

WHAT'S NEW

EXPLORE

After a year spent mostly in Lockdown, many people (myself included) are perhaps feeling a degree of anxiety about the prospect of returning to whatever "New Normal" awaits us.

Recently, I came to realise that my time spent away from home had become severely limited. I was, in fact (and contrary to how things had been for me pre-COVID), becoming more and more disinclined to venture outdoors.

Day by day, I've found that expanding the time and distance of my trips out, by degrees, has helped a great deal. From a trip around the corner to the local shop, up to a visit to a park a mile from where I live.

However, I'm also aware that Anxiety, for many people, is all too much a constant in their everyday lives.

Here is a resource that people may find useful:

"Walk Free" is a service for people suffering from panic attacks, anxiety and social phobia. You can self-refer. They can be contact by telephone on 07847 065083 and you can find out more here:

<http://www.cavamh.org.uk/directories/mental-health-directory/voluntary-sector/walk-free>

Andrew F

Footsteps
to Recovery

Change. Growth & Moving On

April
2021



NEW BEGINNINGS

Easter is the Christian celebration commemorating the resurrection of Jesus. Now I'm not particularly religious but I do see Easter as a time of new beginnings. Spring brings fluffy bunnies, chicks and baa lambs bouncing about in the fields and I start thinking of the changes I will try and make (and usually fail!) or of trying something new.

So, bring on the arts and crafts nightmare that is the Easter bonnet parade. This was our family's entry for our 5yr old. No mention of Donny Darko thanks!

But I have to say, as a first attempt at something, it's not bad.

Lisa.

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 21st April 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 or judithenticott@recoverycymru.org.uk for more details.

WEEDS OR FLOWERS?

I was recently surprised and disappointed to find two flowers that I grow in garden pots were listed as weeds on a UK Gardening website. This got me thinking about labels - clearly 'weed' has a negative aspect to it and 'flower' has a positive aspect.

The labels are just a generally convenient rough guide. However, this kind of coarse differentiation, can encourage a 'black and white' mode of thinking amounting to 'all weeds bad', 'all flowers good'. With regard to human gender and sexual orientation, as the years have gone on, more labels have been added to allow a more granular distinction. Not so for plants, so I am left growing 'weeds' (Oxalis and Aquilegia) in my pots, which are probably categorised as such, due to their invasive nature and not their pretty flowers.

For more information on how labelling can be negative when applied in the area of substance misuse, read this article from the Canadian Health Recovery Centre

[The Dangers of Addiction Labels - Canadian Health Recovery Centre](#)

John



DON ' T BE AFRAID OF... GRIEF

In times of grief, and life's uncertainty
Noticing with your mindful ability.
Mistakes can be made, in what we say or do
Pause and think, before message gets through.

That moment of pause, is important to see
Be mindful, get help, and a positive can be.

No anger, hate, or grief outstanding
Will cure any grief of misunderstanding.
Coming from patience, of thought and mind
Love, heart and soul, you will always find.

A free website for coping with grief is available at:

www.cruse.org.uk listed by NHS.

Andrew B

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'.

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