

GROUPS

PAVILIONS

Offer a wide range of support groups, for example: **Spring board** for shaping a definition of recovery which is meaningful to you, **Forward** for implementing your recovery, and **ACT** an Acceptance and Commitment Therapy group. We also run **Women only** support groups and offer support for the **families and friends** of somebody that has substance use issues. Call 01273 731900 or visit www.pavilions.org.uk

THE GOAL GROUP (Get Of Alcohol & Live)

This is a group for those who have, or have had issues with alcohol and that would like to remain sober. **Advice, information and support** is offered in weekly meetings on Thursdays. They are held at **Community base** centre on Queens Road. <http://thegoalgroup.co.uk/> 07977 591391

SMART (Self Management And Recovery Training)

Set up to help people **remain abstinent from addictive behaviours**. Meetings face to face and online are available www.smartrecovery.org.uk

HEALTH TRAINERS

Back to basics advice for those unsure where to start and what needs to change **to improve your wellbeing**, set goals and **build your motivation**. Call (01273) 296877, or email healthtrainers@brighton-hove.gov.uk

SHINE FOR LIFE

This is a form of therapy for addiction, bereavement, PTS or just general **wellbeing**. They use horses and is very effective. 01444 240300 <http://www.shineforlife.co.uk>

A CENTRE FOR WOMEN

Gateway Women's centre at **Off The Fence** is a service for women experiencing periods of difficulty. **Drop in** for a chat on Wednesday and Thursdays 10am-1pm. **Courses, workshops** and relaxing **treats** also on offer. Call to arrange an appointment on 01273 417597 Office open 10am-5pm Monday-Friday 52 Station Road, Portslade. BN41 1DF <http://www.offthefence.org.uk/gateway/>

FELLOWSHIPS

12 step groups are a great source of support. **It's never too late** to try them and it's not a requirement that you even have to do the 12 step programme. The only requirement is a desire to remain abstinent. Some people use them for **somewhere to talk about issues in life/recovery** and to **socialize with other people** recovering from addiction. **AA, CA, NA** are the main ones, but there are more. They all have a slightly different take on things so try them all. Some people with alcohol problems prefer CA (cocaine anonymous) meetings so you don't need to stick to just one. **Ask your care co-ordinator for a list of meetings.**

ACTIVITIES

CASCADE CAFÉ

This is essentially a coffee shop that is run by people with experience of active recovery from drug and alcohol abuse. They also host or organise a range of activities and groups, here are a few. **An open mic night**, a **choir**, **yoga**, **creative writing**, and support groups for **women**. The café is at 24 Baker Street Brighton 10am-8pm Mon-Sat. 11am-6pm Sundays. Call 07516 564049 for information. You may like to follow them on Facebook for some more information on <https://www.facebook.com/CascadeCreativeRecovery>

EAR ACCUPUNCTURE

It is particularly useful in the early stages of drug and alcohol detoxification, reducing cravings and alleviating emotional symptoms such as anxiety and panic experienced during withdrawal from substance use. There is no need to make an appointment you just come along and take a seat. Pathways To Health currently runs six clinics every week - so come along and have a treatment or phone the office for more details: 01273 234766

- Tuesdays 10.30 – 12.30pm at Mind (51 New England Street)
- Wednesdays 1:00 - 3:00 at Pavilions, Richmond House, Richmond Road, Brighton, BN2 3RL
- Thursdays 12.45 – 1.45pm for Women registered with Pavilions - at Oasis 11 Richmond Place
- Thursdays 10- 12pm at Preston Park recovery Centre (for people registered with Southdowns MH services)
- Fridays 5 – 7pm Cornerstone Community Centre, Hove

MEDITATION

Meditation comes in many forms and it's about enjoyment, a challenge and something that leaves you feeling relaxed and happy. It could be a form of exercise such as **running, lifting weights, cycling, swimming or just a walk**. Or it could be **fishing**, reading or some **art work**. It's a good idea to try out a few different things and find out which one you really **enjoy**. **The Buddhist Centre** 17 Tichborne street Brighton offers a drop in guided meditation on Wednesdays 1-2(donation) You can then find out about all the courses and other meditation sessions on offer. <http://www.brightonbuddhistcentre.co.uk/> **Bodhisattva meditation centre** is another similar place. 3 Landsdown Place BN3 1DN

NEW NOTE ORCHESTRA

A structured musical programme assisting people in recovery from addiction. Open to everyone regardless of ability and taste in music. It is held at St Luke's church, 64 Old Shoreham Rd, Brighton BN1 5DD. Find them on Facebook & Twitter to stay up to date.

SUSSEX WILDLIFE TRUST

If you enjoy wildlife and would like to find out about events, **conservation**, volunteering, projects and how you can be part of the great work at **Stanmer Park** and other Sussex areas of beauty, visit www.sussexwildlifetrust.org.uk/whats-on

HEALTH WALKS

In the last 13 years we have helped thousands of local people improve their physical and mental health and find out more about the wonderful places to walk in Brighton & Hove. **Healthwalks** are a great way to be **more active**, get out in the fresh air and **make new friends**. They are friendly, supportive and ideal for those who want to start **exercising in a gentle and safe way**, as well as those who want to walk regularly but don't have the time to attend longer walks. Call 01273 292564 healthwalks@brighton-hove.gov.uk

REDUCED RATE ACTIVITIES

Discounted pay and play activities. If you are receiving benefits, just apply for a leisure card for: **GYM / SWIMMING / SQUASH / TABLE TENNIS / BADMINTON** Take identification and proof of: Jobseekers, pension credit, income support, attendance allowance, ESA/incapacity allowance, DLA/PIP, child tax credit (First threshold only). **0845 803 5519** www.freedom-leisure.co.uk

VOLUNTEERING & TRAINING

PAVILIONS

Offer **great opportunities** in volunteer work within a wide range of services. Full training and ongoing support provided. Call **Chris Smith 01273 731900** <http://www.pavilions.org.uk/work-us/volunteers>
Richmond House. Richmond Road, Brighton BN2 3RL.

PEER MENTORING

This is for people that have completed a treatment plan and would like to **help others get help**. You will be trained and receive an accredited **qualification** on successful completion. You can then be matched up with someone seeking recovery and you will regularly meet up and help this person, giving them **encouragement to change** and providing them with **hope** by your example that it can be done. You can **facilitate drop in groups** where people that are particularly vulnerable. This is great for **building skills, confidence & self esteem**. Speak to David Obermayer at Richmond House on 07920 546678 dobermayer@pavilions.org.uk

BHT INTERNSHIP

The BHT Intern Programme is an employability training programme which includes up to a six month **work placement** providing you with the training, **skills and experience** that will help you to become more **employable**. You can talk with someone about what kind of experience you would like and something may be found that suits you perfectly. It's a good opportunity to get into the swing of working, and again builds confidence and self esteem. Call **Murray Begg 01273 645444** <http://www.bht.org.uk/services/intern-programme>

BRIGHTON AND HOVE RECOVERY COLLEGE

The Southdown recovery college runs a range of **free courses** available for people in recovery from addiction and/or mental health problems. The courses are based at community venues across Brighton and Hove including the Learning and Community Hub at **Frederick Place** and the Preston Park Recovery Centre. Phone: 01273 405800

COMMUNITY BASE

This place has a lot of voluntary positions available. **Gardening, helping disabled people, building maintenance** & much more. Just drop in & look through the folders. 8.30am-4.30pm 01273 234000. 113 Queens Road, BN1 3XG

WELLBEING GROUPS AND WORKSHOPS

BHT offer a huge range of **wellbeing and support groups**, from managing stress, **understanding anxiety**, to healthy eating and budgeting. Visit <http://www.bht.org.uk/services/mental-health-and-wellbeing>

Call. [01273929471](tel:01273929471)

27-29 North Street, Brighton BN1 1EB

RECOVERY NETWORK/CAPITAL

RECOVERY NETWORK

Your recovery network can be **your friends** and **family** that understand and respect that you are **in recovery**, or just **the positive people** that are in your life that you find encouraging. If you are being supported by the methods suggested here, you are likely to be building on this network as you go along. You may have had to limit or completely cut ties with old friends and the network of associates that you had. This isn't always easy but often vital. However, now you will meet new friends and make new networks on your journey with groups, voluntary work, training and new healthy hobbies. It's **another powerful supporting factor** to have people around you that are **positive**. It's also a great support to have at least one person that you trust, that you can talk to, if ever you needed it.

RECOVERY CAPITAL

This is the positive things in your life that are a consequence of the changes you have made. It ranges from **rebuilt relationships** with family or friends, **safer more secure** accommodation, a **positive network of friends**, a college course or better physical and/or mental health. It's basically all the good things you now have, that you wouldn't have had, if you didn't do the work and make the changes. It all adds up into your recovery capital and it continues to grow with you. These positive things you now have also act as a form of support and encouragement, it hasn't come easy, which makes its value even more appreciated.

COLLEGE COURSES

You may wish to further your **education** or you may want to get back to basics, which ever you choose will be a great learning experience and **help build confidence**. As well as the main colleges in Brighton, there are also a number of smaller adult colleges that offer free or discounted courses. **The Bridge**, in Moulsecoomb, **PACA** in Portslade and **the Friends Centre** in the town centre offer free courses in maths and English, as well as many other alternative courses.

<http://www.thebridgebrighton.com> <http://www.paca.uk.com> <http://www.friendscentre.org>

There are a huge range of **free online courses** on <https://www.coursera.org/>