

WHAT'S NEW

Jan
2021

EXPLORE



Looking for something to do at home in January? Have you heard of the Skills Toolkit, an online platform developed by the Department of Education? On the site you will find a set of free courses provided by the Open University, Google, Amazon and FutureLearn. Topics range from personal growth and wellbeing to digital design and marketing, and are aimed at helping you learn new skills or get a new job.

<https://theskillstoolkit.campaign.gov.uk/>

John, Forum member.



DON'T BE AFRAID OF...

NEW YEARS RESOLUTIONS

2020 was a particularly difficult year for all and you may think the last thing you want to do is start off 2021 with a stressful New Years Resolution. If this is the case, think small and manageable.

During my recovery over the past few years, there have been many major changes in my life. However, these major changes have been built up through lots of smaller ones made in my day-to-day life.

It's these smaller changes we make that can boost our confidence and prove to ourselves that we are capable of growth. That's why this year I'm taking one sugar, instead of two in my tea!

Happy New Year!

Sam, Forum Member.

Click here to find out more about SMART goals: <https://youtu.be/PCRSVRD2EAK>

FOOTSTEPS FORUM

What would you like to see more of in this newsletter? Would you like to contribute? The forum meets once a month to discuss how our services could be improved and to put together this newsletter. If you have attended Footsteps to Recovery we want to hear from you!!

Get involved and come along to our next forum on January 20th. Email anna.pugh@poblgroup.co.uk for more details.

MINDFUL MOMENT

The conscious state of mindfulness
And focus of being aware.

Calmly accepting your feelings and
thoughts

With sensation of body and care.

In these cold and wet, wintery days

Not a year we would like to recall

Encourage your mind to cook something
tasty

Perhaps, a warm and tasty Cawl.

[Andrew, Forum Member](#)



WELLBEING

Cawl – try this easy recipe.

Ingredients: Serves 4

- 680 g/1.5lb neck of or shoulder of lamb, cut into small pieces, most fat removed
- 1.15 litres/2pints lamb stock
- 2 large potatoes, chopped and cubed
- 2 onions, roughly chopped
- 2 leeks, trimmed and thinly sliced
- 2 large carrots, peeled and roughly chopped
- 1 small swede, peeled and roughly chopped

Method -

Put the lamb and onion into a large pan with a little veg oil and brown gently.

Pour over the stock and Bring to the boil.

Add the vegetables “except leeks” and cook for a further 1 Hour. Add leeks and cook for another 20 minutes.

When you are ready to serve, return the stew to the boil and cook for 15 minutes, or until completely heated through.

Spoon the cawl into serving bowls. Traditionally, serve with crusty bread, and Welsh cheese. celery

Options: You can use less or more meat, and adjust Veg to suit i.e.: celery, turnip, parsnip, etc.

Yum, Enjoy

[Andrew, Forum Member](#)

FOOTSTEPS UPDATE

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

Platform continues to run the MILE and Velocity courses and support people into volunteering positions. Contact nlwtraining@platform.org for more information.

Recovery Cymru continue to run a full programme of groups on Zoom.

Click [here](#) for the website or visit @RecoveryCymru on Twitter, @RecoveryCymru1 on Instagram or Recovery Cymru on Facebook.

**Footsteps
to Recovery**

Change, Growth & Moving On