

Leicester, Leicestershire & Rutland

RECOVERY WEEK 2021

20th-26th SEPT

 @leicsrecovery #RW2021

Watch it on your Socials!

Original content    ...everyday!

TWITTER: @leicsrecovery

FACEBOOK: DearAlbertRecovery

INSTAGRAM: dear_albert

#RW2021



Leicester, Leicestershire & Rutland Recovery Week, part of International Recovery Month, showcasing recovery from drink and drug addiction.

'We've done it & got the T Shirt!... why don't you get yours too?'

FREE Recovery T-Shirt for all in person attendees.

Designed and printed by the Recovery Community.

FREE T's

This years Recovery Week will be a mix of in person, virtual sessions & social media



DAY	EVENT	PLATFORM	LOCATION	TIME	DETAIL
Mon 20 Sept	Awareness Pop Up*	In Person (limited numbers)	Turning Point Hubs across City & County	9.30am till 4pm	BBV Information & Testing. Locations: 2 Eldon St. Leicester LE1 3QL 55 Woodgate, Loughborough LE11 2TZ 42 High Street, Coalville LE67 3EE Voluntary Action Oakham 'VAR' - Lands End Wy., Oakham LE15 6RB
	Have a go at Singing for Wellbeing*	In Person (limited numbers) & Virtual (Zoom)	In Person @ Dear Albert - The Stairway Project 68 Humberstone Gate, Leicester LE1 3PL	10am till 11.30am	REGISTRATION REQUIRED. Please contact Dear Albert: 0800 8303646 OR hello@dearalbert.co.uk MORE INFORMATION about this session available at: www.TheStairwayProject.co.uk/rw2021/
Tue 21 Sept	Awareness Pop Up*	In Person	Pepper's - A Safe Place 2a High St, Oakham LE15 6AL	10.30 till 12.30pm	Meet members of the Recovery Community, Peers & Staff from local Drug & Alcohol Services
	Open Day*	In Person (limited numbers)	Unity House 25 Ashleigh Rd, Leicester LE3 0FA	10am till 4pm	Mocktails available all day - 11am Pool competition - 12pm Food - 1.30pm Table Tennis competition
	Creative Art for Wellbeing	Virtual (Zoom)	on the Zoom video meeting platform	10am till 11.30	REGISTRATION REQUIRED. Please contact Dear Albert: 0800 8303646 OR hello@dearalbert.co.uk MORE INFORMATION about this session available at: www.TheStairwayProject.co.uk/rw2021/
Wed 22 Sept	Laughter Yoga for Wellbeing	Virtual (Zoom)	on the Zoom video meeting platform	5.30pm till 6.30pm	REGISTRATION REQUIRED. Please contact Dear Albert: 0800 8303646 OR hello@dearalbert.co.uk MORE INFORMATION about this session available at: www.TheStairwayProject.co.uk/rw2021/
Thu 23 Sept	Awareness Pop Up	In Person	Loughborough Market	10am till 4pm	Meet members of the Recovery Community, Peers & Staff from local Drug & Alcohol Services
	Mindfulness for Wellbeing	Virtual (Zoom)	on the Zoom video meeting platform	3pm till 4.30pm	REGISTRATION REQUIRED. Please contact Dear Albert: 0800 8303646 OR hello@dearalbert.co.uk MORE INFORMATION about this session available at: www.TheStairwayProject.co.uk/rw2021/
	Recovery Film Premier PLUS Questions & Answers	Virtual (Zoom)	on the Zoom video meeting platform	7pm till 8.30pm	Local film maker tells his journey through Recovery followed by a Q&A session REGISTRATION REQUIRED. Please contact Dear Albert: 0800 8303646 OR hello@dearalbert.co.uk
Fri 24 Sept	Football Tournament	In Person	NOTE: PENDING CONFIRMATION OF VENUE	TBC	5 a-side Football Tournament, Refreshments, Medals & Trophies
Sat 25 Sept	Sikh Recovery Day & Walk	In Person	Victoria Park Leicester	11am till 4pm	Leicester, Leicestershire & Rutland Recovery Communities join together to celebrate Recovery
	Djembe Drum Workshop	In Person	Sikh temple - 106 E Park Rd, Leicester LE5 4QB	6pm	How music and drums can help in Recovery
Sun 26 Sept	Awareness Pop Up	In Person	Sikh temple - 106 E Park Rd, Leicester LE5 4QB	11am	Awareness talk will given to the congregation on the services available locally and nationally for anyone who needs help. Partners with information stalls will also be available to give information to anyone who needs help.
	Soundbath*	In Person (limited numbers) & Virtual (YouTube)	Watch on YouTube and In Person @ The Stairway Project 68 Humberstone Gate, Leicester LE1 3PL	11am till 12	Sound Therapy streamed live on YouTube. Search YouTube for 'Dear Albert', look for the DATV logo. In Person: Please contact Dear Albert: 0800 8303646 OR hello@dearalbert.co.uk

* INDOOR EVENT: appropriate Covid procedures in place