



Virtual Community Timetable



All meetings can be loaded via Zoom with the meeting ID **867 2559 3863**; all meetings are password-protected - contact your key worker to access. *Contact your key worker to access ID and password for any meetings red.*

MONDAY

9:15 - 10:15: Coffee and Catch up

10:30 - 12:00: Recovery & Wellness

12:15 - 13:00: The Step Forward

13:30 - 15:00: SMART Recovery Meeting

18:00 - 19:00: Yoga

TUESDAY

9:15 - 10:15: Coffee and Catch up

10:30 - 12:00: FRIENDS Resilience

12:15 - 13:45: Family Support

15:00 - 16:30: Gambling Support

WEDNESDAY

9:15 - 10:15: Coffee and Catch up

10:30 - 12:00: Recovery & Wellness

12:15 - 13:00: The Step Forward

13:30 - 14:30: TED Talks Discussion

18:00 - 19:00: SMART Meeting

THURSDAY

9:15 - 10:15: Coffee and Catch up

10:30 - 11:30: Have your say!

13:30 - 14:30: Coffee and Catch up

FRIDAY

9:15 - 10:15: Coffee and Catch up

10:30 - 12:00: Recovery & Wellness

12:15 - 13:00: The Step Forward

13:15 - 14:45: SMART Recovery Meeting

15:00 - 16:00: 15 Minute Meals

18:00 - 19:00: Weekend check out

SATURDAY

10:00 - 11:00: Coffee and Check-in

SUNDAY

10:00 - 11:00: Coffee and Check-in

Coffee and Catch up	A relaxed virtual space to be able to get together and chat with peers about recovery or any other topic
Recovery and Wellness	A 12 week programme, covering many topics in three key areas, spiritual principles and values, the brain and the mind and growth and the community.
The Step Forward Programme	A programme to find out more about the quasi-residential rehab
Yoga	A professional Yoga teacher will guide you through a 1 hour yoga session.
SMART	Self-Management and Recovery Training. A behavioural based programme looking at four key areas, building and maintaining motivation, coping with urges, managing thoughts feelings and behaviours and living a balanced life.
Recovery Meeting	A recovery focused meeting not specific to 12 steps or SMART but being able to utilise many other available tools to help support people on their recovery journey.
FRIENDS Resilience	A programme based around building emotional resilience and creating new positive coping skills.
Family Support	A group specifically for family members or loved ones of someone affected by substance use disorder to learn skills and look at their own emotional wellbeing.
Have your say!	An open group for people to discuss the service, what we offer and their opinions on this or to bring along any appropriate topic or activity to do within the group.
TED Talks discussion	Topic based discussions led by watching a TED talks discussion and how it related to us as people in recovery.
15 Minute Meals	Get the recipe list on a Monday from facebook or your worker and then cook along with Emma to make simple, cost effective meals in 15 minutes.
Weekend Check out	Come together to plan your weekend and discuss any issues you may be faced with to try and resolve these before the weekend starts.