

Throughcare Guide

Building recovery capital to support individuals exit treatment.



Summary

Welcome to Throughcare! We've created a guide full of fantastic group sessions for people to join and boost their recovery. Have a chat to our welcoming Programmes team and dedicated partners to sign up to Throughcare today!

Updated April 2022

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Throughcare timetable. Subject to change. LIFE and ACT timetable can be found [here](#). CRAFT family support sessions can be found [here](#).

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Weekly Service User Forum

Get Connected, Stay Connected

Birmingham's Drug & Alcohol Service



**Change
Grow
Live**

What is Get Connected, Stay Connected?

It's an online forum where people come together as a group, to have their say about how our service can improve the way we provide support.

In each meeting we discuss topics related to the support our service offers, encourage people to share their experiences and views, and work together to find solutions and better ways of delivering support.

Who can attend?

It's open to anybody who has lived experience of facing personal challenges with their drug or alcohol use and is interested in helping us to improve the way we work and support people. You don't have to be abstinent to attend and a whole range of different people turn up to get involved each week, including current and past service users, staff, and volunteers.

When and where does it take place?

The forum runs every Thursday from 11:00am until 1:00pm (2 hours). People who have a telephone or internet access can get involved in the forum, using the following information:

Online Access

Link: <https://bit.ly/CGLBrumGCSC>
Password: 222

Telephone Access

Call: 0330 088 5830
Enter Meeting ID: 933 3576 2667 #
Password: 222 #

Attending for the first time?

If you would like to talk to the people who run the forum before you attend for the first time, we run a 'meet and greet' service for newcomers.

Simply text or email Lydia, who is one of the people who runs the forum, and she will explain how and when to access the 'meet and greet.'

Email address: lydia.broom@cgl.org.uk

Telephone: 07717715273

Do I have to speak about myself or get involved in any of the discussions?

Only if you want to. You're welcome to sit back and just listen if that suits you best. We don't ask people to introduce themselves at the start of the forum and we don't put people on the spot with questions. When you join the forum, your microphone will be muted and only you have the power to turn your microphone on and off.

Will I need to turn my camera on?

When you join the forum, your video will automatically be turned off and you can keep it off for the whole meeting if you want to. Only you can turn your camera on, and you're more than welcome to do this as soon as you feel comfortable.

We hope to see you in Get Connected, Stay Connected soon!

Throughcare and Group Session Timetable

		Monday	Tuesday	Wednesday	Thursday	Friday
AM	Day	10am Check in 11.15am: Morning Group e.g., Identity	10am Check in 11.15am: Morning Group e.g., Boundaries and Ruminations	10am Check in 11.15am: Morning Group e.g., 168 Group	10am Check in 11.15am: Morning Group e.g., Stay Connected	10am Check in 11.15am: Morning Group e.g., Reflective group
	Detox	10am check-in 10.30am: Detox Group e.g., Relapse prevention	10am check-in 10.30am: Detox Group, e.g. 'What is your recovery capital' group	10am check-in 10.30am: Detox Group, e.g., Prenoxad group	10am check-in 10.30am: Detox Group, e.g., Mindfulness	10am check-in 10.30am: Detox Group, e.g., Reflective journaling
				10:15am: <u>Veterans Group</u> Hosted online by Craig and Trevor. 10:30am - 12pm: <u>ITS Better Choices</u> South hub	10:30am - 12pm: <u>ITS Better Choices</u> North hub	11am - 12pm: <u>KIKIT Hub Drop-in</u> Central and West hub 12 pm: Walking Group for people on Day programme
PM		1:00pm: <u>LGBTQ+ Group</u>	12pm - 1pm: <u>KIKIT Hub Drop-in</u> East hub 1:00pm: <u>Managing Anxiety</u>	1:00pm: <u>168 Group</u> North & C&W	1:00pm: <u>Creative Group</u> 2pm - 4pm: <u>ITS Better Choices</u> Central and West hub	
		1:30pm: <u>168 Group</u> South & East	1:00pm: <u>Open Recovery Group</u> 2pm - 3pm: <u>KIKIT Hub Drop-in</u> North hub			

How to refer

**IMPORTANT: You must get consent from the individual before making a referral.
Someone must be ready to actively engage with the group sessions.**

For most throughcare groups:

Email ([Programmes team](#)) with the following information:

- Client name
- B-number
- Group/programme
- Reason for referral
- Email (not needed if using WhatsApp)
- Phone Number
- Able to Zoom/access by phone
- Any safeguarding issues (particularly Domestic Abuse)

The more information you can provide the programmes team, the quicker they can get someone booked on to a course or group session.

The programmes team will add notes to CRiis and report back any updates from your referrals.

Email address for Throughcare and Programmes team: p0614.programmesteam@cgl.org.uk

Hear from our programmes team about group sessions...

'Being a Recovery Motivator working within the Programmes Team is empowering, it's the best feeling in the world seeing clients successfully exiting treatment'.

- **Paddy**

Programmes

Two set programmes run Monday to Friday mornings. You can build your tailored recovery package by adding in 'menu of options' groups in the afternoon.

Pre-detox/Detox Programme

Overview:

A mix of 'foundation of change' and other psychosocial intervention groups that support you to develop the knowledge and skills to work through your detox and maintain the changes you are making.

Who is it for?

If you are undertaking a planned alcohol or opiate detox.

What times/dates does it run?

Monday to Friday, over 2 weeks.

For how long?

Usually 2 weeks, with the flexibility to extend if needed.

Important information: If entering this programme, you must have a responsible adult who can monitor your detox and take blood pressure readings.

Ambulatory Detox

Who is it for?

Anyone identified by medical team following a medic decision as being suitable for a community detox.

What times/dates does it run?

The Programme runs in cycles from 2 hubs at the same time (South and East for the 2-week duration then the service is offered at North and Central & West for 2 weeks)

Provision is Monday to Friday 9:00am to approx. 3:00pm

An online calendar "Q0005 Birmingham Ambulatory Detox" is accessible for all staff to view details the weeks that the programme will be running in each hub

For how long?

2 Week programme

Overview:

This programme is facilitated by the Hub Nursing Team and the Programmes Team to enable a community detox to be delivered with nursing supervision and psycho-social support, whilst providing the opportunity for peer support and learning.

Lunch is provided and "Day Bus Passes" can be issued if required.

Social/ life skills you will gain:

Skills and tools to enable you to progress through your detox safely and prepare for life after your successful detox.

There are also introductions to our external partners and agencies who can provide you with support and learning opportunities to stay on your new pathway.

Here what people had to say about ambulatory detox...

'Detox wasn't on my do list...

I didn't go to CGL because I had a bad weekend, I had a couple of bad decades.

For me this had become a matter of life and death.

No doctor, psychiatrist, therapist, or family member could keep me sober.

I tried everything and gave up everything to continue to drink.

Then I found CGL... they didn't teach me how to get sober they taught me how to stay sober.

Ambulatory detox experience'.

'My experience with CGL has been brilliant, I could have not asked for a better experience. James and Paddy have been great mentors, sponsors and mostly I have made 2 great friends. They have set up these sessions they have been brilliant. I have learned so much about myself and how to deal and stay abstinent. I learned I must put myself first in my recovery.'

'I have just completed a 2-week community detox with James and Paddy. I feel so empowered now to carry on with another life! The course is so well put together. I have learned tools to use in my future sobriety. The medical care from Shirley and Amy everyday was invaluable, making sure we were doing ok on the medication.'

Day/post-detox Programme

Who is it for?

The programme is suitable if you have recently detoxed (including those prescribed acamprosate) or reducing off a low dose (opiates or alcohol).

Places are limited, so the day programme is most appropriate for someone who is recently abstinent, who have been unable to engage in opportunities to develop recovery capital whilst in treatment.

Overview:

A programme of 'foundations of recovery' activities and groups that build recovery capital. We aim to meet the needs of people who need a little extra support after their detox. You will be invited to join a weekly walking group in Birmingham. This helps promote wellbeing and connection to others in recovery.

What times/dates does it run?

Groups run Monday to Friday. You need to be able to attend a minimum of 3 days a week. Attendance can be matched to your schedule.

For how long?

Any length between 2 to 12 weeks. Usually, the more support you need to achieve and maintain abstinence, the longer the programme.

What if there is a waiting list?

The maximum number on the programme is 18 people. People from the following groups will be prioritised for the programme:

- Someone on Acamprosate (prescribed by Change Grow Live)
- Someone who has completed recent detox

What are the options in the interim?

People waiting to go on the programme can choose from the menu of options below. They can also choose to take part in courses provided by KIKIT, Intuitive Thinking Skills, and DATUS.

Here what people had to say about the day/detox programme...

'CGL has shown me my inner strength and confidence to push forward and make positive progress and changes in my life my future is looking great'.

'Attending the Day Programme was a joyful & essential part of my wellbeing in recovery & its positive influence persists today. It was a huge source of support & encouragement; the connections forged with peers & inspirational recovery motivators was & is vital & the daily content has helped me better understand the issues I have faced, allowing me to adjust to a life free from the damaging impact of addiction. I remain grateful for my time spent on Day Programme & to all involved in its implementation.'

'I got onto the day programme which saved my life, I was given the tools to do that. I engaged with every group that CGL offered and began to find myself again. Recovery isn't easy but it's so worthwhile. I still go to groups via zoom and 12 months down the line I am now a service user rep with CGL. I have made great new connections and friends for life. Every member of staff I have met has helped me so much. If I could give any advice to anyone it would be to throw yourself into your recovery, make it a priority your life. GGL have made me understand I am so worth it. I am forever grateful. 12 months ago, I welcomed death but to-day I am living.'

Throughcare: Menu of options

Stand-alone groups running Monday to Friday mornings. People can build their own tailored recovery programme from the menu of options.

168 groups

Who is it for?

If you want to develop their recovery capital.

What times/dates does it run?

Monday 1.30 pm (South and East); Wednesday 1 pm (North and Central & West).

For how long?

12-week rolling programme.

Overview:

Through exploring and building recovery capital, 168 includes structured group sessions and guest speakers who want to share all the amazing things that you could be getting involved with. Guest speakers include Birmingham Mind and BMET College.

Social/ life skills you will gain:

Connection, support services, toolkit for recovery and exiting treatment, goal setting, build on confidence, build on recovery capital (mutual aid, employability, social support, family support).

Here what people had to say about the sessions:

'The 168 group has helped me cut down on alcohol and relieved some of my anxiety symptoms'

'Enjoys face to face group sessions, feels more connected, I inspired, and engaged. Feels more comfortable in a face-to-face setting, prefer this option than being at home, more interaction'.

LGBTQ+ Group

Who is it for?

If you identify as LGBTQ+.

What times/dates does it run?

Mondays at 1.00 pm.

For how long?

For as long as you need the support for.

Overview:

This group provides a safe and non-judgemental environment to discuss issues you may have around their sexual and gender identity and discover how this may have impacted your substance misuse. The groups are open to discuss any topics or issues that are relevant to the group. There are guest speakers on occasions from external agencies.

Social/ life skills you will gain:

Confidence, empowerment, shared experience, connection.

Managing anxiety group

Who is it for?

If you want support to manage anxiety.

What times/dates does it run?

Tuesdays at 1.00pm.

For how long?

4 consecutive sessions.

Overview:

The group aims to provide you with a better understanding of anxiety and how it impacts you, share your experiences, and gain self-help techniques. You will learn ways to challenge unhelpful thinking patterns, face avoidance, stop and breathe, and will know how to ground yourself when you feel yourself getting anxious. You will also be given information on other sources of support which you can access. People who have attended this group have reported feeling less alone in their anxiety and better understood.

Social/ life skills you will gain:

Improving mental health, signposting, building confidence, mindfulness, stress management.

Hear what people had to say about the sessions:

Change Grow Live anxiety management is very good, very well presented, and informative. It helped me understand and manage my anxiety. Brilliant!

'Really informative with great tips and tricks to help me to understand my anxiety and how I can manage it better'.

'Gave me a better understanding of anxiety and a better way of understanding myself and living with anxiety'.

'Didn't even know I was suffering from Anxiety until I done the course. Learning to manage it much better now. Thank you CGL'.

Open Recovery Group

Who is it for?

If you want to progress in your recovery. Great for anyone who is unsure about group work.

What times/dates does it run?

Tuesdays at 1.00 pm.

For how long?

For as long as you want to attend – fresh topics each week.

Overview:

This group is a good first step for people to get involved in groups and there is absolutely no pressure for people to contribute to discussions. If they wish to, people can just sit back and listen without having to turn on their videos or microphones.

The group is run via Zoom and each week, the group concentrates on a theme or a topic that our service users and volunteers who have lived experience, believe will help people to move forwards. People who attend this group can expect to feel less alone and gain a greater belief that recovery is possible.

Social/ life skills you will gain:

Connecting with others, understanding group work and how it can help.

Creative Group

Who is it for?

If you would like to explore your creative side.

What times/dates does it run?

Thursdays 1 pm / 12-week rolling programme

Overview:

The group offers creative strategies to promote well-being, behaviour change, and social connection. The group is very gentle, and people can work at their own pace. People are never expected to share if they are not comfortable.

The three areas we offer are:

- Creative writing – express feelings, create stories, explore changes, and embrace recovery.
- Art – Still life, life drawing, project planning, portraits, and therapeutic colouring.
- Music – music appreciation, learning an instrument, song writing, record mix and master tracks.

Veterans Group

Who is it for?

The Veterans group is open to all who have a history of drug and or alcohol dependency issues who have served in the UK armed forces for a minimum of 24 hours.

What times/dates does it run?

Wednesdays from 10.15 am to 11.15 am.

For how long?

For as long as someone wants to attend.

Overview:

The purpose of the group is to support those in treatment to exit positively by linking them into organisations that have been set up to help ex-servicemen and women.

The treatment-based support that we provide is the 5-ways to wellbeing, CBT, anxiety management, diet etc. Any questions on the clinical aspects of treatment are answered by our resident expert, Craig. We also run non-treatment-based groups aimed at encouraging our vets to make constructive use of their time; these are usually run by our vets. To date, we have covered Astronomy and will shortly be getting a presentation on Archaeology. In addition, we also signpost our vets to both treatment-based support such as AA etc and to those organisations that specifically support veterans.

Referral information:

Simply email the name, b-number and contact details of the client to trevor.bedford@cgl.org.uk or craig.francis@cgl.org.uk

IPS (Employability team)

Who is it for?

Any person who is motivated to get back into paid employment and is willing to start work in the first 8 weeks if needs be.

What times/dates does it run?

The service is 1-2-1 based so works across our normal working hours.

For how long?

Until someone gets into paid work. They will then receive in-work support for an extra 3 months if they want it (Currently the service runs up to March 2022).

Overview:

For any individual who is motivated to get into paid employment, the IPS service will provide 1-2-1 support to help the individual develop their CV, prepare their transition from benefits to paid employment, develop a job search and apply for jobs, prepare for interviews, and develop skills needed for returning to work.

Referral Information

Simply email the name, b-number and contact details of the client to birmingham.ips@cgl.org.uk

Partners in Throughcare

We work with a variety of partners to provide people with specialist support throughout their recovery. Our partners work with the programmes team to find the best support for people.

Intuitive Thinking Skills

Who are you?

Specialists in Attitudinal Behavioural Change. Supporting your services users to achieve sustained outcomes in abstinence, prescription reduction, mental health & wellbeing and improving personal relationships.

Contact Information:

Fill in a fast referral form today >

<https://www.intuitivethinkingskills.co.uk/fast-referral/>

Questions and queries: markspooner@intuitivethinkingskills.com



Skill-Tu Life Courses:

Skills-Tu Life is an accredited course designed to change attitudes and behaviour towards managing health conditions (both mental and physical) and not allowing it to impact on their ability to function and contribute positively to society and increase the quality of their life.

The course considers the various challenges (barriers) that people face improving their well-being including:

- Self-esteem/Low confidence
- Difficult/traumatic circumstances
- Social exclusion
- Learning difficulties
- Stigma
- Substance misuse
- Lifestyles

Qualifications: NOCN Level 1 Award in Building Personal Resilience and NOCN Level 1 Award in Developing Critical Thinking Skills to Enhance Personal Decision Making

Duration: 8 x Half days

Learn more here > [Skills-Tu Life® - Intuitive Thinking Skills](#)

Intuitive Recovery Courses:

This is an accredited abstinence program that simply gives you the tools to say NO to drinks, drugs, or gambling, happily and with confidence.

Imagine being able to say, with meaning and clarity, that YOU WILL NEVER USE AGAIN!! We focus the skills exactly where they are required; at the thoughts, feelings, and attitudes that support further use now or in the future.

Intuitive Recovery remains the premier peer-led abstinence program in the UK. Our course tutors have been there, got the T-Shirt, and are happily abstinent, enjoying life substance-free.

Qualification: On graduating from the course, each person will receive a NOCN QUALIFICATION [NOCN Level 1 Award in Addictive Desire Recognition]

Duration: Minimum of six 2½ hour sessions

Learn more here > [Intuitive Recovery @ - Intuitive Thinking Skills](#)

"Our aspiration for all our learners is that you achieve true independence from addiction. We recognise that you don't want to spend a lifetime "in recovery" but would rather have the tools to stand alone, happily embracing life. Furthermore, moving on and away from treatment is essential if you are to escape the lifestyle of endless support"

- Peter Bentley, Founder Intuitive Thinking Skills

Fill in a fast referral form today > <https://www.intuitivethinkingskills.co.uk/fast-referral/>

Enough's Enough Courses:

This is an accredited educational programme that promotes SIMPLE and PRACTICAL tools to allow people who have been abused within a domestic relationship to move on and build new relationships and careers free from fear, guilt, and misplaced dependence.

Find out more > <https://www.intuitivethinkingskills.co.uk/what-we-do/enoughs-enough/>

Qualification: NOCN Level 1 Award in Developing Skills to Change Behaviour and Improve Relationships

Duration: 8 x 3-hour sessions

"I'm stronger now, I have more confidence since Enough's Enough. If it were to happen again, I would walk away, I know that now. I was completely caught up in him and nothing else mattered. Now I see much clearer, I use the skills I learnt, and I will not be walked over again. I now know it's not my fault. I feel so much stronger, I am ready to go back to work and become financially independent again, It feels really good."

- Learner Quote

Learn more about the course modules [here](#)

Fill in a fast referral form today > <https://www.intuitivethinkingskills.co.uk/fast-referral/>

Motivational Low Dose/Better Choices Sessions:

By attending the sessions, you will learn skills that will help you to improve all areas of your life, including preparing to reduce your script, building self-confidence, and achieving your dreams, ambitions, and goals.

Attending 'Better Choice Motivational Sessions' will help you to:

- Increase confidence and motivation
- Create a fulfilling life
- Achieve your ambitions
- Realise reduction is within your capabilities
- Understand and deal with uncomfortable feelings, emotions, and cravings

Where and when?

Sessions are available weekly either by Zoom (online) or at your Local Hub

South: Wednesday 10:30 am – 13:30 pm

East: Wednesday 14:00 pm – 16:00 pm

North: Thursday 10:30 am – 13:30 pm

Central and West: Thursday 14:00 pm – 16:00 pm



Contact Information:

Fill in a fast referral form today > <https://www.intuitivethinkingskills.co.uk/fast-referral/>

Questions and queries: markspooner@intuitivethinkingskills.com

Look for course flyers in your hub!

KIKIT

Who are you?

KIKIT is a BME specialist drug and alcohol support service that provides a range of services to meet the needs of vulnerable people. KIKIT provides culturally sensitive help, advice, support and mentoring for anyone suffering from the effects of drugs and alcohol addiction, dependency, or abuse.

Contact information:

Email: info@kikitproject.org

Phone: 0121 448 3883

Make a referral today > <https://kikitproject.org/make-a-referral-for-someone-you-know/>

Our services include:

- Drug and alcohol recovery programmes
- Outreach support
- Peer mentors
- Training and volunteering
- Self-help recovery support groups
- Family and carer support
- Open access drop-in support



Drop-in centre:

Address: 153 Stratford Road, Sparkbrook, Birmingham, B11 1AD

You don't need to make an appointment, just call between 9am and 5pm weekdays, and we can arrange for you to have a confidential chat about whatever you're worried about.

Access to the drop-in centre > <https://kikitproject.org/drop-in-centre/>

Diversity in Recovery

To support individuals to break down barriers when accessing treatment and to help them to become abstinent from illicit drugs and alcohol by encouraging access to treatment. The course includes three stages:

- Obstacles to Recovery
- Tools to Recovery
- Into Recovery

Duration: 6 weeks

Muslim Recovery Network

An Islamic adaptation of the Original AA 12 Steps to Recovery that supports individuals to become abstinent using their faith. Completion of the course leads to access of MRN 12 Step Support Group.

Duration: 6 weeks

DATUS

We are DATUS, your peer-led partner in Birmingham. Our aims are to increase the community-based support available, link this support with the treatment system and provide peer led services embedded into the treatment system. We provide the following services:

Peers through Care

Peers Through Care is our newest program and connects the community with treatment. Its main functions are to embed Throughcare by offering group sessions from day one and extending Throughcare beyond treatment. This new approach will eliminate the “cliff edge feeling” reported by individuals leaving treatment and reduce the number of individuals representing back into treatment.



Peers Through Care is integrated into the main group work streams that form the foundation of everyone's journey. The Peers Through Care support is delivered by peers who are also involved in the community-based support available outside treatment. When individuals transition out of the service, they will experience “step down” support with the same peers, and approaches they experienced as part of their journey indefinitely.

We also offer the opportunity for peers to train and gain employment, returning to the treatment system to engage with others who seek recovery and guide them in moving toward what is important to them.

Mutual aid (network of **ACT OUT and LIFE meetings)**

LIFE and ACT OUT groups are confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour. Sessions are led by someone with personal experience of addiction and recovery.

Attendance at all meetings is open and no referral is required. Meetings do not require abstinence, but you may be asked to leave if you appear intoxicated. LIFE (Living Independently for Everyone) is based on a CBT approach and ACT OUT uses tools from Acceptance and Commitment Therapy.

CRAFT

Mutual aid program for friends/Family and Significant others. These mutual aid meetings are for people affected by the addictive behaviour of someone close to them and are facilitated by someone with personal experience of family members in addiction.

The groups use tools from Cognitive Behaviour Therapy and Rational Emotive Behaviour Therapy in combination with the highly acclaimed CRAFT (Community Reinforcement and Family Training) programme.

The programme is designed to help those affected by a loved one's addictive behaviour to learn new ways of dealing with the challenges, thoughts, and emotions that they experience.

Advocacy

DATUS have been delivering a peer led advocacy service for 12 years and have developed a wealth of skills and experience to support individuals to meet their basic needs, which is essential to their recovery. DATUS makes sure individuals with complex needs do not get left behind. They provide support to maximise their chances of achieving recovery. We use the advocacy process to engage with individuals not based on recovery but on their own terms, building a trusting relationship, where the individual sets the agenda.

Focusing resources on individuals who are hesitant or opposed to recovery is crucial to a recovery systems success. We are providing a new and innovative approach to engage these individuals and achieve better outcomes. Appropriate referrals should be for cases that represent a significant barrier to the individual's recovery. Referrals should not be made to DATUS for things that a recovery coordinator or other key worker is equipped to support.

See Change Program:

See Change is a community engagement program. We develop connections with local community organisations, providing opportunities to help build and access community resources, reducing stigma and paving the way for peers in the future by developing positive connections.

These video links provide some insight into the See Change program:

The program:

<https://www.youtube.com/watch?v=l0WnJ4QEgQ&feature=youtu.be>

The Madness: <https://www.youtube.com/watch?v=1xVO6Wxqldc>



How to refer

All enquiries about the above services can be directed by email to mel.birkill@dat.us.org.uk or james.sadler@dat.us.org.uk and to Maggie.thompson@dat.us.org.uk for family support.

DATUS Timetable and Links to ACT OUT and LIFE sessions:



DAY	Time	<u>Location</u>	Format
Mondays	1.30pm – 2.30pm	https://zoom.us/j/91291630875	ACT OUT
Mondays	5.00pm - 6.30pm	https://zoom.us/j/94223720551	LIFE
Tuesdays	10.30am – 12.00pm	https://zoom.us/j/96971351919	LIFE
Wednesdays	1.30pm – 3.00pm	Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham B31 2NQ https://zoom.us/j/99242563668	LIFE
Thursdays	10.30am – 11.30 am	https://zoom.us/j/93705482550	ACT OUT
Thursdays	12.30pm – 2.00pm	All Saints Church - 172 Herbert Rd, Small Heath, Birmingham B10 0PR https://zoom.us/j/986444692	LIFE
Fridays	1.00pm – 2.00pm	https://zoom.us/j/91573374741	ACT OUT
Saturdays	11.00am - 12.30pm	https://zoom.us/j/94497124180	LIFE

LIFE and ACT groups are confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour. Sessions are led by someone with personal experience of addiction and recovery. Attendance at all meetings is open and no referral is required. Meetings do not require abstinence, but you may be asked to leave if you appear intoxicated.

For more information or to provide feedback contact DATUS: St Anne's Parish Centre, 45 Alcester St, Digbeth, B12 0PH Mel: 07966 237 658 / mel.birkill@dat.us.org.uk. Jamie: 07966 237 613 / james.sadler@dat.us.org.uk. DATUS office: 0121 523 4855 and website: <http://dat.us.org.uk>

DATUS CRAFT FAMILY AND FRIENDS MEETINGS



Use the below links to attend each meeting.

Alternate Mondays – 12.30pm – 2.00pm, Face to Face at Kingstanding Leisure Centre Dulwich Rd, Birmingham B44 0EW and also on <https://zoom.us/j/92294893964>

Alternate Mondays – 12.30pm – 2.00pm, previously held at Beechcroft Day Centre, Erdington <https://zoom.us/j/96465721516>

Every Tuesday – 1.00pm – 2.00pm, previously held at CGL Central & West <https://zoom.us/j/91489422926>

Alternate Wednesdays – 12.30pm – 2.00pm, previously held at DATUS office, Digbeth <https://zoom.us/j/93311004121>

Every Thursday – 11.30am – 1.00 pm, previously held at CGL North <https://zoom.us/j/99886625563>

Every Friday – 12.00pm – 1.30pm, previously held at Welcome Change, Shard End <https://zoom.us/j/95514346157>

Call Maggie on 07925 022 953 to check the dates for meetings that take place on alternate weeks.

These meetings are for people affected by the addictive behaviour of someone close to them and are facilitated by someone with personal experience of family members in addiction.

These groups include tools from Cognitive Behavioural Therapy and Rational Emotive Behaviour Therapy in combination with the highly acclaimed CRAFT (Community Reinforcement and Family Training) programme.

The programme is designed to help those affected by a loved one's addictive behaviour. We do this by learning new ways of dealing with the challenges, thoughts, and emotions that we experience. The aim is to engage the individual experiencing addiction with effective support.

For more information or to provide feedback about CRAFT Family and Friends Groups in Birmingham please contact:

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