

Recovery Activity Guide

June 2019

Welcome to Bradford and Airedale's Recovery Activity Guide!

Kindfulness Course ~ (Mindfulness mixed with resilience)



*Every Tuesday 10.30 in The Vault ~
Starts 11th June*

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 on p 12 for you to jot down which **activities you want to go to, so you don't forget!** The addresses and contact details of venues are on Page 4.

Key to activities...



There is a cost to this activity



Wheelchair access



Every week

The INTERVIEW

How is your life today?

I feel a lot more settled and in control. I'm stronger and capable of dealing with day-to-day life. I have more clarity today and not burying things by using alcohol.

What were things like when they were bad for you?

I was angry and frustrated and did not want to talk to anyone about it. I was quiet and no-one could help me or understand me or could talk to me. Only alcohol could solve what was **going on, it was my escape. I'd drink 1-2 bottles of wine a day.** That does not seem a lot but it was an addiction. I could not have one glass, until I had drunk all I had. I knew I had to stop completely.

What made you want to change?

I had to change because my behaviour and attitude towards everything was wrong. It was ruining my family life for my husband and children. I was told that I had to do something about it but it took me months to do anything because |I thought I was in control. I was very secretive about it and hid it very well. No one else really knew what a dark place I was in and how bad it was.

What is your viewpoint today?

I feel I am a much better person and believe that I am much **more confident. I'm more honest with myself and with others.** I have better physical and mental health than I had, and where I am now is a greater place to be than where I was



Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group

This poster will help you decide if you need medical attention if you get sick. It explains what each NHS service does, and when it should be used. Choosing well means you will get the right treatment. It also allows busy NHS services to help the people who need them most.

Looking after yourself at home (self-care)

Many illnesses can be treated at home with a well-stocked medicine cabinet and by getting plenty of rest. This includes hangovers, minor cuts and grazes, sore throats and coughs.



Hangover.
Grazed knee.
Sore throat.
Cough.

Pharmacist (Chemist)

Pharmacists can give you advice on common illnesses such as headaches, painful coughs, diarrhoea and hayfever. You don't need an appointment and many are open over the weekend and on bank holidays. Many pharmacists also have a consultation area so you can speak in private. You may be eligible for free treatment from the pharmacy under the Pharmacy First scheme – ask your pharmacist for more details.



Diarrhoea.
Runny nose.
Painful cough.
Headache.

GP surgeries (Doctor)

GP surgeries can help with medical advice, examinations and prescriptions. Many are now open later in the evenings and at weekends. If your GP practice is closed, and it is not an emergency, call NHS 111, use a pharmacy or self-care.



Vomiting.
Ear pain.
Stomach ache.
Back ache.

NHS 111

NHS 111 is the number to call if you are need urgent health advice. 111 is open 24/7, every day of the year. Their highly trained advisors will either give you advice over the phone or direct you to the most appropriate service for help.



Unwell?
Unsure?
Confused?
Need help?

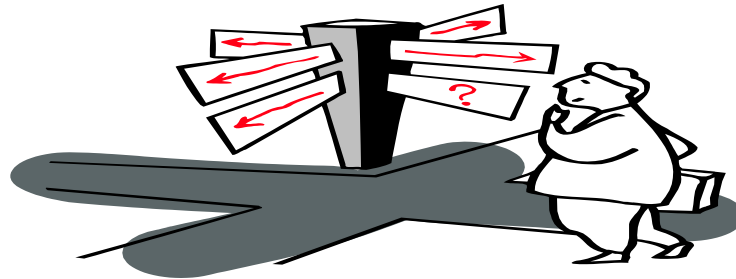
A&E or 999

A&E or 999 should only be used for very urgent or life threatening medical emergencies, such as severe chest pain, severe breathing difficulties, suspected stroke, serious bleeding or serious injuries. For non-emergency advice or treatment, use 111, your GP surgery, pharmacy or self-care.



Choking.
Chest pain.
Severe bleeding.
Blacking out.

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, Bradford BD1 3DN	Kyra 07776 592839
Unity	30 Manningham Lane, Bradford 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



Do you need to see a dentist ?

Come and see us at Bridge, 35
Salem St BD1 4QH on:

Friday 21 June 9.50 AM - 2.30PM
Friday 5 July 9.50 AM - 2.30PM



Places are limited on first-come-first-served basis. **Please arrive early to avoid disappointment!**

Every week



Monday

What	Venue	Time	Who for	Other info
Where's Your Head At?	The Vault Recovery café (Group Room)	10:30am To 12:30pm	Open to the vault and the recovering community	This is a here and now group to share where you're at in your life and what is going on for you and get support from your peers
Narcotics Anonymous Meeting	The Vault Recovery café (GroupRoom)	1.30pm - 3.00pm	Anyone in recovery	This is open to anyone including staff accompanying a service 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 20p Low cost food

Every Week



Tuesday

What	Venue	Time	Who for	Other info
Maze Group	The Vault Recovery café (Group Room)	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 Kyra
Vault Planning meeting 2nd Tuesday of Every month	The Vault Recovery café (Group Room)	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
Art Group 1st. 3rd and 4th Tuesdays of the month	The Vault Recovery café (Group Room)	1-3PM	Anyone	Come and do your own art-work, get tips and help from an experienced artist

NEXT VAULT PLANNING MEETING:

Tuesday 11 June 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 20p Low cost meals



Every week



Wednesday

What	Venue	Time	Who for	Other info
Honest Open Peer Encouragement	Vault recovery Café (Group Room)	10:30- 12:30PM	Anyone	This group is about where you are at in your recovery and getting support from your peers
Film Afternoon	Vault Recovery Café (Group Room)	1:30PM Alternate weeks	Anyone	Come and watch a film on the café screen
Well Being Group	Vault Recovery Café (Group Room)	1PM-3PM	Anyone	Improve your well being by playing games and fun activities

COMMUNITY ADVICE NETWORK: BRADFORD AND AIREDALE

FOR FULL DETAILS: WWW.BRADFORDCAN.ORG.UK

Bradford district-wide advice centres

Bradford & Airedale Citizens Advice
Bureau (CAB) 08442 451 282
George Street, BRADFORD BD1 5AA
Advice on: Benefit/tax credits, debt,
employment rights, housing, immigration,
community care, consumer and more
Website: www.citizensadvice.org.uk

Bradford CAB & Law Centre
Tel: 01274 306 617
31 Manor Row, BRADFORD BD1 4PS
Advice on: Employment rights
and immigration/asylum
www.bradfordlawcentre.org.uk

Bradford & Airedale Cancer Support
Tel: 01274 776688
Daisy House Farm, 44 Smith Lane,
BRADFORD BD9 6DA
Advice on: Benefit/tax credits
www.bradfordcancersupport.org.uk

CONTINUED ON P8

Free legal Advice

Makin Dixon Solicitors
10 Hustlergate, Bradford BD1 1RE 01274 747747
Every first and third Saturday morning of month 09.00-12.00 &
Every Thursday 3-5 PM no appointment needed. Call first to
book place

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

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 homeless-
ness

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 20p Low cost food

Every week



Thursday

What	Venue	Time	Who for	Other info
Women's Group	Unity Recovery Cafe (The Vault Group Room)	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 Group 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.
Meditation and relaxation	Vault Recovery Cafe	3PM	Anyone	Learn calming perspectives No experience required

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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

TELEPHONE HELPLINES

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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 20p Low cost meals

Every week



Friday

What	Venue	Time	Who for	Other info
Final Thoughts	Unity Recovery Cafe (Vault Group Room)	10.30-11.30 (Except 4th Friday of month)	Anyone	Reflect back on how your week has been and plan for the weekend.
Drop-In Coffee Morning	Pelican House	10.30-12.00	Anyone	Social drop-in for coffee and chat
Cannabis and Spice group	Unity Recovery Cafe (The Vault Group Room)	1PM-3PM	Anyone	Anyone wanting support to become or remain drug free from these substances

Friday Trips Out - June

- 7th Brimham Rocks, Ilkley
- 21st Piece Hall, Halifax
- 28th Five Rise Locks, Bingley
- £2 cost payable in advance, packed lunch included.
- Leaving from Vault at 10.30AM
- Venue may change on day if weather is bad for outdoor trips.
- For details contact Kyra: 07776 592839

Where to meet and eat





Where	Who for	Open	Cost
The Vault Recovery Cafe	Anyone in recovery	9:30am—4pm	Tea, coffee 20p Low cost meals





Other local 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 Café 	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	Salvation Army, 33 King St Brighthouse 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, Russell St, off Melbourne Place, Little Horton Lane BD5 0JB	8pm	
Cannabis and Spice group	Bevan Wellbeing Centre Dale St, Bradford BD1 4HT	2-4PM	

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

Other local 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	The Old Chapel 43 Westfield Rd (Off Burley Rd) Leeds LS3 1DG	10AM-11AM	

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

June 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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



Mapping my recovery

how life would be better

things I'd like to change

how useful was this map and discussion?
-ve 1 2 3 4 5 6 7 8 9 10 +ve

date

my name



M4

Dragon boat race at Leeds Waterfront Festival



We need around 20 Service users and staff from across the region to paddle, drum and support the CGL boat. The festival also includes a street food competition, live music, **stalls and more... a great day out for all the family!** Fancy dress theme to be decided (optional)

Date and Time – Saturday 29th June 10-5pm

Location – Leeds Dock, Leeds, LS10 1LE

Contact: - Michael 07880 363422 michael.lord@cgl.org.uk

Unity in Hull Saturday
22nd June 2019



Back 2 Life

Back to life unity in Hull
Registration starts 12noon £5 waged £3 unwaged

Main shares/ marathon meetings/HI/PI presentation/ meditation/yoga/ Food/drink auction/raffle/ area recognition/ clean time countdown/ live recovery band/ funky evening dance/ Fellowship 🌈

The Annex
Ventnor Street
Newland avenue
Hull
HU52DH For information contact Ambrose 07961 575339




Sam Harland
The Recovery Comedian



Dave Twentyman



**COMEDY &
CURRY**

JUNE 1, 2019

THE SPACE

7-9:30 PM

ALCOHOL & DRUG FREE EVENT

See Kyra in The Vault for more details or call 07776 592839

Summer Bicycle Rides



Tuesdays from 28 June 12PM - 3PM

- Easy, non-strenuous routes
- Experienced ride leader
- Bikes available to borrow for the day

Contact Michael 07880 273422