

# FEBRUARY 24 NEWSLETTER



## Spring is springing

Hello reader!

The start of the year and we have, in good old Active Recovery style, been pushing into new boundaries. We have already tried several new activities, including bouldering and pottery with loads of new activities like; yoga with puppies, horse-riding and woodworking coming up. At the end of each session, we are always in awe of the incredible things our members do, as well as the bravery and effort it takes to get involved sometimes.

February has been a little up and down with some staff illness things were a little stretched at times but you have been amazingly understanding with any changes we have made because of it. Thank you!! We appreciate you!

Despite this we have had a super time with you which you can read more about below.

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

Go well





# What have we been doing?

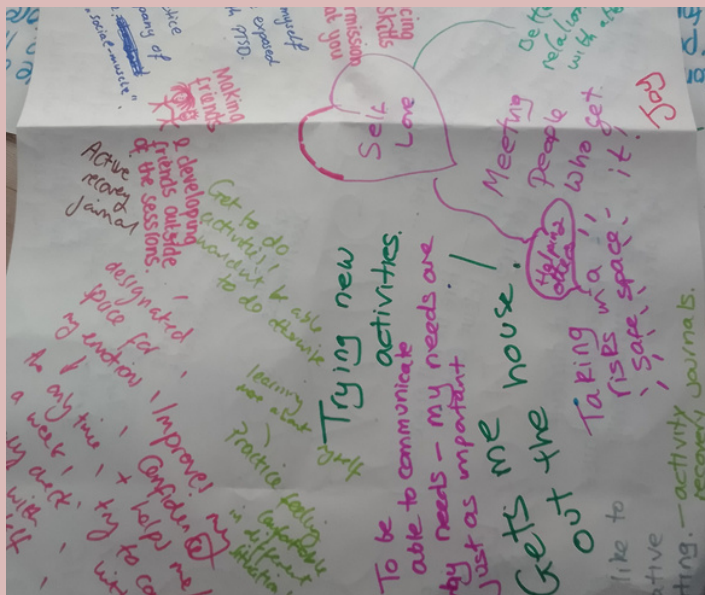


Yum yum yum!! We cooked up a storm at the amazing Square Food Foundation. We made Chicken Katsu curry (or veggie option) and raspberry and chocolate muffins. We had a big group at this session and we really enjoyed the moment we were all sat around having a little taster of what we had made around the table. It felt very homely.

If you don't know how to cook this is such a great way to practice skills like cutting and preparing ingredients and tasting! :P

And as with all cookery sessions, we send the recipes along with the newsletter so all our members can join in with making!

Our first time bouldering and you were amazing!! Some of you were a bit worried about heights and we are so proud of you for all testing your limits at the Mothership climbing centre. Amy was one of those awesome people who despite feeling a bit anxious of heights was so brave! So well done you ninjas! You are amazing!!!



Each year we come together and have a session dedicated to the continual shaping of Active Recovery. Active Recovery is underpinned by a participatory approach, which means your opinions help co-construct what we do, and how we do it. We were so grateful for those who attended for some brilliant thoughts and reflections on a range of topics.

We will put all of this information into a separate message later in March for you to see what changes we will be making.



# What have we been doing?



Again your creativity is amazing and a whole array of pots, candle holders and sculptures were created.

Sometimes at creative sessions we are not always 'feeling it' and it so easy to fall into negative judgemental commentary. Trying to 'practice what we preach' our very own Vic had that very struggle. So instead squished the clay playfully throughout the whole session, had tea and mini eggs! In the end this less pressuring approaching felt more wholesome and peaceful. Maybe you can give it a go if you experience this at one of the sessions! We will celebrate this non activity as much as those doing any making!



Sadly our horse riding was cancelled as we were not sure staff numbers would be possible, so we opted to attend the lovely Kiln pottery shop again. We were so impressed by the lovely staff and the activity previously we knew that it would be a lovely session.

The calm atmosphere melted prior worries and our members left with smiles. Coincidentally we also managed to collect some of the fired pottery from the last session we did with them, and some members from that session got to take that home! So win win!



Finally. another golden nugget from the members voice session, highlighted our members would like more of an ending. We think this is a great idea and in this session we gave this a go!

We thought perhaps we could all reflect on what we have taken from the session was a productive and positive way to do this? What do you think? Do you have any other suggestions what we could do? Please, let us know!

# Team news and announcements

## Amy, Vic and Naomi

Its been a bit quiet, but we know this will soon change!! Vic sadly was really poorly with the flu this February ending up in hospital, but is taking it slow and is on the mend.

Amy has made lots of visits to new venues for the upcoming activities we will be trying out eeeekkkk!

Naomi has attended several sessions so far and we think she has been an incredible asset to Active Recovery!



## Announcements

### Endings

Sadly, funding has come to an end for the pre- counselling group. some of our members have used this service and have told us how helpful it was. Hayley and Sue who ran the group have now moved on from The Southmead Project and they will be sorely missed. The impact they had on the organisation was and still is invaluable.

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### New activity dates

One of our favourite things at Active Recovery is when the quarterly new activity dates comes round! We love the flurry of messages from you all requesting your choices and us busily responding and sorting out logistics! If you haven't already seen them, they will have been sent by email and are in the POST section of SPOND in the PDF at the bottom.

We advise you to let us know as spaces can be booked up quickly on the activities. We look forward to seeing you at them soon!

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### Logo

We would like to give Active Recovery a logo. Sometimes a bit of brand awareness can go a long way! BUT... we think it only proper, and in the spirit of Active Recovery, our members get involved.

We have some options below we will be sending out a survey asking your thoughts on them. It is completely OK to like the logo on one, and the font/writing from another! In fact we expect the final version to be a variation of maybe all of these.



Along with the logo, we also wanted to include a tag line. We thought **PACE**. Because Active Recovery is about doing recovery at your pace. Instead of **Personal**, this is could be **Personalised approach, compassionate experiences**. **BUT** we want to hear from you if you have an idea about a tag line too!

We also know we have some incredibly talented members and maybe you have an idea for a logo? If so please, send them through to us by the end of March.

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Active Recovery

Personal Activities Compassionate Experiences

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Active Recovery

Personal Activities Compassionate Experiences

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Active Recovery

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Personal Activities Compassionate Experiences

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Personal Activities Compassionate Experiences

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Active Recovery

Personal Activities Compassionate Experiences

# Feedback

Not sure about an activity?

The info you put out beforehand is plentiful and being able to have assistance to attend or return home is more than helpful on a bad day

Here is what some of our lovely members had to say about Active Recovery ...

If you would like to book on any of these send us an email, or SPOND message



Activities with spaces and March



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

- Thursday 28th March Creativity at the Arnolfini

## Did you know? Active Recovery Facts



We have over 40 members! This does not include members who have finished and no longer attending the weekly sessions! This is one of the reasons we ask you to select a certain number of sessions, rather than attending all to allow others. But, not everyone can attend - so look out for messages that indicate we have space, this way you can attend more!!

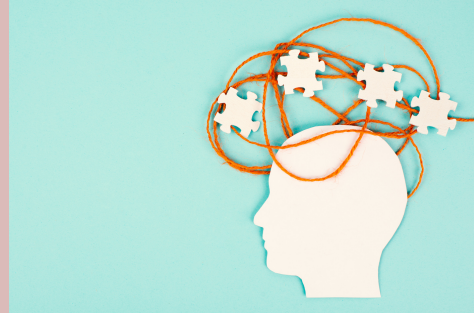




# Puzzles!

Did you know when we are struggling, it can help to engage in a range of distraction. Puzzles are a great way of supporting our mental health . Research shows it can help to improve:

- Short-term memory
- Enhance your mood
- Make it easier to unwind
- Improve visual and spatial reasoning
- Sharpen your logic and reasoning
- Offer stress relief




We will add ideas each month for you to try if you need them or feel like trying them!

*If you like print this out  
and colour at home, (we  
have added a  
downloadable file to the  
email)*



*You can colour in online  
too if you would like*

<https://www.arkadium.com/games/coloring-book-for-grown-ups/>

We would  to hear if you have suggestions for other puzzles too!

Would you like more information  
or have a suggestion?

CONTACT US ON:

activerecovery@southmeadproject.com

[Visit us](#) >





# NOTICE BOARD

Events and things happening

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



**GET ON BOARD FOR FREE BUS TRAVEL IN YOUR BIRTHDAY MONTH**

Apply for your **FREE BIRTHDAY BUS PASS**, valid across buses in the West of England for the whole of your birthday month.

[www.birthdaybus.co.uk](http://www.birthdaybus.co.uk)


**birthdaybus.co.... Free Birthday Bus Pass** **Apply Now**

Funded by UK Government, West of England Combined Authority, North Somerset Council, DAN NORRIS West of England METRO MAYOR, travelwest

**Enjoy free travel on participating bus services on your birthday month.**

Anyone from the age of 5 living in the West of England is now eligible to apply for free bus travel on participating services for the month their birthday falls in.

All you have to do is apply at least 7 days before the first day of your birthday month. But you can still apply after that - right up to the 15th, and still get a pass for the rest of that month. The Birthday Bus Pass will then be delivered to you via post, to use during your birthday month. Don't delay, [apply now!](#)



Bristol Yoga Roots Project has had some funding to run our first year of public trauma-informed yoga classes.

They will be offered on a donation basis (£3-5) and no one will be turned away due to lack of funds. The idea behind these classes is that they offer a stepping stone between in house classes and standard yoga classes.



# WELCOMING SPACES FREE & EVERYONE WELCOME COMMUNITY LUNCH EVERY TUESDAY

Join us for a free  
lunch at the Garden  
12pm - 1.30pm every  
Tuesday



Children welcome  
Funded by Feeding Bristol

**Text to book, or drop in**  
**07858 630507**

Or speak to staff at Roots Cafe

[www.redcatchcommunitygarden.com](http://www.redcatchcommunitygarden.com)



**50% OFF**  
**ORGANIC FRUIT AND VEG**  
**DELIVERED TO YOUR DOOR**

the community farm .co.uk



If you are a Bristol resident with limited access to fresh fruit and veg, find out more at

[thecommunityfarm.co.uk/go-organic](http://thecommunityfarm.co.uk/go-organic)

"I just wanted to say a huge thank you for my box of vegetables!"



It's fantastic and I'm so grateful for the 50% off, as I have chronic fatigue syndrome and currently can't work.

Having affordable organic food is amazing and exactly what I need as I work on my recovery!"  
- Go Organic Customer



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**Participants**

**NEEDED**

This research is focused on experiences within therapy and of being with a therapist for male survivors of adult sexual violence

The aim is to support the development of specialist services to support healing and recovery

We would love to hear from male survivors of adult sexual violence, it is important that you are over 18 years old, and have been through specialist therapy or counselling. If you are nearing the end of therapy we would also like to hear from you.

Due to the focus of the research we would like to hear from people whose assault took place from the age of 16 years old and was perpetrated by a male.

**You are invited to take part in research, involving :**

- Up to four 1 hour interviews
- In person or on Teams

Please contact Helen Biggs for more information

07835388514

✉ [helen2.biggs@live.uwe.ac.uk](mailto:helen2.biggs@live.uwe.ac.uk)

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Bristol**

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England

