

# WHAT'S NEW

Footsteps  
to Recovery

Change, Growth & Moving On

Feb  
2021

## GET OUT AND ABOUT ON A COLD DAY

*Anyone who has done an ACT course will probably have come across the passengers on the bus metaphor. If you are not familiar with it, or need a refresher, then have a look at this short clip <https://www.youtube.com/watch?v=vGGAI60U0ul>*

It is cold outside and the days are still short. Getting out of the house can be difficult because of all the easy justifications for staying inside. For me these justifications remind me of the passengers on the bus trying to stop me from making a change. Though, I am not sure if I have many passengers or just one very awkward one!

I know that if I get away from the house then it will break the day up a bit. I will feel better about being inside when I return home and I will feel I have achieved something. I am more likely to have a social interaction and I will also probably sleep better.

I assert to the passengers that I am going out regardless of what they say - they do not like it. I drink some hot coffee, have a hot shower, eat sensibly, dress in layers, turn off my heating. I am ready to go.

As I start on my way up the street I notice that most of the passengers have gone quiet - well, until the next time.

John.

## FOOTSTEPS UPDATE

Footsteps to Recovery is a partnership between Pobl and Recovery Cymru offering structured aftercare interventions, peer support and volunteer opportunities.

The Community Rehab Program (POBL) is currently running groups online with daytime and evening programs starting regularly. We also offer 1 to 1 telephone support and have a free counselling service. Please get in touch on 029 2038 8717 to self refer.

Recovery Cymru is running a full programme of groups online as well as offering one to one recovery coaching over the phone. Click [here](#) for the website or visit @RecoveryCymru on Twitter, @RecoveryCymru1 on Instagram or Recovery Cymru on Facebook.

All our newsletters can be found on the RC website under 'what we offer'.

## MINDFUL MOMENT

In the cold, wet, and wintry days it is so refreshing to look out of your window and see how much wildlife you can spot. Many varieties of birds can be seen and you can even make your own upcycled plastic bottle bird feeder (<https://www.nationaltrust.org.uk/features/make-a-bird-feeder-from-recycled-materials>).

This way you can help the birds, environment and enjoy yourself

Andrew B



## PRACTISE SELF-COMPASSION – SEND A VALENTINE’S CARD TO YOURSELF

Dearest You,

I want to write these thoughts I have of you down, so you can see them, feel them and they will hopefully make you happy, as happy as your vibrant growing soul makes me and your loving peers.

As Andrew marvel says:

*‘How do I love you? Let me count the ways:*

*Your loving kindness; your open mind;*

*Your wit and wisdom and the loving respect you show all living things;*

*Your laughter, honesty and fairness are a refreshing change;*

*Your wonderful patience with those who suffer and...*

*Your greatest desire to help make the world a more loving place.*

*I love you unconditionally,*

*Always,*

*Please remember this.’*

Jayne.



## DON'T BE AFRAID OF... IT DOESN'T END HERE

I completed the Community Rehab Programme with Footsteps To Recovery at the beginning of 2020. I'm sure that I was not alone in feeling concerned that I would lose the support (and safety net) that I had gained over the duration of the course. As it turned out, I needn't have worried. There was more support to be found.

For the last ten years, Recovery Cymru has been a peer support group that offers help and guidance to people who are looking to begin or continue their journey to recovery. Even during this time of COVID there are still groups running (via Zoom) including: Relapse Prevention and Moving On In My Recovery. My experience has been that the work that RC does very much picks up from (and continues with) the recovery process that was begun in the Footsteps programme. As such, the transition from one to the other was all the easier for me to make.

My personal experience has been that RC has been a tremendous source of support for me during what was perhaps the toughest of years for anyone in their first year of recovery. I believe that it will continue to be so.

Don't take my word for it. Give it a go.

You can find out more here: <http://www.recoverycymru.org.uk/contact-us/>  
Andrew F.

## FOOTSTEPS TO RECOVERY FORUM

The F2R forum meets once a month to discuss how our services could be improved and to put together this newsletter. If you have attended the CRP or are a member of RC we want to hear from you!! Get involved and come along to our next forum on February 17<sup>th</sup> or get in touch to let us know what sort of articles you would like to see in this newsletter. Email [anna.pugh@poblgroup.co.uk](mailto:anna.pugh@poblgroup.co.uk) or [judithenticott@recoverycymru.org.uk](mailto:judithenticott@recoverycymru.org.uk) for more details.

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