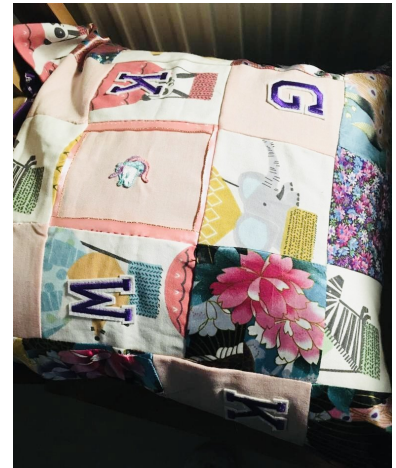


Women Create Recovery

Over the past few months the ladies group have been working on a sewing project, during the time of the project they made bunting for the Queens jubilee Party, they made recovery Cushions and they have also made a patchwork blanket that was made into a cushion as a gift for a new mum. The Women create recovery group is inclusive and supportive and offer's a safe place to connect, get creative and socialise. One member of the group said:

"I like the women's group as it's a safe space just for women and there are no limits. I feel safe and not judged it is a place where we can unite, I didn't think that i was creative at all but when I actually got started sewing and creating I realised that I was much more creative than I could have imagined, The creativeness that has awoken in me through attending this group has spilled over in to my home life in a very positive way. The women create recovery group has helped me to make new friendships, The women here are all so supportive towards each other, and it has been so nice to meet other women of different ages and all at different stages in their recovery and showed me that recovery is possible and maintainable".

Paula



Women Create
Recovery Group -
Every Tuesday 1pm
to 4pm at Dudson
Centre, Hanley

First Veteran Drop in Support

We have now partnered up with Tri Services and Veterans Support Centre to support an evening clinic, at their local centre. The centre offers a safe place for veterans and their families to access support for both their physical and emotional wellbeing and transitional support from leaving the forces. We met some incredible ex military and heard their stories of living with life long injuries. The drop in is every Thursday evening at the Tri Services Support Centre, Hassell Street , Newcastle under Lyme, ST5 1AR.

Quote of the Week:

*Surround yourself with people who
are going to lift you higher*

Contact Number: 07773471926

We do Recover!
Issue 2