

# WHAT'S NEW

OCT  
2020

## WELLBEING

The NHS Primary Mental Health Service have made two of their courses available online in the last few months. Each has 4 video sessions of around 2 hours and a series of worksheets so that you can work through the material at your own pace when you have the time.

For people who have experience with Acceptance & Commitment Therapy, the “ACTION for Living” course is a great refresher. And their “Understanding Me” course focusses on self-compassion and self-kindness.

[www.stepiau.org/open-access-courses](http://www.stepiau.org/open-access-courses)

## MINDEFUL MOMENT

When life becomes hectic or stressful it can be easy to lose touch with the mindful skills we’ve built—and that’s often when we need them most.

Why not take 3 minutes now to reconnect with the present moment and observe your thoughts with this Leaves on a Stream exercise. [Click here](#)



## FOOTSTEPS FORUM

The idea for this newsletter and all of the great information and opportunities in it have come from our incredible Footsteps Forum members. Here’s us at our last zoom meeting.

The forum meets each month and we’d love for you to join us!

If you would like to come along to give feedback to Footsteps to Recovery or to help us to make this newsletter great then please give the Spectrum House office a call on 02920 232 127.



## EXPLORE



Did you know that the Open University have hundreds of short courses available online for **free**?

You could learn a new language, get an understanding of child psychology, explore the art of Ancient Egypt. With over 900 courses there really is something for every interest.

Just follow this link to browse the options:

<https://www.open.edu/openlearn/>

## DON'T BE AFRAID OF ZOOM

"I have been involved in the online groups from the start. The administrators are very good in assisting if you are having trouble.

Those who are still unsure can always start with a phone call and carry out a one to one for practice.

So no need to be afraid of zoom!"

- From Andrew



## WEDNESDAY WANDERS

The lovely folks at Wales Outdoors are continuing with regular in person meet-ups for outdoor walks each Wednesday in a variety of locations from Castell Coch to Dinas Powys Woods. There are separate walks for the Vale & Cardiff walk every Wednesday and all the info can be found here: <https://www.walesoutdoors.co.uk/events/>

You'll need to register your interest on the website to be sent the meet up location and you can contact Andy at [info@walesoutdoors.co.uk](mailto:info@walesoutdoors.co.uk) if you'd like to start your own Wander group.

## FOOTSTEPS UPDATE

The next MILE program will begin late October. If you are interested in gaining the skills and confidence to support others in recovery you can contact Mel to find out more: [melaniemillar@platform.org](mailto:melaniemillar@platform.org)

Recovery Cymru have successfully completed their first rounds of online volunteer training online and will be setting a date for the next program. 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](mailto:judithenticott@recoverycymru.org.uk).

The Community Rehab Program is continuing to run online with daytime and evening programs starting regularly. If you feel this would be helpful for you at the moment please do get in touch.

**Footsteps  
to Recovery**  
Change, Growth & Moving On