



February's artwork of the Month is this superb watercolour by Alex.

Hello February

Now I can't say I know too many people that are a fan of February, apparently, poor old February is dull, cold, wet, dark and miserable, but I have to say this year I'm paying a bit more attention to February. It may still be a bit grey and drizzly out there but chinks of light are peeping through and I spot a sign of spring time. The crocus and daffodils are just about peeping and I'm sure it won't be long before we see buds on the trees and hear the birds singing again. I wake up a little earlier, given the lighter mornings and have a little more time to spend over breakfast and fuss the cat. The Christmas chocolate has at last been finished off and we're actually seeing the benefit of those New years, 'I'm definitely getting fit and healthy this year' resolutions, while it's still perfectly acceptable to get straight into your PJ's at home time and snuggle up in front of a good TV box set. See, February really isn't all that bad. It's full of promise, little signs that things are getting better, lighter, brighter, February is full of potential, it gently eases us into the year ahead and offers us the sweetener of pancakes and valentines too. So when you wake up tomorrow try not to focus on the grey clouds, spot the blue sky between them, and when the evening draws in and it's dark and frosty outside, just enjoy a little extra time to look up at the stars.



Thank you to everyone who came along to the opening of The Basement Cafe. It was a rip roaring success with many cups of tea drunk and many snacks consumed. If you find yourself feeling lonely or isolated or you're just looking for a safe place to meet new people and make new friends then please pop in, it's open to all! For now our cafe will be open every Wednesday from 12 till 2 but we have big plans to make it a more regular fixture. If you would like to help support SWADS in our new venture then maybe you'd be interested in our fundraising 'Night at the Dogs!'.



On the 25th March SWADS will descend upon Blunsdon racecourse for a night at the dogs. Tickets cost £6 pounds and the doors open at 6.30 for the first race at 7.25.

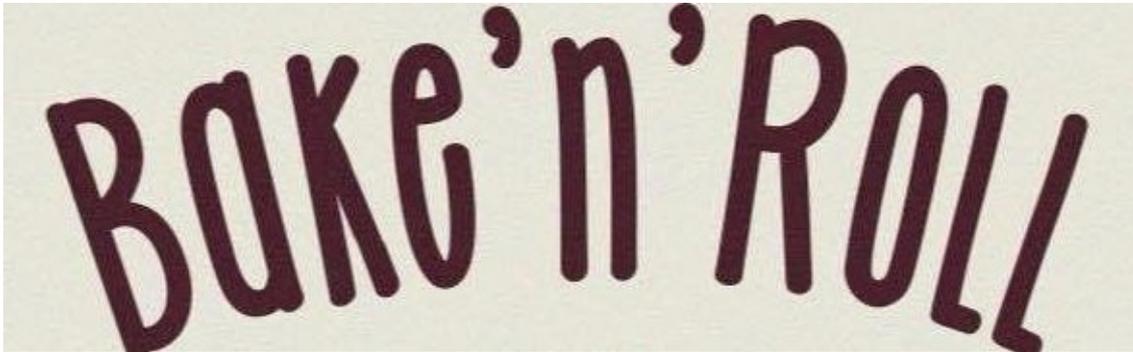
The tickets entitle the bearer to entry and racecard to the stadium and participation in the SWINDON STADIUM CLUB CHAMPIONS CUP!

How it works on the night:

Six teams are pitched against each other at a night at the dogs. Each team is assigned a dog trap for the night and wins points according to the performance of the hounds racing out of their trap for six races. The position the dog finishes in each race translates to points on a league table (7 points for a win, 2nd place 5 points, 3rd place 4 points, 4th place 3 points, 5th place 2 points and 1 point for last place). The team with the most points wins the title of

SWINDON STADIUM CLUB CHAMPIONS and receive a special commemorative trophy.

We hope you will join us for a fun night and help support a worthy cause. All tickets sales will go toward funding and developing our Basement Cafe which is free and open to all.



If you haven't been there already we suggest you make your way over to Groundwell Rd where you will find a fabulous cafe called Bake 'n' Roll. This fabulous independent Cafe will be exhibiting and selling prints made by our artists in the New View Art Room at SWADS. All of the proceeds go back into buying more materials and equipment for the studio.

The Cafe also run Open Mic nights and if you pop down you may well see some of our Sound Recovery Studio Musicians making an appearance. And if that wasn't enough the kind people at Bake 'n' Roll have given us a handful of discount cards to distribute the lovely people that use our project. Contact Lucille if you haven't picked one up yet! A perfect pancake day pit-stop by the look of their facebook photos!

<https://www.facebook.com/431306597062847/photos/a.433704050156435.1073741826.431306597062847/547430192117153/?type=3&theater>



Huge congratulations to our fantastic volunteers Jay and Steph
It seems like just a few months ago that these two joined the SWADS team as volunteers, not only supporting the art room but helping out at stands and events.
Both of these guys have made fantastic progress this month, Jay going on to

volunteer at The Gate, working in the Cafe and also on their delivery vans, and Steph will now be working as a teaching assistant, supporting children with special educational needs. It's amazing what you can achieve if you give yourself a little time, patience and determination.

Don't forget, Steph will be running the Bath Half Marathon in aid of SWADS.

The money she raises will contribute to equipment and materials for workshops and also to the Basement Cafe. If you would like to Sponsor Steph please go to our website and click the donate button.

<http://www.swads.org.uk/>



Onwards upwards forwards

A Poem by Rusty Goat AKA Scott Cowley

Walking home on glittering pavements while the moon sits shining,
Assuring me that the world still exists.

On glittering pavements one step forward,
Guided homeward by the moon that shines before us,
Blinking lights tinsel bedecked trees still clinging still holding on,
Still communicating the love of Christmas.

Onwards into the adventure the belief that the coming year will be a better one,
Not just for me but all of us,
The hope of a brighter year,
12 months 52 weeks 4 seasons, Each day with purpose and reason.

Upwards no fear through January February darkness,
To March with signs of spring,
New fresh out the box life,
Smells sounds sights all beautiful things.

To spring and all new beautiful life, Lungs filled with soft sweet air, Forwards through summer the
bright warm days,
Sun kissed skin long days still believing.

Forwards towards autumn we may look back often not linger,
Lustful hopeful for what this season may bring,
The days not so long not long and forgotten,
With reds oranges browns fond sounds under foot,
Not downtrodden strongly forward we look.

Yes winter is coming full circle stride hopeful,
Not turning running door wide open in wonderment,
Reaching out wanting more.

Thoughts of Christmas to come full circle,
4 seasons 12 months 52 weeks 365 days with reasons,
Hearts full of hope,
New year reasons still believing for sure.

All this as I sit still reflective,
Hopeful excited longing to be, Growing learning wanting life, wanting to spread the word,
Spiritual warriors salt of the earth.



An Exhibition of Artwork by Michael Freeman 8th- 29th March

Open Mondays and Wednesdays 2-4pm
SWADS, 13-14 Milton Rd
Swindon



A collection of works
selected by his parents, Gillian and Brian,
celebrating his life and legacy.



Private View to be held on Monday the 6th March, by invitation only.



SWADS

SUPPORTING WELLBEING AND
DEVELOPING STABILITY

Bereavement Support

SWADS is pleased to offer a service to support those who have suffered bereavement, offering specialist advice and tackling stigmas for those who may have been bereaved by addiction.

These groups will be held fortnightly the second and fourth Tuesday in every month from 5.30pm to 7.00pm. Facilitated by Senior Counsellor, Julie Mattinson and the newest member of our team Bob Heath, Arts Psychotherapist, both of whom have vast experience in this field.

Please register your interest through the [SWADS website](#), by email or telephone.



Meeting the needs of carers

Time for us continues to run every Monday evening 6 until 8 with special workshops

What is Codependency? - 20th Feb

Is it Okay to be angry? - 27th Feb

Contact us by phone or through the website for more information and to register your interest.



Barbs Bit on the Side – Food for thought!

Why is it 7 years' bad luck if you break a mirror?

What does this mean?

Does it mean that if I break a mirror my life will become sad and desperate for the next 7 years? Do I have to worry about what is going to happen to me? Should I be concerned that I have invited doom and gloom into my life?



Well..... there are two definitions that I have heard to explain this old saying.

One being, it is believed that breaking a mirror would cause seven years of bad luck because the soul of the person who broke the mirror would be trapped inside. The superstition was said to have come from the Romans, who were the first group of people to create glass mirrors.

The other being, that way back in the 'old days' mirrors were very expensive and it would take the average household 7 years to be able to save the money to replace a broken mirror.

I don't know about you but, I am not a Roman or time travelling from the 'old days' so the next time I hear this I will think of the reasons why it was created and remind myself that.....

'Life is 10% what happens to us and 90% how we react to it.'

The snowdrops are in bloom and spring is around the corner and I'm cheerily looking forward to it.



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