

Recovery Activity Guide

March 2018

Welcome to Bradford and Airedale's Recovery Activity Guide!



New Directions
Bradford

ARE YOU IN TREATMENT?



We are looking for anyone in treatment that would be interested in becoming a Service User Involvement Representative.

Representatives would bring the voice of the service user to treatment in Bradford and Airedale.

If you are interested and want to know more, we are holding an information event on:

Tuesday 13th March

1pm

The Vault (Unity Recovery Centre)

30 Manningham Lane

Light Lunch Provided

Key to activities...



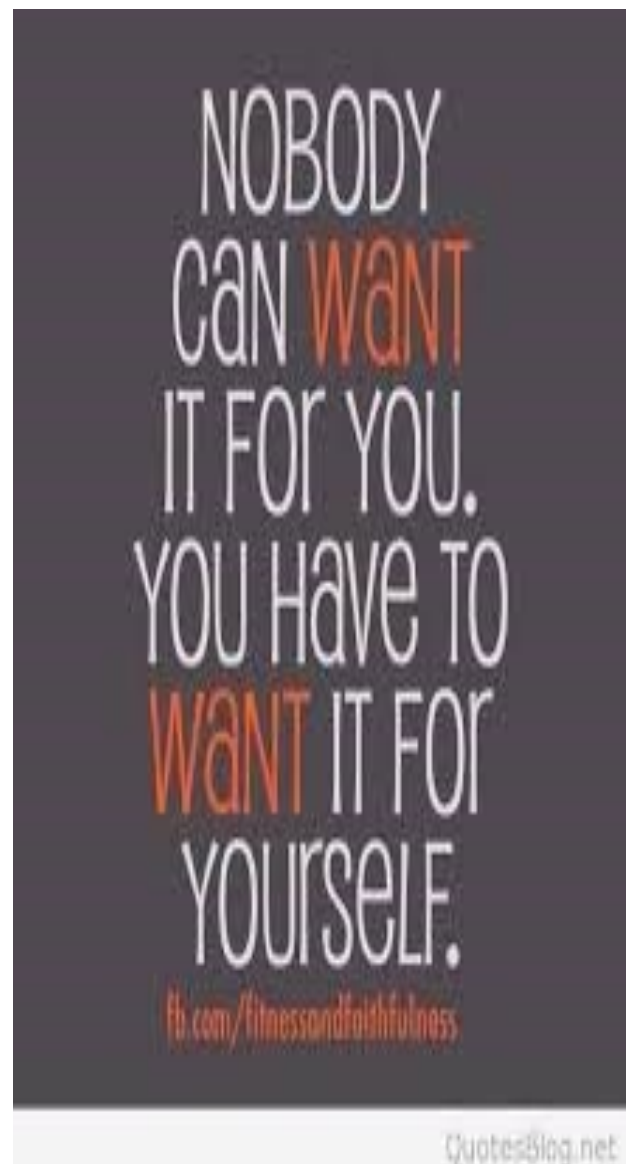
There is a cost to this activity

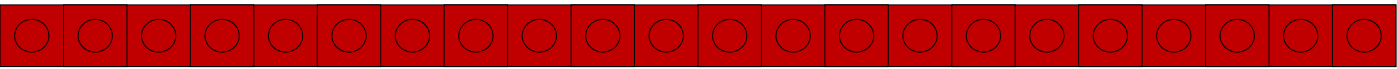


Wheelchair access



Every week

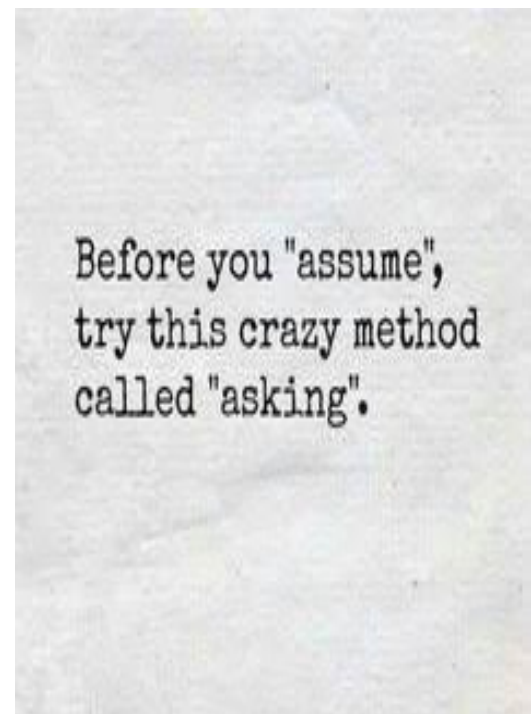




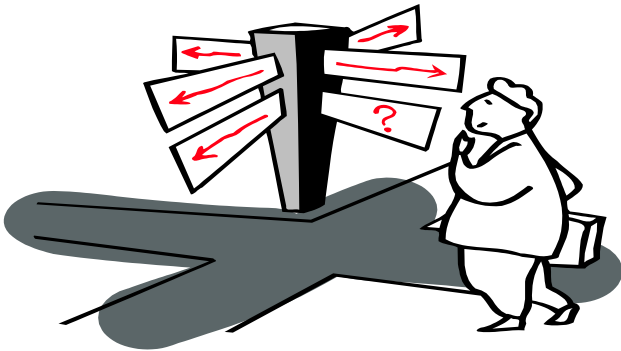
Motivation Station



Get More Quotes @ thedailyquotes.com



Address & Contact Details of Venues



Name	Address	Contact Phone Number
The Vault Recovery Cafe	Access on Trafalgar Street, at the back of Unity Recovery Centre, 30 Manningham Lane, BD1 3DN	07818 464141 (Tony)
Unity Recovery Centre	30 Manningham Lane, BD1 3DN	
Pelican house	10 currier street little Germany Bradford	
Spoc helpline for support and treatment	For all new referrals wanting to access treatment	01274 296023
Progress @ Project 6 (P6)	11-19 Temple Street, Keighley, BD21 2AD *groups open to people registered in treatment in Bradford who are stable in their recovery	01535 608631

Emergency Contact details

In case of an emergency, here are some important numbers you may need:

Police / Fire / Ambulance—999 if it is an emergency
 Police—101 if non emergency or text 18001101 with details
 The Samaritans— 08457 909090 (UK) 01274 547547 (Bradford)
 MIND Helpline—01274 594594
 Narcotics Anonymous—0300 999 1212
 Alcoholics Anonymous—0845 769 7555
 Shelter (Housing) 0808 8000 4444





Every week 

Monday

What	Venue	Time	Who for	Other info
Aim group	Pelican house	10:30am To 12:30pm	Anyone for support From stopping Substances or staying stopped	Must be free of illegal substance on the day
Where is your head at?	The Vault Recovery cafe	10:30am To 12:30pm	Open to the vault and the recovering com- munity	This is a here and now group to share where your at in your life and what is going on for you and get support from your peers
Narcotics Anonymous Meeting In the vault cafe	The Vault Recovery cafe	1.30pm - 3.00pm	This is open to anyone including staff accompanying a ser- vice user.	

Where to meet and eat



Where	Who for	Open Low cost meals	Cost
The Vault Recovery Cafe	Anyone in recovery—not under the influence on the day	9:30am— 4pm	Tea & coffee 10p Low cost food



Tuesday

Every week



What	Venue	Time	Who for	Other info
Maze Group	The vault Recovery cafe	10:30 To 12:30pm	anyone	This is a 5 week course To support and inform people about how 12 step groups work. If you would like to sign up please see Tony or Kyra
DVD film club	Vault recovery cafe	1:30pm	anyone	Come and watch a movie with free snacks
Cannabis and spice group	Shipleigh Fire Station 1 Shipleigh Fields Rd, Shipleigh BD18 2DG	6:00pm - 8:00 pm	Anyone wanting support to become or remain drug free from these substances	This is a peer support group run in the community for people wanting support

Where to meet and eat



Where	Who for	Open	Cost
The Vault Recovery Cafe	Anyone in recovery	9:30am—4pm	Tea & coffee 10p Low cost meals



Wednesday

Every week

What	Venue	Time	Who for	Other info
Aim group	Pelican house	10:30am To 12:30pm	Anyone looking for support To stop using Substances or staying stopped	Must be drug and alcohol Free on the day
Vault trip out	Leaving the vault Around	10:30am	For recovering community who Are friends of the vault	This will be a trip out to attend museums go for a walk etc
Step up group	Pelican house	1.15pm - 2.45pm	Must be drug and alcohol Free on the day	Looking at the 12 steps a different step each week
Life skills	Vault recovery cafe	1:30pm To 3pm	For recovering community who Are friends of the vault	This group will be doing budgeting Cooking and other life skills



Where to meet and eat

Where	Who for	Open	Cost
The Vault Recovery Cafe	Anyone in recovery—not under the influence on the day	9:30am—4pm	Tea & coffee 10p Low cost food



Every week



Thursday

What	Venue	Time	Who for	Other info
Women's group	Unity Recovery Cafe (The Vault Back room only)	10:30am-12:30pm	All Women welcome	Great group for women only to come together for activities etc
Smart recovery Meeting	Unity Recovery Cafe (The Vault Back room only)	1:30pm to 3pm	anyone	This is a peer led meeting

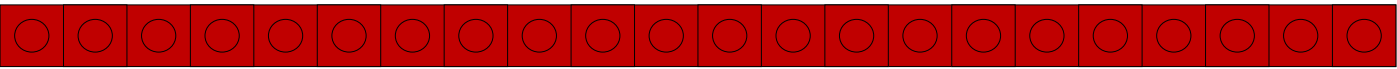


Where to meet and eat



Where	Who for	Open	Cost
The Vault Recovery Cafe	Anyone in recovery	9:30am—4pm	Tea & coffee 10p Low cost meals





Every week



Friday

What	Venue	Time	Who for	Other info
Planning for the weekend	Pelican house	10:30am To 12:30pm	Anyone not under the influence of drink and drugs	Great group to plan your weekend and get support
Cannabis and spice group	Unity Recovery Cafe (The Vault Back room only)	1pm To 3pm	Anyone wanting support to become or remain drug free from these substances	



Where to meet and eat





Where	Who for	Open	Cost
The Vault Recovery Cafe	Anyone in recovery	9:30am—4pm	Tea, coffee 10p Low cost meals





Mutual Aid / Peer Support groups

Monday

Type	Venue	Time	Other info
NA Meeting Child welcoming	Vault recovery café 	1:30pm to 3pm	Open meeting Closed xmas
NA Meeting	Vault recovery cafe 	6:60pm to 8pm	Open over xmas and new year
AA Meeting	Unitarian Church, Russell St (off Trinity Rd).	12:30pm	

Tuesday

Type	Venue	Time	Other info
NA meeting	st pio friary 1 Sedgefield terrace Bradford bd1 2ru	7:30pm– 9pm	Women only meeting Child welcome
NA Meeting	Salvation army Brighouse Hd6 1nx	7pm—8:30pm	
CA meeting	Vault recovery café	7:30pm-9pm	
Cannabis and spice group	Shiplely Fire Station 1 Shiplely Fields Rd, Shiplely BD18 2DG	6pm-8pm	

Wednesday


Type	Venue	Time	Other info
NA Meeting	Wellness centre 108 dockfield rd Shiplely bd17 7ar	6:30-8pm	
AA meeting	Friends Meeting House, Russell St, off Melbourne Place,	8pm	

Thursday

Type	Venue	Time	Other info
NA meeting	Cooperville centre bellerby brow buttershaw bd6 3jy	7:30-9pm	
AA Meeting	1 North Avenue BD8 7NH	7:30pm	Polish speaking

Mutual Aid / Peer Support groups


Fridays

Type	Venue	Time	Other info
NA Meeting	St Johns church east bowling bd4 8tu	8-9:30pm	
AA Meeting	Friends Meeting House, Rus- sell St, (off Trinity Rd)	8pm	

Saturdays

Type	Venue	Time	Other info
NA Meeting	10 carlton st Halifax hx1 2al	10am-11:30am	
NA Meeting	Union bank yard new st Huddersfield hd1 2bp	5-7pm	
AA Meeting	Salvation Army Community Centre, 33 King St, (Upstairs) Brighouse HD6 1NX	10:30am	

Sundays

Type	Venue	Time	Other info
AA Meeting	St Clement's Church, Barkerend Rd	1:30pm	
NA meeting	Vault recovery café	6-7:30pm	

More info:

Narcotics Anonymous
www.ukna.org/
 Tel: 0300 999 1212



More info:

Alcoholics Anonymous
www.alcoholics-anonymous.org.uk
 Tel: 0845 769 7555





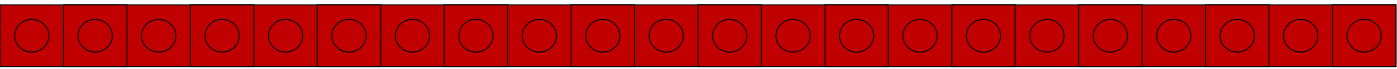
My Planner

MARCH 2018

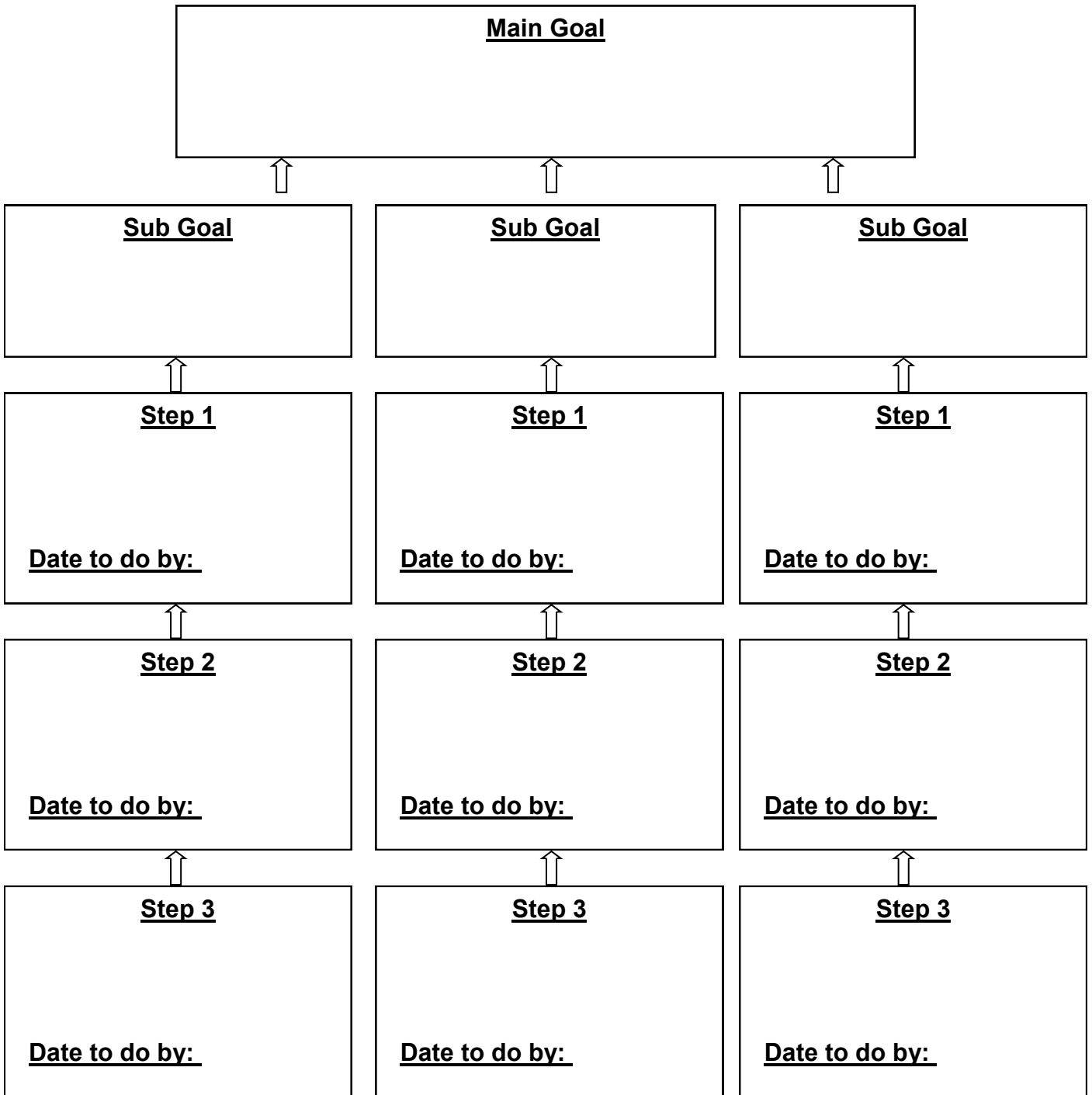
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Download and print calendar from www.colorfulfamilylife.com





Goals for the Month...



Things I need to help me with my goals:

- 1.
- 2.
- 3.
- 4.
- 5.





Poem of the month

A Promise of Success

Ones potential is so huge, and so vast,
Yet, why is it, that so many fail, and usually come last?,
So few truly succeed, that when they do, others are jealous and
totally aghast,
Let's all believe in success, and I promise that failure will be part
of the past.

The things you think, and the things you believe,
If they are true, then those are the things that you will achieve,
But if your thoughts are false, or they are used to deceive,
You'll be stabbed in the back, and that is a promise that you had
better believe.

Get rid of depression, worry and fear,
Because success is so often so very, very near,
Tell your subconscious , "success is mine", and tell it to hear,
Remind it often, then success will be yours, that is a promise, my
dear.

Just ask the "DIVINE", for whatever you desire,
For happiness or abundance, or anything else to which you aspire,
It's now time to succeed, so go ahead, set your goals, and light
that fire,
Do it with passion, and I promise you this, you'll soar higher and
higher.

