




# Recovery Near You–Group/Activity Timetable



All groups at 1 Connaught Road, WV1 4SJ unless otherwise indicated.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Recovery groups</b>	<b>Recovery meet 10-12PM</b>	<b>Recovery meet 10-12PM</b>	<b>SMART 5.30-7.30PM</b>	<b>Recovery meet 10-12PM</b>	<b>Recovery meet 10-12pm</b>
<b>SUIT</b>	Advice information and Guidance 12-2pm	Service User Council 12.00 – 1.00 (1 <sup>st</sup> Tuesday of every month)	Advice information and guidance 1.30- 3pm	Women’s group 12-1.30pm	
<b>Activity clubs</b>	Gardening club 1-3pm		Steps to change over 55s (REFERRAL ONLY) 10.30-12pm Art Group 1-3pm Mind, body, and soul 4-5.30pm	Boxing Class 10:30am to 12:00pm Graisley Gym (WV2 4NE)	Onwards and upwards group (aftercare/exit planning group) please contact Vee or Gerry to refer in) 10-12pm
<b>External Mutual Aid</b>	 <b>Alcoholics Anonymous</b> 24 Hour Helpline 0800 9177 650 or <a href="mailto:help@aamail.org">help@aamail.org</a> Hold various meetings around the local area please see AA website for details.	 <b>Narcotics Anonymous</b> 10am until midnight Helpline 0300 999 1212 or <a href="mailto:meetings@ukna.org">meetings@ukna.org</a> Hold various meetings around the local area please see NA website for details.	 <b>SMART Recovery®</b> SMART Recovery UK Held at Darlington Street Church, Saturdays, 11-12.30pm.	Recovery Support Group Coffee Moring St Judes Church Wednesday 10am-12pm	Family Support Group Held at RNY, Thornhurst: WEDNESDAYS 6:30pm-7:30pm. Family Forum: Last Wednesday of month Time 7:30pm-8:00pm