

COVID -19 Recovery Support

Many of the Face to Face support groups have now moved to virtual support groups meetings

Zoom Meetings is a great video conferencing tool. It lets you manage contacts of your friends and invite them to your meeting simply visiting a link. It is very easy to set up and you can use it both with a PC or mobile phones. Sign up in ZOOM. Its free! <https://zoom.us/signup> and find out who's online. Where there are no details about ZOOM please call the service for more information

NOTE – All services are still open, many are operating a telephone service unless stated otherwise all services are open as usual

<p>Opiate Services Fitzwilliam Centre Non Opiate Services Sidney Street Alcohol Services Sidney Street Criminal Justice Sidney Street</p>	<p>During the current COVID-19 pandemic START remain open for treatment and support for anyone requiring this. At the current time most of our contacts are provided over the telephone, but on occasions you may be required to attend in person and will be advised of this as required.</p> <p>If you do not have a phone and are unable to borrow or use a friend/family member's phone, then, please self-present at Fitzwilliam Centre for Opiates, or Sidney Street regarding Alcohol or Non-opiate substances.If you want to self refer, please call 0114 3050500.</p>							
	Group type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
START	Online Drop in for anyone needing support	Contact Carl.Bridden@shsc.nhs.uk Or call 0114 3050500.				Contact Carl.Bridden@shsc.nhs.uk Or call 0114 3050500.		
<p>Sheffield Alcohol Support Service (SASS) Tel: 0114 258 7553 or info@sheffieldass.org.uk</p>	SMART Recovery	Zoom Meeting 'Women's Smart' Starts at 13:00 Please contact SASS for further details	Zoom/ Abbeydale Road 'Smart' Starts at 18:00 Please contact SASS for further details	Stress Relief Group 14:00-16:00 Please contact SASS for further details	'Smart' Meeting at Abbeydale Road Starts at 12:00 14:00-16:00 Drop In Please contact SASS for further details	Choir via Zoom 11:00am	'Smart' alternate between Zoom Meeting and Abbeydale Road Starts at 10:30 Please contact SASS for further details	'Connect' via Zoom 17:00 Please contact SASS for further details
<p>Kickback Recovery Please message via Facebook</p>	Open Support Groups	Zoom Meeting 18:00-19:30 Please contact https://www.facebook.com/KickBackRecovery for login details		Zoom Meeting 18:00-19:30 Please contact https://www.facebook.com/KickBackRecovery for login details	KickBack Clinic 12:00-14:00 Please contact https://www.facebook.com/KickBackRecovery for an appointment	Zoom Meeting 18:00-19:30 Please contact https://www.facebook.com/KickBackRecovery		

					In Person Meeting 14:00-16:00 The Circle, 33 Rockingham Lane S1 4FW	very for login details			
	Closed Support Groups	Service users to be invited to this meeting, please contact Kickback via hello@kickbackrecovery.org for more information							
De Hood Contact Leroy 07752 720 454 or leroy@dehood.org for invites		Morning fitness class 10:30-11:30	Morning fitness class 10:30-11:30 Recovery Zoom Meetings 18:00-19:30 Please contact Leroy for details Adult circuit gym class 18:00-19:00	Morning fitness class 10:30-11:30	Morning fitness class 10:30-11:30 Zoom Support Group 16:30-18:00 Please contact Leroy for details Adult circuit gym class 18:00-19:00	Morning fitness class 10:30-11:30	Wider Community Breakfast 11:00-12:30 Recovery Walks 10:00-13:00		
Shelter Drug and Alcohol Prevention / Recovery Service Telephone 0344 515 1515	Recovery Support			Wellbeing Walks Starts at 13:00 Contact Darren_Mansfield@shelter.org.uk					
Cocaine Anonymous	Call 0800 612 0225 and speak to a member of Cocaine Anonymous, from 10:00 to 22:00, 7 days a week.								
NA meetings	Call 0300 999 1212 or go to https://ukna.org								
AA meetings	All meetings are being updated If you go to the meeting finder and click on the "DETAILS" link under the meeting listing, you will see the current information about the status of that meeting. If the meeting has not been updated, it is suggested to call the helpline for more information before turning up. https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting								
The Corner Tel: 0114 253 6830 Open Monday –	Young People Substance Misuse	1-2-1 Support via Zoom, Skype, telephone or email Please contact thecorner.sheffield@cgl.org.uk for more information.					Closed	Closed	
		Group work & Training to young People & professionals via Zoom, Skype, telephone or email							

Friday 9:00 to 17:00		Please contact thecorner.sheffield@cgl.org.uk for more information.		
Family Support				
Al-Anon Helpline	0800 0086 811			
Family & Friends Recovery Sheffield	Facebook Group			
Sheffield Treatment & Recovery Team	Tel: 0114 305 0500			
Sheffield Alcohol Support Service (SASS)	Tel: 0114 281 3183			
FF-ACT Support for Family and Friends	Regular meetings, contact Mick Dixon on 0783 744 6951 or info@sheffieldass.org.uk			
Other usefull online recovery resources				
Get Self Help	Has many online resources, downloadable recovery worksheets https://www.getselfhelp.co.uk			
SMART Recovery	SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery. https://smartrecovery.org.uk			