

Recovery Activity Guide

December 2018

Welcome to Bradford and Airedale's Recovery Activity Guide!



At the Vault
Sat 8th December at 2pm-5pm
Everyone welcome
Fun and games

How to use the Recovery Activity Guide: This booklet will give you information about loads of activities in your area, which are open to you if are drug free & sober on the day (prescribed medication is ok). There is a diary and a planner on p 12 and 13 for

Key to activities...



There is a cost to this activity



Wheelchair access



Every week

The INTERVIEW

What is happening in your life at the moment?

Things are good. I'm spending my time doing a lot of training. I'm doing English language Level 1 and level 2 Volunteer training.

What were you like at your worst?

I was suicidal, not eating, just drinking daily. It got to the point where I was drinking 7 litres of white cider a day and half a bottle of vodka. I was also taking Tramadol. This also affected me mentally in that I was depressed and anxious.

At what point did you begin to make changes?

I was working as a senior in a mental health unit so I had to resign from my job before my drinking got really bad, so things actually got worse before they got better. Work contributed to my problems, so I was using it to cope and before I knew it the drinking just made things worse. So I had a difficult time before I was able to see some light at the end of the tunnel.

What does your future hold for you?

I'm going to be doing some volunteering next year. I'm looking to get a position in some sort of recovery capacity., I'm sure what exactly yet. These days I tend to take one day at a time. I'm not about people pleasing any more. Staying within a structure and a routine is far more important for me now.

Any advice for anyone stuck in addiction?

It is important to talk to people and ask for help. If you can get to the point where you believe that you can change you will be half-way there.





This is a drug and alcohol free event

Saturday 15th December 7-10pm

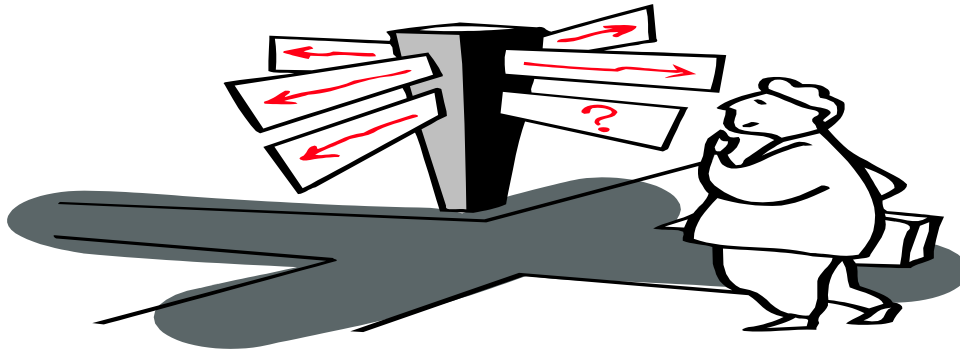
Come and join us for an evening of live music + open mic and food .

Free event all welcome

**The Space
Unit 8 Gemini
Business Park
Sheepscar Way
LS7 3JB**



Address & Contact Details of Venues



Name	Address	Contact Phone Number
The Vault Recovery Cafe	Access on Trafalgar Street, at the back of Unity 30 Manningham Lane, BD1 3DN	Kyra
Unity	30 Manningham Lane, BD1 3DN	01274 296023
Pelican house	10 Currer Street ,Little Germany Bradford BD1 5BA	01274 296023
S.P.O.C helpline for support and treatment	For all new referrals wanting to access treatment or queries	01274 296023
Progress @ Project 6 (P6)	11-19 Temple Street, Keighley, BD21 2AD *groups open to people registered in treatment in Bradford & Airedale 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
 First Response -If you are experiencing a mental health crisis
 01274 221181
 Narcotics Anonymous—0300 999 1212
 Alcoholics Anonymous—0845 769 7555
 Shelter (Housing) 0808 8000 4444
 NHS Helpline -111



Every week



Monday

What	Venue	Time	Who for	Other info
Where's Your Head At?	The Vault Recovery cafe	10:30am To 12:30pm	Open to the vault and the recovering community	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 service user.	

COOK AND EAT SESSIONS IN THE VAULT KITCHEN

- ◆ Where to buy the best and cheapest food.
- ◆ How to eat well on a budget

Every Thursday 12.30-2.30
limited Places, sign up in advance



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

Every Week



Tuesday

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
			Anyone	Learn how to find ingredients and cook cheap and healthy meals . Maximum 2 persons per session. Sign up in advance.
Vault Planning meeting 2nd Tuesday of Every month	Vault Recovery cafe	1:30pm	Anyone	This is your time to come up with ideas for: Activities Groups Trips out Meals/food supporting And much more All welcome

NEXT VAULT PLANNING MEETING:

Tuesday 11 December 1.30PM

Come along with your ideas about planning activities in the vault!

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



Wednesday

What	Venue	Time	Who for	Other info
Honest Open Peer Encouragement	Vault recovery Cafe	10:30- 12:30PM	Anyone	This group is about where you are at in your recovery and getting support from
Film Afternoon	Vault Recovery Cafe	1:30PM	Anyone	Come and watch a film on the big screen

RECOVERY RADIO SHOW
 On Bradford Community
 Broadcasting
 Fri 30 November 6-6.30PM and every
 four weeks after that

tuned in to bradford

bcb 106.6 fm

www.bcbradio.co.uk

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	Unity Recovery Cafe (The Vault Back room)	1-2:30pm	Anyone	"DISCOVER THE POWER OF CHOICE" We help people recover from addictive behaviour and lead meaningful and satisfying lives. Our approach is secular and science based; using motivational, behavioural and cognitive methods.
Archery	Frizinghall Community Centre	Leave vault 1PM	Anyone	See Kyra in Vault or call 07776 592839
Meditation and relaxation	Vault cafe	3PM	Anyone	Learn calming perspectives No experience required

COMMUNITY ADVICE NETWORK: BRADFORD AND AIREDALE
FOR FULL DETAILS: WWW.BRADFORDCAN.ORG.UK

AREA ADVICE CENTRES :

Karmand Centre Barkerend Rd BD3 9EP 01274 669593. Ravenscliffe Advice Centre 45 Thackeray Rd BD10 01274 630800 Thorpe Edge Advice Service 14 York House, Idlethorpe BD10 9ES 01274 620031 Canterbury Advice Centre 1-3 Ringwood BD5 9LB 01274 577571 West Bowling Advice Centre Clipstone St BD5 8EA 01274 733770 Girdlington Advice Centre Girdlington Rd BD8 9NN 01274 547118 Manningham Advice Centre 203 Lumb Lane BD8 7SG 0844 888 7904 Holmewood Advice Centre BD4 0JE 01274 684279 Royds Advice Centre 86 Fenwick Drive BD6 2RZ 01274 425305 S. Bradford 37 Smith Ave BD6 1HH 01274 Windhill Advice Centre, Shipley Church St BD18 2NR 01274 588831 Shipley area advice centre : Bradford & Airedale Citizens Advice Bureau (CAB) 08442 451282 6-8 Windsor Road, SHIPLEY BD18 3EQ Advice on: Benefit/tax credits, debt, employment rights, housing, immigration www.citizensadvice.org.uk

Keighley area advice centres

Bradford & Airedale Citizens Advice Bureau (CAB) 08442 451282 Central Hall, Alice Street, KEIGHLEY BD21 3JD Advice on: Benefit/tax credits, debt, employment rights, housing, immigration www.citizensadvice.org.uk

Keyhouse (Keighley)

01535 211 311 130 North St, Keighley BD21 3AD Advice on: Benefit/tax credits, debt, housing, immigration www.keyhouse.co.uk

TELEPHONE HELPLINES

Community Advice Network (Bradford district) 08442 451282* – help with benefit/tax credits, debt, employment rights, housing, immigration and more Turn2us 08088 022000 – advice about benefits and grants for individuals

National Debtline

0808 808 4000 – advice on debt problems

Step Change 0800 138 1111 – advice on debt problems

Shelter 0808 800 44 44 – advice about housing and homelessness

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
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	
Final Thoughts	Unity Recovery Cafe (The Vault Back room only)	10.30-11.30	Any Vault member or supporter	Reflect back on how your week has been and plan for the weekend.

‘FINAL THOUGHTS’

New peer led reflective group
Every FRIDAY 10.30-11.30



LETS LOOK BACK ON THE LAST WEEK:
What could have worked better ?
What went well?
Make plans for the weekend

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

Mondays

Type	Venue	Time	Other info
NA Meeting Children welcome	Vault Recovery Café 	1:30pm to 3pm	Open meeting
NA Meeting	Vault Recovery Cafe 	6:30pm to 8pm	
AA Meeting	Unitarian Church, Russell St (off Trinity Rd). BD5 0JB	12:30pm	

Tuesdays

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, 33 King St Brighouse Hd6 1NX	7pm—8:30pm	
CA meeting	Vault Recovery Café 	7:00pm-8pm	Newcomers, open meeting and Main Share
Cannabis and Spice group	ShIPLEY Fire Station 1 Shipley Fields Rd, Shipley BD18 2DG	6pm-8pm	

Wednesdays

Type	Venue	Time	Other info
NA Meeting	Wellness Centre 108 Dockfield Rd Shipley BD17 7AR	6:30-8pm	
AA meeting	Friends Meeting House, Rus- sell St, off Melbourne Place, Little Horton Lane BD5 0JB	8pm	

Thursdays


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) Bradford	8pm	

Saturdays

Type	Venue	Time	Other info
NA Meeting	St Georges Crypt , Great George St, Leeds LS1 3BE	2pm-3:30pm	
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, 294 Barkerend Rd Bradford BD3 9DF	1:30pm	
NA meeting	Vault Recovery Café	6-7:30pm	
NA meeting	22 Clare Rd Halifax HX1 2HX	1PM-	

More info:

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



More info:

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



December 2018

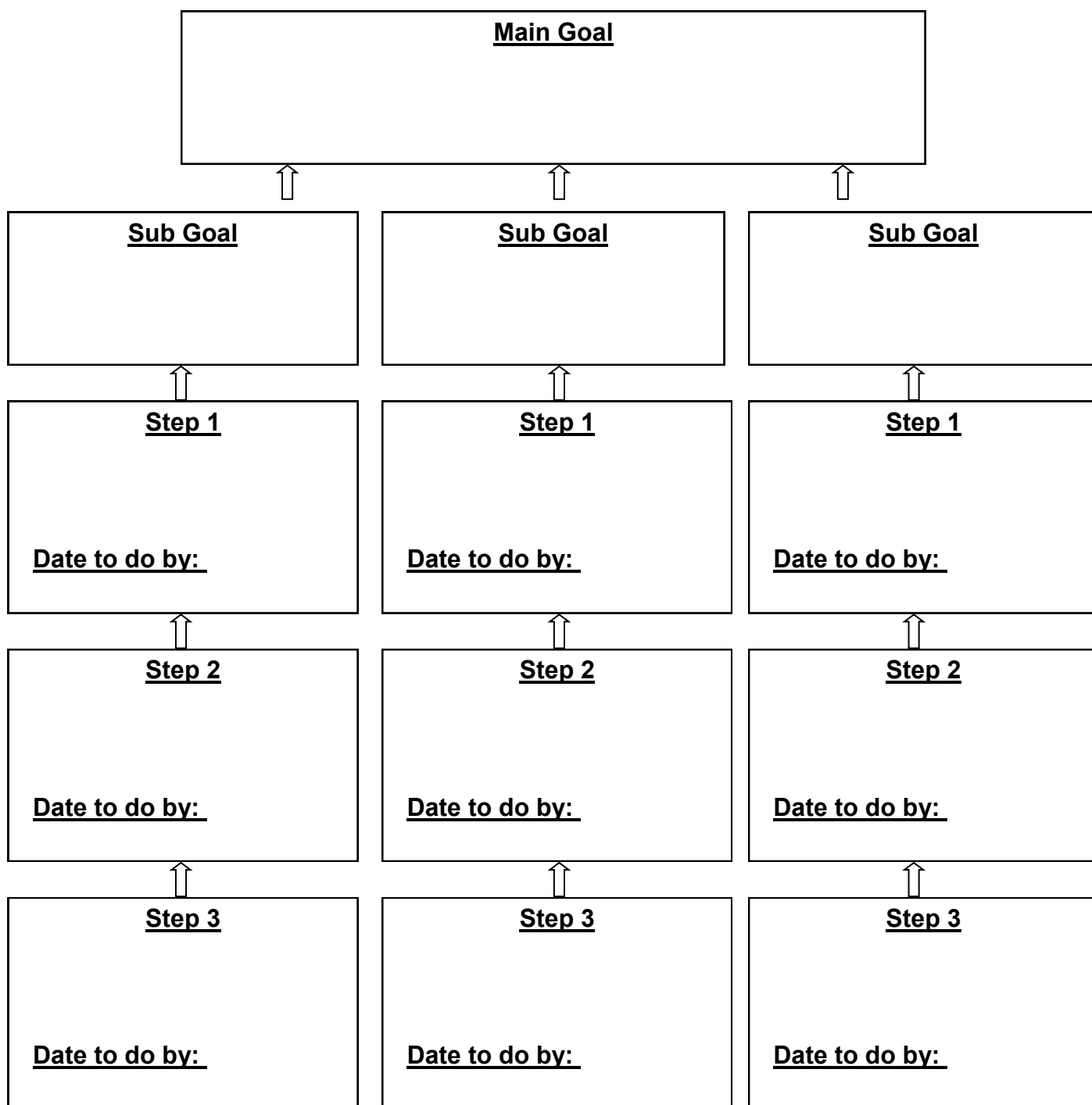
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

My Planner



My Goals for the Month...



- Things I need to help me with my goals:**
- 1.
 - 2.
 - 3.
 - 4.
 - 5.



The 4Women Gift Appeal

We are looking to make Christmas a little extra special and memorable to the women who use the 4 women service. We are looking to create Christmas Gift Boxes to present to the women, we are asking for kind donations to fill each of the boxes with any of the following **unused** items:

- * Chocolates/sweets
- * tights/gloves/hats
- * socks/knickers
- * Make up/Nail Polish
- * Earrings/jewellery
- * Inspirational books/pocket diaries
- * Any small **NEW** clothing
- * Toiletries

If we could ask for any donations to be dropped off at the 4women office, The Bridge Project, 35 Salem Street, Bradford BD1 4QH, **before 3/12/18**.

We are also looking for donations of empty shoe boxes so we can wrap and presents to the women filled with the above donations, **we require approx. 80 boxes**.

On the 13/12/2018 we are making a three course Christmas meal for the women, so we also require donations fo gifts for our Christmas Tombola. **We would welcome tins, boxes of chocolates and sweets to help us.**

Many Thanks in advance!



VOLUNTEERING

LET'S MAKE A DIFFERENCE



[Volunteer Welcome Session](#)

Interested in volunteering at New Directions?

Want to know about the qualifications we offer?



Come along to Pelican House, 10 Currer St , Bradford BD1 5BA on Tuesday the 11th December at 10.30 am, where you can meet the volunteer coordinator and learn all about what we offer, and hear from one or two of our current volunteers.

If you'd like to know more about the welcome session, please call Claire on 07552 180349.

Vault Christmas Lunch

*Thursday 20 December
1PM*

£2

Advance Booking Advised

*See Kyra or Lee in The Vault
Or call 07776 92839*

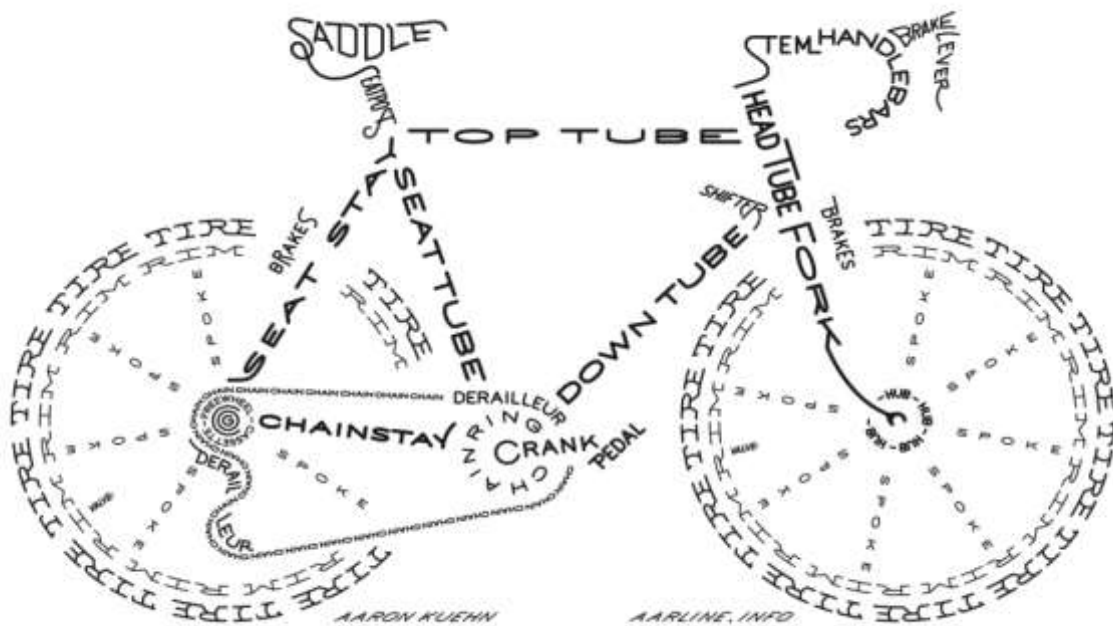


Bike club is back!



Starts Tuesday 18 Dec 10AM - 1PM

- Learn how to repair and maintain your own bike
- Earn a bike for yourself (one per person)
- Opportunities to progress in maintenance and repair



Contact Michael: 07880 273422 for details