

WHAT'S NEW

Footsteps
to Recovery

Change, Growth & Moving On

Nov
2020

WELLBEING

SilverCloud is an NHS Wales free online therapy service, which does not require a GP referral. Users must be 16 and over and can access one of 17 mental health and wellbeing programmes to complete at their own pace over 12 weeks. Programme options include anxiety, stress, sleep and money worries. The programmes feature activities and interactive tools aimed at managing psychological wellbeing. A team of psychologists and online CBT co-ordinators support the programmes, monitoring progress and providing personalised recommendations where necessary.

Follow the link to sign up and find out more: <http://nhswales.silvercloudhealth.com/signup/>

MINDFUL MOMENT

Mindfulness does not need to be another thing on your 'to do' list. Make it part of your everyday routine. There are lots of opportunities to take a few mindful breaths: sat at traffic lights, waiting in line, waiting for the kettle to boil.... Next time you have a minute to spare don't scroll through your phone..... take a breath in and notice your stomach fill with air like a balloon.

[Click Here](#)



FOOTSTEPS FORUM

The idea for this newsletter and all the great information and opportunities in it have come from our incredible Footsteps Forum members. The forum is an opportunity for current and former service users across the Footsteps consortium (Community Rehab Programme, Recovery Cymru and Platfform) to give us feedback on how we can be even better at what we do and to contribute to our monthly newsletter.

We'd love for you to join us at our next meeting on November 18th at 11am. For further details please contact Anna (anna.pugh@poblgroup.co.uk / 07837 033030) or Jude (judithenticott@recoverycymru.org.uk / 07946 053909).

If you are running any courses, clubs or well being activities that you think may be appropriate to share in our newsletter then please feel free to email us the information ahead of the next forum to consider for the December newsletter.





KEEP ACTIVE THIS AUTUMN

Thankfully Cardiff's parks will be remaining open during the stricter lockdown period. Cycling and walking provide an ideal way to get

out and see the autumn colours. Try visiting Roath Park, Alexandra Gardens, Bute Park, Victoria Park or Thompson's Park. Alternatively go for a trundle along the Ely or Taff trails. Find out more at <https://www.outdoorcardiff.com/>.

John, Footsteps Forum member.

DON'T BE AFRAID OF... GOING THE EXTRA MILE

"I have recently completed MILE; the training course aimed at people who are looking to get to a point in their recovery where they may feel confident enough to volunteer in the wellbeing sector. As well as equipping me for a brand new venture and contributing to my own personal development, I also feel that the course very much helped me in my own recovery journey. There are many different kinds of volunteer roles available and I am looking forward to finding out what mine might be. Do you feel ready? Get in touch with the Volunteering Team at nlwvolunteering@platform.org to find out more."

Andrew, Footsteps Forum member.

EXPLORE



Hi, I'm Lisa and a member of the Footsteps Forum.

I am always interested in trying to better understand my own mental health issues and to keep myself busy during lockdown I've started signing up for various free courses through <https://www.eventbrite.co.uk/>

I've always shied away from participating in things, but thought I'd give it a go from the safety of my sofa (I can do them with the camera turned off if I want) and I've loved it!

I've done a number of the SURE for Mental Health run by New Pathways and I've signed up for more next month. The trainers are brilliant and everyone participating has been great. The events are between an hour and a half to 2 hours and with the ones I've done you'll be sent the course materials so you can keep them for reference.

If you've not experienced an online course, you don't need to be nervous. It's relatively simple and as it's fairly new to most people, everyone is making mistakes together! Give something a go and enjoy.

FOOTSTEPS UPDATE

Platform is running several courses in November: Buzzin Reunion; Substance Misuse Awareness Course; Confidence Building Workshop; CV Skills and Interview Preparation. If you are interested in any of these please contact Mel (melaniemillar@platform.org) or Erwan (ErwanDurand@platform.org).

Recovery Cymru continue to run a full programme of groups on Zoom. [Click here](#) for the website to see what RC has to offer. Recovery Cymru have successfully completed their first rounds of online volunteer training online and will be setting a date for the next program in the new year. If you would like to discuss what it means to be a peer volunteer with Recovery Cymru you can contact Jude at judithenticott@recoverycymru.org.uk / 07946 053909.

The Community Rehab Program is continuing to run online with daytime and evening programs starting regularly. Please get in touch on 029 2038 8717.

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