

# 2018 Sheffield Recovery Month FREE Activities

## September 2018

Date	Event	Time	Venue	Activity	Who to contact
Sat 1 <sup>st</sup>	<b>START</b> Running to Recovery	9am	<b>Sheffield Castle</b> (Manor Fields) The run starts at the entrance to Manor Fields Park, City Road (next to Premier Supermarket). The start line is visible from main road  Look out for Dan Murphy, who will be wearing a Purple Recovery T-Shirt	Sheffield Treatment and Recovery Team will be supporting staff and service users from the Substance Misuse Service to get involved in the local Parkrun events across the city to promote recovery through exercise.	Go to <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a> to register and download your barcode before attending OR if you cannot do this, Dan Murphy can help sort you out call him on 07986551249
Mon 3 <sup>rd</sup>	SASS and Launch Event for Recovery Month	5pm – 7pm	The Art House 8 Backfields, Sheffield, S1 4HJ	The Sheffield Restoration Project is a creative exhibition showcasing stories of substance abuse recovery across the city. Contributions of people completing a 'brick' which will be displayed as part of a collaborative artwork 'wall'.	<a href="mailto:SheffieldResoration@gmail.com">SheffieldResoration@gmail.com</a> Or using the Facebook page search 'The Sheffield Restoration Project'
Mon 3 <sup>rd</sup>	Tune into BBC Radio Sheffield, from 8am	BREAKFAST – Pat and Dave Mid Morning: Kerry Lloyd DRIVE: Recovery month launch event– LIVE at The Art House			
Tues 4 <sup>th</sup>	<b>START</b> – Pop Up Information Stall	9am – 5:30pm	Moor Market	Want to learn more about drug and alcohol services in Sheffield? Come and meet the drugs workers?	Tel: 0114 2721481
Tues 4 <sup>th</sup>	<b>SASS</b> Open Gallery	2– 4pm	The Art House, 8 Backfields,	Come along and design your own Brick to add to the wall of recovery	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> 0114 2587553

			Sheffield, S1 4HJ		
<b>Wed 5<sup>th</sup></b>	<b>Addaction</b> Breakfast Club	10am – 11:30am	42 Sidney Street, S1 4RH	Breakfast Club – weekly, open access group, everyone welcome. Safe space, have something to eat and drink, newspapers, games, PS4.	Tel: 0114 2536830 Contact Amy M for more info
<b>Wed 5<sup>th</sup></b>	<b>SASS</b> Open Gallery	2– 4pm	The Art House, 8 Backfields, Sheffield, S1 4HJ	Come along and design your own Brick to add to the wall of recovery	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Wed 5<sup>th</sup></b>	<b>SASS</b> Open Friends and Family SMART Meeting	5pm start @ 5:30pm	646 Abbeydale Road, S7 2BB	This is an open meeting for friends and family affected by substance misuse	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Thurs 6<sup>th</sup></b>	<b>SASS</b> Open Gallery	2– 4pm	The Art House, 8 Backfields, Sheffield, S1 4HJ	Come along and design your own Brick to add to the wall of recovery	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Fri 7<sup>th</sup></b>	<b>SASS</b> Open Gallery	1.30am – 3pm	The Art House, 8 Backfields, Sheffield, S1 4HJ	Come along and design your own Brick to add to the wall of recovery	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Sat 8<sup>th</sup></b>	<b>SASS</b> Saturday Morning Breakfast	10am	646 Abbeydale Road, S7 2BB	All welcome, come along and meet likeminded people in recovery	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Sat 8<sup>th</sup></b>	<b>START</b> Running to Recovery	9am	<b>Graves Park</b> <i>The start is located at the middle of the path that connects the car park (beside the animal farm, off Hemsworth Road) to the Rose Garden Café</i>  Look out for Dan Murphy, who will be wearing a Purple Recovery T-Shirt	Sheffield Treatment and Recovery Team will be supporting staff and service users from the Substance Misuse Service to get involved in the local Parkrun events across the city to promote recovery through exercise.	Go to <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a> to register and download your barcode before attending OR if you cannot do this.  Dan Murphy can help sort you out call him on 07986551249

<b>Mon 10th</b>	Tune into BBC Radio Sheffield, from 8am	BREAKFAST - JE pkg on Addaction MID MORNING - Adam Holmes has now started volunteering there - JE has followed him on his year of recovery. BOOKED to come in Live DRIVE: The Addaction Allotment – Radio piece			
<b>Mon 10<sup>th</sup></b>	<b>Addaction</b> Ex-Forces Drop In	9am - 1pm	42 Sidney Street, S1 4RH	Weekly drop in for anyone who has served in the forces who wants support with offending/substance misuse.	Contact our ex-forces volunteer Danny or Amy/Phil Tel: 0114 2536830
<b>Mon 10<sup>th</sup></b>	<b>SASS</b> A Morning with Lucy Rocca - 'The A-Z of Binning the Booze'	10am – 12pm	The Art House, 8 Backfields, Sheffield, S1 4HJ	<b>WOMEN ONLY</b> The A-Z of Binning the Booze  – Selected reading from the book and Q&A, we will be giving our free books (or pay as you feel if in employment)  Strictly <b>BOOKING ONLY</b>	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a>  If you would like a free Recovery ticket please email <a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> FAO Rachael
<b>Mon 10<sup>th</sup></b>	<b>SMART</b> Recovery Walk	5pm	Outside The Town Hall	Come along and join Dan Murphy, from SMART recovery and friends, this is a great chance to chat, meet new people and see sights of Sheffield	Dan Murphy can help sort you out call him on 07986551249
<b>Tues 11<sup>th</sup></b>	<b>SASS</b> Open Gallery	2– 4pm	The Art House, 8 Backfields, Sheffield, S1 4HJ	Come along and design your own Brick to add to the wall of recovery	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> 0114 2587553
<b>Wed 12<sup>th</sup></b>	<b>Annual Event</b> <b>Annual Bike Ride</b>	11am – 3pm	This is a FREE event, but bikes must be pre-booked	Join us on this FREE annual Recovery Bike ride. Bring your own picnic, you don't even have to have a bike or tide one to join in, all those who take part will receive a certificate	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> call 0114 2587553 and ask for Rachael
<b>Wed 12<sup>th</sup></b>	<b>Addaction</b> Breakfast Club	10- 11.30am	42 Sidney Street, S1 4RH	Breakfast Club – weekly, open access group, everyone welcome. Safe space, have something to eat and drink, newspapers, games, PS4.	Tel: 0114 2536830 Contact Amy M for more info
<b>Thurs 13<sup>th</sup></b>	<b>SASS</b> Open Gallery	2am – 4pm	The Art House, 8 Backfields,	Come along and design your own Brick to add to the wall of recovery	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> 0114 2587553

			Sheffield, S1 4HJ		
<b>Thurs 13<sup>th</sup></b>	<b>SASS</b> BBQ in the Sun	1pm	646 Abbeydale Road, S7 2BB	Food and Fun, let us know if you are coming so we can judge numbers	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Fri 14<sup>th</sup></b>	<b>SASS</b> Open Gallery	11am – 3pm	The Art House, 8 Backfields, Sheffield, S1 4HJ	It's the last chance to come along to the exhibition	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Saturday 15<sup>th</sup></b>	<b>SASS</b> Saturday Morning Breakfast	10am	646 Abbeydale Road, S7 2BB	All welcome, come along and meet likeminded people in recovery	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a> 0114 2587553
<b>Sat 15<sup>th</sup></b>	<b>START</b> Running to Recovery	9am	Sheffield Hallam Parkrun (Endcliffe Park) <i>The start is at the Playground Hunters Bar Sheffield S11 8TA</i> Look out for Dan Murphy, who will be wearing a Purple Recovery T-Shirt	Sheffield Treatment and Recovery Team will be supporting staff and service users from the Substance Misuse Service to get involved in the local Parkrun events across the city to promote recovery through exercise.	Go to <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a> to register and download your barcode before attending OR if you cannot do this.  Dan Murphy can help sort you out call him on 07986551249
<b>Mon 17<sup>th</sup></b>	Tune into BBC Radio Sheffield, from 8am	BREAK - Package from SASS MID MORNING – Year In Recovery - PHIL DRIVE – SASS			
<b>Mon 17<sup>th</sup></b>	<b>Addaction</b> Ex-Forces Drop In	9am – 1pm	42 Sidney Street, S1 4RH	Weekly drop in for anyone who has served in the forces who wants support with offending/substance misuse.	Contact our ex-forces volunteer Danny or Amy/Phil Tel: 0114 2536830
<b>Mon 17<sup>th</sup></b>	<b>Addaction</b> Tooled Up	12:30pm – 1:30pm	42 Sidney Street, S1 4RH	Tooled up – Be more confident in talking about mental health, identify possible early warning signs in others, feel confident enough to listen and know where to go for help and support	Tel: 0114 2536830
<b>Mon 17<sup>th</sup></b>	<b>SMART</b> Recovery Walk	5pm	Outside The Town Hall	Come along and join Dan Murphy, from SMART recovery and friends, this is a great	Dan Murphy can help sort you out call him on

				chance to chat, meet new people and see sights of Sheffield	07986551249
<b>Tues 18<sup>th</sup></b>	<b>Addaction</b> Open Day	2pm – 4pm	Addaction	As part of Sheffield Recovery Month Addaction Sheffield DIP would like to invite you to our open afternoon. Visit our service and find out what we do. Try out Acu-Detox Acupuncture. Meet our partners from South Yorkshire Police and Amy Winehouse Foundation. Find out about our groups and activities and try some of our group session activities. Meet our Community Recovery Champions, Recovery Ambassadors, Volunteers and Apprentices. Try our chutney and jams made from our community allotment.	Beth Tel: 0114 2536830 Twitter: @AddactionSheff Facebook: /AddactionSheffield
<b>Tues 18<sup>th</sup></b>	SMART Meeting	5:30pm for 6pm	646 Abbeydale Road, S7 2BB	Evening SMART Meeting – open to new comers	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> Tel: 0114 2536830
<b>Wed 19<sup>th</sup></b>	Addaction Breakfast Club	10am – 11:30am	42 Sidney Street, S1 4RH	Breakfast Club – weekly, open access group, everyone welcome. Safe space, have something to eat and drink, newspapers, games, PS4.	Tel: 0114 2536830 Contact Amy M for more info
<b>Thurs 20<sup>th</sup></b>	<b>Celebrating Sheffield's Recovery community</b>	10am – 1pm	The Hubs – Sheffield Hallam Student Union	Come along and see the final version of the #Recovery wall Meet all the services and groups Come along and hear some personal stories and shares about recovery journeys Come along and cheer on our Ambassadors graduating	Tel: DACT 0114 2736851 Ask for Tracey
<b>Thurs 20<sup>th</sup></b>	<b>ShARRP</b> Open Meeting	2pm – 4pm	Drink Wise Age Well Office, Furnival House	This is an open meeting to anyone to come along and find out how the panel is involved in drug and alcohol related research. – why not pop along after the	<a href="mailto:a.d.irving@sheffield.ac.uk">a.d.irving@sheffield.ac.uk</a>
<b>Fri 21<sup>st</sup></b>	<b>SASS</b> Moodmasters	11am	646 Abbeydale Road, S7 2BB	Moodmasters Meeting – Food and Mood.	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> Tel: 0114 2536830
<b>Sat 22<sup>nd</sup></b>	<b>SASS</b>	10am	646 Abbeydale Road, S7	All welcome, come along and meet likeminded	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a>

	Saturday Morning Breakfast		2BB	people in recovery	0114 2587553
<b>Sat 22<sup>nd</sup></b>	<b>START</b> Running to Recovery	9am	Hillsborough Parkrun <i>The start is next to the children's play park in the middle of the park located just below the bowling green pavilion, which can be seen from the main car park</i> Look out for Dan Murphy, who will be wearing a Purple Recovery T-Shirt	Sheffield Treatment and Recovery Team will be supporting staff and service users from the Substance Misuse Service to get involved in the local Parkrun events across the city to promote recovery through exercise.	Go to <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a> to register and download your barcode before attending OR if you cannot do this.  Dan Murphy can help sort you out call him on 07986551249
<b>Mon 24<sup>th</sup></b>	Tune into BBC Radio Sheffield, from 8am	Families BREAK – Danielle Whitehead GUEST – Still TBC MID MORNING – Year In Recovery - Final instalment of Year in Recovery DRIVE: Repeat - Voices from Kickback			
<b>Mon 24<sup>th</sup></b>	<b>Addaction</b> Ex-Forces Drop In	9am – 1pm	42 Sidney Street, S1 4RH	Weekly drop in for anyone who has served in the forces who wants support with offending/substance misuse.	Contact our ex-forces volunteer Danny or Amy/Phil Tel: 0114 2536830
<b>Mon 24<sup>th</sup></b>	<b>SMART</b> Recovery Walk	5pm	Outside The Town Hall	Come along and join Dan Murphy, from SMART recovery and friends, this is a great chance to chat, meet new people and see sights of Sheffield	Dan Murphy can help sort you out call him on 07986551249
<b>Tues 25<sup>th</sup></b>	<b>Humankind</b> Drop In	11am – 1pm	Campo Lane	Drop In come along and find out more about the floating housing support service	Tel: 0114 2722497
<b>Tues 25<sup>th</sup></b>	<b>SASS</b> Friends and Family Picnic	4pm – 6pm	Millhouses Park	Friends and Family Picnic. Come along with family members to celebrate recovery, for people in recovery, friends and family members.	<a href="mailto:info@sheffieldass.org.uk">info@sheffieldass.org.uk</a>

<b>Wed 26<sup>th</sup></b>	<b>Addaction</b> BBQ	1pm	Addaction at The Community Allotment at Vickers Road, Firth Park	A great opportunity for us all to come together and celebrate. Share some food and enjoy great company.	Natalie Williams Tel: 0114 2536830
<b>Wed 26<sup>th</sup></b>	<b>Memorial Service</b>	7pm – 8pm	Sheffield Cathedral, main entrance	A service to remember those we have lost in the community. Time for reflection, prayers and convey messages of remembrance.	Contact Tracey 0114 2736881
<b>Thurs 27<sup>th</sup></b>	<b>Humankind</b> Open Day	1pm – 3pm	The Greens, 21 Murdock Road.	You are invited to come and have a look around our service and meet some of our service users and staff. Refreshments provided.	Marie Dodds or Deborah Beighton Tel: 0114 2855244
<b>Sat 29<sup>th</sup></b>	<b>SASS</b> Saturday Morning Breakfast	10am	646 Abbeydale Road, S7 2BB	All welcome, come along and meet likeminded people in recovery	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a> 0114 2587553
<b>Sat 29<sup>th</sup></b>	<b>START</b> Running to Recovery	9am	Concord Parkrun <i>Start from the main car park behind Concord Sports Centre, follow the path for approximately 50m to the children's play area and the start line or enter through the main entrance on the corner of Bellhouse Road and Shiregreen Lane and walk to the children's play area approximately 100m straight ahead</i>	Sheffield Treatment and Recovery Team will be supporting staff and service users from the Substance Misuse Service to get involved in the local Parkrun events across the city to promote recovery through exercise.	Go to <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a> to register and download your barcode before attending OR if you cannot do this.  Dan Murphy can help sort you out call him on 07986551249
<b>Sun 30<sup>th</sup></b>	<b>SASS</b> Bike Ride	8am	From SASS, 646 Abbeydale Road. Own bike are required	Sunday Bike Ride	<a href="mailto:info@sheffielddass.org.uk">info@sheffielddass.org.uk</a>  Call SASS and ask for Mike 0114 2587553