

Recovery in Sandwell

E-bulletin Issue #3, September 2023

Welcome to the third edition of the Recovery in Sandwell e-bulletin/newsletter, aiming to support people living or working in Sandwell to become 'recovery informed', breaking down the stigma and prejudice towards people with drug or alcohol problems, and celebrating recovery.

Everyone has a role to play in building recovery, helping people to believe in recovery and supporting them in their recovery journey. This e-bulletin contains links for activities, events, groups, opportunities, and learning.

Any feedback or correspondence is welcome and you can submit items to be included to: nick2_shough@sandwell.gov.uk

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Recovery Events & Activities

2023 Recovery Event 4 Sandwell – “Roots of Recovery”

On 19th September we are holding the first annual recovery conference for Sandwell. Open to anyone who supports recovery in way or has lived experience of recovery themselves. If you would like to attend you can email nick2_shough@sandwell.gov.uk, or simply ask to be added to the list at the reception desk at Cranstoun.

2023 Recovery Event 4 Sandwell



“Roots of Recovery”

Tuesday 19th September, 9.30am - 3pm

Sandwell Council House Chambers, Freeth Street, Oldbury, B69 3DE

Lunch and refreshments provided

plus

**Over 20 display stalls, Guest speakers,
Workshops, and Networking**



To book your place NOW e-mail: nick2_shough@sandwell.gov.uk

This event has been planned by the recovery community of Sandwell.

The following is a list of projects that have been funded to support people in recovery in Sandwell with contact details to join, or you can ask your key worker to refer you.

AFSCS - Recovery Support Program

This project aims at engaging service users into positive activities likely to divert them from relapsing. The following activities are designed to divert participants from drug or alcohol addiction and to engage them into healthy and positive activities:



- Employment support to become economically active
- Welfare support to move on into independent accommodation, white goods, furniture, and benefits supports.
- Volunteering opportunities on projects for to be more involved in the community.

 84A High Street, Smethwick, B66 1AQ  0121 260 5845



 houda@afscs.org.uk  www.afscs.org.uk  www.facebook.com/afscsuk/

Cradley Heath Community Link - Recovery Café

An opportunity to engage with the Link and local community through a community café on set days each week. Residents will be able to attend training for food safety qualifications to enable them to work within the kitchens to prepare and deliver food from within the café.

Each person will be supervised while gaining experience working in the kitchen area to front of house and money handling, and within a few months gain a reference from CHCL to better place them in further local employment.

The Community
Link 
Recovery Project
Mini Café

 72 High Street, Cradley Heath, B64 5HA  01384 861637



 cradleyheathcommunitylink@gmail.com  www.facebook.com/CHCLink?locale=en_GB



Friar Park Millennium Centre - Recovery Group

A recovery group to support individuals accessing the Cranstoun service that runs at the centre on: Tuesday 9.30 - 2pm; **Wednesday Drop in session 9.30 - 2pm**, and on Friday 9.30 - 2pm.

- Support groups meetings, being able to have a chat while relaxing with a cuppa
- Activities will include bike rides, local walks to open spaces and canal walks
- Team building exercises and physical activities in our large sports hall
- Workshops to build self-esteem and work towards employment or aim of individuals
- Volunteering opportunities within the community centre
- Bakes – For families, individuals to gain skills in making desserts, pizza and your ideas to cook at no expense to you.

 Friar Park Road, Wednesbury, WS10 0JS  0121 556 0139

 Leannejones32@yahoo.co.uk  www.facebook.com/friarparkcommunitycentre/



Growing Opportunities Allotment Project

A range of activities linked to the 5-Ways-to-Wellbeing (Connect, Be Active, Learn, Notice, Give) from three Community & Therapeutic garden sites in Sandwell.
Learning how to prepare what you grow to eat with others.

GROWING OPPORTUNITIES

Are you in recovery from drug and alcohol misuse?
Are you looking for ways to improve your wellbeing?
Do you enjoy or would like to explore activities like gardening and cooking?

WE CAN HELP!

We deliver a range of activities linked to the 5 Ways to Wellbeing from our Community & Therapeutic Gardens in Sandwell



To find out more & join our free, friendly project get in touch today



Salop Drive
Market Garden
Salop Drive, Smethwick, B68 9AG



Barlow Road
Community Garden
Barlow Road, Wednesbury, WS10 9QA



Malthouse
Therapeutic Garden
100 Oldbury Road, Smethwick, B66 1JE

T: 0121 558 5555 (Option 2)
E: contactifa@idealforall.co.uk
Facebook & Twitter: @idealforall



Funded by Healthy Sandwell

Registered charity number 1070112 and company limited by a guarantee number 03196518



Personal Development & Wellbeing Programme

Weekly peer-led wellbeing support sessions guided by our training officer. People will be encouraged to share resources (I.T. will be provided by KPG) to support recovery.

Examples of themes can include (but not limited to): Personal presentation; Organisation, Problem solving & decision making, Teamwork, Interview skills, Presentation skills, Communication and social skills, Health and nutrition, Budgeting/Managing finances, Goal setting, Creative arts.

In addition, we will offer open meetings for friends/family who are affected by addiction. Our aim is to end the stigma and share experience in a confidential non-judgemental environment.



321 High Street, West Bromwich, B70 8LU



0121 565 5605



info@kaleidoscopeplus.org.uk



www.kaleidoscopeplus.org.uk/



www.facebook.com/kaleidoscopeplusgroup

The Salvation Army – Employment Plus Programme

The 'Inspirational Life Coaching' programme to improving the health and well-being of people recovering from drug and/or alcohol misuse through the provision of positive activities, developing new skills, increasing social inclusion, and enhancing local recovery networks.



- One-to-one sessions to improve general wellbeing and confidence and highlight skills
- Building resilience through strengthening personal insights and setting realistic goals, practical help with barriers such as travel.
- Positive activities, including walking groups, creative activities, and access to sports.
- Looking at CVs, transferrable skills, enhancing digital skills; access to iLearn the Salvation Army online learning portal.
- Supported signposting to community organisations to provide additional support
- Encouraging peer-to-peer support and using 'lived experiences' to motivate and inspire.
- EDCs act as a bridge to employment by removing barriers and supporting employers
- Explore local volunteering opportunities and in our Charity Shops, Churches, and Café



Merton Close (off Pound Road), Oldbury, B68 8NG



07702940944



Lee.horley@salvationarmy.org.uk



www.salvationarmy.org.uk/oldbury



www.facebook.com/savegrowserve

Sandwell Asian Development Association (SADA)

- W.B.A Boxing Club

This is a no-contact boxing programme for men or women with activities including skipping, bag work and conditioning training. Members will attend two sessions each week for twelve weeks, with each two-hour session being one-hour of training followed by one-hour of group support and discussion with the coach.



Sessions will take place every Tuesday and Thursday from 2pm-4pm, from the 12th September

After the programme, participants will be able to continue to use the gym and can go on to become trained as fitness trainers.



Alpine Gymnasium, Unit F, Sams Lane, West Bromwich, B70 7EG



07931 636 452



thara2dayal@yahoo.ie

Warley Amateur Boxing Club - No-contact Boxing Program

Participants will learn no-contact boxing for the first four months starting from basic boxing practices and progress gradually overtime. During this time, participants will build their bodies through physical exercise; improve their self-confidence and develop the commitment and love of attending regular boxing sessions. After four months, participants will decide either to carry on with no contact boxing or join others undertaking normal boxing sessions and who can engage into more boxing contact and competition. The project will be delivering two sessions of 1.5 hour per week. Informal one-to-one mentoring will be delivered if necessary, to those in need of this support.

EVERY DAY IS A STEP
WARLEY BOXING CLUB

CALL: 07854 496 073
FOR MORE INFO

FREE TRAINING

FOR ANYONE STRUGGLING WITH
DRUGS AND ALCOHOL ABUSE, ARE
WELCOME TO TRAIN FREE EVERY
TUESDAY AND THURSDAY
5PM - 6.30PM

WARLEY RUGBY CLUB, TAT BANK ROAD, OLDBURY, B69 4NH

FOLLOW US ON



HEALTHY SANDWELL
We find the support you need

CRANSTOUN
Empowering People, Empowering Change



Warley Rugby Club, Tat Bank Road, Oldbury, B69 4NH



07976 599917



c_cunningham9@hotmail.com



https://www.facebook.com/teamwarley?locale=en_GB

West Bromwich leisure centre - Leisure Passes

Repeating the successful take-up of last year's offer, West Bromwich Leisure Centre is again offering free Leisure Passes to Cranstoun service users. The benefits are:



- Unlimited gym use
- Unlimited pool use
- Unlimited use of the Sauna/ Steam room for relaxation
- Unlimited exercise classes
- 14 days advance booking privileges
- Up to four junior memberships added
- Free use of Swimtag
- Access to the Places Locker app

This offer is only available if you are currently in treatment with Cranstoun Sandwell, you will need to ask your keyworker to refer you.

NHS APA 2023 Annual Conference

Living the Stigma:
Understanding Addiction
& Overcoming Prejudice

get tickets

NHS APA - Living the stigma, understanding Addiction and Overcoming Prejudice

The NHS APA invites you to join their free and virtual conference on Tuesday 28th of November 2023.

As we build upon the success of our previous online events, we aim to spotlight the impact of stigma against people who experience addiction and offer strategies for overcoming it through education and policy change.

The 2022 virtual APA Stigma conference was fantastic, I urge you to book a place, if you have experienced stigma or if you want to help end stigma. <https://www.nhsapa.org/conference-2023>

Contaminated Heroin Alert

We are aware that there is a real risk from contaminated heroin in the region. If you use heroin, please read this and watch the video.

Please see this video <https://youtu.be/gV9ufRkh7Lo> from our local drug treatment provider, Cranstoun, about how you can help us keep Sandwell safe. **Please help us prevent overdoses in Sandwell by watching and sharing this short video throughout your organisation, particularly front-line staff**, this includes security, customer services, cleaning staff, wardens etc. We want to make sure people know what they can do if they hear or see anything of concern. There are three ways to contact us with information:

- Email SandwellAlerts@cranstoun.org.uk
- Phone 0121 553 1333
- Phone or text 07593 554279

Start by explaining 'I have a Sandwell Alert'

1. Please link into Cranstoun who are able to provide training and supply of naloxone (including nasal spray supplies) especially if you work as a street warden, housing officer or other staff group out and about across Sandwell and in contact with people at risk. Administration of naloxone in a suspected or actual overdose can buy time for an ambulance to arrive and help save lives. Recent intel tells us that repeat naloxone is often required given the strength of current supplies of contaminated drugs. Contact **Cranstoun on 0121 553 1333** for more information and support.
2. If you hear or see anything of concern please let us know via our local alert contact: SandwellAlerts@cranstoun.org.uk more info about this via <https://youtu.be/gV9ufRkh7Lo>
3. Advise those you are working with who are using drugs to access Cranstoun for support: <https://youtu.be/VbNMJSSbbV4>

Please can you ensure you share the information throughout your organisations and with anyone who may be at risk – the more naloxone available as a first line response, the more deaths we can help prevent.

Community Support

Cranstoun in the community

Come along and see us at St Mary's #Bearwood for advice & information around your own or someone else's alcohol or drug use. Look for our purple #harmreduction vehicle in the car park! Every Tuesday (from 25th July)

CRANSTOUN
Empowering People, Empowering Change

**Do you have a question about
your own or someone else's
drug or alcohol use?**



Cranstoun provide a weekly session from St Mary's Bearwood car park, providing free, non-judgemental advice & information around alcohol & other drugs.

Whether you want to know how to stay within safe alcohol limits, need advice or a referral for treatment, we are here to help you.

Every Tuesday 12pm to 3pm
St Mary's Bearwood

Bearwood Road, Bearwood, Smethwick, B66 4BX
(Opposite Argos & Aldi)

From 25th July 2023

cranstoun.org

Sandwell Community Hubs

Sandwell MBC are piloting two new Community Hubs, one in West Bromwich and another in Blackheath. Available at the hub sessions will be customer service advisors, a housing officer, revenue and benefits advisors via Teams and webchat, and a staff member from the Healthy Sandwell team in Public Health, plus library staff on hand to support residents who need any face-to-face support. Full details here.



https://www.sandwell.gov.uk/.../community_hubs_pilot_at...



Better wellbeing art is just a step away

No need to plan your route

Our experienced Wellbeing Art Walk volunteers will lead the way

Your fitness doesn't matter

Our walks are a steady pace to suit everyone

Finding a walk is easy

Our walks are local and accessible on foot

Regular walks.../

Where:

- (1) Bearmore Recreation Park & St Lukes Green Space
- (2) Haden Hill Park & Corngreaves Nature Reserve
- (3) Warley Woods & Lightwoods Park

Contact: **The Art Yard team**

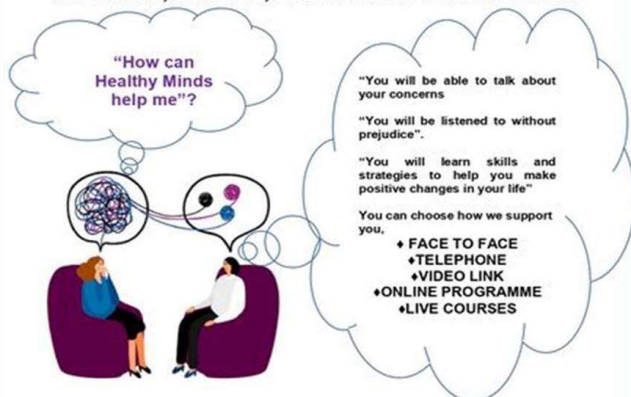
Email: infoartyard@gmail.com Phone: **01384 910968**



SANDWELL TALKING THERAPIES

Previously known as
Sandwell Healthy Minds

A service for people who are feeling
STRESSED, ANXIOUS, LOW IN MOOD OR DEPRESSED



To book your initial appointment, call

0121 612 6650

or self-refer via

www.sandwellhealthyminds.nhs.uk



Together with you to achieve healthier, happier lives

Let's Talk Sessions

Wolverhampton

West Park Walk
Weekly, every Monday
1:30pm-2:30pm

Molineux Coffee Afternoon
Monthly, every 1st Tuesday
2pm-3:30pm

Sandwell

Sandwell "Buzz" Session
Monthly, every 3rd Tuesday
12:30pm-2:30pm

Virtual

Coffee & Quiz Session
Every other Friday
11am-12:30pm on Microsoft Teams

Virtual Walk
Monthly, every 2nd Thursday
10am-10:30am on Microsoft Teams

Walsall

Walsall "Buzz" Session
Monthly, every last Monday
12:30pm-2:30pm

Bescot Coffee Afternoon
Monthly, every 2nd Tuesday
2pm-3:30pm

Arboretum Walk

Weekly, every Thursday
1:30pm-2:30pm

Palfrey Pit Stop Men's Group
Every other Tuesday
10am-12pm

Dudley

Brewing Connections
Monthly, every 1st Monday
11:30am-1:30pm

Contact us:

Telephone: 07443 268842

Email: bchft.letstalk@nhs.net

Interested?

Together with you to achieve
healthier, happier lives



**PART OF THE
CHATTY CAFÉ
SCHEME**

Having a chat can brighten
your day

Kickstart a conversation,
get chatting and reduce
loneliness along the way

**First
drink
free**

**Monday
6pm-8pm
&
Wednesday
10.30am-12.30pm**



FOLLOW US ON TWITTER
@DOROTHY_PARKES



FOLLOW US ON FACEBOOK
@DOROTHYPARKESCENTRE

DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH
0121 558 2998

EMAIL: ADMIN@DOROTHYPARKES.ORG
WWW.DOROTHYPARKES.ORG
Charity no. 1093189

COMMUNITY CAFE

With a charity table sale

**LAST SATURDAY OF EVERY MONTH
1pm-3pm**



**At The Gap Christian Family Centre, Hargate
Lane, West Bromwich B711PH**
**Grab a seat and treat
yourself to a yummy food
at our Cafe**



PLUS...

**Come and grab a
bargain, toys, gifts,
books and much more**

Support Recovery for Drug and Alcohol Misuse

Funded by Sandwell MBC

Alcohol and drug use can greatly impact individuals, families and communities.

We understand that every person and their relationship with alcohol and drugs is different.

Come along to our monthly open support group for the family, friends and carers of those who are affected by drugs and alcohol within Sandwell.

No one should have to face these issues alone, and at KPG we are here for you. Our team are here to welcome you and offer you the support you need in an open and friendly environment.

📍 Hope Place, 321 High Street, West Bromwich, B70 8LU.

🕒 10am – 12pm – refreshments available

📅 Friday 8 September 2023

Future sessions to be announced soon.

To book email:
Training@Kaleidoscopeplus.org.uk



**HEALTHY
SANDWELL**

Drop-in to Cranstoun

Come and see Cranstoun #Sandwell & the [Hepatitis C Trust](#) at our Wednesday drop-in clinic session. We're offering BBV testing with #HepB & #HepC screening (results within one hour) & same day referral to treatment, along with #harmreduction info in a supportive environment.



CRANSTOUN
Empowering People, Empowering Change

Cranstoun Sandwell Drop-in clinic session

Every Wednesday
10am - 4pm
Alberta Building, 128b Oldbury Road
Smethwick, B66 1JE

cranstoun.org

The poster features a pink background with a stylized graphic of a yellow and blue 'X' on the right side.

Training & Development Opportunities

Drug Awareness Training with Cranstoun

Sign up for Drug Awareness Training with Cranstoun, or arrange bespoke training for your organisation. Call 0121 553 1333 or e-mail sandwell@cranstoun.org.uk



CRANSTOUN
Empowering People, Empowering Change

Cranstoun Sandwell

Alcohol & Other Drugs Awareness Training

2 hour FREE online briefing sessions to help:

- increase knowledge around alcohol & drug issues in the workplace
- provide support to partners to help raise & discuss issues
- offer tailored advice & helpful guidance to support employees

cranstoun.org

The poster features a purple background with a stylized graphic of a pink and blue 'X' on the right side. A photo of a man in a suit is visible in the bottom right corner.

Group Work Skills

Sandwell Ongoing Life Improvement in Development

This half day course is for people wanting to learn the skills to be effective group leaders.

The topics include **planning, preparation and managing group dynamics.**

These courses are for people who are unemployed, on long-term sick leave, have learning needs, substance misuse or mental ill health.

This is your opportunity to develop or learn new skills and share what you have learned to benefit others.

📍 Hope Place, 321 High Street, West Bromwich, B70 8LU.

🕒 10am – 1pm – with refreshments available

📅 Monday 14 August 2023
Tuesday 7 November 2023



**HEALTHY
SANDWELL**

**To request a place please email
Training@Kaleidoscopeplus.org.uk
or call or call 0121 565 5605.**

Peer Support Skills

Sandwell Ongoing Life Improvement in Development

This course is for people who have lived experience of ill health/used services and want to learn more about how to support others.

Topics will include **health and wellbeing, professional boundaries and relationships and roles.**

These courses are for people who are unemployed, on long-term sick leave, have learning needs, substance misuse or mental ill health.

This is your opportunity to develop or learn new skills and share what you have learned to benefit others.

📍 Hope Place, 321 High Street, West Bromwich, B70 8LU.

🕒 10am – 1pm – with refreshments available

📅 Tuesday 10 October 2023
Thursday 23 November 2023

**To request a place please email
Training@Kaleidoscopeplus.org.uk
or call or call 0121 565 5605.**



**HEALTHY
SANDWELL**

World Suicide Prevention Day Events

All Events 10am - 12pm

Monday 4th September: Sandwell

Register - sandwellf2f.eventbrite.co.uk

Tuesday 5th September: Dudley

Register - dudleyf2fevent.eventbrite.co.uk

Wednesday 6th September: Wolverhampton

Register - wolverhamptonf2f.eventbrite.co.uk

Thursday 7th September: Walsall

Register - walsallf2f.eventbrite.co.uk

Tuesday 12th September: Online Zoom Event

Register - HopeThroughAction2023.eventbrite.co.uk



Please **use the Eventbrite links to register** for these events. Invitations to the live events will be **strictly** via registration on a first come first serve basis.

A series of events brought to you by your **Community Inclusion Team** at Black Country Healthcare NHS Foundation Trust. The aim of these events is to bring people together across the Black Country, to raise awareness of suicide and suicide prevention. You will receive professional advice from our clinicians and partner organisations and have the opportunity to discuss this sensitive topic in a safe and supportive environment.

Together with you to achieve 
healthier, happier lives


Black Country Healthcare
NHS Foundation Trust

Volunteering

SCVO's Volunteering Portal



Let's Go Sandwell

Whether it's making friends, improving job prospects or boosting confidence, volunteers often gain as much as they give. Hundreds of people help out community organisations in Sandwell with tasks ranging from social media support to telephone befriending, giving as much or as little valuable time as they can. SCVO hosts the web site www.letsgosandwell.info, dedicated to promoting local volunteering opportunities. There are usually more than 100 different ways to help out on offer there.

Take a look to get a current view of who needs help – you may be surprised how your skills could be put to good use, whatever they are. And if you're an organisation looking for volunteer support get in touch to have your opportunities promoted. For any volunteering queries and support contact SCVO's Growing Participation and Volunteering Mentor - Kim Fuller - kim@scvo.info

Volunteer with Cranstoun

Find out about the range of #volunteering opportunities or simply get in touch to see if we can find you your perfect role: <http://ow.ly/yXG2500ByZo>

A promotional poster for Cranstoun's Volunteers' Week. The background is a solid olive green. On the right side, there is a photograph of a young man with dark hair and a beard, wearing a grey hoodie, speaking into a black microphone. On the left side, there is white text that reads: '100% of our volunteers said they would recommend volunteering with Cranstoun to a friend*'. Below this text is the 'VOLUNTEERS' WEEK' logo, which consists of a stylized star with the numbers '1-7' inside it. At the bottom left, the word 'CRANSTOUN' is written in large, bold, white capital letters, with the tagline 'Empowering People, Empowering Change' in smaller white text underneath. On the far right edge, there is small vertical text that reads '*Cranstoun's volunteer survey, Nov 2022.'.

100% of our volunteers said they would recommend volunteering with Cranstoun to a friend*

VOLUNTEERS' WEEK

CRANSTOUN
Empowering People, Empowering Change

*Cranstoun's volunteer survey, Nov 2022.

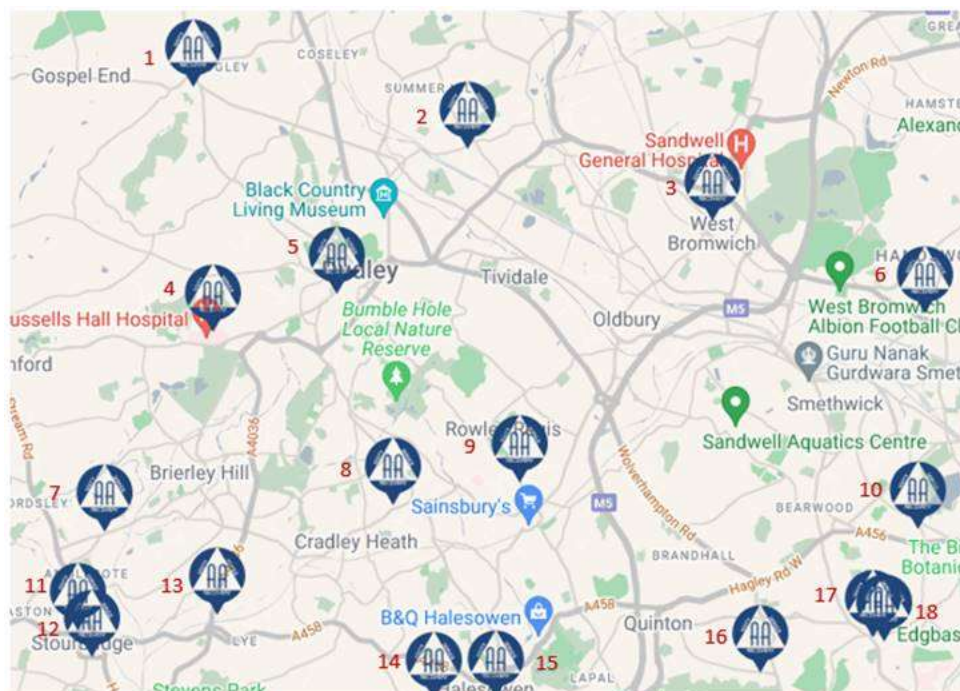
Mutual Aid & Recovery Support Groups

AA Meetings within 5 miles of Oldbury Council House

<https://www.alcoholics-anonymous.org.uk/>

Meeting Guide

- ALL meetings, unless otherwise stated, are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking.
- Open (O) AA Meetings are open to ALL who may or may not have an alcoholic problem.
- Online meetings are those which meet through electronic media, not in a physical place.
- To find an online meeting to access visit:
<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online>
- Local Helpline: 01384482929



Day & Time	Ref	Location	Format
Monday 11.00-12.30	13	Lye: Atlantic House, Dudley Rd, DY9 8BQ	
Monday 13.00-14.30	17	Harborne Living Sober: Harborne Baptist Church, Harborne, B17 0DH	
Monday 19.30-21.00	5	Dudley: Top Church, High St DY1 1QD	
Monday 19.30-21.00	16	Quinton: St Boniface Church, Quinton Rd West, Quinton, B32 2QD	
Monday 20.00-21.30	18	Harborne: St Mary's: St Mary's RC Church, Vivian Rd, Harborne, B17 0DN	
Tuesday 19.30-21.00	11	Stourbridge: Quaker Meeting House, Scotts Rd DY8 1UR	
Tuesday 19.45-21.15	2	Tipton Big Book: St Paul's Community Centre, Brick Kiln St, DY4 9BP	

Wednesday 12.00-13.30	2	Tipton St Paul's Daytime: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Open meeting
Wednesday 19.30-21.00	8	Cradley Heath: Large Hall, Cradley Heath Community Centre, Reddal Hill Rd, B64 5JG	Open on request
Thursday 11.00-12.30	2	Tipton Ladies: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Women's meeting
Thursday 19.30-21.00	2	Tipton St Paul's: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Thursday 19.30-21.00	10	Edgbaston: 9 Lyttleton Rd, off St Augustines Rd, Edgbaston, B16 9JN	
Thursday 20.00-21.30	6	Handsworth: Oaklands Community Centre, 1 Oakland Rd, Handsworth, B21 0NA	English/Punjabi
Thursday 20.00-21.30	9	Blackheath: Sons of Rest, 135 Birmingham Rd, Rowley Regis, B65 9HH	
Friday 19.00-20.00	12	Stourbridge Women's Topic: New Road Methodist Church Centre, 29 New Rd, DY8 1PQ	Women's meeting
Friday 19.30-21.00	1	Sedgley Community Centre, Ladies Walk, DY3 3UA	
Friday 20.00-21.30	14	Halesowen: Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Saturday 10.00-11.30	15	Halesowen: Lifecentral Church, Little Cornbow B63 3AJ	
Saturday 16.00-17.30	3	West Bromwich Na Zdrowi: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Saturday 18.30-20.00	4	Dudley: Dove House, Bushey Fields Hospital, Russell's Hall, DY1 2LZ	Open meeting
Sunday 11.00-12.30	14	Halesowen Morning: Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Sunday 17.00-18.00	3	West Bromwich Na Zdrowie: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Sunday 19.00-20.30	7	Brierley Hill: The Oakfield Community Centre, 245 Brettel Ln, DY5 3LT Helpline: 01384482929	

UKNA Meeting List (within 5 miles of Oldbury)

Helpline - 0300 999 1212

Website - www.ukna.org

Open to addicts only meetings are for addicts only & those who suspect they have a problem.

"Open to all" meetings welcome everyone addicts or non addicts.

"Open to all" on request meetings allow non addicts to turn up early & ask if it's okay to sit in.



Day & Time	Location	Format	Formats
Monday 18:55- 20:30	Truth in Lye: Atlantic Recovery Centre, Dudley road, Brierley Hill, DY9 8BQ	Physical, Open to addicts only, BEG, BT, CPT, CW, JFT, SH, WA	BEG - Beginner/Newcomer BK - Book Study BT - Basic Text CPT - 12 Concepts CT - Chit CW - Children Welcome JFT - Just For Today Study LC - Living Clean Study LIT - Literature Study M - Men NP - No pets PA - Parking Available QA - Questions & Answers SH - Share meeting SPK - Speaker TOP - Topic VAR - Format Varies VR - Video Required W - Women WA - Wheelchair Accessible
Monday 19:30- 21:00	Monday Night Hockley Meeting: Main Hall, Lodge Road Church Centre, 143/4 Lodge Road, Hockley, B18 5BU	Physical, Open to addicts only, VAR, PA, WA	
Tuesday 19:30- 21:00	Halesowen A New Hope Group: Large meeting room 1, Life Central Church, 2 Little Cornbow, Halesowen, B63 3AJ	Physical, "Open to all" on request, BEG, LIT, SPK, VAR, PA, WA	
Wednesday 19:30- 21:00	Men's NA Living Clean Meeting: Here4youth, 1 Castle Street, Dudley, West Midlands, DY1 1LA	Physical, "Open to all" on request, LC, M, TOP, CT, NP, SH, BK, WA	
Thursday 19:00- 20:00	Maxstoke NA Meeting: Maxstoke Village Hall, Church Lane, Maxstoke, B46 2QN	Physical, "Open to all" on request, LIT, WA	
Friday 12:30- 14:00	Stourbridge Friday Freedom: Atlantic Recovery Center, Dudley road, Brierly Hill, Stourbridge, DY9 8EL	Physical, "Open to all" on request, VAR, WA	
Saturday 11:00- 12:30	Stourbridge Saturday Women's: Back Room, CGL, Atlantic House, Dudley Road, Stourbridge, DY9 8EL. Zoom : https://meetings.ukna.org/meeting/saturday-womens/link	Hybrid, "Open to all", CW, VAR, W, PA, WA, VR	
Saturday 16:00- 17:40	Dudley Just For Today: Here4youth, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all" on request, BEG, BT, JFT, QA, SPK, Lithuanian	
Sunday 09:30- 10:45	Dudley Just For Today: Main room, Cranstoun Here4YOUth Dudley, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all", JFT, WA	

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LIFE stands for Living Independently for Everyone. These are confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour. The meetings include evidence-based therapeutic tools drawn from ACT (Acceptance and Commitment Therapy) and CBT (Cognitive Behavioural Therapy)

Sessions are led by someone with personal experience of addiction. Attendance at all meetings is open and no referral is required. Meetings do not require abstinence but you may be asked to leave if you appear intoxicated.

Contact Mel Birkill – 07966 237 658 (mel.birkill@dat.us.org.uk)
or James Bennett – 07939 398 423 (james.bennett@dat.us.org.uk)

DAY	TIME	LOCATION	FORMAT
Thursdays	10.30am - 11.30am	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 0HP and online https://zoom.us/j/93705482550	LIFE Face to Face & Online
Thursdays	12.30pm - 2.00pm	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 0HP and online https://zoom.us/j/986444692	LIFE Face to Face & Online
Fridays	1.00pm - 2.00pm	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 0HP and online https://zoom.us/j/91573374741	LIFE Face to Face & Online
Saturdays	11.00am - 12.30pm	Online https://zoom.us/j/94497124180	LIFE Online

(Updated June 2023)

Useful links and resources

The **Sandwell Networkers Group** meets on the first Tuesday of every month at The Pavilion in West Smethwick Park, an opportunity to share what your group is doing, find out what else is happening and network with other groups. The group has a Facebook page for promoting local events, activities or services: <https://www.facebook.com/groups/sandwellnetworkers>



Find health & wellbeing services near you

The SCVO directory of **voluntary sector groups and services** in Sandwell, in easy to use categories: <https://route2wellbeing.info/>



Family Information Service Hub



The Sandwell **Family Information Service Hub** with easy to use tabs to find services, activities and much more: <https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page>

Screening and Brief Interventions for Alcohol, and for Substance Use booklets/ **self-help tools**, free to download from the DECCA website, as well as **drug information leaflets**: www.ourguideto.co.uk



The **Routes to Recovery** via the Community workbook of self-help recovery planning worksheets: <https://www.gov.uk/government/publications/routes-to-recovery-from-substance-addiction>

The **GamCare** webpage of free resources: <https://www.gamcare.org.uk/self-help/>

BBC **Hooked Podcast**, 27 episodes available, written and presented by two women who are in recovery themselves: <https://www.bbc.co.uk/programmes/p07q3jb7>

UK **Recovery Radio**, podcasts inspiring, promoting and celebrating recovery from addiction: <https://soundcloud.com/uk-recovery-radio>

Say why to drugs podcast with Dr Suzi Gage, unbiased fact-based education:

<https://shows.acast.com/saywhytodrugs>

Drug Policy Voices, a ten episode podcast on drug policy topics and the research. Engaging people who use drugs into debates about UK Drug Policy:

<https://www.drugpolicyvoices.co.uk/our-podcast>

Beyond Surviving Podcast, coach Rachel Grant explores life skills in her 10th podcast series:

<https://podcasts.apple.com/us/podcast/beyond-surviving-with-rachel-grant/id876092316?mt=2>

The Anti-Stigma Network

The Anti-Stigma Guide: Edition 2

For lived experiences of addiction-related stigma, plus new research, books and podcasts about stigma and addiction. Want to learn more about stigma? Visit the [anti-stigma resources](#) page.

Self-Care September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Plan a fun or relaxing activity and make time for it	 5 Forgive yourself when things go wrong. Everyone makes mistakes	 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself
 25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/calendar>

***** END *****



#Recovery_is_possible
#Recovery_is_out_there_RIOT
#Recovery_is_contagious-Pass_it_on
#Recovery_is_all_our_business
#Progression_not_perfection
#You're_in_recovery_when_you_say_you_are