

Footsteps to Recovery

in partnership with



The Monthly News!
produced by forum members
August 2021

Change, Growth & Moving On



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

Looping the loop....



Quiz - are you the scorpion or the frog?

"the busy loop,
the chaos loop,
the psycho-drama loop,
the self destruction loop....
the eat, work, drink, sleep loop
here we go.....loopy loo....
here we go déjà vu"

Meet Gemma....

GEMMA BROWNHILL

(Community engagement and volunteer worker)

We thought it would be nice to find out a bit more about new things going on at Recovery Cymru so I got in touch with Gem for a chat!

Gemma has joined the team as a Community Engagement and Volunteer Worker. Her previous role as a Well-being Coordinator in The Vale of Glamorgan led to a passion for empowering people to make **lasting, meaningful changes in their lives**, enabling them to become the best version of themselves.

Gemma will work with individuals to help identify their passions and interests, facilitating placements at local community projects or volunteer placements. If what you have in mind would need additional skills or training, Gemma can work with you on this too! So if anyone reading this is interested in further information, take a look at the RC website or drop Gem a message via e-mail. (Lisa)

<http://www.recoverycymru.org.uk/volunteering/>

gemmabrownhill@recoverycymru.org.uk/self help



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

Get involved....

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 (18th August) 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

please call 02920 388 717 to self refer

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Ginger Lemon Mocktail

Looking for something different to drink on these hot summer days?

I've been searching mocktail recipes as I don't have the imagination, or inclination to come up with my own and this is my current favourite.

Ginger beer & lemon juice topped up with sparkling water.

I've not put quantities as it's all about personal taste, but in a tall glass I use about 2 tbs lemon juice, then fill to just over half with ginger beer then top with the sparkling water. (Lisa)

Top Tips ★★★★★

Adding fresh ginger (grated / bashed) and fresh lemon will apparently give this anti-inflammatory benefits - result!

Get Creative....

Help yourself and others by being creative and having fun!!

Look how Andrew rescued Peter Rabbit improving his well-being with a sense of achievement and a mindful activity:

'Peter rabbit had a fall

Looking shabby no head at all

Broken foot and dented within

Sadly, destined for the bin

Then a moment of thoughts display

To make him feel so good this day

With mindful care, and work to see

To build him as he used to be

Positive changes work right through

To look so good, and feel like new'.



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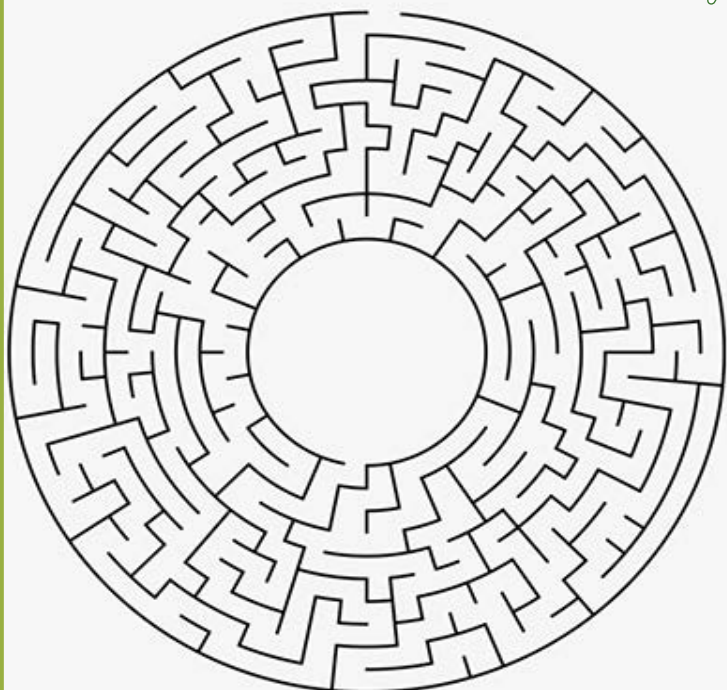
Newsletters can be found on Recovery Cymru Website



www.recoverycymru.co.uk

Relaxation.... make your way to the centre of the mindful maze then write in the centre how you feel!

SOBER/CLEAN, SOCIAL AND FUN!



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