

SEPTEMBER 24 NEWSLETTER



Getting ready for winter

Hello reader!

After a wet summer coming into the winter months it is looking now to clearing the leaves and saying goodbye to the spring and summers growth. It feels a little like this in Active Recovery as a number of our members are leaving and making way for others to come in and grow.

So the next few weeks and months we are looking at taking on new members and saying goodbye to others bringing with it lots of different emotions for all. However, making the most of the time we have left there has been the last sprinkling of All Aboard watersports throughout September and of course the the Southmead Project's 30th birthday party. Thank you to all those who came and celebrated with us!

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?



Well this was a session we will remember! The rain poured and it poured. For those who wanted to go in the water we found it exhilarating although we got very, very wet in the katacanoe! For those on the motorboat it was a lot dryer and got to see loads of lovely things. In the motorboat we saw the baby swans (signets) had grown loads - so lush to see them doing well, a massive fig tree growing figs alongside the water bank and a art installed crocodile - you can read up about it at this link below. As always no matter what the weather we had a great time with you all! ['Crocodile' appears at infamous Bristol harbour - Bristol Live \(bristolpost.co.uk\)](http://bristolpost.co.uk)

Our second All Aboard session this month was a very different session to the wet one previously! The gorgeous autumnal weather blessed the docks and we took off on kayaks and motorboat. The figs had disappeared! Who or what did this - it is a Bristol trip! For both the kayak and motorboat activity we felt Bristol brought the connection and we came back, had a cuppa and reminisced about the glorious afternoon we just had! Our Active Recovery cups were certainly filled!



Its been a while since we have been to the Bristoltreecraft wood work session, but my was it a session. We a full session of 12 members and we took to make a game of Kubb that we would go on to play at the end in two teams. We used a new wood working horse which allowed us to carve quickly our skittle shaped game parts - this was something Vic was very excited about and absolutely loved! The game at the end enabled us to come together and set alight even more that Active Recovery comradery. Thank you bring the spark!

Team news and announcements



One of our amazing Active Recovery members who has just recently finished with us wrote and read a poem at our 30th birthday celebrations. Elina Pridepower, who like to be referenced as a survivor of trauma and a member of Active Recovery and the Southmead Project wrote the following about her experience with us. We think it is beautiful and hope it brings you as much hope, love and inspiration as it did us.

They walked with me

**A journey starts with a single step, sounds so cheesy but true,
I try to make sense of the world, of my world, in that strange place we call,
counselling,
When counselling started, I sat hunched, tentatively talking and trembling into a
telephone,
That was the first step we walked,**

**The ground level felt almost vertical in those days,
As we tried to will our weary way to walk up that weird wall we call, life.
My feet, those heavy bricks, battered and bruised, tired of trying to build bridges with
myself,
But my hands felt warm when they held them and walked with me.**

**Until he told me of tapping, teaching my hands to tiptoe out my traumas on my left
and right shoulders alternately,
so that the rhythm of my hands mimicked those of my wearily walking feet,
Right, left, right, left, until my muscles melt into music, and my mind mirrored the
song,**

**And the song sang itself into existence, my existence, my voice,
until I went and bought new shoes for my feet to feel free in,
And then my recovery evolved into activity,
And my feet began to bounce, to bound, to bubble, without bursting any,
Walking became a glide across a lake, unfurling with the wings and calls of swans and
ducks,
Walking became the wave of life, until my body and mind felt aboard, and on board
with myself.**

So thank you Southmead Project, you walked with me.

Team news and announcements



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!

Don't miss out on voting here: <https://www.surveymonkey.com/r/PSQDHGT>

An invitation from the Avon Centre

We would like to invite you to come to The Avon Centre for screening of 'My Everest' and presentation of Tegan Vincent-Cooke, International Para Rider.

'My Everest' is a British feature-length documentary, telling the epic story of RDA rider Max Stainton-Parfitt as he takes on societal prejudice by trekking up to Everest Base Camp - on horseback. An emotional, entertaining, and intimate film, 'My Everest' explores the life of a physically disabled man, questioning ableism within society, and querying how far anyone should go just to find social acceptance.

After the film we will host Tegan Vincent-Cooke. Tegan will present her journey from our RDA program that she started at the age of 4 all the way to successfully competing at FEI International Para Competitions representing GB.

All proceeds will go to our Avon Centre Charity that supports riding and other nature based activities for Disabled and disadvantaged.

Ticket costs £5 and you can purchase them through our website shop: <https://www.theavoncentre.org.uk/shop-1>

The event will start at 6pm and there will be popcorn!

Feedback

Not sure about an activity?

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

The activity was very well structured from educational over calm meditative then chatty and then exciting and engaging and back to grounding and reflecting and connecting. That felt like an emotional massage for my otherwise overwhelmed emotional system. Normally my emotions go extreme and it takes all my daily energy reserves to keep myself in the safe middle range. That is exhausting. During sessions we all look after each other and there is no need to suppress anything.

If you would like to book on to any onto these let us know!



We have a few spaces available on the following sessions in October



17th Oct - Bouldering
24th Oct - Pottery

Did you know? Active Recovery Facts



Fancy a certain snack or drink at our session? Let us know we always try to get this or something VERY close!



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/word-wipe/>

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....
Free Birthday
Bus Pass

Apply Now

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

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

Southmead Project

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

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

Supporting
Male
Survivors in
Avon and
Somerset

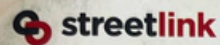


BRISTOL MENS SEXUAL ASSAULT/ABUSE PEER SUPPORT GROUP

A weekly space for Men/Trans Men who have experienced sexual abuse or assault at any time in their lives

A safe space to talk and listen
WEDNESDAY EVENINGS
STARTS 11.09.24
7PM-8PM
CENTRAL BRISTOL

Contact: 0117 342 6999 or
Email: thebridge@uhbw.nhs.uk
to find out more



Worried about someone sleeping rough?

No one should have to sleep rough. You can help change someone's life by making an alert to local support services through StreetLink.

What is StreetLink?

StreetLink is a platform that enables you to alert local authorities and outreach teams to someone sleeping rough, so that they can locate and provide them with needed support. This includes anyone who is sleeping outside, preparing to bed down, or sleeping somewhere not designed for habitation, such as a car.

How does it work?

To make an alert through the website, follow these 3 simple steps:

1

Locate

Send a pin of where you've seen someone sleeping rough

2

Describe

Give as many details as possible to help services identify them

3

Submit

Your alert will go to local support services who will go out to find the person



Scan the QR code or visit thestreetlink.org.uk to make an alert about someone sleeping rough





Participants NEEDED

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

We are specifically looking to speak with men who have been through an unwanted sexual experience, or any kind of sexual abuse or violence.

If you are male, or identify as male, live in the UK, are aged 18 years old or over, have completed counselling or psychotherapy; and would like to participate in this research, please contact Helen Biggs (see contact details below). If you would like any additional information, please email Helen or scan the QR code below:

You are invited to take part in research, involving :

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



 helen2.biggs@live.uwe.ac.uk



University of the West of England




Thinking about the next step?

Issues with drugs or alcohol now or in the past? Community Learning can help you get into work, training or volunteering.

Our specialist support package includes 1-2-1 careers advice, a wide range of free courses and workshops, a digital device to help with learning, and a personal budget to help you meet your goals.

Contact: adder_project@bristol.gov.uk

Eligibility: Aged 19+



WEST OF ENGLAND
Combined Authority



COMMUNITY LEARNING

communitylearningwest.net
lctinfo@bristol.gov.uk
01172 510230