

# OCTOBER 23 NEWSLETTER



## Autumnal changes

Hello reader!

This month was very exciting for us at Active Recovery because (drum roll, please) we got the votes in for next years activities. We are so excited! If you are not sure what we are on about, each year we get all the ideas you give us and put them out to you, our lovely members to vote, what activities you would like to book. So plenty, of old and new things we will starting to plan!



We feel there is something lovely about the changing season which we begin to find starting to shift in October. The Autumn leaves and earlier nights begin to encourage different habits, perhaps cosy nights in with a movie or hot chocolate or other indoor activities. This month, we saw the last of the outdoor watersports until next year. Sad as we are to pack away the oars, we are really looking forward to all the different activities we get to do over the colder months.

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*

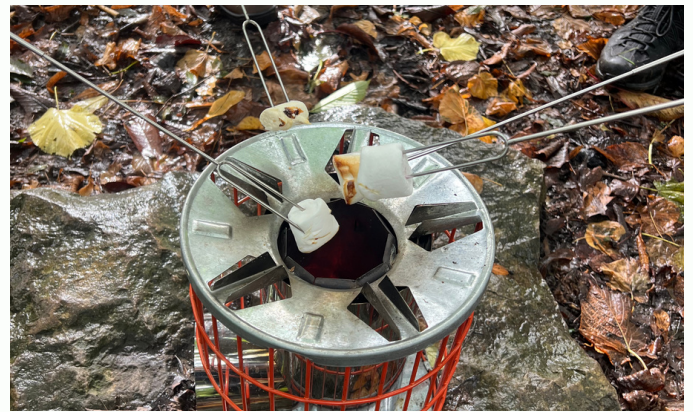


# What have we been doing?



Our last of our water sessions for this year. The weather was so kind to us again! For this session, we took a gentle motorboat ride all along Bristol Harbour, having snacks while discussing the local history and architecture. We love it when our members also share their knowledge. You are a clever lot!

Heading to Conham River Park we headed out into the park learning about lots of different plants from the lovely guide Maria. Some members found a new yummy snack from the Hawthorn berry and there was a wealth of knowledge shared between everyone, it was lush to see! The weather was not the kindest but with our trusty gazebo, we grouped together making the most out of it slurping on some herbal tea we made from what we collected and hot chocolate, coupled with the munching of some toasted marshmallows, smores ! We loved the energy, enthusiasm and interest you lovely members brought to this session and showed that despite the weather we can have a lovely time together!



Our Harbour walk took us through some gorgeous scarlet oak trees on the Autumn turn. We stopped off along the way for refreshments and decided to take the little boat across the water to the other side. Its funny how something so short could be such fun! At the end of the sunny stroll we stopped off at the fish and chip restaurant for a spot of lunch. YUM! Got an idea for a walk location? Let us know we love trying new places!

# What have the team been up to ?



Amy

I have now finished my course with Grow Wilder called a Grow Leader Course!

This month I have a little poem below I wanted to share with you all.

'How do you do it?' said Night'  
'How do you wake up and shine?'  
'I keep it simple,' said light.  
'One day at a time'.

Lemn Sissay



Victoria

I have continued learning more in my bushcraft session, taking on a fire starting and a foraging course. The fire starting was a lot harder than I had first thought, in particular was the friction fire starting. In total I started a fire using 26 different methods! Who would have known! My favourite was collecting thistles for the tinder - oh the joy!

It was amazing how much I remembered from the foraging I have done at Active Recovery. During the course, we made some dog rose syrup which was surprisingly lovely added to some water. We also made ketchup from hawthorn berries!! I also made a cane. This is my 'hook or by crook' cane for pulling branches closer. I am currently carving lots of different foraging bits in it and hopefully bring it out to Active Recovery! Here are some books all about foraging we got to look at.



# Feedback

Not sure about an activity?

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

ACTIVE RECOVERY ARRANGED A LIFT FROM THE CAR PARK AS I WOULD NOT HAVE BEEN ABLE TO WALK TO THE VENUE. ALSO, ENCOURAGING AND SUPPORTING ME TO GO BACK TO MY CAR IN THE MINIBUS WHICH WOULD USUALLY CAUSE A PANIC ATTACK



Activities  
with spaces  
in November

Sorry! All spaces  
for the rest of  
the year are  
booked up.

But we will be  
sending out the  
activity sheet for  
next year soon!



# Did you know? Active Recovery Facts

Active recovery can help you get to the sessions.

If you need help for financial, physical or other wellbeing reasons to get to our sessions we CAN and would LOVE to help. Whether this is bus passes, figuring out journeys, or taxi's we want to help you attend. Please, contact us to find out more.




## 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!



Do you like a bit of nostalgic gaming? You can play Pacman here for free!

<https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>

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](mailto: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

## Overcoming Sexual Violence: An Online Fringe Film Festival

Running in parallel with Leeds International Film Festival

### Kintsugi Conversations

where we've been - where we are - where we might go?

14th, 15th & 16th November 2023

Panel Discussions

Documentary Screenings

For full programme and booking:

<https://tinyurl.c om/SWYFilm>



14  
Nov

18:00 PM

Short film Screenings  
Creative arts activism films, created by survivors

19:00 PM - 20:00 PM

Panel

See booking page for details

15  
Nov

18:00 PM

Documentary Screening  
Undercover: Sexual Harassment - The Truth

19:00 PM - 20:00 PM

Panel

See booking page for details

16  
Nov

18:00 PM

Documentary Screening  
Boys & Men Healing from Childhood Sexual Abuse

19:00 PM - 20:00 PM

Panel

See booking page for details

## Film Schedule



# LEARN ABOUT A CAREER IN COFFEE!



Do you live in or near Bristol and are interested in learning more about specialty coffee?

## WHAT YOU GET

- Practical barista training
- Learning how to taste coffee
- Interesting coffee theory and knowledge
- Interview tips and tricks.
- Well Grounded Certificate of Learning
- 1 day training at a Bristol Harbourside venue

## MUST MEET ELIGIBILITY

- Aged 18+
- Unemployed
- Not studying or training
- English comprehension skills
- Have basic maths skills
- Have a passion for coffee!!

## KEY DATES

This session will be on the 17th November, 9.30am- 3:00pm

Application Deadline: 15th November

## TO APPLY



If you are interested in attending then apply above, or contact us:  
[info@wellgroundedjobs.co.uk](mailto:info@wellgroundedjobs.co.uk)  
07593 437577 or 07435709456

Well Grounded is a specialty coffee training academy, helping people looking for work with training and support to gain access to careers in coffee

[wellgroundedjobs.co.uk](http://wellgroundedjobs.co.uk)



[wellgroundedhq](https://www.instagram.com/wellgroundedhq)



[wellgroundedjobs](https://www.facebook.com/wellgroundedjobs)



## The Grove

A 12-week trauma informed eco-therapy group for survivors of sexual abuse. A relaxed and supportive space to improve wellbeing through connection and creativity in nature.

Being in nature can be calming and grounding and it has been proven to improve wellbeing, boost confidence and reduce trauma symptoms. Working in a group outdoors can help us connect with ourselves and others and we can learn from nature too.

We can use creativity to explore our feelings, express ourselves safely and reconnect with our own sense of agency. Being surrounded by nature can feel more comfortable than working in a therapy room and group members are encouraged to take part in a way that feels right for them.

If you would like to be part of this group, we ask that you are not currently accessing any other therapy.

If you are interested in being part of this nurturing group, we would love to hear from you. Please, contact [office@kinergy.org.uk](mailto:office@kinergy.org.uk)

Tuesdays, 12-2.30 PM, first group starting January 2024

Grow Wilder, BS16 1EL,  
wheelchair accessible, onsite toilets