

## STOKE RECOVERY SERVICE WEEKLY NEWS

WEEK COMMENCING 27TH JUNE 2022

### CLAY PROJECT

This week we launched the first round of the clay project, we spent time connecting with the clay and with each other, we learnt some techniques on taking care of the clay and made a few tiles that we decorated. We learnt that in life, just like clay, you need to take care of yourself, let go of any internal negative thoughts and trust in a process. We also learnt that some things are out of our control and to have faith that you have the ability to respond in a way that is good for you. Here are some first pics of the created tiles.



### Walk and Talk

This week we did a walk and talk at Longton Park on Monday and another at Hanley Park on Wednesday. No matter the weather it is always good to come along to a walk and talk as it is a great way to meet new friends in recovery and a chance to let go of the day in a supportive mindfulness walk.



### Armed Forces Service Champion Network

The service has now joined the Armed Forces Service Champion Network, Vicky Lomas has recently been appointed the veterans Lead and will be working with other agencies to offer support to our armed forces veterans and their families.

### Quote of the Week:



Contact Number: 07773471926

*We do Recover!*  
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