

JULY/AUGUST 24 NEWSLETTER

HELLO
AUGUST

New adventures

Hello reader!

As we have had some holidays we have combined July and August updates in one!

At the Southmead Project we have been preparing for the 30th birthday celebrations - check below in the updates for information on how to attend. We will be having some talks, pebble painting and buffet. We have also been busy getting all the suggestions for new activities together so we can put them to a vote for next year's activities - there are so many! If you have any more don't forget to let us know by the end of September. Finally, we did our first full day activity (Bushcrafting) in Devon which we will tell you all about below!

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?



The wonderful Maria from Healing Weeds, our foraging instructor, put together a new combination of foraging with a workshop. The weather was kind to us thankfully and we wandered around looking at all the lovely plants and learning about their uses. Then from a foraging mixture, we used soy wax and added some aromatherapy oils to make a balm. We loved ours - not only can it be used on lips, and body, but it smells great!

We returned to the idyllic setting of the BS13 flower farm on a lovely sunny day. We got to see the resident sheep if we took a wander around and see the lovely flowers, vegetables and foliage being grown in the the space. In the workshop we had the opportunity to make both a bouquet and a buttonhole posy. Each time we come there are different flowers and foliage we can use which we think makes this a really interesting activity. Our members created another bunch of fantastic arrangements they made for others as gifts or for themselves.



We sent out a postal activity instead of a group activity for one of the sessions. This postal activity goes out to all our (nearly 50) members in Active Recovery. It was lino printing kit and there are all sorts of things you can make, like cards, tote bags or pictures. You could also use acrylics and make colourful prints too. Here is one lovely creation one of our members made. We hope if you wanted this activity you have enjoyed it. If you have any ideas for postal activities, please let us know!

What have we been doing?



A Horse Experience at The Avon Centre. The session was split into two different activities and then two groups which swapped over half way. One activity was to groom and then take on a walk the very cute Shetland ponies, the other was to ride and lead a horse. The horses were so well behaved and responsive! This was the first time we had run this activity and there were a few things we needed to reconsider after we had tried it once. Huge thanks to our lovely members who gave us really useful feedback for how we could change the session to improve it. We appreciate you. Despite some teething problems we hope lots of our members enjoyed their time with the horses.

Another first for us! A whole day trip away to Devon! What a magical day. We got up early... so early! We met for the mini bus before 9 in the morning and travelled down to the beautiful wilderness of South Devon. There we met Johnny Crockett and his colleague Zak, who taught us some bushcraft survival skills. First we did some whittling and whittled a tent peg. Then we made a cord using the skills of cordage. After lunch it was time to make fire!



One of our members said "It was a very special day & a bonding experience that I will never forget. Everyone who went should be so proud of their achievements." We couldn't agree more! Our intrepid members put their trust in us and importantly themselves - to find joy and connection out in the wilds of nature. So many skills were learned and so much compassion was shown to each other and ourselves. It was a tiring day but we made sure we incorporated lots of breaks and time to just 'be'. Listening to rain on the tarpaulin and toasting marshmallows on the fire together was an experience we will cherish.

Team news and announcements



STARTER PACKS

We're currently drafting 'starter packs' with lots of information and FAQs to give to new members of Active Recovery. What would you have wanted to know when you first started? We'll send out a draft for your thoughts soon.

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.

Details of the event and an agenda for the day can be found on the [eventbrite link](#).

The event is free, but spaces are limited so [please click here to register your attendance](#).

[It is at Henbury Golf Club 11.30 am - 2.30 pm](#)

Please feel free to share with anyone who may be interested in finding out more about the Southmead Project! We're really looking forward to celebrating and hope to see you there.

With best wishes,

The Southmead Project Team

IDEAS FOR NEXT YEAR

Active Recovery is YOUR community and your ideas and need are at the very heart of it. What kind of activities would you like to do? Let us know! We will then get them all in a list and have a vote! Democracy!

You dream it - we make it reality (with a few limitations we can't all go on an All Inclusive holiday to the Carribean for example!!)

Feedback

Not sure about an activity?

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

I really enjoyed the whittling, so relaxing & creative. I enjoyed gaining a new skill & it gave me lots of joy.

We have some spaces for October, November and December - look out for emails and messages in Spond.



We have a few spaces available at sessions and we will be emailing out about them soon.



Did you know? Active Recovery Facts

Active delivered 43 sessions last year! What a lot of fun times!



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!

*A virtual puzzle to unlock
the door*



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

https://www.arkadium.com/games/room-escape/?arkpromo_value=event&arkpromo_campaign=roomescape&arkpromo_startdate=Sep02&arkpromo_type=&arkpromo_group=lightboxpromobox_loc=&arkpromo_v=2

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](#)

