**Ashington NRP Recovery Centre** – Greenacres, Green Lane, Ashington, Northumberland NE63 8BL Tel: 01670 844 610 **Timetable March 2019**



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **04 March**Pre booked appointments only | **05 March**10:15 – 11:45 Helping Women Recover (CVA Station Road Ashington)CLOSED GROUP-Please speak to a member of staff for more information | **06 March**10:15 – 11:45 SMART  | **07 March**10:00 – 11:00 Introduction to Treatment11:15 – 12:15 Peer Led Group | **08 March**Pre booked appointments only |
|  **11 March**Pre booked appointments only | **12 March**10:15 – 11:45 Helping Women Recover (CVA Station Road Ashington)CLOSED GROUP-Please speak to a member of staff for more information | **13 March**10.15 – 11.45 SMART   | **14 March**10:00 – 11:00 Introduction to Treatment11:15 – 12:15 Peer Led Group | **15 March**Pre booked appointments only |
| **18 March**Pre booked appointments only | **19 March**10:15 – 11:45 Helping Women Recover (CVA Station Road Ashington)CLOSED GROUP-Please speak to a member of staff for more information | **20 March**10:15 – 11:45 SMART  | **21 March**10:00 – 11:00 Introduction to Treatment11:15 – 12:15 Peer Led Group | **22 March**Pre booked appointments only |
| **25 March**Pre booked appointments only | **26 March**10:15 – 11:45 Helping Women Recover (CVA Station Road Ashington)CLOSED GROUP-Please speak to a member of staff for more information | **27 March**10:15 – 11:45 SMART  | **28 March**10:00 – 11:00 Introduction to Treatment11:15 – 12:15 Peer Led Group13.30-15.30 Housing Drop in | **29 March**Pre booked appointments only |

Out of hours service available for those who are working. Ask a member of staff for details.

Timetables are revised each month. Events will be subject to change so please note any changes to regular groups or activities.

**Groups open to anyone**

Community Lunch: Time for staff and peers to sit down and eat together. Bring some food along if you can (according to your money situation) but everyone gets to eat.

Recovery Café: This is a time for all clients and others who may want to see what the Recovery Centre looks and feels like and how it may help them in their recovery.

SMART: This is for clients who want to use the support of other people in recovery. There are SMART ‘mutual aid’ meetings around the county at lots of different days and times. They are open, friendly and welcoming and are often thought of as a similar but different approach to 12 Step recovery.

**Groups open to all NRP clients**

12 Step myth busting: This group is really useful if you are thinking of going to Oaktrees. It explores the common myths about 12 Step recovery.

Community Engagement: This group brings people in from the community to discuss a wide range of different subjects.

Experience-Strength-Hope: This group helps clients learn to share their story with other people in recovery and with other people in mutual aid meetings.

Healthy Activity: This group focuses on activities which are easy to do for health and wellbeing.

Housing drop-in: This group is for clients who are seeking support and advice on their housing situation.

Meditation: This group teaches the simple practice of meditation and can be learned by anyone

Music as Therapy: This group uses song, drums and general music as a form of therapy.

Peer Recovery Group: This group is run by peers (not staff) and allows clients to explore their recovery with peers.

Recovery Arts: This group uses art and music to tap into a person’s creative abilities.

Recovery Planning: This group focusses on practical plans which can help clients make the most of their recovery and their support network.

Relapse Prevention: This group looks at triggers which may cause relapse and explores how these can be avoided.

Service User Forum: This group is an opportunity for clients to share their thoughts, feelings and ideas about how the service is run and what they would like to see.

Tai Chi and self-care: This group uses a simple series of movements and techniques to enhance wellbeing.

**Groups open to specific clients**

Men’s Group: This group is open to men only. It gives men a forum to explore a range of topics which impact on recovery as a male in this society.

Pre-detox Group: This group is only open to those clients who have a detox planned for their recovery from alcohol and explores what options of recovery are available.

Recovery Group: This group is a meeting for clients to share and discuss their recovery before attending an NA (Narcotics Anonymous) meeting.

Recovery Requirement: This group is only open to clients who have specific requirements through the probation service or courts.

Women’s Group: This group is open to women only. It gives women a forum to explore a range of topics which impact on recovery as a female in this society.

WOMEN IN RECOVERY: Women in Recovery is an exciting programme for women to help find their identity. The programme is over 17 sessions for women who are currently having issues with alcohol or drugs or abstinent. This group is on a referral basis only, due to the nature of the programme.

**Groups by appointment**

Treatment Induction: This group is only open to clients new to the NRP service and is arranged with a member of staff.

**If you are unsure whether you can attend then you are really welcome to ask your peers and check with a member of staff**