

JAN UARY 24 NEWSLETTER



New year – new fun!

Hello reader!

We have missed you!! We are finally through the longest days and it is no longer dark when we leave the office! We hope you have been able to look after yourselves during this cold and wet winter. Active Recovery was quite busy in December - find out what we got up to below!



Other exciting news, is that after looking for volunteers to support the groups we have been hiring! This will mean we will be able to have a few more people to each session. We hope you enjoy getting to know our new volunteers when you meet them. They are lovely!

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?



Ahhhh our annual wreath making! What a creative bunch you all are! We used a gorgeous array of foliage. This included eucalyptus, rosemary, pine, pine cones and dried fruits, under the expert guidance of our very own Amy! Christmas can be challenging for some, and this was a great opportunity, as one of our members said, 'to create new, happier memories'. Whether created as gifts, remembrances or front doors, an array of beautiful wreaths were made.

Another annual tradition set to offer new and happier experiences around this time of year is our Christmas meal. This is so popular we will be hopefully doing this twice this year coming to give as many people as possible the opportunity to come. We ate a three course meal and had the chance to chat....and play table football!



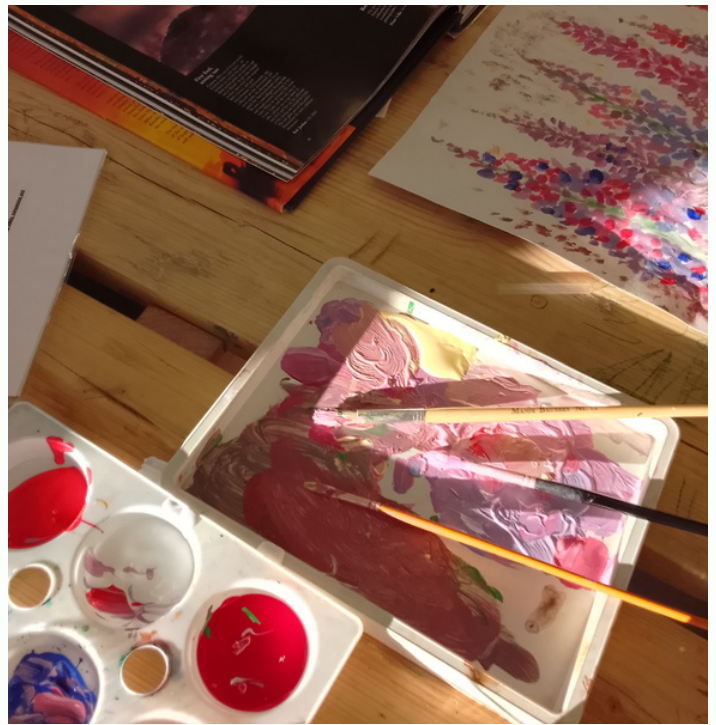
January has been jam packed. Our first activity set us off on an exhilarating rush. Competing as individuals and two teams, Active Recovery took on laser quest. This non-contact activity brought much laughter and we were so impressed with the incredible skills you all brought to the session. I think at the end of the session we were all ready for a chilled out evening after all that running about and adrenaline! Offering activities such as this provides opportunities for us to experience high intensity experiences in a compassionate and patient environment.

What have we been doing?



Another popular activity - trampolining enabled our inner children to bounce all over and be freeeeeeee! If members preferred a challenge, the ninja warrior style obstacle course gave three levels of difficulty and provided much entertainment on a challenge for quickest finisher. As always in each session, we provide refreshments which ensure if a break is needed or you decide the activity is not for you but you would like to stay, there is space and yummies to have instead.

A regular calm session at the Arnolfini provided the opportunity to use paint and get mixing. Inspired by an exhibition tour of Tunji Adeniyi-Jones, we got creative and messed around with paint. We like the vibes at these sessions to be more about the process of doing art, rather than the finished product. We're not expecting masterpieces - just some time and space to experiment and see what we can create. There's no such thing as mistakes!



Our last session this month was a spot of pottery. Visiting the Kiln on Gloucester Road for the first time the lovely staff guided us. We used a method for making pinch pots. Squishing and shaping the clay, we crafted a huge collection of bowls, pots, plates and objects. We cannot wait to pick them up when they have been fired!

Team news

Naomi

We are so excited and thrilled to welcome the lovely Naomi as a volunteer to the Active Recovery team!

Naomi used to be a member of Active Recovery, after finishing and a little bit of time passing, the opportunity to become a volunteer came around.

Naomi has now completed her training - we have really enjoyed building this new team and Naomi will be joining in the sessions every other week, starting the 1st of Feb! Naomi is so friendly, kind and caring, we look forward to this new chapter with you Naomi and all you bring to the sessions !!



Hi, I am Naomi and I can't wait to meet you all and be a part of Active recovery as a volunteer...I am planning on being at the group every other week.

I was a member when Active Recovery first began and loved my time with the group so much that I felt becoming a part of the group again was a valuable opportunity to do what I love best; being with people, connecting and having fun!

I can't wait to do rowing again, that was my favourite activity and am also excited about puppy yoga!

I am a counsellor and really love to see people grow, heal and gain a belief in themselves. I look forward to being alongside you and supporting you on your active recovery journey.

I am kind, easy going and sociable and I have a dog called Stanley who is a fluffy energetic Tibetan terrier, full of character. I love taking him on walks in nature and he also comes for coffee with me. I love going for coffee to watch the world go by or to relax with a good book.

I love to explore new places, and when I am outside adventuring I am in my happy place.

Looking forward to getting to know you all

Feedback

Not sure about an activity?

**A CALM, WARM, SAFE, COMPASSIONATE, BEAUTIFUL AND
VERY WELCOMING ATMOSPHERE**

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 in March



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

- Thursday 7th March Creativity at the Arnolfini
- Thursday 14th March Foraging
- Thursday 28th March Creativity at the Arnolfini

Did you know? Active Recovery Facts

We can help you get to sessions if you need! Logistical, financial and emotional help to get to our sessions is all part of the Active Recovery experience.



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!

Search for hidden objects



You can get to the game page in this link, if you like to print off a bigger version.

<https://www.arkadium.com/games/pirates-and-treasures/>

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

[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

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.

Workshops on sexual abuse

INTO THE LIGHT



A workshop for people who have experienced sexual abuse and for those that support them:

"Tackling Triggers Together" A Workshop On Finding Confidence Around Shame, Feeling Overwhelmed, Sexuality, And Loneliness For Survivors Of Sexual Abuse And Their Supporters

Saturday 27th April 2024
Venue: Online

£45 or £35 **Early Bird** before 26th March 2024
£20 for **low income and students**

(Price includes extensive handouts)

Partners, friends, support workers and counsellors also very welcome

For more information and to book
contact Rebecca at info@intothelight.org.uk

Find out more about our workshops & Into the Light at www.intothelight.org.uk



The workshop is led by a survivor and all facilitators are professionally trained in counselling and group facilitation. BACP ethics apply.

Comments by people who have attended our past workshops:

Great information ... great tools to help me to continue to move forward

Lovely team of people both the audience and trainers. Felt comfortable and safe

Good workshop for partners to attend in a safe relaxed setting

I came away feeling empowered and confident... it was fantastic

I was able to take some things away which were new and life changing

There was a real sense of respect and understanding from the facilitators

Aims include:

- Breaking out of isolation and meeting others in a safe space
- Taking control of triggers and feeling overwhelmed
- Shutting down shame that's not ours
- Understanding our younger self
- Finding confidence around sexuality
- Developing healthy relationships after past betrayal
- Safe for Survivors and Partners
- Relevant for counsellors/mental health professionals

A relaxed and friendly environment where we will come together to learn, share and support each other.

Please note this workshop does not contain details of past abuse. Also, we want to be as inclusive as possible but you do need to be in a place of stability to attend this workshop: for more information please email us.

Partly funded by:



RCG Research Project - Want to be involved?

Redcatch Community Garden are really excited to be working on a Participatory Research project with the University of Bristol, exploring 'what makes spaces safe for supporting mental health'. We need your help to do this!

We are looking for both a group of adults and a group of young people (aged 8-17) to help create guidelines on what makes a safe space to support wellbeing.

What's involved?

- Meet with us once a month for four co-design workshops (2 hours each) - the workshops will be on Mondays 3.30-5.30pm
- Create art with others and discuss what makes you feel safe
- Design guidelines to help organisations provide safe spaces
- Get £20 for each workshop

How do I get involved?

For more information and to take part, please follow the QR code on the poster below or this link: <https://app.onlinesurveys.jisc.ac.uk/s/socs/codesign-workshops-registration-of-interest>

Or you can contact:

Naomi (naomi.warne@bristol.ac.uk or 0117 455 2434)

Jenny (jenny@redcatchcg.com or 07769 013243)

Funding awarded by the Public Engagement team at the University of Bristol from the Research England QR Participatory Research Fund (QR PRF) 2023-24.



Take Part In
Research



Join our co-design workshops as co-creators!

Redcatch Community Garden and the University of Bristol need your help. We are looking for a group of adults and a group of young people (aged 8-17) to help create guidelines on what makes a safe space to support wellbeing.

What's involved?

- Meet with us once a month for four co-design workshops (2 hours each)
- Create art with others and discuss what makes you feel safe
- Design guidelines to help organisations provide safe spaces
- Get £20 for each workshop

How do I get involved?

For more information and to take part, please follow the QR code or this link: <https://app.onlinesurveys.jisc.ac.uk/s/socs/codesign-workshops-registration-of-interest>

Naomi (naomi.warne@bristol.ac.uk or 0117 455 2434)

Jenny (jenny@redcatchcg.com or 07769 013243)

January – February workshops now available for booking

Our January – February prospectus is now available online and copies should have arrived with services now. If you don't receive copies of our prospectuses and would like to, please let us know. You can also find a printable version of our new prospectus attached to this email along with posters for each of the venues we are running workshops.

We are starting the new year with over double the amount of courses for clients to book onto. Our courses have a capacity of between 10 and 12 people and run for between 4 to 6 weeks. See below for our upcoming course titles:

Anxiety Course (four-week course)

Anxiety is present in us all, however sometimes our anxiety can feel out of control, and we may struggle to do day to day things. In this four-week course we explore different aspects of anxiety, from how anxiety affects our body, to the impact our thoughts have on our feelings and actions. Each week we identify tools and strategies to help gain a sense of empowerment and practise different techniques to create a sense of calm. Throughout the course we aim to build our internal and external resources to manage our anxiety better.

February – Fishponds Primary Care Centre (10:30am – 12:30pm)

Assertive Communication Course (four-week course)

In this course we explore different styles of communication and what we mean by assertive communication. We recognise the bill of assertive rights, how to say 'No' and communicate our needs effectively using 'I' statements. At the end of the course, we develop an action plan using the tips and tools we have learnt.

January – Wellspring Settlement (10:30am – 12:30pm)

Coping with Low Mood Course (four-week course)

In this four-week course we look at what happens to us when we are depressed, and what wellbeing tools we can develop. Looking at the symptoms and cycle of depression when energy levels are low and everyday tasks can feel exhausting. Touching on several recovery concepts, we will discover new ways and strategies to help manage depression. Everyone's experiences are different, and this course is not about eradicating depression or offering a one size fits all solution but placing you in a position to better plan and lead a fulfilling life.

January – Shirehampton JTE Hub (2:30pm – 4:30pm)

February – Online via Zoom Platform (2:30pm – 4:30pm)

Emotional Intensity Course (four-week course)

Emotional intensity can be difficult to understand and manage, with the right tools we can be better placed to soothe ourselves

Assertive Communication Course (four-week course)

In this course we explore different styles of communication and what we mean by assertive communication. We recognise the bill of assertive rights, how to say 'No' and communicate our needs effectively using 'I' statements. At the end of the course, we develop an action plan using the tips and tools we have learnt.

January – Wellspring Settlement (10:30am – 12:30pm)

Coping with Low Mood Course (four-week course)

In this four-week course we look at what happens to us when we are depressed, and what wellbeing tools we can develop. Looking at the symptoms and cycle of depression when energy levels are low and everyday tasks can feel exhausting. Touching on several recovery concepts, we will discover new ways and strategies to help manage depression. Everyone's experiences are different, and this course is not about eradicating depression or offering a one size fits all solution but placing you in a position to better plan and lead a fulfilling life.

January – Shirehampton JTE Hub (2:30pm – 4:30pm)

February – Online via Zoom Platform (2:30pm – 4:30pm)

Emotional Intensity Course (four-week course)

Emotional intensity can be difficult to understand and manage, with the right tools we can be better placed to soothe ourselves

when intense emotions arise. On this four-week course we look at how to better comprehend individual experience of intense emotions. Throughout the course we explore different emotional recognition and regulation tools, and distress tolerance skills.

January – Windmill Hill City Farm (10:30am – 12:30pm)

February – Avonmouth Community Centre (2:30pm – 4:30pm)

Foundations for Good Mental Health Course (six-week course)

Co-produced with Bristol Wellbeing College's new learner-based STAR (Shaping, Teaching And Responding) group, this course provides foundations for achieving and maintaining good mental health. We will explore self-management tools and ways to develop those areas in our life that give us a greater sense of meaning, purpose and wellbeing. This course is designed to help us to consolidate and share what we have already learned around improving our mental health, based on a range of our existing workshops. Learners will need to commit to all six course dates.

Feb/Mar – John Wesley's New Room (2:30pm – 4:30pm)

Poem Brut Course (six-week course)

Co-produced and taught by Paul Hawkins, poet and Bristol Wellbeing College STAR (Shaping, Teaching and Responding) member, this six-week poetry course offers the chance to be experimental and unleash your creativity. We will explore how a number of

contemporary poets have used language, shapes, colours and textures to express their inner thoughts and feelings, creating unusual poetical forms with scribbles, erasure, notes and strange scrawls.

Jan/Feb – The Greenway Centre (2:30pm – 4:30pm)

Understanding Trauma Course (four-week course)

This four-week course identifies what trauma is and how our brain and body respond to it. Recognising how trauma affects our relationships with other people as well as with ourselves, we explore the 'inner critic' and focus on compassion as a key element to improving both. We also discover ways in which we can create a sense of

