Recovery Tip - Walking

Did you know regular exercise helps maintain good physical and mental health? When you go for a walk it’s not just your body that benefits – the way you think and feel changes too!

Active people develop a sense of achievement and purpose. Taking a walk gives you a chance to take time out, think and reflect. As confidence and self-esteem improve, you’re also more inclined to reach out and connect with others.

Do at least 30-45 minutes of moderate intensity exercise at least three times a week. You don’t have to do it all at once though. Multiple shorter periods of 10 minutes throughout the day is still good for your physical and mental health.

Poem from Trish

ANSWERS

Through shapes swirling, I search for meaning in my looking glass
I close my eyes and dare to dream; let my fear pass
Rejection, loneliness and despair are pounding at my front door
Hope rises up and drowns them out… never had that before
Now I am letting go of my safety rope… no idea how long or hard the fall
Somehow still believing things are going to be okay after all

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Hi Fellow Members,

It was great to meet a few members at the picnic we had at Coogee. I did so enjoy speaking with other members, it really helped me get a handle on things. My downfall is that I want to work miracles and have everything up and running yesterday... but that isn’t going to happen.

At the picnic I was using crutches, the following Wednesday I saw an Orthopaedic Surgeon regarding my knee that has been painful since the beginning of January and getting worse even though I was committed to exercises that the Physio gave me. The surgeon, after looking at the x-rays, looked at me and told me my knee is beyond repairing. I have been booked in for total knee replacement surgery after Easter.

As I wait my knee is getting worse and currently I am unable to do very much at all, even sitting or lying down does not guarantee pain relief. Most days I spend a large part of the morning exercising (in the pool) to familiarise myself with exercises to be done after the surgery and also to build fitness in order to have the best success possible in recovery.

My apologies to all that I said I would love to have coffee with, I am so challenged with walking, please accept my apologies, I will still like to catch up but it may be later than planned. After surgery it will be a month at least before I can drive again, so I’m considering maybe June before I’m independent again.

Take care everyone and hope to be in contact sooner rather than later.

Anita Flynn

Recovery Rocks Community wish Anita all the very best for her surgery and recovery.

Recovery Rocks Community as a community valuing compassion and wellbeing, would like to extend our deepest condolences to everyone affected by the tragic events that took place in Christchurch, New Zealand. Our hearts go out to the innocent victims, their families, and those directly involved in this distressful experience.

For those who need support and assistance, reach out and speak to a mental health professional or call lifeline 13 11 14.
On the 24th February we had our picnic day at the Coogee Marina. It was a fine sunny day with a strong breeze from the south west, the good old “Fremantle Doctor”. Despite some who will forever remain nameless most of us were able to find our picnic spot with some ease. Those who did get lost, finally arrived for us all to have a pleasant afternoon together in what is a picturesque human made marina, well set up for safe swimming, enclosed from the open ocean and at least up to 2.30pm patrolled by lifeguards. It is worth noting, however, that once they went off duty some intrepid young people started to jump from the bridge adjoining to a small island facing the safe beach area.

We enjoyed the good company and some food provided by the good graces of Monica.

A few things that we learnt, one that we should provide a map or instructions for future events and secondly we need to sign post. A good idea came from an adjacent group who used coloured balloons tied to the tree at their spot.

I am sure that all of us who got there, even the late arrivals enjoyed the company and the ambiance. For this writer the marina was an eyeopener as I had not ventured to that part of the coast in many a year, it has been transformed.

By Brian Wooller

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**Recovery Rocks Community Social Group**

There are many ways RRCI members can be supported. Informal support can include providing opportunities for members to meet socially for a chat about topics which interest them. This can include chatting about general interests, hobbies, activities, sport, generally anything. The important thing for you to remember is such groups are not ‘therapy’ groups; other than providing members with a chance to be more social.

RRCI is wanting to develop such a group and we want to hear what you have to say so, we are holding two social group get-togethers in **April, Saturday 6th and Wednesday 17th**. The time and place are the same on both dates: **1.00pm to 3.00 at the Canning River Café**. We have included a weekend and week-day meet to give the widest opportunity for members to attend. What we need to hear from you includes how often should such a group meet; meeting time, location; and comments about the format including possible activities which could be included. Come along and have your say. Help us get it right for you. For more information contact Robert 0403 557 496

**Members Picnic at Coogee Beach**

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By Brian Wooller
RRCi Members Social Groups
APRIL 2019 DATES
Saturday 6th and 
Wednesday 17th

1pm-3pm
Canning River Café
Kent St & Queens Park Rd, Wilson WA

For more information contact
Robert 0403 557 496

All Welcome to join
us to connect
socially and have
your say with other
RRCI members

Volunteering with
Recovery Rocks Community Inc.

Recovery Rocks Community operates
100% on volunteer power.

Put simply, without volunteers we cant
exist.

We are committed to ensuring all our
volunteers are valued and appreciated
by providing resources, induction,
training and support.

To discuss you interest or find out more about
volunteering with Recovery Rocks
Community, contact us via phone or email.

Recovery Rocks
Community
change of
Postal Address.

Our new postal
address is

Recovery Rocks Community Inc.
PO Box 358
Cannington
WA 6987

Contact us for more information
Recovery Rocks Community Inc.
ABN 86935166752

Phone
044 764 1122

Email
our.recovery.rocks@gmail.com

Postal Address
PO Box 358
Cannington WA, 6987

Check out our Website
www.recoveryrockscommunity.org

Join our Closed Facebook Group
Recovery Rocks Community Inc.

Visit our YouTube Channel
Recovery Rocks Community

Thankyou to MIFWA for your ongoing support in printing and postal distribution
of the newsletter to our community.