

# AUGUST 23 NEWSLETTER



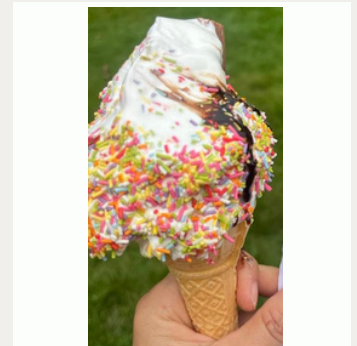
## Holiday season



Hello reader!

August has been a month of holidays so it has been quieter than usual. We have missed the groups loads!! However, we have come back with full force and a spring in our step for the remainder of August.

We still managed to pack in lots of joy and ice cream in the activities over August. We also have spoken to lots of new Active Recovery members - WELCOME! We look forward to having you join us in some activities soon.



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*



# Did you know? Active Recovery Facts



Active recovery **is run on Thursdays!**  
Active Recovery is run normally every Thursday between 12:30  
-3pm.



## What have we been doing?



As mentioned the beginning of August there were lots of holidays so we haven't had the same active start to most months. However, other things have been very active despite our absence! While watering our Active Recovery sensory garden, our lovely counsellor Cara found little friends growing in one of the plant pots we made in one of our sessions. On some leaves there were some little caterpillar cocoons!!!! I think it is so lush that what we have made together, is giving life to other little living things!

We went on a lovely walk a Snuff Mills. We chatted and watched dragonflies flutter. We ate the most ENORMOUS ice creams and picked blackberries. Summery bliss. We hold these types of sessions once a month - sessions that don't cost lots of money or take lots of organisation, so that it is easier for our members can replicate them in their own time, perhaps exploring new parts of Bristol on their own or together.



On a glorious summer day, the lovely foraging expert Maria from Healing Weeds took us around Conham River to explore the current plants in season that can be used for medicinal or nutritional purposes. At the end, after collecting some sweet blackberries (yum!), we sat in the woods, made some foraging tea and had some snacks. For some foraging facts and recipes we attach a PDF in our email.



Our final activity of the month was cooking at the Square Food Foundation. Lovely Dan the chef took us through making two scrummy recipes.

For main course we made jerk chicken (or tofu) with beans and rice which were infused with sage and coconut milk. The flavours really burst and and the smells were incredible as they cooked away.



And for dessert, we made apple and almond bake. We loved joining members with all cooking abilities taking part in this session and making some incredible meals to take home!



If you would like to recreate any of these recipes, we have included them in a separate PDF attachment.

# Feedback

Not sure about an activity?

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

**THE COMMUNICATION IS ALWAYS FANTASTIC**

**ONE OF THE THINGS IS HOW SAFE AND WELCOME I FEEL WHILE I'M THERE. EVERYONE IS REALLY FRIENDLY AND UNDERSTANDING. HOWEVER I FEEL BEFORE HAND, I ALWAYS FEEL BETTER AFTERWARDS.**

**ALL INFO SENT BY EMAIL WEEK OR SO B4 THEN A TXT DAY B4 WHICH JOGGED MY MEMORY TO GET MY DIRECTIONS RIGHT.**

# Activities coming up in September

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

Thursday 21st September. A chilled out session walking round the harbour and getting some chips (if you'd like!)

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

Thinking of joining us or would like more information?

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

UNLOCKING PEOPLE'S  
NATURAL POTENTIAL TO  
BE STRONG

AM session:  
10:30-12:30

PM session:  
14:00-16:00

FRI, 4 AUGUST 2023

CHOICE

CHOICE

FRI, 11 AUGUST 2023

CONNECTION

CONNECTION

FRI, 18 AUGUST 2023

CENTREDNESS

CENTREDNESS

FRI, 25 AUGUST 2023

CURIOSITY

CURIOSITY

FRI, 1 SEPT 2023

CHARACTER

CHARACTER

FRI, 8 SEPT 2023

CONFIDENCE

CONFIDENCE

FRI, 15 SEPT 2023

CREATIVITY

CREATIVITY

FRI, 22 SEPT 2023

CHOICE

CHOICE

FRI, 29 SEPT 2023

CONNECTION

CONNECTION

FRI, 6 OCT 2023

CENTREDNESS

CENTREDNESS

FRI, 13 OCT 2023

CURIOSITY

CURIOSITY

FRI, 20 OCT 2023

CHARACTER

CHARACTER

FRI, 27 OCT 2023

CONFIDENCE

CONFIDENCE

FRI, 3 NOV 2023

CREATIVITY

CREATIVITY

FRI, 10 NOV 2023

CHOICE

CHOICE

FRI, 17 NOV 2023

CONNECTION

CONNECTION

FRI, 24 NOV 2023

CENTREDNESS

CENTREDNESS

The Human Nature Project is Light Box's community level response to the escalating public mental health crisis in the UK. This 3-year project is funded by the National Lottery

The project provides free, professionally led forest therapy sessions, open to the general public, and suitable for over 16s only.

The Human Nature Project is now open for bookings at the Green Barn in Leigh Woods.  
<https://www.wearelightbox.co.uk/humannatureproject>

1. **The Restless Community Day at 2pm on Wednesday 20th September which you can participate in from wherever you are in the world:**

The Restless Community Day is a day for CSA survivors, friends and allies to take symbolic action together. A group of about 50 people will be gathering in person on a beach in Devon, England. We will gather around a fire, make protest placards, write poetry and observe a one minute silence. For safeguarding reasons, the in person event is an invitation only event and is now full. The remote participation event is for anyone who wants to join us from wherever they are in the world.

They welcome individuals and groups to register to get involved, maybe you could gather some friends together or suggest participating to a group you are part of? When you register for the remote participation event, you will receive a series of emails inviting you to join in with creative activities and take symbolic action to make change. We will share a timetable of synchronised events you will be able to participate in. Further information for how to sign up to participate is available here: <https://www.eventbrite.co.uk/e/restless-community-day-remote-participation-tickets-694084805337?aff=oddttdtcreator>

You can contribute to a group poem *The Sea Says...* to be read on the day and shared on social media here - please add your voice  
<https://forms.gle/1VcfWti83f6xGmyp7>

3 Events by viv  
Gordon company

Both the Restless Community Day and the Restless Punk Gig are free, or pay what you can.

2. **One Minute's Silence at 4pm on Wednesday 20th September**

to bear witness to our community, the estimated 11 million adult CSA survivors in the UK (and the millions more world wide) and to remember those who are no longer with us.

Even if you aren't able to make anything else, we'd really love you to join us with this one. You can hold the minute's silence wherever you are, whoever you're with, on your own, with friends or in a supportive workplace. Please let us know if you plan to do this with us.

3. **The Restless PUNK GIG at 7pm on Thursday 5th October**

Viv will be performing her first ever punk gig at the incredible venue Lost Horizons in Bristol. This is a Work in Progress Sharing, to get the work in front of a live audience, to receive feedback, and for Viv to front a punk band for the very first time! It is a supportive event, about testing new work and seeing what's been created to date on this project.

Viv and the band will be showcasing a cycle of 8 punk songs she has recorded using material she wrote on a series of long distance walks on the South West Coast Path, following her autobiographical journey from abuse to activism.

If you are nearby - Tickets and more info on the event are available here:  
<https://www.eventbrite.co.uk/e/restless-punk-gig-tickets-705891469387?aff=oddttdtcreator>

# Workshops on sexual abuse

INTO THE LIGHT



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

*"Let's Stop The Self Hate" A Workshop On Tackling: Shame, Self Loathing, Spacing Out, Sexuality and Significant Others For Survivors Of Sexual Abuse And Their Supporters*

**Saturday 4th November 2023**  
**Venue: Online**

£40 or £30 **Early Bird** before 4th October 2023  
£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](mailto:info@intothelight.org.uk)

Find out more about our workshops & Into the Light at [www.intothelight.org.uk](http://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:

- Break out of isolation and meet others in a safe space
- Stopping embracing self contempt and self loathing
- Rejecting shame that is so damaging
- Understanding "Spacing Out"
- Sexuality worries and ways round them
- How relating to our significant others raises issues
- 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 contains no graphic details of past abuse

Workshops  
and learning  
opportunities

Partly funded by:



Local  
Community  
Fund



## Important Contact Update from The Bridge SARC

We are letting everyone know that we are changing our email address from:

ubh-tr.thebridgecanhelp@nhs.net  
to:  
**TheBridge@UHBW.nhs.uk**

### Why is this happening?

NHS England have mandated that all Hospital Trusts (that are able to) move away from nhs.net. As a result, we plan to move our current NHSmail mailbox to our UHBW mailbox.

### When is this happening?

This change will happen on **Monday 11th of September 2023**

### What will it mean?

From **11/09/2023** you will need to send all correspondence and referrals to the new email address. The new email address is just as secure as the old one, due to us meeting the NHS secure email accreditation standard.

The following message will appear if you send to the old address:

"This email address is no longer monitored. Please resend your email to [TheBridge@UHBW.nhs.uk](mailto:TheBridge@UHBW.nhs.uk). If you been raped or sexually assaulted within the last 7 days, or are supporting someone who has, please call us on 0117 342 6999 to speak to one of our specialist crisis workers. You can ring us 24-hours a day, 365 days a year, and your call will always be answered by a crisis worker. If you are a professional with an urgent query, or are unsure if a patient is within the forensic window / requires medical attention, please call us on 0117 342 6999. You can call us 24-hours a day, 365 days a year. For non-urgent queries / referrals, please email us at [TheBridge@UHBW.nhs.uk](mailto:TheBridge@UHBW.nhs.uk)"

The Bridge Adult and Paediatric Centre of Excellence Sexual Assault Referral Centre  
University Hospitals Bristol and Weston NHS Foundation Trust  
0117 342 6999 | [www.thebridgecanhelp.org.uk](http://www.thebridgecanhelp.org.uk)

The service, The  
Bridge, are changing  
their email