

JULY 23 NEWSLETTER



Getting the most out of the sun!



Hello reader!

If you have come back for more, in this second addition, you are made of strong stuff! Of course it could also be that you found it a little interesting to see what we have been doing in Active Recovery?

This July we got up to loads of lovely things. We couldn't believe the weather held out as much as it did so we have been able to do some glorious trips and activities outside.

Read more below to hear about what we have been doing!

We hope you enjoy it, and as always, any suggestions are always welcomed!

Go well



Did you know? Active Recovery Facts

Active recovery **CAN HELP WITH TRANSPORT!**

Yes, we can provide help like bus tickets to attend sessions.

When we have trips we sometimes have a minibus. If you are struggling to attend because of travel, please let us know so we can help!



What have we been doing?



This July we kicked it off with a splash down at THE WAVE. Here is a pic of one of our fab volunteers, Ros casually gliding in on her first time! The Wave session gives our members the chance to take part, (with instruction) surfing. For those that weren't in the water, we got to sit in the sun on the balcony, have lunch and watch the surf!

Our next session was also on the water at one of our regular 'All aboard' sessions in Bristol Harbour. One group headed out on their paddle-boards practicing some balancing skills, while another took a gentle motorboat ride.



Southmead Project. We invite you to smell, touch and even taste the labelled plants when you next have chance. And our last session this month, we went to the Arnolfini art gallery. Our regular art instructor Colin, guided us through some activities with clay before we made dens. Here is a picture of some pieces we made!



We are always amazed how different Bristol can look from the water!

The rain held off for our first community gardening session!! We got to make some lovely tea-cup planters to take home and some sensory planters for The



Feedback

Not sure about an activity?

Here is what some of our lovely members had to say about these activities and Active Recovery previously...

Really good having a member of our team in water with us for uncomfortable things /issues.

It was just nice to connect with the water, with the sounds of the waves and connect with others

I like how welcome I feel and part of something. Also how safe I feel while I'm there.

Amy and Vic from Active recovery always create such a beautiful, positive, safe, warm, welcoming and friendly atmosphere which is amazing for survivors of trauma like myself. Amy and Vic always fill every activity including this one with joy, delight, fun, Learning, safety and a deep therapeutic sense of calm. Glin from all aboard also created a beautiful, safe, warm, friendly, welcoming and deeply therapeutic and relaxing atmosphere.

Activities coming up August

We still have some spaces if you would like to book on these activities

Thursday 24th August-
Walk or chilled out session

Thursday 31st August-
Cooking

If you would like to book on any of these send us an email or text

Thinking of joining us or would like more information?

CONTACT US ON:

activerecovery@southmeadproject.com



NOTICE BOARD

Events and things happening

We can't recommend, services or events but here are some you may want to look at

This exhibition is by our own Active Recovery Practitioner Victoria

Artworks by survivors of childhood trauma

Hello!

We are Inviting You To Join Our Exhibition

This exhibition is designed to showcase artworks created as part of a research project at the University of Bath.

Working with a group of adult survivors of childhood trauma using a range of creative methods, we explored how to expand our current understanding of recovery.

Join us in showcasing this range of 2D and 3D artworks, You are also invited to add to the exhibition your own ideas with a range of creative practices.

We look forward to welcoming you.

JOIN

OUR EXCLUSIVE EXHIBITION

15-20TH AUG

Project | Becomings

engage · learn · reimagine · grow

CONTACT

 projectbecomings@gmail.com

 www.projectbecomings.com

VENUE

UNIT BG21 Ground Floor,
The Galleries, 25 Union Gallery,
Broadmead, Bristol, BS1 3XD
Tues, Wed & Sun 11-4
Thurs, Fri & Sat 11-6

PARTICIPATE

engage
learn
re-imagine
grow

Funded & supported by:





Glencoyne Wellbeing Garden

Thursdays 2pm - 4pm
Southmead and Henbury Family Practice

Whether you're looking to learn a new skill, make new friends or simply enjoy the fresh air, Southmead and Henbury Family Practice are looking for people to join the Glencoyne Wellbeing Garden group. No gardening experience necessary.

For more information email
bnssg.admin.shfp@nhs.net

Got a suggestion or organisation / activity you would like to share? Please, let us know and we can include it in our next newsletter at:

activerecovery@southmeadproject.com