Blyth NRP Recovery Centre – 7 Sextant House, Freehold Street, Blyth, Northumberland, NE24 2BA Tel: 01670 351 239



 2019

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **04 March**10:15 – 11:00 Meditation11:15 – 12:45 5 Ways of  Wellbeing13.00-14.00 Recovery Café14.15-15.00 Moving  Mindfulness  | **05 March**10:00 – 11:00 Recovery Requirement Group 10:15 – 11:00 Going through the steps11:15 – 12:00 HOW Introduction13:00 – 13:45 Peer Led Group14:00 – 15:00 Music as Therapy | **06 March**10:15 – 11:00 Introduction to Treatment 09.30 – 15:00 Continuing Care (CLOSED)   | **07 March**10:15 – 11:00 Men’s Group/Bacon Butty10:15 – 11:00 Women’s Group (Oaktrees)11:15 – 12:45 SMART 13.00-14.00 Digital Inclusion*9.00-15.00 Employment drop in* | **08 March**10:00 – 11:00 Group Counselling 11:15 – 12:00 Weekend Planning 12:00 –13:00 Community Lunch13:00 –13.15 Tidy up13:15 – 13.45 Healthy Walk14.00-14.30 Meditation  |
| **11 March**10.15-11.00 Mindfulness11:15 – 12:45 5 Ways of  Wellbeing 13.00-14.00 Recovery Café14.15 – 15.00 Moving  Mindfulness | **12 March**10:00 – 11:00 Recovery Requirement Group 10:15 – 11:00 Going through the steps11:15 – 12:00 Honesty Workshop13:00 – 13:45 Peer Led Group14:00 – 15:00 Music as Therapy  | **13 March**10.15 – 11.00 Introduction To Treatment09.30- 15.00 Continuing Care (Closed)13.30 – 15.30 Housing Drop in   | **14 March**10:15 – 11:00 Men’s Group10:15 – 11:00 Women’s Group (Oaktrees)11:15 – 12:45 SMART 13.00 – 14.00 Digital Inclusion *9.00-15.00 Employment drop in* | **15 March**10:00 – 11:00 Group Counselling11.15-12.00 Weekend Planning12:00 – 13:00 Community Lunch SU Forum13:00 – 13:15 Tidy Up13:30 - 14:30 Recovery Game |
| **18 March**10.15-11.00 Mindfulness 11:15 – 12:45 5 Ways of  Wellbeing13.00-14.00 Recovery Café14.15- 15.00 Moving Mindfulness  | **19 March**10:00 – 11:00 Recovery Requirement Group 10:15 – 11:00 Going through the steps11:15 – 12:00 Openness Workshop 13:00 – 13:45 Peer Led Group14:00 – 15:00 Music as Therapy | **20 March**10:15 – 11:00 Introduction to Treatment 09.30 – 15:00 Continuing Care (CLOSED)   | **21 March**10:15 – 11:00 Men’s Group/Bacon Butty10:15 – 11:00 Women’s Group (Oaktrees)11:15 – 12:45 SMART 13.00 - 14.00 Digital Inclusion *9.00-15.00 Employment drop in* | **22 March**10:00 – 11:00 Group Counselling11.15 – 12:00 Weekend Planning12:00 – 13:00 Community Lunch13:00 – 13:15 Tidy Up13:15 – 13:45 Healthy Walk14.00-14.30 Meditation  |
| **25 March**10:15 – 11:00 Mindfulness11:15 – 12:45 5 Ways of  Wellbeing 13.00-14.00 Recovery Café14.15- 15.00 Moving  Mindfulness | **26 March**10:00 – 11:00 Recovery Requirement Group 10:15 – 11:00 Going through the steps11:15 – 12:00 Willingness Workshop13:00 – 13:45 Peer Led Group14:00 – 15:00 Music as Therapy | **27 March**10:15 – 11:00 Introduction to Treatment 09.30 – 15:00 Continuing Care (CLOSED) 13.30 – 15.30 Housing Drop in  | **28 March**RECOVERY CENTRE CLOSED ALL DAY FOR STAFF TRAINING | **29 March**10:00 – 11:00 Group Counselling 11:15 – 12:00 Weekend Planning 12:00 – 13:00 Community Lunch 13.00 – 13.15 Tidy Up13:30 – 14:30 Recovery Game |
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EVERY FRIDAY 10.15-11.00 Pre-Detox Group (Closed Group and must be booked onto)

EVERY THURSDAY 1PM – 3PM Helping Women Recover (Closed group and must be booked onto)

RECOVERY ONLINE is available on an ad hoc basis with Lyndsey Tunney. Please ask staff if interested.

Timetables are revised each month. Events will be subject to change so please contact to confirm.

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:* 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.

 Have a chat over a coffee, the café is facilitated by volunteers and donations are encouraged.

*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**

*Going through your steps* This group is really useful if you are thinking of going to Oaktrees. It explores the common myths about 12 Step recovery.

*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.

*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.

Guided Visualisation This group is a guided scripted meditation group.

Stinking Thinking This group will focus on the impact of negative thoughts and how to turn them to a positive

**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.

**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**