Footsteps to Recovery

Change, Growth & Moving On

in partnership with Recovery Cymru and pobl

The Monthly News!

produced by forum members

October 2021

UNIQUE throughcare, aftercare and recovery support service, working with individuals with substance misuse issues in Cardiff and the Vale of Glamorgan.

Don't Be Afraid Of A Few Hard Knocks (Andrew)

I've just started a course called "The School of Hard Knocks". If someone had told the teenage me that I would end up doing a course that used Rugby as a metaphor for life, then I would probably have laughed - or maybe cried. I went to a school where playing Rugby was a requirement. I suspect that I hated it because I was constantly being told that I was not very good at it. It's often other people that can make or break one's interest in things.

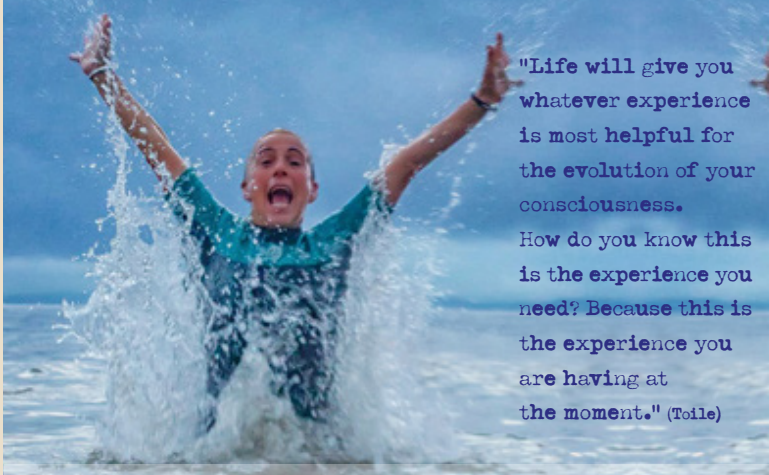
At its best, Rugby utilises the qualities that take us through a successful existence - teamwork, determination, communication, confidence, and resilience. The difference for me is that this time, it's much more of a supportive experience. Also, it's not just physical - there are sit-down tutorials to do with practical employability skills. After day one, I came home exhausted and had an hour-long nap but then inexplicably felt like cleaning and tidying my flat.

We are working towards playing an actual game of Rugby - if we wish to do so. I don't actually hate that idea."

Interested? Take a look:

https://www.schoolofhardknocks.org.uk/adult-courses

'My Mindful Moment'



Seawater helps release stress, relax your muscles, promote deep sleep and spiritually cleanse your aura. Also rich in magnesium and can trigger the release of, dopamine and serotonin!!

In other words, flipping exhilarating, feel a million dollars, I am smiling from ear to ear - thoroughly recommend giving it a go! ☺ *(Kate)*

We'd love to hear from you! Send your mindful moment picture and story to: anna.pugh@poblgroup.co.uk

OPPORTUNITY TO STAY SOBER/CLEAN, SOCIAL AND HAVE FUN!

If you have attended Footsteps to Recovery or are a member of Recovery Cymru **we want to hear from you!**
Come along to our next forum (13th October) or get in touch to let us know your ideas for the next newsletter!

For more details email: anna.pugh@poblgroup.co.uk gemmabrownhill@recoverycymru.org.uk

Blackberry and Apple Crumble

2 medium Bramley apples
(or 3 of own choice)
150g blackberries, rinsed
2 tablespoons sugar
Heaped teaspoon sugar
Topping:
250 g plain flour
50g rolled oats
200g butter
150g demerara sugar

Preheat oven to180c
Add filling to pan, warm for approx. 5 mins, stir occasionally and gently
Add to oven dish and leave to cool
Mix topping ingredients together, If using mixer, quick pulses, so as not to overwork ingredients
Add on top of crumble, cook in oven 180c 35-40 minutes

Top Tip..... ☆☆☆☆☆

Sprinkle topping with demerara sugar for extra crunch! (Andrew)

"Feeling mindful to pick some fruit.
Apples and Blackberries ripe in suit
Thought of what to do with pickings
Watching your arms with the thorns that stick-in
Home with rewards, and feeling quite humble
What about making, a blackberry and apple crumble" (AB)

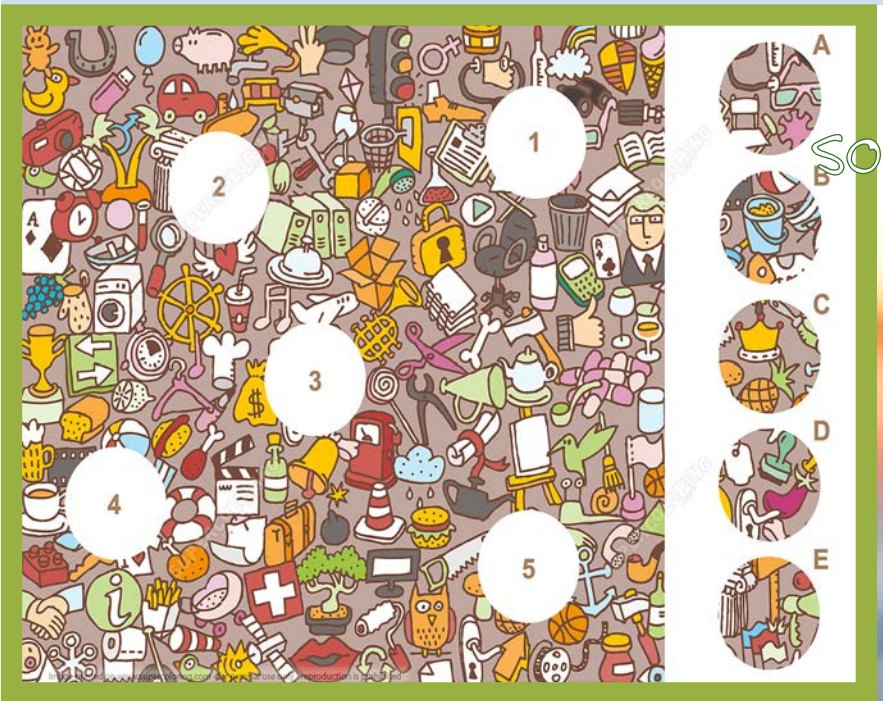
Footsteps to Recovery to...a job!

I started my Footsteps to Recovery (F2R) journey in late 2019. I'd had to leave my job of 18yrs and was not in a good place, my life had become fairly chaotic. Following a period of recovery where I had become a bit more stable I signed up for the F2R course. **It's no understatement to say it has changed my life…**

Back when we were allowed to meet more than 6 people in a room, the structure of turning up, on time for a set number of days a week was an excellent but gentle way of getting back into a routine. And that's not even taking into account what I learned on the course. Shortly after graduating the course, we went into lockdown. I had already attended a follow on employability skills course arranged via F2R so had another contact to go to. I also signed up as a volunteer and gained not only new skills and experiences,but re-learned some I had forgotten.

Determined to continue my learning from F2R and the Acceptance & Commitment Therapy I signed up for more courses which fed into my volunteering. One of these was Peer Mentoring. And guess what? 9 months later, in the middle of a pandemic I secured a full time role as a Peer Mentor with a fabulous Out of Work Service called Platform.
The purpose of the job is to help others who are in situations of unemployment with a history of mental health or substance misuse issues and support them back into training, volunteering or employment. It's a fantastic, demanding but overall very rewarding job in which I can help people in the next footsteps on their journey. (Lisa)

Footsteps to Recovery — Newsletters can be found on Recovery Cymru Website — Recovery Cymru Est. 2010 — www.recoverycymru.co.uk



Relaxation time....

SOBER/CLEAN, SOCIAL AND FUN!