

^{your}
RECOVERY
... All Together



We are in this together

The Covid 19 Pandemic has impacted each and every one of us. We have all had a personal and individual experience.

As we move along a road to recovery we may well find it helpful to begin to do things with others, to regain a sense of belonging.

These may well be very simple things that we find enjoyable. A walk in the park together, meeting up for coffee or a drink in the local cafe or pub.

It could be checking in on friends, family, work colleagues who are WFH or the neighbours, with a cake... the things we took for granted or didn't give a second thought about... before Covid.

Your friendship groups are a good place to start exploring just being together again, sharing life and experiences, doing things with a sense of belonging with each other.

We have spent over twelve months in extended times of isolation, it will be good to be together again.

Things we can be doing together...

Here's 12 things just to get you started...

01. Scavenger hunt
02. Plant a vegetable garden
03. Play tourist in town
04. Plan a picnic
05. Volunteer
06. Hike together
07. Take in a sunrise or sunset by the water
08. Hold a garage sale
09. Ride bikes together
10. Outdoor Yoga/Pilates classes
11. Organise a street party
12. Try a new coffee shop, pub or restaurant

What ideas have you got?

... a sense of belonging

My ideas list

There are so many things that we can do together. You might want to use the list "Things we can be doing" as a start point to help you put your own "My ideas list" together.

Why not make the first belonging thing getting together with your friendship group to brainstorm lots of ideas for you can all to do together.

Once you have a list, then plan when you will do them... and do them!

Think it... Do it... and then Tell it!

And let people know what you are doing... use social media to spread the word, that doing stuff together is really helpful in being on a journey to recovery, another step along the path.

**THINK IT
DO IT
TELL IT**



SESSH
South East Southampton Support Hub
'people and organisations working together'

Partner Organisations... Help can be a phone call away...

So:Linked - 023 8021 6050

Southampton Living Well - Day Centres Tel: 023 8051 6024

Options Counselling - One to One professional counselling - Tel: 023 8063 0219

Age UK Southampton Information and Advice - Tel: 023 8036 8636

Communicare: Befriending Phoneline - Tel: 023 8021 6016

Frontline Debt Advice Thornhill, Telephone for appointment 0780 6264020

Basics Bank Clothes Bank @ Ascension Church *Open Again 21/04 10.30 -1.30*

Thornhill Baptist Church - 023 8046 4121 or email office@thornhillbc.org.uk.

Ascension Church Bitterne Park - 023 8055 9074 office@ascensionsouthampton.co.uk