 1 tub of mascarpone cheese
- ◇ 1/2 cup caster sugar
- ◇ 2 tbsp cocoa powder

- ◇ 1 splash of vanilla
- ◇ 1 pack of sponge fingers

METHOD:

Whisk together the cream and mascarpone cheese, vanilla and sugar until it forms a thick mousse-like texture

Take the sponge fingers and one by one dip them into the coffee quickly

until submerged but don't let them break

Line up half of the sponge fingers at the bottom of a serving dish then cover with half of the cream mixture

Repeat the steps again with another layer of sponge fingers and the rest of the cream mix

Place in the fridge to set

for at least 4 hours

Dust with the cocoa powder and enjoy



Cake in a mug

INGREDIENTS:

- ◇ 35g plain flour
- ◇ 2 tbsp cocoa powder
- ◇ 1/4 tsp baking powder
- ◇ 2 tbsp granulated sugar
- ◇ Pinch of salt

- ◇ 60ml milk
- ◇ 2 tbsp vegetable oil
- ◇ 1 tbsp Nutella or mini chocolate chips

METHOD:

Mix dry ingredients in the biggest mug you

have

Mix in wet ingredients till there are no lumps

Drop the Nutella/choc chips on top in the middle

Place in the microwave on high for 70sec

Remove and enjoy!



Virgin Mojito

INGREDIENTS:

- ◇ Sugar
- ◇ Bunch of mint
- ◇ 3 limes
- ◇ Soda water

METHOD:

Muddle the sugar with mint leaves in a pestle and mortar or small bowl with the back of a

wooden spoon

Put a handful of crushed ice into 2 tall glasses. Divide the lime juice between both glasses with the mint mixture, add a straw and fill up with the soda water

INGREDIENTS:

- ◇ 150ml tonic water
- ◇ 450ml lemonade
- ◇ 5ml balsamic vinegar
- ◇ Strawberries & raspberries
- ◇ Cucumber
- ◇ Mint
- ◇ orange

METHOD:

Combine the tonic, lemonade and balsamic in a large jug and mix well. Chop the orange, strawberries, raspberries, cucumber, and mint and add to the jug along with the ice. -Stir again and serve.

Recovery Wordsearch

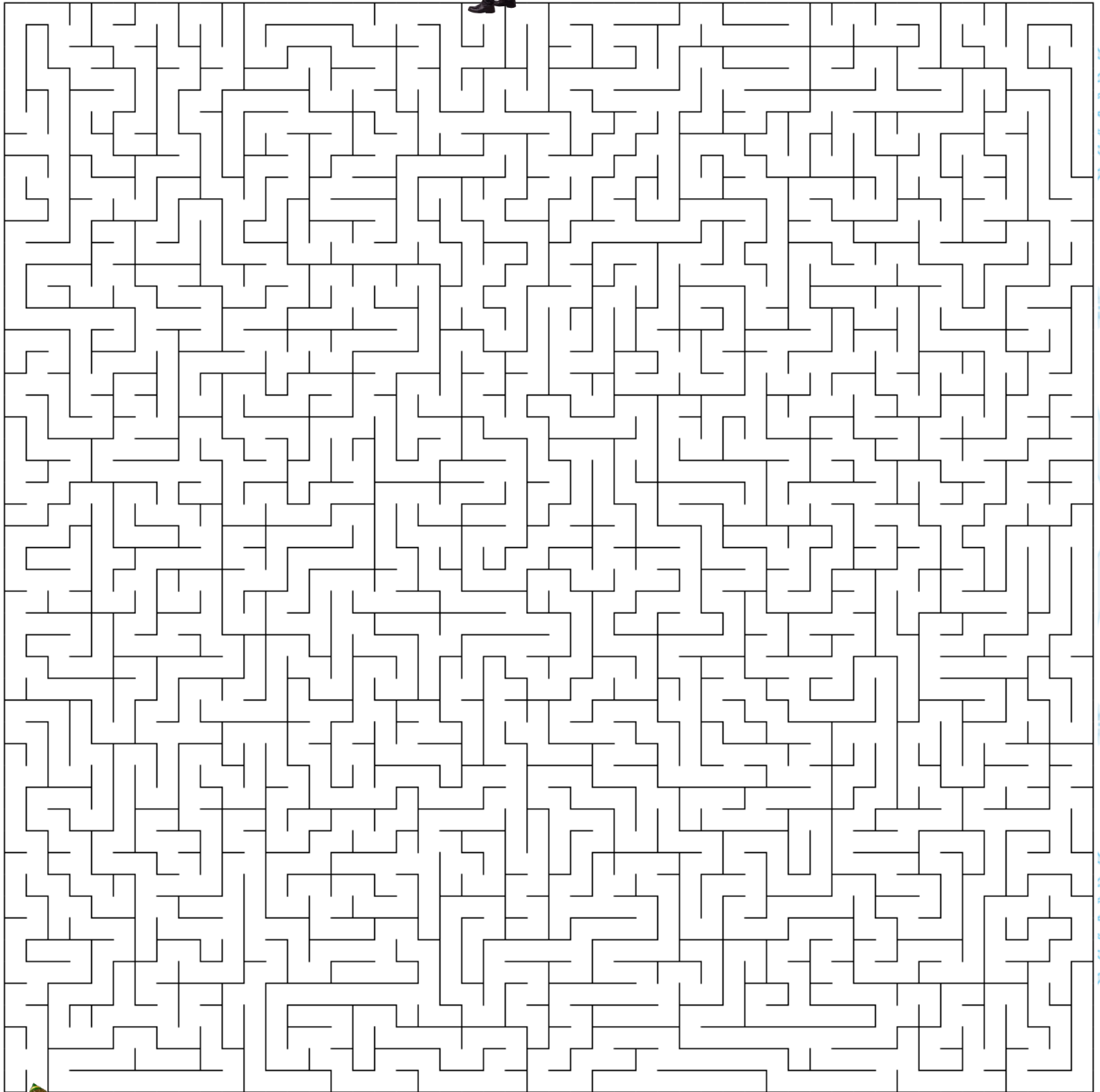
P E A C E F U L M Y N O U T N M
Z E C R Y E N R U O J V C Y H L
R L S S E N L U F D N I M M T A
N M O Y F S L A W E N E R P G C
I A I R G E E W P U F X F O N S
D N X Y T T R T F P Z A T S E S
R P C H A N G E S F D L I I R S
E L R H R H O E I D U E E T T E
W A D C A R E C O V E R Y I S R
A N O I U A I X I E L C U V E G
R N H M P C U T G R X V H E F O
D I E O E H E T C H A N G E B R
P N I F O R W A R D O H V R T P
C G Z A W S B S I F O Q U R H A

mindfulness planning recovery progress peaceful
strength positive changes forward renewal change
journey relax calm control reset reward

Things to do instead of drinking/using

try a new recipe **paint** *walk in the park*
listen to podcasts *meditate* **read a book**
watch a movie *try a new workout*
write a letter **learn a language**
volunteer *draw* *take a bath/shower*
listen to music **grow a plant** *clean your home*

Help Buddy get to Santa!



"The best way to spread Christmas cheer is singing loud for all to hear" - Buddy

Mindfulness Colouring

Colouring can be a great tool for mindfulness and relaxation. Try colouring the below photo and see how it relaxes and resets your mood. You can find more online and find some mindfulness colouring books in shops too!



5 steps to mental wellbeing

1. Connect with other people

- helps build a sense of belonging and self-worth
- gives an opportunity to share positive experiences
- provides emotional support and allows you to support others

2. Be physically active

- raises self esteem
- helps you set and achieve goals and challenges
- causes chemical changes in the brain to positively change your mood

3. Learn new skills

- boosts self confidence and raises self esteem
- helps build a sense of purpose
- helps you connect with others

4. Give to others

- creates positivity and a sense of reward
- gives you a feeling of purpose and self worth
- helps you connect with other people

5. Pay attention to the present moment (mindfulness)

- improves mental wellbeing
- helps you to enjoy life and understand yourself better
- positively changes your feelings about life and approach to challenges

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Advice for those in alcohol recovery

From James Trevitt

Christmas can be a difficult time for many people, and particularly difficult for people in recovery from alcohol addiction. The season is widely associated with alcohol and many people feel a greater social pressure to partake in drinking with family and friends at this time of year. It can also be a time of isolation for many, or a time of grief for lost loved ones and this can pose a greater risk of relapse.

If you are trying to reduce your alcohol use or maintain abstinence, it can help to plan ahead. If you are invited to a social event where you know people will be drinking, then it may help to consider the following:

- ◇ Do you feel safe going to this event? It is important to **prioritise your recovery**. Its not selfish to turn down social events and prioritise this key time of change in your life. If people are good friends or supportive family members, they will understand.
- ◇ **Don't be ashamed** to be honest with people about your recovery. Often the fear that people will judge you doesn't materialise in reality. People will often be inspired to hear that someone they know is trying to give up drinking and it may help them consider making changes for themselves too.
- ◇ If you decide that you do want to go, **think about how you will approach it**. Will you drink nothing? What will you drink? What will you say if you are offered a drink or even worse are pressured into drinking? How will you handle being in the company of intoxicated people?
- ◇ If you do decide to drink, it helps to **set a very clear limit** on how much and to tell others in advance, if you trust them to support you.
- ◇ Remind yourself of why you want to recover. Though you might not feel the full benefits of an alcohol free life in the short term, it will be worth it.
- ◇ If you do lapse, **don't panic**. It doesn't mean you are 'back to square one'. Remember all the positive changes that you have made and what has been working for you (what you have been doing 'right'). Reflect on what triggered the lapse, what 'addictive thoughts' or 'justifications to drink' that came into your mind and consider how you can protect yourself next time. Many people have lapses on the way to recovery.

External support and useful resources

Wolverhampton Healthy Minds

Black Country Healthcare NHS Foundation Trust

Pond Lane, Wolverhampton

WV2 1HG

Tel: 0800 923 0222

Email: bchft.wolverhamptonhealthyminds@nhs.net

Hours: 9am - 5pm Monday to Friday (**except Bank Holidays**)

BCHFT 247 Mental health telephone support 0800 0086516

Young Minds: 02073 368 445 or enquiries@youngminds.org.uk

Samaritans: 08457 909 090 or jo@samaritans.org.uk

MIND Information Line: 08457 660 163 (self-help books are also available)

BEAT: 08088010677 or www.beateatingdisorders.org.uk

Edward's Trust Bereavement Support: Bereavement Tel: 0121 454 1705 Email: admin@edwardstrust.org.uk

Black Country Women's Aid: advice: 0121 553 0090. 24/hr helpline: 0121 552 6448.
Text/WhatsApp: 07384 466 181

Sane: 0300 304 7000

Anxiety UK: 0844 775774

Rethink Mental Illness: 0300 500 0925

Sanctuary Café: 0800 008 6516

Helpful apps:

Calm Harm—Self harm

Catch It—Anxiety and depression

DistrAct—Self harm and suicide

Move Mood—Low mood and depression

Samaritans—Emotional stress

Thrive—Stress/anxiety