Have you ever wished you had somewhere safe and welcoming to go where you could get support, be around like minded people and have access to loads of groups and activities.

Why not come to The Vault Recovery Cafe?

We have group, activities, mutual aids meetings, great cheap food and all run by people in recovery for people in recovery.

Breakfast from 50p, lunch from £1 and tea and coffee from 10p!!

1st time you come to the Vault your lunch is on us so why not try us out. More than anything we have a thriving recovery community and are open 6 days a week:

Monday to Friday 9.30 to 4.00pm
Saturday 10.00am to 1.00pm

Unity Recovery Centre
01274 715860
Alarm went off at 6.45am, opened my eyes and all I could hear was thud, thud, thud!!! Opened the curtains and it was raining cats and dogs. Was going to turn phone off and go back to sleep, but then thought NO!! I am going, I would have walked anywhere in active addiction so why not now when I am clean and sober?

Coach trip to Durham was sweet, good company, joyful laughs and warm, heartfelt conversations were all had over the fun bus. I had checked the BBC forecast to know whether would be nice when we got to Durham and it was – woo hoo!! Everybody was beavering about around the recovery festival field, banners and flags could be seen, different people, different recovery centres. 1 thing in common, a desire to stop using and rejoice in the calmness that being clean brings us.

The drums started, whistles were being blown, it was the start of the walk, 10,000 people walking gracefully and more importantly PROUDLY through the winding cathedral town streets.

I felt very spiritually happy, I could sense and appreciate the warmth and power of the colourful crowd as we walked, sometimes fast, sometimes slow, but a walk of love that made me smile from inside.

Then the walk finished where it started. And the music began to play, the Warrington twins band were playing their songs, all songs about recovery sang with passion and funny scaly like lyrics describing the battle and the determination to beat their personal demons, which resonated with me.

Had a mooch with a couple of pals, to get something warm in our bellies and talk honestly about where we was and how life is for us. These interpersonal chats just show that real friendships can be formed in recovery and they make my recovery easier, as we can all have good days and bad days and I know that people are always there for us, PRICELESS!

On arriving back at the festival headed for the marquee as the rain had started, inside there was a NA meeting going on, not the usual format but still the same powerful message that I tap into to help me in my journey.

And like my higher power works it beautiful magic, as the meeting finished the sun came out from nowhere and its warm feeling heightened the senses on my face, maybe a coincidence but I will take beautiful natural coincidences and day of the week ending in a Y.

And before I know it, the clock was 4.15 and time for the fun bus to travel back to our wonderful Bradford.

All in all, a brilliant day, would recommend everyone to go next year, I WILL BE.
### MONDAY

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIM Action Into Motivation</td>
<td>10.30am - 12.30pm</td>
<td>Open to anyone who wants to stop taking drugs. For more info and a referral form call 01274 715 860.</td>
</tr>
<tr>
<td>Reflexology</td>
<td>1.30pm - 3.30pm</td>
<td>Book in at The Cafe.</td>
</tr>
<tr>
<td>Computer Skills For Beginners</td>
<td>1.30pm - 3.30pm</td>
<td>Learn basic computer skills including internet and email.</td>
</tr>
<tr>
<td>NA meeting</td>
<td>1.30pm - 3.00pm</td>
<td>This is open to anyone including staff.</td>
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### TUESDAY

<table>
<thead>
<tr>
<th>What</th>
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</thead>
<tbody>
<tr>
<td>Vault Activity Planning Group</td>
<td>10.30am - 12.30pm</td>
<td>Open to all running an activity or who want to run an activity. Meeting in the Vault every week and open to ideas and suggestions.</td>
</tr>
<tr>
<td>Movie Club</td>
<td>1.30pm - 4.00pm</td>
<td>Come and watch a movie with snacks.</td>
</tr>
<tr>
<td>Cook and Eat</td>
<td>2.00pm - 4.00pm</td>
<td>New Cook and Eat. Sign up with Craig in the Vault. Limited places 6 only.</td>
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### WEDNESDAY

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</tr>
<tr>
<td>Step-up</td>
<td>1.15pm - 2.45pm</td>
<td>Looking at the 12 steps</td>
</tr>
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</table>
## THURSDAY

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<thead>
<tr>
<th>What</th>
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</thead>
<tbody>
<tr>
<td>MAAZE group</td>
<td>10.30am - 12.30pm</td>
<td>This is a great group to learn about AA/NA MEETING and the programme.</td>
</tr>
<tr>
<td>Personal Development Workshop</td>
<td>10.30am - 12.30pm</td>
<td>Life Skills group, open to all, room 8 or 9 upstairs at Unity. Run by Paddy. Ring 01274 715860.</td>
</tr>
<tr>
<td>Women’s Group</td>
<td>1.00pm - 3.30pm</td>
<td>A safe and fun place for women to meet in a protected time and space. Men are not allowed in or outside the Vault during this time.</td>
</tr>
</tbody>
</table>

## FRIDAY

<table>
<thead>
<tr>
<th>What</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Bike Club</td>
<td>11.00am - 2.00pm</td>
<td>Salem street outside the gym, run by Adam. Re-launch Friday 4th September.</td>
</tr>
<tr>
<td>Cannabis / Legal high Support group</td>
<td>1.00pm - 2.30pm</td>
<td>Run by The Change Programme in the Vault. Open to anyone wanting support with Cannabis and / or Legal High use.</td>
</tr>
<tr>
<td>Visual Meditation</td>
<td>1.30pm - 3.00pm</td>
<td>Meditation open to all, in room 3 upstairs.</td>
</tr>
<tr>
<td>Football</td>
<td>3.00pm - 4.00pm</td>
<td>Leave the cafe at 2:30pm, play at Manningham Sports Centre. Run by Adam.</td>
</tr>
</tbody>
</table>

## SATURDAY

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Other Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vault drop in</td>
<td>10.00am - 1.00pm</td>
<td>Bacon and sausage butties, staff support available if needed. Relaxed drop-in</td>
</tr>
<tr>
<td>Choir group</td>
<td>1:30pm - 3.00pm</td>
<td>Open choir group run by Nina from Hidden Homeless.</td>
</tr>
</tbody>
</table>
Re-starts Friday 4th September and will be open every week from then.

Bike maintenance courses will run periodically delivered by The Bradford Bikery and the potential is there for you to come and learn to fix up your own bike and then keep it at the end of the course. Speak to Adam at Unity for further info.

11.00am to 2.00pm at Salem Street outside the gym via side entrance.
WELCOME TO THE YEARLY KIDS HALLOWEEN PARTY
Friday 30th October 4pm—6pm
Please try to book a.s.a.p

HALLOWE’EN
IN THE VAULT

THERE WILL BE:
MUSIC...
GAMES...
FOOD....
PRIZES...

Fancy dress is encouraged!
Please call to get your name put on the guest list

This event is open to anyone
All we ask is that you do not attend under the influence of drugs / alcohol.
Children must be supervised at all times.

Tel 01274 715860

Unity Recovery Centre
30 Manningham Lane
Access off Trafalgar Street
The Bridge Gym
Salem Street

Opening times:

**Monday**
12.45pm - 4.45pm

**Tuesday**
2.00pm - 3.30pm
4.00pm - 5.45pm

**Wednesday**
10.15am - 12.00pm
12.30pm - 4.45pm

**Thursday**
10.15am - 3.45 pm

**Friday**
10.15am - 12.00pm
12.30pm - 4.45pm
14.30pm - 4.00pm

Football Group
Meet in The Vault

The gym is free and open to anyone in treatment or in active recovery.

You must be referred to the gym by your support worker.

Whether you want to increase your body mass, tone up, lose weight, get fit, achieve a specific goal the gym and our volunteers are here to help you.

For any further info please ring Jas in the gym on 01274 723863

We have:
Sauna and Electric Massage Chairs
Free Weights and Resistance Machine
CV Machines
Boxing Bag and Speedball
Showers and Changing Facilities (male and female separate)
Lockers
Weighing Scales and Body Fat Indicator
Nutrition and Weight Management
Heart Rate Monitors
Personal Training
Individual Exercise Programmes
Technical Analysis and Guidance
Basic Computer Class

Monday’s 1.30pm – 3.30pm
At The Vault Café

COMPUTER BASICS
Get started on a computer. Learn to use a mouse etc.
No experience required.

INTERNET BASICS
Learn how to navigate the internet to find useful information.

E-MAIL BASICS
Set up your own e-mail account.
Learn how to send and receive e-mails.

JOB SEARCHING BASICS
Use a computer to find and apply for jobs.

MICROSOFT WORD BASICS
Learn how to type & edit a letter using Word tools.
Women's Group Weekly Itenery!!

Every Thursday

- **Week 1—1.30pm–3.30pm**
  
  *Creative Arts*

- **Week 2—1.30pm–3.30pm**
  
  *Pampering (Make up, Nail salon, Henna Tattoo and MORE!!)*

- **Week 3—1.30pm–3.30pm**
  
  *Cooking on a Budget*

- **Week 4—1.30pm-3.30pm**
  
  *Interactive Session (Guest Speakers)*
MAA*EZ
Making AA / NA Easier

Every Thursday 10.30am to 12.30pm at Unity Vault Cafe

- The **INTRODUCTION** session focuses on the benefits of attending AA/NA and how to choose meetings.
- The **SPIRITUALITY** session provides clients with a wide range of definitions of spirituality that do not all require a religious orientation or God belief system, but that are consistent with AA/NA emphasis on spirituality. AA/NA is a spiritual program but not a religion.
- The **PRINCIPLES, NOT PERSONALITIES** session deals head-on with myths about AA/NA different types of AA/NA meetings, and AA/NA etiquette and ritual.
- The **SPONSORSHIP** session explains the function of an AA/NA sponsor, offers guidelines for picking an appropriate person, and includes role-playing to practice asking for a temporary sponsor, overcoming a rejection, etc.
- In the **LIVING SOBER/CLEAN** session, tools for staying sober/clean are tackled: triggers to relapse, service, and avoiding slippery people, places and things.

Please speak to Tony Gibson from Bridge or Russell Carpenter from ARCH for further information.
A.I.M Group
Action into Motivation.
“knowing is not enough, We must apply
Willing is not enough, We must do”
Action into motivation is every Monday and Wednesday at 10:30am-12:30pm in The Vault Recovery Cafe
Unity Recovery Centre
30 Manningham Lane
Bradford  BD1 3DN.
If you have the Desire to become abstinent from street drugs then why not come and give it a go!
Cannabis and 'Spice'

Is Cannabis or 'Spice' causing you problems? Then this group is for you!

Are you considering Reducing Cannabis or ‘Spice’, Stopping OR Staying Stopped??

Come along and talk to other people who have had similar experiences.
*Advice * Peer Support * Information *
This is your group and it is intended to help people who are struggling with Cannabis or ‘Spice’

Group will run Fridays from 1.00pm – 2.30pm except for Bank Holidays.
At the Vault Cafe in the Unity building on Tratalgar Street off Manningham Lane BD1 3DN,

THIS WEEKS THEME!
Information for Bridge staff for the BOP group starting on in October 2015 at Unity

The Being on Purpose programme is designed for people who want to make positive changes in order to live productive and responsible lives. It aims to support people in transition by providing them with an opportunity to develop the resources they need to become more resilient and to move forward with hope and optimism.

People who are progressing steadily in their recovery and who do not have any serious underlying mental health issues will benefit from this course.

The programme comprises two individual life coaching sessions alongside six group work sessions.

Most of the psychological studies over the past forty plus years have focused on the negative sides of life such as anxiety, depression and low self-esteem. Positive psychology addresses this imbalance by focusing on the human traits and circumstances which lead to thriving. The latest psychological research suggests that having the motivation and commitment to improve our well-being, as well as making a consistent effort, are essential if we want to achieve the goal of being happier. Woven into the course is some neuroscience which helps us understand how we develop habits – the good ones and the not so good ones. Everyone who comes to the group will learn a lot about Brian the Brain and the amygdala hijack!

People who are progressing steadily in their recovery and who do not have any serious underlying mental health issues will benefit from this course. Those whose literacy skills are very poor may struggle a bit. It’s important that people attend all sessions. The programme works better when there is a good gender balance but there have been times when there are only one or two women in the group. Please check to see whether this is an issue for any women you are considering referring.

The programme will start with individual sessions on 19th and 20th October and then the group will run from 2pm to 4pm on Tuesdays from 27th October to 1st December. The final coaching sessions will be on 7th and 8th December. The ideal group size seems to be eight members.

Contact me on 07962 185 691 or melvburton@yahoo.co.uk if you have any queries

www.beingonpurpose.org.uk
The course is designed to support people early on in their recovery.

Mindfulness is a way of directing the spotlight of our attention in a specific way that soothes, and eventually retrainsthe automatic emotional systems of the brain that generate unhelpful levels of stress. When we integrate these simple approaches into our daily routines we will typically experience less stress, we won’t get so bothered by thoughts or worries and we won’t feel so overwhelmed or out-of-control in difficult situations. Our ability to deal with the stuff that life throws at us is enhanced.

We are being mindfully aware when we are really noticing, with friendly interest, whatever is going on right now. A great thing about mindfulness is that we cannot get it wrong because it is just about taking a moment or two to notice what we are experiencing right now – whatever is happening and however it is.

The course is designed to support people early on in their recovery. It is light touch and nurturing. It is important that people are motivated to attend the full course and have the capacity to stay focused for the whole session.

There is a growing evidence base that indicates the practice of mindfulness supports recovery. Practices foster increased awareness of triggers, destructive habitual patterns, and automatic pilot reactions that can control our lives. I am currently training with Action on Addiction to deliver the Mindfulness Based Relapse Prevention programme (www.mindfulrp.com).

Contact me on 07962 185 691 or melvburton@yahoo.co.uk if you have any queries.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Morning</th>
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<tbody>
<tr>
<td>10:30 – 12:30</td>
<td>Check in / Reflection Group</td>
</tr>
<tr>
<td>10:30 – 12:00</td>
<td>Personal development (life skills) Open Group</td>
</tr>
<tr>
<td>10:30 – 12:00</td>
<td>Check out / Reflection Group Closed Group</td>
</tr>
<tr>
<td>Afternoon</td>
<td></td>
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<tr>
<td>1:30 – 3pm</td>
<td>Art of Recovery Closed Group</td>
</tr>
<tr>
<td>1:30 – 2:30pm</td>
<td>Detox Planning Open Group</td>
</tr>
<tr>
<td>1:15 – 2:30pm</td>
<td>Detox Planning Closed Group</td>
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<th>Tuesday</th>
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<tr>
<td>1:30 – 3pm</td>
<td>Art of Recovery Open Group</td>
</tr>
<tr>
<td>2:30 – 4pm</td>
<td>Personal development (life skills) Open Group</td>
</tr>
<tr>
<td>1pm – 3pm</td>
<td>Recovery Planning Closed Group</td>
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<tr>
<th>Wednesday</th>
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<tr>
<td>1:30 – 3pm</td>
<td>Health in Recovery Open Group</td>
</tr>
<tr>
<td>10:30 – 12:00</td>
<td>Personal development (life skills) Open Group</td>
</tr>
<tr>
<td>10:30 – 12:00</td>
<td>Personal development (life skills) Closed Group</td>
</tr>
<tr>
<td>10:30 – 12:00</td>
<td>Recovery planning Closed Group</td>
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<tr>
<th>Thursday</th>
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<tr>
<td>1:30 – 2:30pm</td>
<td>Detox Planning Open Group</td>
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<tbody>
<tr>
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<td>Personal development (life skills) Closed Group</td>
</tr>
</tbody>
</table>

**Unity Group Timetable**

Open Group open to anyone who is drug and alcohol free on the day.
Closed Group for those who are drug and alcohol free for 28 days or more.