

JULY 24 NEWSLETTER



The great outdoors

Hello reader!

We cannot believe we are half way through the year already!

While the weather has continued to be bit wet, we have been so fortunate to have beautiful days with our members on our Thursdays.

This month saw us back on the water both at the Harbourside and the beautiful surfing space The Wave. We also tried out a new venue - BS13 Harcliffe City Farm and made some beautiful flower arrangements which we kept for ourselves, or gave to others. Would you believe we have also been trying to locate a lovely venue for Christmas!! Watch this space!

We hope you find this an interesting read 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.

Go well



What have we been doing?



It is wonderful getting out on the water - and what glorious weather we had too! Two groups went out on the water one on the motorboat and another doing katacanoing and kayaking - each having a grounding and connecting session. While we didn't see any baby swans on our trip today, we did see George the Goose (under the woven chair), we think he was pretending to be a swan which we found very funny!

Another one of our favourites was a trip to The Wave. As with all of our activities, we have a more active option and something less so. For the Wave the less active group sat and had lunch while being able to watch and listen to the waves. The other group got to go out on their boards and surf! When the session finished we all came together sharing stories of the water over refreshments.



Our newest activity took us to the amazing sustainable BS13 Hartcliffe City Farm for flower arranging. We were given so many beautiful and different flowers and foliage with a little jar. Our lovely facilitator showed us how to put together a bouquet. Our members got the opportunity to walk around the farm look at the other flowers and space, one member even walked down to the farm shop and bought some eggs! Here are just SOME of the beautiful pieces our members made!! Gorgeous!



Team news and announcements



STARTER PACKS

We have been thinking about putting together a starter pack for new members. At our Members' Voice session we all talked about how having a journal could be useful - to process feelings and record achievements. We also thought that it could be helpful to have some information about Active Recovery all in one place for members, as it is hard to remember everything from the induction.

We would love to know your thoughts about what you think would be helpful in a starter pack - here are some prompts:

- What would you like to have known before you came to the group? Is there anything we didn't tell you about that you would have been useful to know?
- What challenges have you encountered during your time at Active Recovery that you think others should be aware of - could you share so that other members know they are not alone? We know that Active Recovery isn't always sunshine and rainbows - there will always be hard bits when you are challenging yourself out of your comfort zone eg. "I sometimes found the sessions exhausting, and this made me think it was because of me. I kept going and spoke to Amy and Vic and we figured out ways to reduce the parts that were hard for me and now I still enjoy it but am not so tired and low after")
- What advice would you give to new starters?
- What items/things would you like to see in the starter pack (e.g., pen, journal, grounding techniques)
- What information or advice would you like to have now? (e.g., preparing to leave, handling group dynamics)

CANCELLATIONS

A little while ago we highlighted the challenge we were having where we would often receive 50+% cancellations for the sessions and most of these on the day. We shared how we know it is difficult to attend sometimes, but that we would welcome more communication and highlighted the impact last minute cancellations had on the service.

We have noticed cancellations improve both in numbers and for those that need to we have got great communication from. We, therefore, wanted to say a big thank you from us all in working with us on it. We really appreciate it and hope that you have found your communications with us compassionate and understanding if you have had to cancel.

DON'T FORGET THE SOUTHMEAD PROJECT 30TH BIRTHDAY

Save the date - The Southmead Project 30th birthday is coming up and a celebration will be taking place on the 18 September 2024 11 am - 2.30 pm. You are welcome to join us and many others supporting the organisation for this celebration of our wonderful clients and work. More details to follow.

SPOND/EMAIL - WE NEED YOUR FEEDBACK

There are several things we need feedback on. Please let us know if you would like to come to a Christmas meal, what information you would like to have in a members pack AND if you DO NOT want the postal/at home activity.

Feedback

Not sure about an activity?

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

Thanks a million it was a great experience one I definitely want to do again, I was sceptical and nervous but soon as we got in the water I was fine, it was great fun regardless of the weather. I found the whole experience pretty warm in fact.

Sorry all our activities are fully booked



No spaces available



No available spaces

Did you know? Active Recovery Facts



We also from time to time do remote activities, sending items to our members by post to do from home, this has included lino printing, sun dyeing and many other things!



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!

*An interactive jigsaw - no
worry about losing pieces*

*You can complete it
free online here if you
like*



<https://www.arkadium.com/nz/games/word-hunt/>

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
Funding secured by
West of England Mayoral
Combined Authority

North Somerset
Council

DAN NORRIS
West of England
METRO MAYOR

travelwest

[birthdaybus.co....](http://birthdaybus.co...)
**Free Birthday
Bus Pass**

Apply Now

Conversations we never had - PODCAST
<https://linktr.ee/conversationsweveneverhad>

Welcome to

CONVERSATIONS we've never had



A six part podcast raising the voices of survivors of child sexual abuse.

Join Candice Harris and Gemma Halliwell, survivors, friends and leaders in the sector, as they break barriers and invite listeners into a space of shared experience by telling their own stories. Together, they navigate the complexities of life as survivors, exploring themes of trauma, love, and the transformative power of human connection.

**UPFRONT
SURVIVORS**



Women's Work Lab

Mums! Ready to join our hive?

Our powerful programme is created by mothers, for mothers. Join the community of women at our hive where we give you the tools, techniques and work experience to rediscover employability skills and explore your path so you can find work that works for you and your family.

Our next programme is held at:
Discovery Room
John Lewis
The Mall at Cribbs Causeway
Bristol, BS34 5QU

Starts: **24th September 2024**

Ends: **11th December 2024**

Every Tues & Wed 10.30am - 1.30 pm
(except half term)

Support with travel expenses available. Open to mums ages 19+ (no upper age limit) who are not working and in receipt of benefits.



Apply today at
www.womensworklab.co.uk

Find out more by getting in touch with Sophia, our Marketing Coordinator:

✉ sophia@womensworklab.co.uk
☎ 07300840732



Women's Work Lab



We support Mums to transform their lives by rebuilding their confidence and helping them on their journey to find work that works for them and their families.

Keep up to date with the hive!

- The Women's Work Lab
- @womens_work_lab
- The Women's Work Lab



Southmead Project

Group meeting every Wednesday evening 7-9pm at the Southmead Project 165 Greystoke Avenue, Southmead, Bristol, BS10 6AS

Family Support Group

Are you feeling... worried alone hopeless because of someone else's drinking or drug taking?

Southmead Project
165 Greystoke Avenue, Southmead
Bristol BS10 6AS
Tel: 0117 950 6022
admin@southmeadproject.com
www.southmeadproject.org.uk

www.ThornburyArtClub.co.uk

59th Annual Summer EXHIBITION

20 - 28 July

Monday to Sat
10.00 - 18.00

Sunday
14.00 - 16.00



Methodist Church Hall
Castle Court
Thornbury





**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.

Sessions are from Monday 5th August,
5.00pm - 7.30pm

The schedule is as follows

5th and 12th Sailing

19th and 26th katakanu

2nd and 9th September will be rowing

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

The link to book your slot is:

<https://allaboardwatersports.bookinglive.com/book/add/p/166>

The discounted cost is still £5



Participants

NEEDED

This research is focused on experiences within therapy and of being with a therapist for male survivors of adult sexual violence

The aim is to support the development of specialist services to support healing and recovery

We would love to hear from male survivors of adult sexual violence, it is important that you are over 18 years old, and have been through specialist therapy or counselling. If you are nearing the end of therapy we would also like to hear from you.

Due to the focus of the research we would like to hear from people whose assault took place from the age of 16 years old and was perpetrated by a male.

You are invited to take part in research, involving:

- Up to four 1 hour interviews
- In person or on Teams

Please contact Helen Biggs for more information

07835388514

✉ helen2.biggs@live.uwe.ac.uk

**UWE
Bristol**

University
of the
West of
England

