Recovery Activity Guide

June 2016

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

Bridge Recovery Centre
01274 715860
UPCOMING COURSES AT UNITY
(FULL INFO ON BACK 3 PAGES OF THIS GUIDE)

BOP  Being On Purpose

MINFULNESS IN DAILY LIFE

FAMILY EVENT

ALL STARTING IN JUNE
ART AND CRAFTS

Creative Recovery

Come and join this great class and learn how to be creative.

Every Tuesday
1PM-3PM

The Vault Recovery Cafe
30 Manning Lane

(Down the side of Trafalgar)
### MONDAY

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AIM</strong></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><strong>Action Into Motivation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Reflexology</strong></td>
<td>1.30pm - 3.30pm</td>
<td>Book in at The Cafe.</td>
</tr>
<tr>
<td><strong>Narcotics anonymous meeting</strong></td>
<td>1.30pm - 3.00pm</td>
<td>This is open to anyone including staff.</td>
</tr>
</tbody>
</table>

### TUESDAY

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vault Activity Planning Group</strong></td>
<td>10.30am - 12.30pm</td>
<td>Open to all running an activity or who want to run an activity.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meeting in the Vault every week and open to ideas and suggestions.</td>
</tr>
<tr>
<td><strong>Movie Club</strong></td>
<td>1.30pm - 4.00pm</td>
<td>Come and watch a movie with snacks.</td>
</tr>
<tr>
<td><strong>Healthy Recovery</strong></td>
<td>2.30 - 4pm</td>
<td>Introduction to healthy eating in recovery.</td>
</tr>
<tr>
<td><strong>Creative recovery art class and crafts class</strong></td>
<td>1- 3pm</td>
<td>Creative arts and crafts class. Open to people in recovery. Teachers are there to help people get creative and support you.</td>
</tr>
</tbody>
</table>

### WEDNESDAY

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AIM</strong></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><strong>Action Into Motivation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Step-up</strong></td>
<td>1.15pm - 2.45pm</td>
<td>Looking at the 12 steps</td>
</tr>
<tr>
<td><strong>Creative Recovery</strong></td>
<td>1.30 - 3.30pm</td>
<td>Exploring your creative talents using Art to build and maintain motivation</td>
</tr>
</tbody>
</table>
### THURSDAY

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Other info</th>
</tr>
</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>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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Men are not allowed in or outside the Vault during this time.</td>
</tr>
<tr>
<td>Recovery book study</td>
<td>1:30pm - 3:30pm</td>
<td>This is a group coming together to study different literature and share there experiences.</td>
</tr>
</tbody>
</table>

### FRIDAY

<table>
<thead>
<tr>
<th>What</th>
<th>Time</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Club</td>
<td>11.00am - 2.00pm</td>
<td>Salem street outside the gym, run by Adam.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>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>
</tbody>
</table>
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.

Every Friday
11.00am to 2.00pm at Salem Street outside the gym via side entrance.
This will run subject to staff availability .......
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
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.
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 Trafalgar Street off Manningham Lane BD1 3DN,

THIS WEEKS THEME!
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!
EVERY THURSDAY
1:30pm–3:30pm
In room 3 meditation room

New group looking at Recovery literature
Great group to discuss Recovery in all aspects
At forks cafe we let our volunteer’s try their hand at baking. We then sell it in the cafe and ask the customers for feedback these are some of the one’s we have received.

Excellent cake well done !!!!!

Fabulous cake !!
I love the flavour combination of raspberries and white chocolate.

Great cake, very light. A bit too much cream inside for my liking. Could have done with a bit of raspberry jam inside. Otherwise delicious!!!!

Beautiful cake!

Lovely flavours- really enjoyed it. The sponge was a little heavy but the filling was delicious and just the right amount of raspberries. Thank you.

Why not come and volunteer with us. Come along to one of the drop in sessions on a Tuesday afternoon and have a chat about it. This could be you baking to sell in the cafe. Maggie
S.M.A.R.T - Self-Management and Recovery Training

A science-based programme to help people manage their recovery from any type of addictive behaviour (i.e. alcohol, drugs, gambling, self-harming, etc).

S.M.A.R.T Recovery looks at:

- Building & maintaining motivation
- Coping with urges
- Managing thoughts, feelings & behaviours
- Living a balanced life

These meetings are open to anyone struggling with the problems of addictive behaviour. They are facilitated by someone who themselves are in recovery and have completed a training course run by UK SMART Recovery.

When: Every Wednesday at 10:45am, starting 6th July 2016
Where: Top floor of Bevan Healthcare, 14 Piccadilly, Bradford BD1 3LS, meet in Reception

If you would like more information about what the course contains or would like to join us, please give Gary at Hidden Homeless (01274 303566) a call or ask to speak to Elizabeth Fewkes at Bevan or call her on 01274 322400.
The Hidden Homeless Ltd

Promoting positive change

Life coaching with a creative difference from people with real life experience

Personal Life Coaching will help you with:

- Boosting self esteem
- Encouragement & motivation
- Taking personal responsibility for your actions
- Exploring personal priorities & desires - goal setting
- Self Discipline-turning dreams into reality
- Self belief - taking control of your own future.

If you want to take positive steps to a better future, this project can help. We have a proven track record with successful outcomes. Coaching is the first step in the right direction to a positive change.

In these sessions we explore how to change the mind set & affirm we can make the changes. Planting the seed of positive growth within ourselves & creating personal tools to attract a sense of direction & harmony in moving forward!

Personal change is a vital ingredient for personal Growth & personal Health & Well-being.

2 hour sessions lasts for 6 weeks

START DATE Friday 24th JUNE 10.45am

For further details please contact Gary or Nina at:
The Hidden Homeless Ltd
Broadacre house
George street
Bradford
BD1 5AA
TEL 07763969548
EMAIL: GARY@HIDDENHOMELESS.CO.UK

LOTTERY FUNDED
# Personal development workshops

All below workshops are open to anyone in recovery and are held at Unity Recovery Centre, 30 Manningham lane.

No need to book just turn up!

<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 1st June 10:30am - 12.30</td>
<td>Beating Procrastination</td>
<td>This session will help participants to heighten understanding of their own procrastination patterns and develop strategies to beat this habit.</td>
</tr>
<tr>
<td>Mon 6th June 1.30-3pm</td>
<td>Affirming Ourselves</td>
<td>By practicing positive self affirmations with repetition they sink into the subconscious mind. Overtime they can overwrite limiting or negative self belief you may have about yourself or belief about not being able to do something, replacing this with positive thoughts and beliefs that instil confidence, positive recovery, belief, positivity and ambition.</td>
</tr>
<tr>
<td>Wed 8th June 10:30am - 12.30</td>
<td>Communication for Success</td>
<td>Effective, clear and concise communication can mean all the difference, both in our personal and professional lives. Well developed communication skills can help build better relationships, reduce stress, increase productivity and add greater sense of satisfaction to each and every day.</td>
</tr>
<tr>
<td>Mon 13th June 1.30-3pm</td>
<td>Achieving our Goals</td>
<td>This session is focused on the whole process from goal setting to goal achievement with a special emphasis on how we can be successful and team work. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that can, so easily, lead you astray.</td>
</tr>
<tr>
<td>Wed 15th June 10:30am - 12.30</td>
<td>Challenging Beliefs</td>
<td>In this session participants will be supported to recognise some of their underlying beliefs about assertiveness and then make choices about which, if any, to change to support a change in their own assertiveness behaviours.</td>
</tr>
<tr>
<td>Mon 20th June 1.30-3pm</td>
<td>How Beliefs effect Behaviour</td>
<td>Since many of our beliefs are absorbed from the world around us, sitting though imposed expectations versus those we truly choose to work on is another way to practice being assertive or true to ourselves. We also appreciate how beliefs affect our choices and gain more insight into how we can act more assertively</td>
</tr>
<tr>
<td>Wed 22nd June 10:30am - 12.30</td>
<td>Self Regard, who I am</td>
<td>This session explores Self-regard as this underlies assertiveness. Individuals who know themselves have a well developed sense of identity and respect themselves, are more likely to act on their needs and wants. They feel greater satisfaction with themselves.</td>
</tr>
<tr>
<td>Mon 27th June 1.30-3pm</td>
<td>Becoming and Encouraging Person</td>
<td>Encouragement is a specific, practical skill that we can apply to our everyday living. Becoming aware of and applying encouraging skills contributes to our own self development as well as the development of others.</td>
</tr>
<tr>
<td>Wednesday 29th June 10:30am - 12.30</td>
<td>Good Eating Habits</td>
<td>This will cover the “Eat Well Plate” and guidance to help eat at healthy diet developed by Public Health England. As well as knowing what we need to eat to stay healthy, it is also important for us to also understand the reasons behind our own eating patterns. Using this knowledge we can then work more effectively at implementing positive changes.</td>
</tr>
</tbody>
</table>

Unity Recovery Centre, 30 Manningham Lane; 01274 715860
Do you want

To be clearer about where you are going?
To learn some stuff that will help you get there?
To feel more confident on the journey?
To face the future with optimism and hope?

Then join us on the Being on Purpose programme.

This will offer you two individual coaching sessions alongside five sessions in a small group of likeminded people.

We will meet at Unity on Tuesdays from at 2pm to 4pm between 14\textsuperscript{th} June & 12\textsuperscript{th} July with individual sessions on 6\textsuperscript{th}/7\textsuperscript{th} June and 18\textsuperscript{th}/19\textsuperscript{th} July.

Ask your key worker for more information. They can put you in touch with people who have been on the course previously.
They will tell you all about their adventures with Brian the Brain.....

Be curious.

Melva Burton
www.beingonpurpose.org.uk
Registered Charity No.1152663
Bridge is delighted to welcome back Dr Jacqueline Chang who will be hosting a very special workshop event for family members.

This event is for anyone who has a loved one or family member suffering from addiction to alcohol or drugs

In a safe and confidential environment you will be able to explore these issues and understand why the problem drinker/drug user’s behaviour is not your responsibility and that it is important that you take care of yourself. Research shows that doing so can lead the problem drinker/drug user to seek help for themselves.

Dr Chang invites you to ask yourself:

- Do you love someone who suffers from addiction to alcohol or other drugs?
- Do you lie awake at night wondering what to do for the best to help this person?
- Do most of your thoughts revolve around the addicted person or the difficulties that arise because of him/her?
- Do you exact promises about the drinker or drug user that are not kept?
- Do you make threats or decisions and not follow through on them?
- Does your attitude change towards the problem drinker/drug user (alternating between love & hate)
- Do you feel alone? Fearful? Anxious? Angry and frustrated most of the time?
- Are you beginning to dislike yourself and wonder about your own sanity?

If you answer ‘YES’ to at least two of these questions, then there is a problem in your life because of addiction and this workshop may well be your first step in getting help for yourself.

The workshop event is free but unfortunately there is only room for 20 people on a first come first served basis. A light lunch and refreshments will be provided. Please reply early to joseph.kean@bradford.nhs.uk or call on 01274 715860 to reserve a place.

Where?
Unity Recovery Centre, 30 Manningham Lane, Bradford BD1 3DN

When?
Wednesday 15th June, Arrive 10.00am for 10.15am start, Finishes 3.30pm

Dr Chang is a GP who has had a special interest in treating addictive disorders for over 35 years. Experience has shown her that family members in the midst of problems caused by addiction can suffer severe and lasting harm. Dr Chang is a strong believer in the effectiveness of Narcotics Anonymous and also Alcoholics Anonymous.
Mindfulness In Daily Life

The time is NOW

The next six week course begins on Tuesday 14\textsuperscript{th} June and will run from 11.15 until 12.30.

We’ll meet in the Vault for a mindful brew to start us off.

Interested?

Ask your key worker for more details

Melva Burton
Being on Purpose
Registered charity No 1152663