

## What do our members say?

“You will be made very welcome and gently encouraged to join in. The group is very supportive, friendly and compassionate. You will be in safe hands”

“It’s a brilliant support group because although we all know why we’re there, we don’t talk about our “whys”, which makes it less intense and more relaxed.”



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If you are interested in joining Active Recovery please contact the Southmead Project on:

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**Southmead Project**

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# Active Recovery Project

Supporting recovery from abuse through activities

[southmeadproject.org.uk](http://southmeadproject.org.uk)



## What is Active Recovery?

An opportunity to take part in a range of free activities and to have a safe and supportive space to socialise, help build support networks, self-esteem and confidence.

### For who?

For anyone who is, or has been, a client of the Southmead Project. It is **free** to take part!

### How many sessions?

This is a drop-in group available once you have started counselling. It will continue for 18 months once you have completed counselling.

### When?

Sessions typically run weekly at various locations across Bristol.

## JOIN US!

All our activities come from our members, such as...

- Water-based activities (such as rowing, canoeing, sailing, surfing and kayaking)
- Walks, picnics, foraging, axe-throwing and survival skills
- Creative sessions (such as candle making, drumming, pottery and painting)
- Trips (such as The Wild Place and farms)



## What do our members say?

“Active Recovery is helping me to feel some safety when the world feels very unsafe and uncertain for me at the moment. The kindness and care and connection they give, and the belief they have in me that I can still do the activities has been so, so valuable”

“It’s so refreshing and supportive of everyone’s needs. I always come home feeling so much better.”

“It has massively affected my life. I have more confidence in myself and this spreads out into everything else. Relationships, friendships, doing new things.”