

# WHAT'S ON AT START'S RECOVERY HUB

## MONDAY

**Breakfast Club** 10am – 11:30am  
Free Hot Drinks and Gregg's food.  
**Drop in, open to everyone.**

**Making Changes:** 1pm – 3pm  
Relapse prevention group.  
**Referral by worker.**

**Fishing:** all day 9am – 4:00pm  
Fly fishing at Lady Bower Reservoir. Free fishing, including tackle boat hire and tuition.  
**Referral by worker**

## TUESDAY

**Breakfast Club** 10am – 11:30am  
Free Hot Drinks and Gregg's food.  
**Drop in, open to everyone.**

**Recovery Ambassadors.** 9:30 – 3pm.  
Talk to your worker about training to become a Recovery Ambassador and inspire others in recovery.

**Recovery Walk:** 11:30am – 2pm  
Friendly walk to, and around, the local Sheffield parks.  
**Referral by worker.**

## WEDNESDAY

**Breakfast Club** 10am – 11:30am  
Free Hot Drinks and Gregg's food.  
**Drop in, open to everyone.**

**Triple P** 9am – 12pm  
10 week programme for parents of children aged 2 – 12 years.  
**Referral by worker**

**Free Gym sessions.** 12pm – 1pm  
Free Gym sessions at Structure Fitness.  
**Referral by worker.**

**Woman Up.** 12pm – 1pm  
Relapse prevention and peer support for females only.  
**Referral by worker.**

**Self Defence/Mixed Martial Arts**  
5pm – 6pm at Sheffield Shoot Fighters. **Referral by worker.**

## THURSDAY

**Breakfast Club** 10am – 11:30am  
Free Hot Drinks and Gregg's food.  
**Drop in, open to everyone.**

**Prep For Change** 12pm – 1pm  
First step recovery group (alcohol only).  
**Referral by worker**

**Arts & Crafts** 11:30am – 2pm.  
**Drop in – open to everyone.**

## FRIDAY

**Breakfast Club** 10am – 11:30am  
Free Hot Drinks and Gregg's food.  
**Drop in, open to everyone.**

**Rite Trax**  
11am – 1pm  
Learn to DJ, play guitar and write songs  
**Drop in, open to everyone.**

**Something For the Weekend.**  
11am – 3:00pm  
Peer support group, coffee, chat, games.  
**Drop in, open to everyone.**

**Abstinent Group.** 1pm – 3pm  
Relapse Prevention group.  
**Referral by worker**

# WHAT'S ON AT START'S RECOVERY HUB

**All relapse prevention groups can be attended in person or via Microsoft Teams/Zoom. Individuals will need access to an email account, WiFi/Data and computer/smartphone to attend online.**

**Prep 4 Change** – A structured 6 week group for ALCOHOL clients within START, focussing on supporting harm reduction motivation and stabilisation at the start of Treatment to support the first steps towards change.

**Making Changes Group** – A structured 8 week group available to all individuals in treatment with START, focussing on harm reduction, goal setting, relapse prevention and motivation.

**Woman Up** – A structured 10 week course open to all female clients engaging with START, focussing on peer support, connection, relapse prevention and motivation.

**Abstinent Recovery Group** – Individuals must be in treatment with START when they begin this 8 week structured course focussing on transition from support within our service, problem solving, relapse prevention and maintaining positive change.

**Rite Trax** - Open drop in for anyone engaging in treatment. Learn to DJ, play guitar and write songs. Also have an opportunity to DJ at Rite Trax club once per month.

**Something for the Weekend** – Open drop in for anyone engaging in treatment. Peer led group to support in planning for the weekend, keeping safe and encouraging positivity.

## **Group work: (Parents)**

**(Referrals made by key workers via completed EHF form to Rifhat Aziz)**

**Triple P - 2 - 12 Triple P PLUS** is a 10 week programme delivered via Zoom that has been developed for parents of children aged 2 – 12 years. The programme is based on Triple P proven strategies to give ways to deal with behaviour, routines and other parenting issues that can make family life stressful. Parents will also benefit from practice sessions, mood management strategies and stress coping skills. This programme will benefit parents who struggle, or have struggled with emotional health and well-being, and drug use or alcohol use.

## **Recovery Activities:**

**Physical health and current substance use will need considering when referring clients to any Recovery Activity. Individuals will need to be able to present illicit drug/alcohol free for the duration of the activity.**

**Recovery walks** – Available to individuals engaging with START and/or any local agencies currently offering support for drug and alcohol.

**Arts and Craft Group** – Open drop in for anyone engaging in treatment.

**Fishing** – fly fishing at Lady Bower reservoir. Free fishing, tackle hire, boat hire, licence, and tuition.

**Gym Sessions** – 10 gym sessions at Structure Fitness. Individuals must be in treatment with START. Individuals are offered a free gym pass at Structure Fitness on completion of the 10 group sessions.

**Self Defence / MMA** - Weekly MMA classes run by a qualified coach with experience in providing inclusive activities and are completely free. The classes are suitable for all levels of skills and fitness and you'll experience an authentic taste of MMA training in a fun and supportive environment. Come and try this weekly, one hour, MMA training session where you will practice Striking (Kick Boxing) and learn the basics of Brazilian Jiu Jitsu and Wrestling. Classes take place at Sheffield Shootfighters, the longest running MMA club in Sheffield. All equipment is provided including gloves. Our MMA class is held @ 5 pm every Monday @ Structure Sport and Fitness 110 Duchess Rd. We are right behind Shaw's Iron Mongers. The programme lead, Mark, is outside the gym from 4:45pm to greet you. For more information speak with your keyworker.

# AA / NA Meetings in Sheffield

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Sheffield Morning Reflections Online</b></p> <p>08:00 for 1hr</p> <p>Zoom Meeting ID: 818 9790 9763</p> <p>Passcode: SYNED</p>	<p><b>Sheffield Lunch Online</b></p> <p>13.00 for 1hr 30mins</p> <p>Zoom Meeting ID: 834 9756 0953</p> <p>Passcode: SYNED</p>	<p><b>Sheffield Morning Reflections Online</b></p> <p>08.00 for 1hr</p> <p>Phone dial in: 0208 080 6591 or 0330 088 5830</p> <p>Zoom Meeting ID: 883 3210 6461</p> <p>Password: SYNED</p>	<p><b>Sheffield Lunchtime Online</b></p> <p>13.00 for 1hr 15mins</p> <p>Zoom Meeting ID: 826 1518 0765</p> <p>Password: SYNED</p> <p>Helpline: 01142701984</p>	<p><b>Sheffield Morning Reflections Online</b></p> <p>08.00 for 1hr</p> <p>Zoom Meeting ID: 851 0220 3480</p> <p>Passcode: SYNED</p>	<p><b>Sheffield Saturday Morning Zoom</b></p> <p>10.30 for 1hr 30mins</p> <p>Zoom Meeting ID: 850 4826 5232</p> <p>Password: SYNED</p>	<p><b>Sheffield As Bill Sees It Afternoon Online</b></p> <p>13.00 for 1hr 15mins</p> <p>Zoom meeting ID: 851 5173 2422</p> <p>Password: SYNED</p> <p>Helpline: 01142701984</p>
<p><b>Sheffield Living Sober Online</b></p> <p>13:00 for 1hr 15 mins</p> <p>Zoom Meeting ID: 816 2237 2159</p> <p>Password: SYNED</p> <p>Helpline: 01142701984</p>	<p><b>Friends of Jimmy K UKNA Meeting</b></p> <p><b>FACE TO FACE MEETING</b></p> <p>19:00 for 1hr 30 mins</p>	<p>Helpline: 01142701984</p>	<p><b>Sheffield Hillsborough</b></p> <p><b>FACE TO FACE MEETING</b></p> <p>19.30 for 1hr 30</p> <p>Baptist Church Hall, Hawthorn Rd, S6 4LG</p>	<p><b>SEE NEXT PAGE FOR MORE</b></p>		
<p><b>Sheffield Womens Living Sober Online</b></p> <p>19:30 for 1hr 15mins</p> <p>Email: sheffieldwomenlivingsober@gmail.com for zoom meeting details.</p>	<p>Mother of God Parish Church, Upstairs Room, 11 St. Ronans Road, S7 1DX</p> <p>Helpline 10am - midnight - 03009991212</p>					

# AA / NA Meetings in Sheffield

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Sheffield Big Book Online</b></p> <p>19.00 for 1hr 30mins</p> <p>Zoom Meeting ID 863 9839 5899</p> <p>Password SYNED</p> <p>Helpline: 01142701984</p>			<p><b>Sheffield Dore Step &amp; Tradition Online</b></p> <p>19.30 for 1hr 30mins</p> <p>Zoom meeting ID: 8611 3271 302</p> <p>Password: SYNED</p> <p>Helpline: 01142701984</p>		<p><b>New Mistakes UKNA Group</b></p> <p><b>FACE TO FACE MEETING</b></p> <p>11:15 for 1hr 30</p> <p>Sheffield Cathedral, Church Street, S1 1HA</p> <p>Helpline 10am – midnight - 03009991212</p>	
<p><b>Sheffield Step</b></p> <p><b>FACE TO FACE MEETING</b></p> <p>19.30 for 1hr 30mins</p> <p>Hillsborough Baptist Church, 21 Hawthorn Rd, S6 4LG</p>						

## OTHER SUPPORT GROUPS IN SHEFFIELD

DELIVERED BY ALCOHOL RECOVERY COMMUNITY (ARC):

Alcohol Recovery Community (ARC) / Project 6 - Ring 0114 258 7553 or email [info@project6.org.uk](mailto:info@project6.org.uk)

# APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 1pm Women's SMART	29 6pm SMART on site and ZOOM	30 2pm Art Group 2-4pm Drop in 3pm Mindfulness	31 12pm SMART 2pm SMART+Drop in	1 11am Volunteers meeting	2
4 1pm Women's SMART	5 11am Men Talk 6pm SMART on site and ZOOM	6 10:30am S.R.P. 2pm Art Group 2-4pm Drop in 3pm Mindfulness	7 12pm SMART 2pm SMART+Drop in	8 10:30am Structured Recovery Programme	9 10:30am SMART on ZOOM
11 1pm Women's SMART	12 10am Citizen Assembly + BBQ 11am Men Talk 6pm SMART on site and ZOOM	13 10:30am S.R.P. 2pm Art Group 2-4pm Drop In 3pm Mindfulness	14 10pm Intro to SMART 12pm SMART 2pm SMART+Drop in	15 10:30am Structured Recovery Programme	16
18 1pm Women's SMART	19 11am Men Talk 6pm SMART on site and ZOOM	20 SRP Outdoor activity 2pm Art Group 2-4pm Drop in 3pm Mindfulness	21 10pm Intro to SMART 12pm SMART 2pm SMART+Drop in	22 2pm Art Group 10:30am Structured Recovery Programme	23 10:30am SMART on ZOOM
25 1pm Women's SMART	26 11am Men Talk 6pm SMART on site and ZOOM	27 10:30am S.R.P. 2pm Art Group 2-4pm Drop in 3pm Mindfulness	28 10pm Intro to SMART 12pm SMART 2pm SMART+Drop in	29 10:30am Structured Recovery Programme	30

**CONTACT A MEMBER OF THE ARC TEAM TO SUBSCRIBE TO OUR ONLINE SUPPORT GROUPS.**

The ARC provides hope, choice and opportunities for people in Recovery. We believe in everyone's ability to change, in kindness, respect and tolerance. Coming to Project 6 we expect everyone to carry this culture for the community.



PHONE: 0114 258 75 53  
INFO@PROJECT6.ORG.UK  
PROJECT6.ORG.UK/SHEFFIELD



## **DELIVERED BY KICKBACK RECOVERY**

(For more info contact Mick on **07468457383** or via [facebook.com/KickBackRecovery/](https://www.facebook.com/KickBackRecovery/))

Supporting recovering alcoholics/addicts & their families. Recovery groups, workshops mentoring, outdoor activities, public speaking. Raising awareness in schools & colleges. Sign-posting, connecting people to services, mutual aid groups & rehabs.

### **Groups offered:**

\*MON Online Zoom Group Therapy 6 p.m.

\*WED Online Zoom Group Therapy 10 a.m.  
Meeting ID Number: 9222183244

\*THURS: Sheffield Wednesday FC, The Education Hub  
5:15 p.m. - 9 p.m. In person  
Recovery Education Teachings / Group Therapy with optional  
fitness training

\*FRIDAY: 1:1 in Person Clinic Appointments  
10 a.m. - 1 p.m. The Community Room, Morrisons, Hillsborough  
Barracks, Sheffield.

\*FRIDAY: Recovery Education Teachings followed by Group  
Therapy.  
2 p.m. - 4:30 p.m. The Community Room, Morrisons, Hillsborough  
Barracks, Sheffield.

WEEKENDS: Group walks / Activities.

Affected Family Members Welcome 🙏💜

## **DELIVERED BY DE HOOD**

(Contact Leroy on 07753 720 454 or [Leroy@dehood.org](mailto:Leroy@dehood.org))

- Zoom meeting Tuesdays 6 - 7:30pm and Thursdays 4-6:30pm, contact Leroy for an invite.
- De Hood are restarting Recovery walks on Saturdays 10am-1pm.
- **Gym has reopened and are restarting face to face recovery groups**
- Delivering Morning Fitness Classes – Bags & Circuit Training - Monday – Friday - 10.30am – 11.30am and an Adult Circuit Class – Tues & Thursday 6.00pm to 7.00pm.

See <https://sheffielddact.org.uk/drugs-alcohol/help-and-support/support-groups-for-drugs-and-alcohol/> for another recovery support directory

## **MENTAL HEALTH PEER SUPPORT:**

**No Panic Sheffield** - <http://www.nopanicssheffield.org.uk/> - 07505712164 - We believe that anxiety and depression are debilitating, life-changing mental health conditions. We also believe that everyone should have quick access to help without waiting weeks, or having to make an appointment.

- Online meetings via zoom start again on Wed 2nd Sept at 6.30 - 8:30pm

**Also looking to starting face to face meetings again for the Thursday 10am-12pm group.**

**Andys Man Club** - <https://andysmanclub.co.uk/> - [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk) - We are a peer support group of men who meet throughout the UK (25 clubs so far) at 7pm on Monday night. Open to all men 18 years and over. Through a series of simple questions we share our ups and downs.

- Meeting online on Mondays 7 - 9pm