



SWADS

SUPPORTING WELLBEING AND
DEVELOPING STABILITY

August News



***Welcome to the SWADS August Newsletter.
We are 8 months through the year and there have been some wonderful things happening at SWADS. We also have some exciting things coming later in the year, so keep in touch with our social media and newsletters for whats coming up!
The header picture is of gladiolus which is the flower for August. Gladiolus have over 276 species!***

ARTWORK OF THE MONTH

This month we have chosen both of these beautiful pieces of artwork, we couldn't decide which piece of art was the best, well done Pat and Liz's for this month's work



Pat's Oil Painting on Canvas



Liz's animal themed artwork

This Month the clients had a chance to work with an animal themed paper cutting art book. This book had a variety of animal pictures that needed filling in with colour. The clients chose what animal picture most appealed to them and began filling this with paint, felt tips, and coloured pencils. Once this was done the clients personalised them even more by creating a scenic background on A3 card that the animal picture could be stuck on to. This enabled them to be more creative. Some people used felt to create different shapes that were stuck on to the card, some used tissue paper and this created different textures on their work, and one client used a previous lino print to give it the desired effect of water.



Mature Monday's

We are pleased to announce the Mature Monday's are back on Sept 4th /18th and Oct 2nd for the existing members.

The first mature Mondays had such a blast that we are doing all over again!

The next 'Monday Jam Taster Session' is open to anybody over 50 on Monday 25th September from 10-12.30 at The Sound Recovery Studio.

Please get in touch with Mike on 01793 695405 ext 205 or email mike@swads.org.uk to book in for that session and to get involved.

Its about having fun with music so you don't have to be Phil Collins, you just need to bring yourself and an open mind.



Also why not check out The Sounds of SWADS

The art and soul show goes out on the first Tuesday of the month between 10-11am.

Here's a link to our youtube channel.

https://www.youtube.com/results?search_query=swads+radio

Lin Time4us smarties challenge



So thanks to Lin and everyone who filled those
We would like to update everyone that Lin from Time4us has
raised another £25.00 with the Smarties tube challenge. This
makes the total so far £125.00.tubes .



This Month we had Rusty Goat (aka Scott) come along to the basement cafe for two 15 minutes of Poetry which everyone enjoyed and also brought up lots of conversations among the service users.

Dont forget that the Basement Cafe is open to everybody, without the need for assessment.

Every wednesday between 12 and 2pm come along for refreshments and biscuits or cake. Its a great space to meet new people and have a social chat time. If you are interested in SWADS services a member of staff or volunteer can talk to you about what we do and maybe show you around.



Shout out to all those fundraisers out there, please!

SWADS is building a fundraising committee to make plans and organise events in order to make money to keep SWADS doing what it does best. Would you be interested in being part of a fundraising group?

Everybody has different strengths and abilities so it doesn't matter if you can only do a little or a lot. A good mix of people, ideas and enthusiasm is what's needed. If you would like more information or to discuss further then please call Barbara on 01793 695405 or email me on barbara@swads.org.uk We hope to have our first meeting in the middle of September.



The begging of my 'Word Craft'

*I was asked the other day about when I started writing and
what my influences
So I've tried to sum it up in the following few lines.*

*It all started some years ago now, and I'd choose to write
on a Sunday night,
Reflecting on another weekend where things were the
same, life unchanged.
Which was all born of a longing to be 'wanted' and
'loved'.....
(that story is for another day)*

*I'd write using paint, on A1 sheets of heavy paper (all
liberated from the art department at school, some years
earlier). I still remember some of those words and
illustrations, but sadly they no longer exist.*

*My love of words came from music, namely Billy Bragg, Joe
Strummer, the anarchic punk band Crass, to name but a
few.*

*My poetry now, amongst other topics, reflects my
ownare,life long struggle with mental ill health, which last
September was diagnosed with BPD (Borderline
personality disorder).*

*This has been a key to understanding and unlocking my
'true inner self.*

*I shall continue with my stories of poetic travels, but will say
that I am now on a journey of ;
Recovery and Self Discovery.*

*Spoken word performance and writing are now my drugs of
choice.*

Much love,

Rusty Goat the Poet (aka Scott)personal



BARBS BIT ON THE SIDE

I started this year thinking that I was going to challenge myself and try new things.

Fortunately, I was lucky enough to go on holiday to Italy this month and I had the opportunity to put this into practice. I have tried swimming in the warm sea trying to avoid incoming jellyfish and wearing a bikini for the first time.

We had to drive into the mountains to collect spring water to drink, which was an amazing fresh taste. It wasn't as romantic as I first thought because I had imagined a stream between the rocks and a possible waterfall but it turned out that a monument had been erected by the side of the road to harness the spring, with 3 pipes coming out of it. The tap water was for washing only but it has given me a new appreciation of how lucky I am to come home and drink water from the tap.

I was also very pleased to be able to afford to try a scuba diving experience which to be honest scared me to try it but I wasn't going to let it stop me. It took me 3 attempts to go under the water at the beginning and when I got down the instructor held my hand to keep me feeling calmer. I can't say that it was my favourite experience but.....I tried it and it hasn't put me off trying other new things. It's not going to be possible to like everything that we try. Now I'm back home in Swindon I'm on the look out for new things to try closer to home. Any genuine suggestions are gratefully received.

Barb x



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Why not come along and get involved if you're interested in our DJ & Music course contact us on the SWADS main number 01793 695405 or Email richard@swads.org.uk

