Berwick NRP Recovery Centre – 17 Wallace Green Berwick TD15 1EB Tel: 01289 356 908



March 2019

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **04 March**  10:15 - 10:45 Recovery Check In  11:00 – 11:45 Back to Basics  12:00 – 13:15 Recovery Café  13:15 – 13:45 Tidy Up  13.45 – 14.30 Going Through The Steps  10.00 – 14.00 Housing Drop in | **05 March**  Booked 121 appointments only \* | **06 March**  10:15 – 11:45 Making Changes | **07 March**  Booked 121 appointments only \* | **08 March**  11:15 – 12:00 Weekend Planner  12:00 – 13:15 Community Lunch  13:15 – 13:30 Tidy Up  13:30 – 14:30 Walk/Game |
| **11 March**  10:15 - 10:45 Recovery Check In  11:00 – 11:45 Back to Basics  12:00 – 13:15 Recovery Café  13:15 – 13:45 Tidy Up  13.45 – 14.30 Going Through The Steps | **12 March**  Booked 121 appointments only \* | **13 March**  10:15 – 11:45 Making Changes | **14 March**  Booked 121 appointments only \* | **15 March**  11:15 – 12:00 Weekend Planner  12:00 – 13:15 Community Lunch  13:15 – 13:30 Tidy Up  13:30 – 14:30 Walk/Game |
| **18 March**  10:15 - 10:45 Recovery Check In  11:00 – 11:45 Back to Basics  12:00 – 13:15 Recovery Café  13:15 – 13:45 Tidy Up  13.45 – 14.30 Going Through The Steps | **19 March**  Booked 121 appointments only \* | **20 March**  10:15 – 11:45 Making Changes | **21 March**  Booked 121 appointments only \* | **22 March**  11:15 – 12:00 Weekend Planner  12:00 – 13:15 Community Lunch  13:15 – 13:30 Tidy Up  13:30 – 14:30 Walk/Game |
| **25 March**  10:15 - 10:45 Recovery Check In  11:00 – 11:45 Back to Basics  12:00 – 13:15 Recovery Café  13:15 – 13:45 Tidy Up  13.45 – 14.30 Going Through The Steps | **26 March**  Booked 121 appointments only \* | **27 March**  10:15 – 11:45 Making Changes | **28 March**  Booked 121 appointments only \* | **29 March**  11:15 – 12:00 Weekend Planner  12:00 – 13:15 Community Lunch  SU Forum  13:15 – 13:30 Tidy Up  13:30 – 14:30 Walk/Game |

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

Please ask a member of staff if you are interested in attending a closed group.

**What are these groups at the Recovery Centre for and who can attend?**

**Groups open to anyone**

Community Lunch: It is a time of the week when staff and peers can sit down and eat together. Bring some food along if you can (according to your money situation) but everyone gets to eat

Recovery Coffee & Cake: This is a time for all clients & others who may want to see what the Recovery Centre looks and feels like & 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**

Digital Inclusion: This group supports clients to access services and information by using the internet, such as Breaking Free Online and SMART facilitation training.

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

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

Meditation (Peer Led): This group teaches the simple practice of meditation and can be learned by anyone. This is taught by peers who have been trained to teach meditation techniques and practices

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

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.

Workshops: This group will cover a wide variety of topics to help support clients in their recovery.

**Groups only open to specific clients**

Con Care: This group is only open to clients who have graduated from the Oaktrees programme.

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.

**Groups by appointment**

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

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