

MARCH 24 NEWSLETTER

HELLO
MARCH

Spring is here

Hello reader!

We hope you are all doing well. We have been busy at Active Recovery! March saw our first outside activities of the year, with the weather starting to let up a little. Many of our members love being outside and connecting with nature so it was great to be outdoors. We had our first foraging session of the year - it is interesting to go to the same place and see the changes the seasons make, it feels really grounding. We also spent some time outside at Noah's Ark. However it is of course still March and so we were very pleased to be inside in the warm getting creative with Colin the art therapist whilst the rain and thunder raged outside!

.Here is our newsletter to let you know what we've been up to. We hope that it keeps you in the loop, and even if you haven't been to these specific activities you know what is going on and you feel part of our wonderful community of Active Recovery members.

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

Go well



What have we been doing?



First foraging of year and it was lovely seeing the new shoots of spring, the new season has well and truly arrived! During this session we collected nettles for nettle tea and fresh garlic, we even found two edible mushrooms! The names for the mushrooms always make me chuckle - Jelly ear and Scarlet Elf cup - cute! As always Maria who takes us around provided lots of knowledge and is great at navigating the walk in line with what our members are interested in. When we walked back to our 'camp' we set a fire and made garlic damper bread with the garlic we gathered, cooking it to perfection with our sticks. Yes we made a bread on sticks! Plus toasted marshmallows and s'mores! Yum! The experience was described by one of our members as 'Utter joy. Lots of little joyful experiences.' Thank you to our members for coming - you are amazing.

As there were no puppies to do puppy yoga - we were just as gutted as you were, we did another animal themed session. Heading to Noah's Ark, we got to walk around the huge facility and learn and see lots of animals. We were lucky it didn't rain too much and we had the chance to take a slow wander round and see some of the animal kingdom, all the while connecting with others and doing something for ourselves that we don't normally take the time to do.

There was a bustle of excitement from the staff as they had just had a new elephant arrive, so he was being kept separate while he settles in. It was lovely to enable people to see animals they had never seen before - this was really special for us.



We had a couple of sessions at the Arnolfini in March. One week we created decorated clay boxes and in the other session we made our own designs for tote bags. Our members are such a creative bunch and blew us away with their designs for both the boxes and the bags. Everyone had the same materials and time but made such different things - variety is the spice of life! We sang along to our ARP playlist and connected whilst a storm raged outside. Lush. This is the meaning of the word 'Fortitude': 'strength of mind that enables a person to encounter danger or bear pain or adversity with courage'. It's a quality that inspires respect and admiration for their resilience and inner strength. It perfectly describes our members and we feel so lucky to meet them and spend time with them.

Team news and announcements

Amy, Vic and Naomi

Amy has been training really hard for the World Pilot Gig Championships coming up. Amy really got into rowing from trying it at Active Recovery and it just stuck. You got this Amy!!

Vic has been working hard at finishing her PhD with the annual leave taking her to Lancaster for a writing retreat to get through some of the final bits.

Naomi is well and truly bedded in and taken to volunteering so naturally. We are loving having her!



Announcements



Welcome packs

Following feedback from our members and their journeys, we thought that creating a welcome pack for members could be useful. The welcome packs would have information about what to expect from the sessions, how to make the most of your time in Active Recovery, potential challenges and suggestions to navigate these with insight from past members.

WE WOULD PROVIDE EVERYONE WITH ONE. SO CURRENT MEMBERS YOU WON'T MISS OUT.

We were also thinking we could provide a note book / journal that could be used to record your reflections from the sessions. This can be really helpful because sometimes we find it difficult to remember what went well and so being able to have a personal journal like this can be helpful. One of our old members used to write down a 'Hype list' of all the different activities she had tried and experiences she had had. She would look back at it whenever she was feeling overwhelmed or had lost her confidence and it would be proof to her that she could do new and sometimes challenging new things.

Equally, when things are challenging, we can use the space in a journal to reflect on this, and perhaps any issues could be brought to staff at Active Recovery or therapists (if you are still working with them) to explore these further.

Active Recovery aims to encourage and invite you to explore the comfortably uncomfortable spaces. The premise behind this is, if this is done with compassion and care, together we can create new experiences that can help us learn new ways of being. The goal from this is to create more joy and peace in our lives.

We would love to know what you might like to see in these packs. What information and facts would have been helpful for you?

Feedback

Not sure about an activity?

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

I felt very safe and it being part of a group where everybody treats each other with respect. It is a new and great experience for me.

We have no spaces in **April** but if you would like to be put on reserve for any of the following we will let you know if we have any cancellations



NO Activities with spaces and April

Details for reserve list below:



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

- Thursday 25th April woodworking
- 2nd May water activity at All Aboard

Did you know? Active Recovery Facts



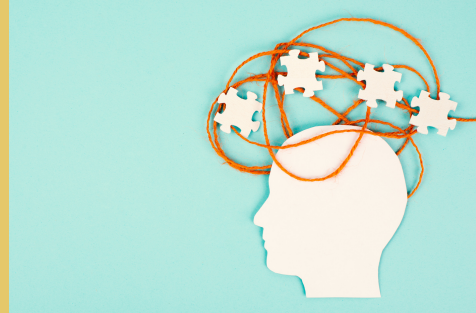
All our snacks are ideas from our members! Do you have a favourite snack or drink that you would like to see at our sessions? Let us know so we can make sure that at the next session you are at we have it!



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!

You don't have to play solitaire on line, if you have a pack of cards you can do it like that (I personally love doing it like that and can play for hours!)



You can play it free on line here if you like

<https://www.arkadium.com/games/classic-solitaire/>

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

Would you like more information or have a suggestion about the newsletter or anything in it?

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

Terms and conditions apply



Funded by UK Government

West of England Combined Authority
Funding secured by West of England Mayoral Combined Authority

North Somerset Council

DAN NORRIS
West of England METRO MAYOR

travelwest

birthdaybus.co...
Free Birthday Bus Pass

Apply Now

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!



St Werburghs Community Centre



Warm Welcome Drop-In

Thursdays throughout March
10am - 2pm

Warm packs available during drop-in

nationalgrid

localgiving

Warm Welcome running throughout March

A space to drop in, get advice, relax and chill in an open and warm community hub with free facilities. Bring a friend to share a cuppa, a bite to eat and be able to save you money.

- Free warm packs including cosy blankets & hot water bottles
- Free sim card with data
- Access to benefits, energy top up and money advice every session via Citizens Advice Bureau and Clean Slate
- NHS Talking Therapies drop-in 21 March 2024
- Centre for Sustainable Energy drop-in 21st and 28th March

Click here for more info: [Warm Welcome Drop-In – St Werburghs](#)

Nature Connection Group

EACH WEEK WE WILL MEET ON TUESDAY'S AT THE NISSEN HUT IN EASTVILLE PARK AND HAVE A 'WORKING LUNCH' FROM 11-2PM

FREE

+FREE REFRESHMENTS

STARTS TUESDAY
14TH NOVEMBER 2023

INSPIRATION * CONNECTIVITY*PRACTICAL SKILLS*WELLBEING
ACTIVITIES WILL INCLUDE: COOKING, GARDENING, NATURE ID, LOCAL WALKS, GREEN CRAFTS, CONSERVATION, FORAGING AND MANY MORE, AGREED BY THE PARTICIPANTS.
EMAIL: EASTVILLE WELCOME SPACE@GMAIL.COM

Supported through



REGULAR GUEST HOSTS



FIND US ON FACEBOOK
'EASTVILLE WELCOME SPACE'

Regular weekly
Tuesday group
for residents
living in the
Eastville area.

Home Support Training & workshops Get involved Donate News & events About us

We hold four peer support groups which we have categorised as closed safe spaces as they are only open to specific members – our Women's, Men's, Women of Colour and LGBTQIA+ online meetings. These groups are open to anybody identifying as part of the community that the group serves.

[Click HERE to sign up for the links to our safe space groups](#)

Why do we have safe space support groups?

We understand that people belonging to specific groups experience particular challenges, and they may need particular safe spaces to explore their mental health with others who may have similar life experiences.

For this reason, Changes Bristol operates several closed support groups that are reserved for people from particular communities. These include our Women's Group, Women of Colour Group, LGBTQIA+ Group and Men's Group. Though we understand that no two people are the same, by providing these spaces, our members are able to speak openly with more common understanding. We also recognise that many people are not able to get support from their family or peers for many different reasons and are left to navigate their identity or mental health by themselves.





St Werburghs
Community Centre



Yoga Class for Parents & Carers (SEND)

A relaxing, healing class for parents and carers of children with special educational needs or disabilities



Yoga Class for Parents & Carers (SEND)

Mondays, 10am - 11am, at St Werburghs Community Centre, Horley Rd, Bristol BS2 9TJ

A relaxing and healing class for carers of children with special educational needs or disabilities. Simple stretches along with breathing and meditation exercises to help relax the mind and body. Suitable for all levels including those new to yoga or those who are less flexible or less mobile. Please bring a yoga matt if you have one. Supported by Sport England's Together Fund.

We ask for a £5 donation but free spaces are available for those who cannot donate. Drop-ins* or booking welcome. Contact 0117 955 1351 or office@stwerburghs.org.uk to book. The class is free for parents who are refugees or asylum seekers.

The class does not run during school holidays.

SEND Activities in St Werburghs - St Werburghs



USE IT OR LOSE IT! Low cost water sports at ALL ABOARD

You have said you would like more access to the things you enjoy, so we have been able to get some cheaper sessions for you to take part in run by All Aboard.

The sessions are on Wednesdays 10 am - 12.30 pm. To book yourselves on follow this link <https://allaboardwatersports.bookinglive.com/book/add/p/166>

The minimum number of attendees per session is 4, if it is less than this, it will not be able to go ahead.

The maximum attendees is 12. Anyone is free to use these sessions who has experienced trauma or mental health issues.



YOGA FOR MENTAL WELLBEING

WITH BRISTOL YOGA ROOTS PROJECT

*friendly yoga classes for those who have
experienced mental health struggles and face
barriers to accessing studio classes*



WEDNESDAYS 1.45PM - 2.45PM
THE BEEHIVE CENTRE
STARTS 10TH JAN 2024

donation based: £3 - £5
no one turned away due to
lack of funds
trauma-informed
beginner friendly
max 10 students
no hands-on teaching

more info & booking



bristolyogarootsproject@gmail.com