



# September

## Newsletter



**Why not check this link out to see some of the good things SWADS does ?**

SWADS means there is  
ALWAYS someone to turn to



<https://www.youtube.com/watch?v=z2ZPxA6KUMQ>



SWADS was at the Trinity Hall in Bristol at the Reality Check Festival this month providing music therapy and talking about the services we provide at Swads .



We also had lot's of our music equipment set up in a beautiful room up stairs in the Trinity hall with really high ceilings which had great acoustics.

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**CENTRAL COMMUNITY CENTRE  
EMLYN SQUARE**

**FREE TASTER CLASSES**


**9TH OCTOBER & 16TH OCTOBER**

**10.30 AM - 11.30 AM**

**PRESENT**

**Bollywood Dance Classes**

*with*  
**Shaheen**



**TO BOOK YOUR PLACE  
CONTACT**

**MICHAEL@MECHANICS-TRUST.ORG.UK**

**SWADS 01793 695405**

**INFO@SWADS.ORG.UK**



#### Barbs bit September

September has arrived and the further that we move into it the more I feel that the world around me is speeding up. If I hear about Christmas again I may well just scream! Its September and we haven't even had Bonfire night yet!

My family have started to talk about the 25<sup>th</sup> December and who is going where, will Santa still bring stockings to 24-year olds? What would I like for Christmas? To which my answer was, 'it's far too early to even think about Christmas!'

This time of year, can start to build up as a busy time for people and it comes just as the darker nights draw in and we want to hibernate indoors with a cuppa and a duvet.

That is one of the ways that it is possible to look after yourself and keep well through it all. To take time out by having a relaxing space to be in with a comfy warm outfit and a nice cuppa tea or hot chocolate. Why not make a warming soup with seasonal vegetables that pack a great nutritional punch for a few pennies, curried parsnip is a favourite of mine. There are other ways to keep well through the shorter days and this can include making time to see people instead of hiding away for the winter, even if it's just a couple of hours coming out to an art session at SWADS or starting the week with a Bollywood dance session on a Monday morning down at the central community centre in the railway village. Its lovely to go on a walk and be mindful about the way that the season is changing with trees changing to the bronze, red and golden colours of autumn.

There are many ways to stay connected and stay well this autumn so look after yourselves.





Hi my name is Sue Bardwell and I am a practicing artist working mainly in mixed media drawings/collage as well as a face painter/makeup artist/body painter. I have been teaching art for over 20 years to a vast range of people at a variety of different levels in an array of situations. I have worked on large scale art/drama projects with young adults with special needs, ran nature based arts and craft sessions for vulnerable families with children in care and facilitated craft workshops to young and elderly carers to name a few.

I really enjoy working in a therapeutic environment and have seen firsthand the transformative effect creativity can have on a person's wellbeing, particularly in a group setting.

I am looking forward to working in the New View art room at SWADS as it brings together all of my experience and passion for creativity in helping people on the road to recovery.

Book in with Sue on Thursdays and Fridays.



Introducing Sam. Sam will be here every Tuesday to facilitate the New View Art room. She is a textiles whizz and is ready to teach and support you to create some amazing projects. Book a space before they all fill up! call us on 01793 695405

## DJ & MUSIC PRODUCTION COURSES

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AND MORE @SWADS MILTON RD



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SUITABLE FOR BEGINNERS  
EXPERIENCED INSTRUCTOR  
FULL COURSE COST £90

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VISIT [WWW.SWADS.ORG.UK](http://WWW.SWADS.ORG.UK)



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](mailto:richard@swads.org.uk)

"Every being is  
a spark of  
the Divine."

~ Eckhart Tolle



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