

Recovery Activity Guide

Connecting
Lives



Key to activities...



Wheelchair
access



Every
week

New Directions Bradford

COME AND HAVE YOUR SAY

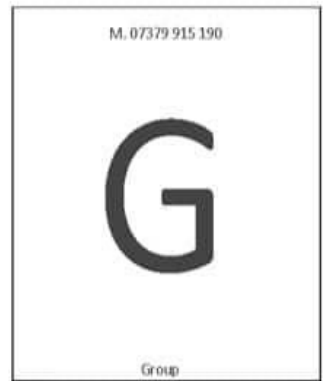
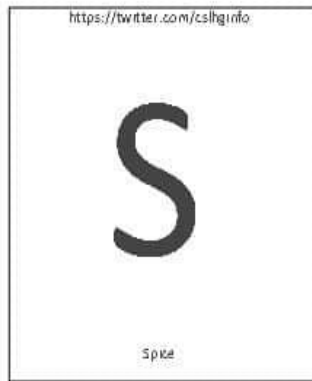
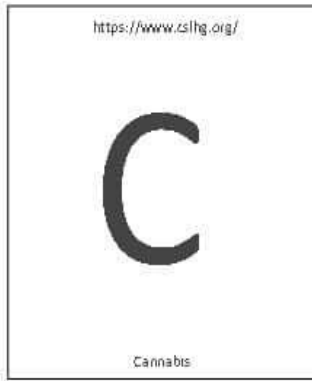
The last Wednesday of every month

Next one 28th July at fountains church

11am-12 ;30pm

OPEN TO ALL CLIENTS





Online meetings



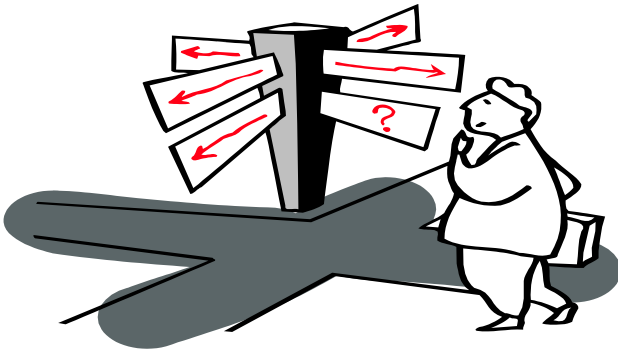
- Sunday** 2.00 - 4.00 pm **Open meeting**
- Tuesday** 6.00 - 8.00 pm **Shipley meeting**
- Wednesday** 2.00 - 4.00 pm **Womens meeting**
- Friday** 2.00 - 4.00 pm **Vault meeting**

Contact Dave on 07379915190 for login details or email cslhginfo@gmail.com



Please see website for zoom meetings
<https://www.lgbthealth.org.uk/>

Address & Contact Details of Venues



Name	Address	Contact Phone Number
Access groups and activities	church 78 morley st Bradford BD7 1AQ	Tony Gibson 07341 510 969
Unity	30 Manningham Lane, BD1 3DN	
Pelican house	10 curren street little Germany Bradford	
Spoc helpline for support and treatment	For all new referrals wanting to access treatment or quires	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



New address for groups and activities Fountains church
78 morley st Glydengate square
Bradford


Please note No Parking

You must Adhere to all covid regulations

Every week



Monday

What	Venue	Time	Who for	Other info
Check in group	Fountains church 78 morley st Bradford city centre	11am To 12:30pm	Anyone not under The influence	
Walk And Talk group	Meeting at the Vault recovery café	1:15pm	Anyone not under The influence	Leaving the vault at 1:30pm




Every week 

Tuesday

What	Venue	Time	Who for	Other info
Art and crafts group	Fountains church 78 Morley st Bradford city centre	11am To 12:30pm	Anyone not under The influence	
Gardening group	Fountains church 78 Morley st Bradford city centre	1pm to 3pm	Anyone not under The influence	Come and join this new group which will be doing Gardening and planting Veg at the church

Every week 


Wednesday

What	Venue	Time	Who for	Other info
Hope group	Fountains church 78 Morley st Bradford city centre	11am To 12:30pm	Anyone not under The influence	
Planning meeting And service user voice The last Wednesday of Each month Next one 28th july	Fountains church 78 Morley st Bradford city centre	11am To 12:30pm	Anyone not under The influence	
Narcotics anonymous Meeting	Fountains church 78 Morley st Bradford city centre	1:30pm To 2:30pm		

Every week



Thursday

What	Venue	Time	Who for	Other info
Women's group	Fountains church 78 morley st Bradford city centre	11am To 12:30pm	Anyone not under The influence	Women only group 
Smart Recovery Meeting	Fountains church 78 morley st Bradford city centre	1;30pm To 3pm		

Every week



Friday

What	Venue	Time	Who for	Other info
Check in group	Fountains church 78 Morley st Bradford city centre	11am To 12:30pm	Anyone not under The influence	Must adhere to covid Restrictions 



Mind in Bradford

Online peer support group via Zoom where you can talk to others, share your worries and find coping strategies. Includes break out rooms for extra support.

Contact 01274 730815

or admin@mindinbradford.org.uk for registration details.

Narcotics anonymous Helpline: 10.00am - midnight

0300 999 1212

<https://ukna.org/> for online meetings

Alcohol anonymous Call our National Helpline FREE on 0800 9177 650

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/>

Online-_-Telephonic-Meetings

Samaritans

Hours: Available 24 hours. Dial 116 123

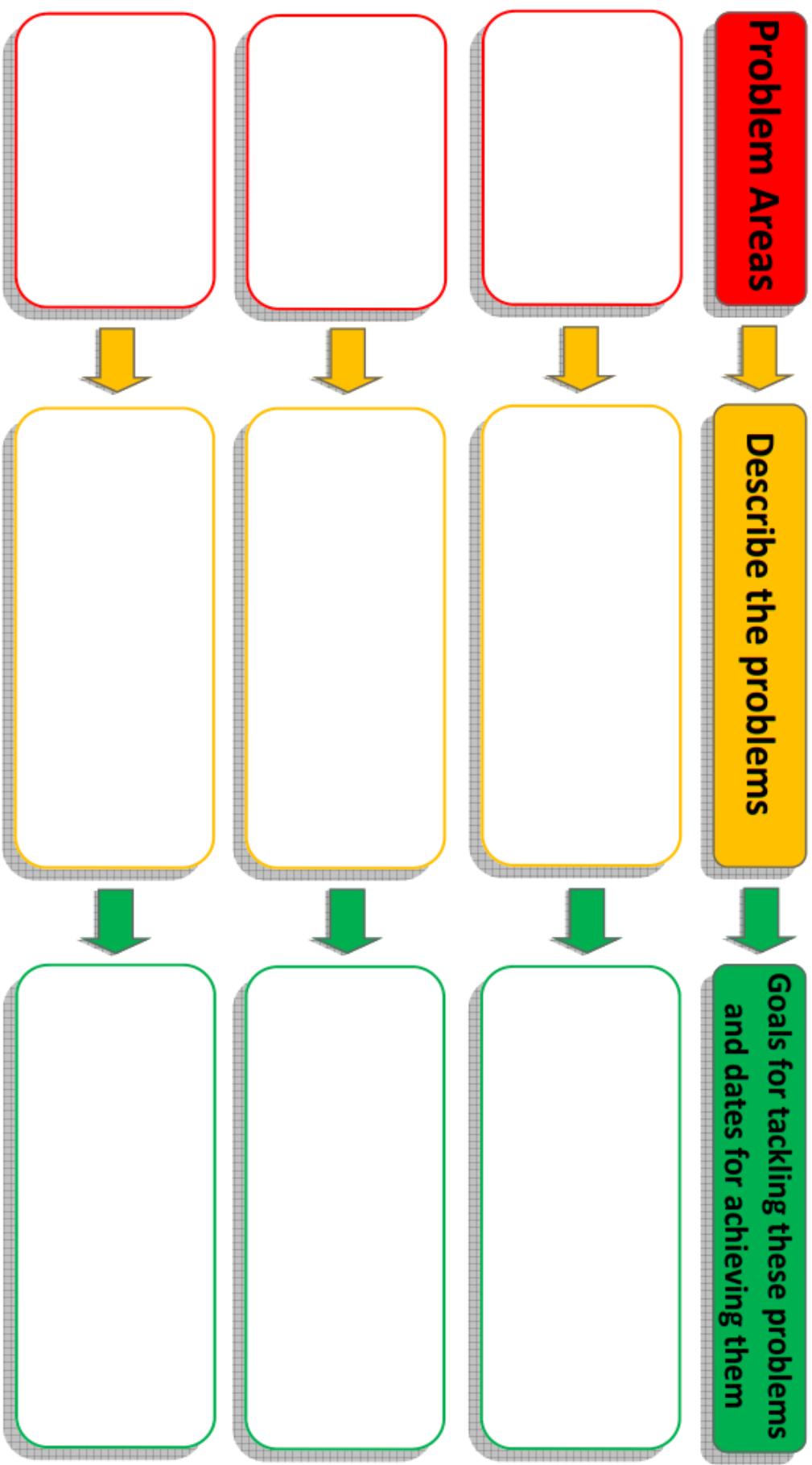
Smart recovery

0330 053 6022

<http://www.smartrecovery.org.uk/>



Goal Map



My Planner



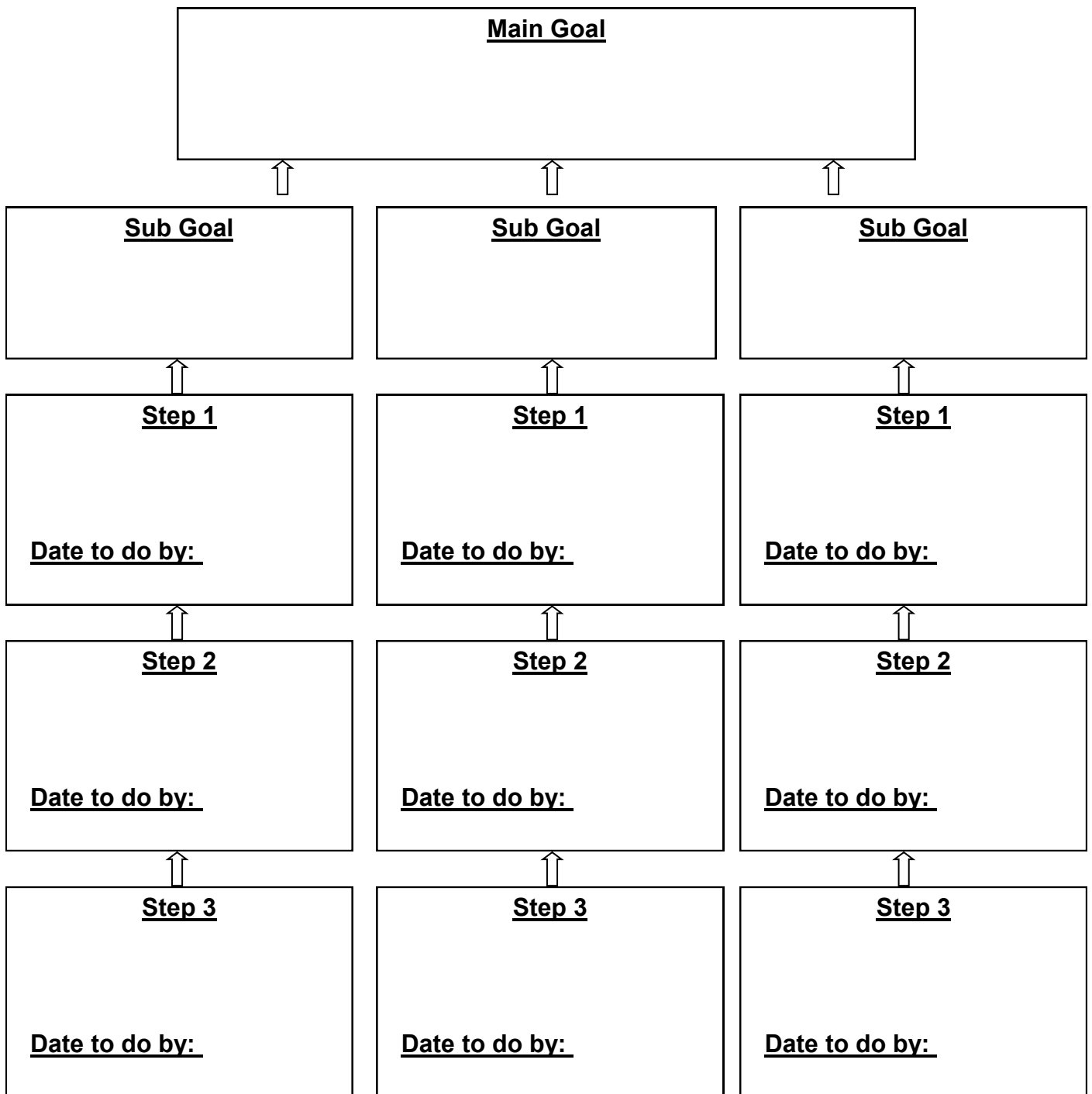
What's Happening This Week?



Monday	Tuesday	Wednesday	Thursday



Goals for the Month...



Things I need to help me with my goals:

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



Poem of the month

DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow,
You may succeed with another blow.

Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit,
It's when things seem worse,
that you must not quit.