

SEPTEMBER 23 NEWSLETTER

Hello September

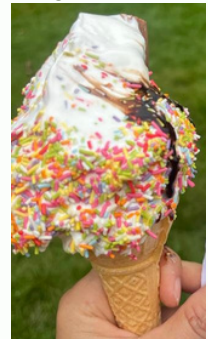
Last days of summer

Hello reader!



In September we have been squeezing the last of the summer sun, and it has been sunny! We have spent loads of time at the harbour this month. Whether this is on the water with the water sports, doing art at the Arnolfini, or having a walk with chips around the harbour! We have really enjoyed meeting lots of lovely new members during this month.

If you have joined us recently but have been a little nervous about coming along, we would love to know what we can do to help ease you in. We also found from past members if you can commit to coming along to regular sessions, this helps build a routine, make friends while developing new skills. We hope to see you all soon to make some nice memories!



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

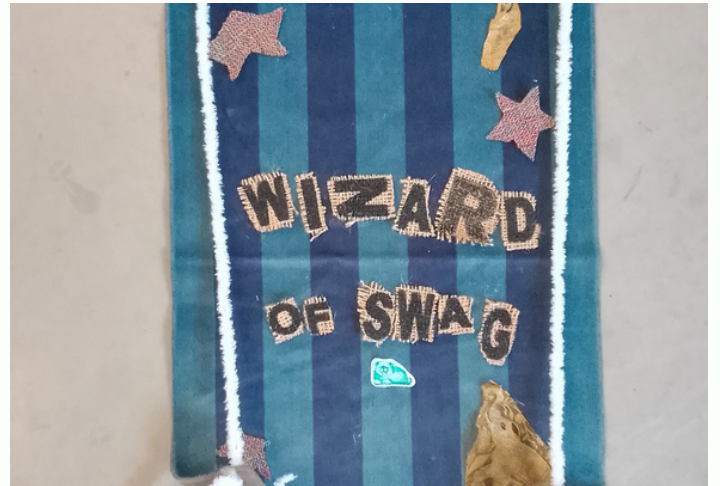


What have we been doing?



Our next harbourside visit was to the Arnolfini guided by our lovely artist Colin. First we had the opportunity to see the current exhibition 'Threads', which showed a range of incredible artwork using material. Our members then got crafty with different materials making LOADS of interesting pieces whether for the house and we even had a bandanna with a Native American Indian inspiration!

While the beautiful September sunshine hit the harbourside we took our typical two groups on the water. One group hops on a lovely motorboat taking a gentle spin through the water street of Bristol. If you like, like our members this time you could have a go steering! Our Captains were amazing! The second group is a little more active having a go at gig rowing. It can take a little time getting used to it but our new members got stuck straight in and were brilliant. We love how close we get to the beautiful wildlife when on the water!



Our Harbour walk was full so much!! From the Aquarium, we arrived at the Arnolfini's outdoor space, grabbed a drink and chatted. After we made our way to the Mshed and tried out a Bristol history walk with clues, we boarded the boat the Matthew where Amy and Vic did a Titanic moment! The sun held out long enough to grab some fresh fish and chips. We know walks in the wet can be off-putting, but we have always been able to have a brilliant try. If you are unsure maybe give it a try!

A full month of Harbour fun!! The last of this month and the penultimate session on the water saw us refining our rowing skills or taking a gentle boat ride. A lot of the gig rowing team were largely new but we were so impressed with their determination as they just got better and better as they went along! Well done! This little one (duck to the right) decided to swim alongside the boat (cute!!) with the chance of getting a few cheeky crumbs from some snacks with smuggled on to the boat!



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



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



Activities with spaces in October

- Thursday 19th Oct Foraging
- Thursday 26th Oct walk

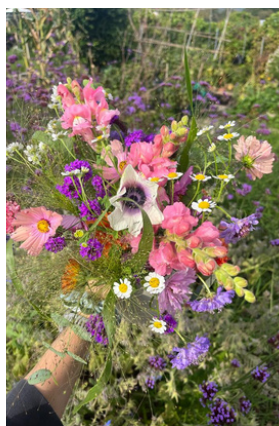
Feedback

Not sure about an activity?

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

AMY HAD SPOKEN TO THE INSTRUCTORS BEFORE THE SESSION SO THEY HAD AN UNDERSTANDING OF TRAUMA. THIS ENABLED ME TO FEEL LESS ANXIOUS ABOUT THE ACTIVITY AS I WAS CONFIDENT THE INSTRUCTORS SHOULD HAVE SOME UNDERSTANDING OF TRAUMA THUS MAKING ME FEEL CONFIDENT I COULD DO WHAT I NEEDED TO DO TO ACCESS THE ACTIVITY WITHOUT FELLING AS THOUGH MY ACTION WERE BEING JUDGED OR NOT UNDERSTOOD.

What have the team been up to ?



Amy

I have been doing a course with Grow Wilder called a Grow Leader Course. I have been learning about agroecology, sustainable farming methods and have been playing with soil and worms! I have also been learning about community gardening, therapeutic horticulture and food security. I look forward to being able to share some of what I have learned with you all, it is really interesting to plant/nature geek like me!

Our little garden at The Southmead Project is doing really well. The only thing that has been munched by slugs is the Chocolate mint plant! Mmmmm After Eights!



Victoria

I love nature and after the foraging sessions we have been doing, I really wanted to learn more and for me to be able to share it with our lovely members. I have started training so I can deliver or share the bushcraft knowledge bushcraft at our groups. The first session started in Devon. Over a fortunately dry weekend I got to learn about foraging, made damper bread over a fire, prepared pigeon, rabbit and trout, made fire in three different ways, basic cutting techniques, tool safety and making a shelter.

To the right, you can see the shelter I made. I chose the shape of the roots to create an entrance and pine tree branches and leaves for weatherproofing. I then used leaf litter (dry bark which is really soft) to fill the holes and make the ground soft under my mattress. I slept under this all weekend and was so surprised how warm and comfy it was!



Did you know? Active Recovery Facts



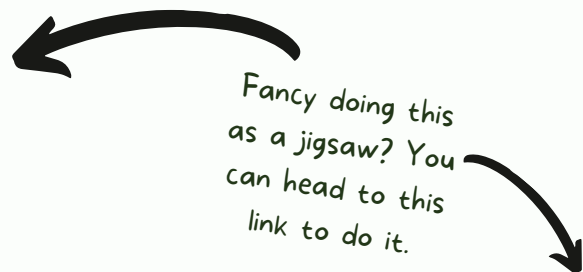
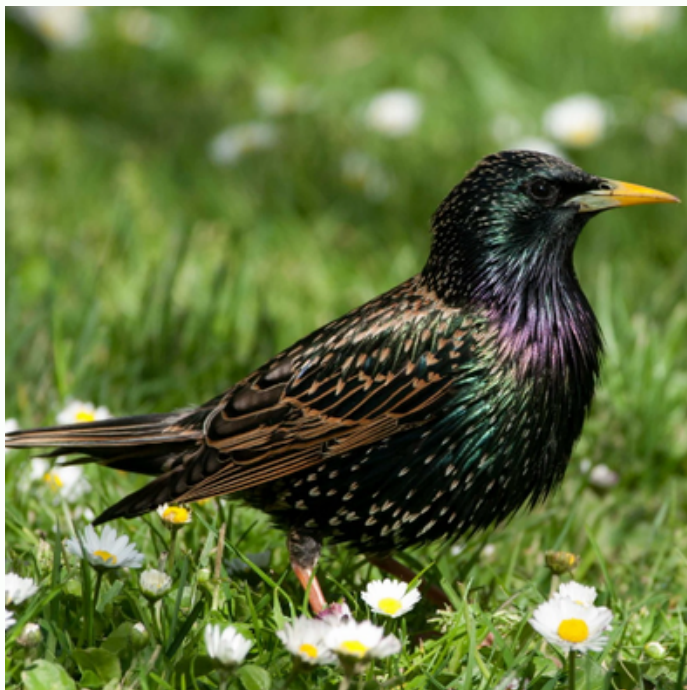
Active recovery activities are chosen by **YOU!**

Every year we compile a list of activities you, our members come up with and put it to a vote. We have over 100 activities that have been put forward and this keeps growing! What activities would you add?




Puzzles!

Did you know when we are struggling, it can help to engage in a range of distraction. We will add ideas each month for you to try if you need them or feel like trying them!



<https://www.jigsawplanet.com/?rc=play&pid=065c2872c227>

Don't want to do this jigsaw? There are others you can choose from too!

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

Thinking of joining us, like more information or have a suggestion?

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



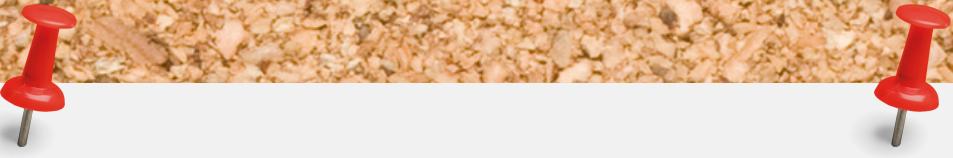
Creative Minds

AN 8 WEEK GROUP IN ST WERBURGHS

Thursdays 10:30am-1:00pm from 5th Oct to 30th Nov
(breaking for half-term).

Discover new ways of expressing yourself
creatively in a safe space designed to support
you as you move forward after sexual violence

SARSAS
Listen.
Believe.
Support.



Expressing ourselves after sexual violence can be difficult. Our ***Creative Minds*** group invites you to come together with other survivors on a journey to express yourself creatively through ***art, creative writing, animation & timelapse film.***

The group is run by survivors for survivors. It aims to help you feel connected, accepted, seen and heard. We use games at times to help with grounding and connection: when we're laughing or problem-solving, we've found we can have a break from our challenges.

You can always choose your level of participation, all materials will be provided and you don't need any artistic experience to join.

The group will have a maximum of 10 participants and 2 facilitators from SARSAS. The group is open to women, non-binary and intersex individuals, and is closed to men.

Our groups are not counselling groups, but they are supportive spaces where we will always believe you. They offer an opportunity to learn new skills, connect with others and find personal growth.

All our groups are designed to be safe and welcoming spaces for all. If you would like to take part and have accessibility requirements, please let us know.



Anti Trafficking
and Modern Slavery
PREVENT | PROTECT | PROGRESS



ATMS-ROADSHOW

The ATMS Team are on the road! In 2023, we are visiting 9 different cities across the country! We are doing this to champion our volunteers, raise awareness of Modern Slavery and to create a space for change. Check out our dates below and book your ticket on our eventbrite page

Liverpool 8 SEPT

Birmingham: 23 SEPT

Bristol: 7 OCT

Southampton: 4 NOV

Leeds: 18 NOV

Peterborough: 25 NOV

Our sessions include a volunteer celebration & a light lunch followed by a workshop looking at 'What is Modern Slavery?' more information to follow, tickets open now!

BOOK TICKETS



JOIN US & BOOK NOW

ATMSINTEGRATEDMISSION@SALVATIONARMY.ORG.UK