

Recovery group offer in Sheffield

There are over 40 groups seven days a week in Sheffield

Narcotics Anonymous (NA) - there are over 7 meetings per week, contact NA Helpline for meeting details (0300 999 1212). NA also offer online group support, please go to <http://ukna.org/>

Alcoholic's Anonymous (AA) – there are over 14 meetings a week, contact AA National Helpline for meeting details (0800 9177 650).

Al-Anon - Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. There are over 5 meetings a week. Contact Al-Anon for meeting details (020 7403 0888)

SASS / ARC - Alcohol Recovery Community, offers peer support, groups, women only and activities for people affected by alcohol. Contact SASS on 0114 258 7553 to find out more, based at 646 Abbeydale Road, Sheffield, S7 2BB.

KickBack Recovery - Cathedral Archer Project, Campo Lane – run recovery support groups for anyone contemplating recovery or in recovery, sessions run Wednesday 10-12. Please contact Mick Hartley for more details (07557 269 808).

KickBack Recovery - De Hood gym (The old Prince Edward school, Prince of Wales Road) every Thursday 4-8 pm - recovery meeting with one hour free optional fitness session, a safe place to share what's going on for you, for more details contact Mick Hartley (07557 269 808).

SMART Recovery run 6 groups per week and is an evidence based programme to help people manage their recovery from any type of addictive behaviour. This includes addictive behaviour with substances such as alcohol, nicotine or drugs, or compulsive behaviours such as gambling, sex, eating, shopping, self-harming and so on. SMART stands for 'Self-Management and Recovery Training'. Call 0330 053 6022 for details of meetings. SMART also offer online support at www.smartrecovery.org.uk

Family SMART groups, contact SASS on 0114 258 7553 to find out more

Drink Wise Age Well – Over 50's also offer a number of support groups and activities contact them on 0800 032 3723 to find out more.

Social media presence – search

Facebook

- ✓ Sheffield Recovery Community
- ✓ KickBack Recovery
- ✓ Addaction Sheffield
- ✓ The R-C
- ✓ ARC-SASS
- ✓ Sheffield Health and Social Care NHS Foundation Trust
- ✓ Sheffield Restoration

Services for people misusing substances

Sheffield Drug and Alcohol Co-ordination Team (DACT) commissions a range of services for individuals misusing substances. All of the services are open access, which means you can drop into the service and be seen the same day, or call on the phone and speak to someone for support. Details of the treatment services are below:

Alcohol Service – for anyone concerned about their own or someone else's drinking:

Phone: 0114 226 3000

Address: 44 Sidney Street, (Matilda Street entrance), Sheffield, S1 4RH

Walk in: Mon, Tue, Wed and Fri 9am-4.30pm, Thursdays 12 noon to 8pm

Website: <http://shsc.nhs.uk/service/sheffield-alcohol-services/>

Opiate Service –for anyone using heroin or other opiate based drugs

Phone: 0114 305 0500

Address: Fitzwilliam Centre, 143-145 Fitzwilliam Street, Sheffield, S1 4JP

Walk in: Mon, Tues, Fri 9am-4.30pm, Wed and Thurs 9am – 8pm

Website: <http://shsc.nhs.uk/service/sheffield-opiates-service/>

Non Opiate Service - for anyone using drugs such as cocaine, cannabis, new psychoactive substances and any other non-opiate based substances.

Phone: 0114 272 1481

Address: 44 Sidney Street (Sidney Street entrance), Sheffield, S1 4RH

Walk in: Mon, Tue, Fri – 9am-4.30pm, Wed 9-7pm (5-7pm Juice Clinic for steroid and performance and image enhancing drug users), and Thurs 9-7pm.

Website: <http://shsc.nhs.uk/service/sheffield-non-opiates-service/>

Addaction Sheffield provides support for adults to address offending behaviour relating to their substance misuse. They support those who are completing statutory orders or those attending on a voluntary basis. They also offer a range of mutual aid groups and activities.

Phone: 0114 253 6830

Address: 42 Sidney Street, Sheffield, S1 4RH

Website: <http://www.addaction.org.uk/services/addaction-sheffield-dip-service>

SPICE

Treatment provision is available at the opiate service for those already in treatment for opiate use

The non-opiate service on Sidney Street offer a drop in open access service Monday to Friday for users of any drug, including spice.

The Non-opiate services also operates a specific open access **SPICE Clinic** every Thursday 1-3pm - See *all contact above for more details*

Needle Exchange

There is extensive provision of NEX in Sheffield, at both the Opiate and Non-Opiate Services, People can access all equipment needed for safe injecting there, as well as return equipment for safe disposal. A list of all needle exchanges can be found on the Sheffield DACT website www.sheffielddact.org.uk