

**The Monthly News!**  
produced by forum members  
**March 2022**

# Footsteps to Recovery

Change, Growth & Moving On



**Footsteps to Recovery** supports people in recovery from drug and alcohol misuse. We offer 1 to 1 key working, group work (the Community ReHab Programme), 1 to 1 counselling, peer support and training and volunteering opportunities. Referrals can be made by calling **02920 388717** – and don't forget you can self refer. To be part of our forum and contribute to this newsletter please email: [gemmabrownhill@recoverycymru.org.uk](mailto:gemmabrownhill@recoverycymru.org.uk)



Seemed easy enough when I was asked to write a few words about Footsteps. Had I written the first thing that popped into my head I'd have penned my well-rehearsed spiel as to what the Footsteps programme can offer, the fact it's currently delivered online and that it will equip you with a wide range of invaluable tools for recovery. That would have done it a disservice both in terms of what it's provided me and what it has offered others. Footsteps changed my life. I'm not going to pretend it was the practitioner led sessions, the 1-2-1 coaching, the peer support or the afternoon activities. It was the mixture and kaleidoscopic experience of all those together in a non-judgmental empowering environment.

I often say now that much of the areas covered are applicable to people who aren't seeking recovery but those who want to change how they approach life and really take back control of positive decision making. For me Footsteps was vital both from the very first engagement with Tim at CAU where he spoke of this Community Based Rehab which seemed bizarre having done residential rehab. That said all the elements that were so vital in finding my feet after a relapse were there. Compassion, acceptance, peer-based interaction, investigation. Moreover, a peer group which helped me integrate into the wider RC world. Further on there was the coaching, the groups and the 1-2-1's. I look in wonder at as the offering has evolved at how tight and supportive subsequent cohorts have become. As it stands there are over 70 such cohorts... This in turn led to volunteering and eventually working on the very same Footsteps project. I think it's important to say, how the involvement in Footsteps in it's now expanded form not only gives me work satisfaction but also helps me day to day in my own recovery. It shouldn't be overlooked how committed those involved are and no coincidence that many of same practitioners, workers and participants are linked to Footsteps many years on. Here's to Footsteps whatever it may look like moving on.....

**Get involved....**  **...join our team...have a voice...smile...laugh...make a difference...**

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 (16th March) or get in touch to let us know your ideas for the next newsletter!

For more details email: [gemmabrownhill@recoverycymru.org.uk](mailto:gemmabrownhill@recoverycymru.org.uk)

**please call 02920 388 717 to self refer**



# Slow Cooked Welsh Spring Roast Lamb Shoulder

## Ingredients:

1.75 – 2 kg Shoulder of lamb.  
1 garlic bulb.  
1 onion.  
1 carrot.  
2 sprigs rosemary.  
Lamb or chicken stock cubes.

## Method:

- Preheat oven to 160\*.
- Leave Meat 1 hour at room temperature.
- Separate garlic cloves, de-skin.
- Chop carrot and onion and place with garlic, in roasting tray or dish.
- Place meat on top of ingredients.
- Add 1 litre of stock.
- Cover with foil or lid, cook for approx. 4 hours.

## Top Tip



Remove foil/lid for last 20 mins to brown and crisp a little, the meat should fall apart. "yum".  
Serve with your choice of veg etc.



A: his son



We say 'Good bye' to the most amazing person.  
Thank you for everything you have done, all the people you have helped and being the most fantastic member of our team!  
Wishing you every success in your new venture.  
You and your sense of humour will be missed.

## "Initial Steps to Recovery"

I feel so withdrawn, angry and cold

Frightened to take a step to be bold

I can't go on like this anymore

Needing courage, to walk through helps door.

Help is there to provide helps journey

But I'm still afraid of shame and worry

Then the courage of walking through that door

Excepting the help, in a welcoming store.

*'It has been my absolute pleasure to work for Footsteps to Recovery for the past 4 years and more recently to work with such a great team of people on the forum helping to put together our newsletter.*

*As I leave the organisation I feel incredibly grateful for the opportunity to work with such an amazing group of people – both clients and colleagues. Every single person I have worked with has taught me something invaluable, but the main message I leave with is that a little bit of kindness goes a long way.'*

Anna.

## Relaxation... try our Brain Teaser.

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

## Brain Teaser



Answer in the lamb :)

## Easter Surprise



Easter is on its' way!

How better than  
to say a big  
hello to our very  
own

Footstep Ducklings!  
Due 8th March

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to Recovery

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