

## Derby Drug, Alcohol and Recovery Group Timetable beginning Monday 11th November 2019 onwards

Day	Time	Activity	Information	Venue
Monday	1pm - 3pm	Recovery for Life	A 10 week certificated program to help build a long term recovery.	St Andrews House
	6pm—7:30pm	SMART	Peer support / mutual aid groups to support recovery. Learn from other's experiences	2 Wilson St
Tuesday	11am—12pm	Motivational Group	Develop ways to increase motivation to change	St Peters Churchyard
	1pm—2pm	Transition to Recovery	Opportunity to meet with recovery workers when being referred over to the Recovery Team. (appointment only speak to Keyworker)	St Andrews House
	2pm—2:30 -pm	Starting your Recovery	Drop in to ask questions around what recovery is. (peer focused)	St Andrews House
	4:30pm—7pm	Recovery Rocks	Jamming, singing, learning to play new instruments. No previous skills required	2 Wilson St
Wednesday	12pm—3pm	Cre8 Art	Learning to make, paint, create all things crafty	2 Wilson St
	3pm—5pm	Active Choices Drop in	Get yourself involved in the gym and other sporting opportunities	St Andrews House
Thursday	11am—12pm	Motivational Group	Develop ways to increase motivation to change	St Peters Churchyard
	2:30pm—3:30pm	Transition to Recovery	Opportunity to meet with recovery workers when being referred over to the Recovery Team. (appointment only speak to Keyworker)	St Peters Churchyard
	1pm—2pm	Relaxation/Meditation	Guided relaxation and deep breathing techniques	2 Wilson St
Last Thursday of the Month	5:30pm—7pm	Hooked on Books	Free books! Read and debate a book, develop a new coping tool to help relax	2 Wilson St
Friday	10:30am—12pm	SMART	Peer Support / mutual aid groups to support recovery. Learn from other's experiences	St Peters Churchyard
	12pm—2:30pm	Recovery T	Tea / Coffee . . . come and relax and meet others in recovery	2 Wilson St
	Last Friday of the month 12pm—1pm	Moving Forward	A series of workshops around Wellbeing, Life Skills and Recovery i.e 5 steps to wellbeing, CV writing, mental wellness.	2 Wilson St

## Direct referrals only

<p>Parenting perspective programme</p>	<p>6 week rolling programme to explore positive parenting techniques, responses and strategies</p>	<p>For referral to parenting programme treatment worker please speak to a member of the family team.</p>
<p>Active choices</p>	<p>Access to gym, swimming and other sports activities</p>	<p>For referral to active choices treatment worker please contact 075 996 711 60 or Lee.Fearnley@dcct.co.uk or Marek.hyde@dcct.co.uk</p>
<p>Drink down  Mon to Friday  10am till 11 am St Peters</p>	<p>Guided support to help reduce alcohol on a safe structured reduction programme</p>	<p>For referral to drink down treatment worker please contact alcohol team</p>
<p>Recovery Team  For more information contact Emma Booth or Jamie Gratton on  01332 362744</p>	<p>Please Check out noticeboards at Wilson Street and speak to Keyworker for other Activates that we run.</p>	<p>Sober Quiz Nights  Sober Poetry Nights  And more.</p>