

Herefordshire Recovery Service Group Timetable



Turning Point Substance Misuse Services provide access to a range of evidence based groups, face to face and online – contact your local service to find out what they have on offer...

"At first, I was apprehensive about what the course would cover and who would be in the group. Now, I'm more aware of how addiction affects me... I have made the change to being clean and I am feeling guilt free and happier... the group definitely helped me change."



Workshop Timetable - Hereford

Monday	Tuesday		Wednesday	Thursday		Friday
Assessment Day	RSP (online) 10am-11.30am	Intro to Treatment (one off) 10am-11am	Team Meeting AM Women only day (service opens at 1.30pm)	MAP (face-to-face) 10am-11.30am		MAP (face-to-face) 10am-11.30am
Family & Carers Day including one-to-one support and structured 5 step programme for families	Reclaim (online) 1.30pm-3pm		MBRP (online) 1.30pm-3pm	MAP (online) 1.30pm-3pm	RSP (face-to-face) 1.30pm-3pm	Intro to Treatment (one off) 1.30pm-2.30pm
	RSP (online) 6pm-7.30pm	MBRP (online) 6pm-7.30pm	Alcohol Resolution Clinic (ARC): for clients with an AUDIT score of less than 20.		Reclaim: 6-week workshop to stop/manage drugs such as cannabis, cocaine, amphetamine, spice, and ketamine.	
						Mindfulness Based Relapse Prevention (MBRP): 8-week workshop to learn skills to prevent relapse and support recovery.

Treatment and Support Groups

ITT (Introduction to Treatment)	A one off weekly workshop to support you to identify which treatment options will work best for you.
ITC (Introduction to Change)	ITC is a four week programme designed to give you an idea of what a group work programme may be like, helping you to think about your current situation and to make some decisions about your treatment goals. The group will consist of a 90 minute session once a week for four weeks. See leaflet and discuss with your key-worker for more information.
ARC (Alcohol Resolution Clinic)	Reduce your alcohol safely, and learn tools and techniques to help manage cravings and mood in this eight week course.
MAP (Managing Alcohol Program)	Drinking at dependent levels? Get support in preparing for an alcohol detox and learn how to reduce your alcohol safely.
AAW (Alcohol Awareness Workshop)	An online harm reduction and brief intervention space for those wanting to explore more about their alcohol use
Reclaim	This 6-week workshop will provide support to stop using substances and manage cravings, including Cannabis, Cocaine, Amphetamines, Spice, Steroids and Ketamine.
RSP (Recovery Skills Program)	In this 12 week workshop, learn skills to reduce your substance use and to manage difficult thoughts and feelings. These skills will also help with anxiety and low mood.
Moving Forward	Focussed on helping you to overcome your fears and move towards reducing opiate substitute prescribing.
Mindfulness Based Relapse Prevention (MBRP)	Mindfulness is an 8 week programme designed for individuals to learn relapse prevention skills to support their recovery. Each session is 2 hours with a break. See leaflet for more information.
Mood Management	A three module course supporting to learn skills to recognise and manage both 'positive' and 'negative' emotional states which affect all aspects of life (eg relationships) and may result in someone using substances to manage. The three modules are Crisis Survival, Emotional Regulation and Effective Relationships

Parenting and Family Support

Family Minds (Parenting Skills Course)	Being a parent is, at times, very rewarding and at other times, really tough. This course provides you with an opportunity to come together with others to share experiences and concerns around how you parent.
5 Step for Families, Carers and Concerned Others Support	A structured course over 5 sessions specifically for Families, Carers and Concerned Others to access support, advice and information.
Family Matters (Support Group)	A drop in group specifically for Families, Carers and Concerned Others to access support, advice and information.
Supporting Each Other (Women's Group)	A space for women only to access specific support including Mindfulness, Mood Management, Safety planning
Peer Led Groups	
Pre-hab Group	A peer led group to support you to prepare for the residential treatment process.
Peer Support – structured	Peer led groups for example, 5 ways to wellbeing, MERIT (mindfulness booster)
SMART Recovery / Mutual Aid	A mutual aid group helping individuals recover from addictive behaviours to gain independence, achieve recovery and lead meaningful and satisfying lives
Activities Group	A range of activities that support the 5 ways to wellbeing your recovery. For example, arts and crafts groups, gardening projects, walking groups, book clubs and boxing.
Peer Support - Breakfast & Lunch Clubs	Come and enjoy a selection of tea, coffee or juice; Pret-a-Manger porridge, cereals, and toast, or a lunchtime sandwich. Meet with others who may be in similar situations to yourself. A chance to talk about things on your mind – how was your weekend; any struggles or success?