



Drug and Alcohol Community Rehab

Peer-led, Recovery focused®

Dear Albert's The Stairway Project is inspired, designed and run entirely by people in recovery from substance use.

Make a fresh start



LOCATION:
The Stairway Project
68 Humberstone Gate,
Leicester LE1 3PL

WEEKLY MENU

VERSION 3

How can I access groups?

We offer a range of ways to connect with the Recovery Community.

- Sessions are either **In Person** or on **Zoom**. - We do have some which can be joined **In Person and** via **Zoom**

For Zoom links, please contact 0800 830 3646 or email: hello@dearalbert.co.uk

IP In Person ONLY

Z Zoom ONLY

IP Z In Person & Zoom

AM

Meditation

IP 10.00am - 11.00

DROP IN

IP 11.00am - 12.00

Drop-In & Check-In!

PM

SMART Recovery

IP Z 12.30pm - 1.45

Discover the power of choice

Introduction to The Stairway Project

IP 3.00pm

Find out more & meet the team

EVE

CA (Cocaine Anonymous)

IP 7.00pm

Visiting Fellowship meetings

MONDAY

Meditation

IP 10.00am - 11.00

Programme Participation,
Community Development
ASK FOR DETAILS

Make a Fresh Start!

County Clients

Z 12.00pm - 1.15

Move away from active addiction
and towards a better life

AA meeting

IP 12.00pm

Visiting Fellowship meetings

ACT Peer Recovery R1

IP 12.30pm - 2.00

Behaviour based practise

TUESDAY

Meditation

IP 10.00am - 11.00

SWAP

IP Z 10.30am - 12.00

Women only group

Make a Fresh Start!

CJ Clients

IP 12.00pm - 1.15

Move away from active addiction
and towards a better life

ACT Peer Recovery R1

Z 12.30pm - 2.00

Behaviour based practise

Art Therapy

IP 2.00pm - 5.00

Interactive arts & craft sessions

ACT Peer Recovery R2

IP 2.30pm - 4.00

ABSTINENT Group
ADVANCED Behaviour based practise

WEDNESDAY

Meditation

IP 10.00am - 11.00

FREEDOM WRITERS

IP 10.30am - 12.00

Creative writing

Make a Fresh Start!

City Clients

IP Z 12.00pm - 1.15

Move away from active addiction
and towards a better life

Music Group

IP 3.00pm - 5.00

If you want to play or sing then
pop along

THURSDAY

Meditation

IP 10.00am - 11.00

PLUMB

IP Z 11.00am - 12.00

ABSTINENT Group

You Do The MAFs!

City Residents

Z 1.30pm - 3.30

Structured 6 week programme -
ask for details

FRIDAY

Cafe open

.....

QUEER SPACE

IP Z 6.00pm - 8.00

Saturday talk & connect

SATURDAY

SUNDAY

Sunday Breakfast Club

IP 8am

Introduction to The Stairway
Project for Leicester's Street
Homeless

MONTHLY MENU

Relapse Prevention Workshops

IP 10.30pm - 12.00

ABSTINENT Group

Thursdays - Please enrol

Pre Detox Information

IP Z 11.00am - 12.00

1st Monday of the month
see reverse for dates

QUEER SPACE - LGBTQIA+

IP 6.00pm - 8.00

1st Wednesday of the month
- ask for dates



DearAlbert

The Stairway Project is run by Dear Albert
A Lived Experience Recovery Organisation

0800 8303646

www.TheStairwayProject.co.uk

hello@dearalbert.co.uk

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Family & Friends Group

Bi-weekly meetings for the family and friends of those who have substance use issues.
A place for connection & conversation.
In partnership with Turning Point.

Tuesdays

Z 12.00pm - 1.00

Thursdays

IP Z 6.30pm - 8.30

Please get in touch for dates.
0800 8303646
hello@dearalbert.co.uk
or talk to your worker at Turning Point.

'Your voice!'

Dear Albert strongly value the voice of those with Lived Experience of substance use.
Working with our partners, we provide spaces for Lived Experience to be heard and contribute to future service delivery.
Including, but not limited to;



CHANGING FUTURES Forum



Providing a range of complementary therapies to improve your wellbeing

menu

MONDAY to FRIDAY:

- Daily Meditation (Group @ 10am)

TUESDAY:

- Native American Drum Therapy (121)

WEDNESDAY

- Reiki Healing (121)

THURSDAY

- Indian Head Massage (121)
- Yoga (4 session programme - *please enroll*)

FRIDAY

- Reflexology (121 - bi-weekly)
- Foot Health Care (121 - bi-weekly)

SUNDAY

- Soundbath (Monthly Group @ 11am)

HOW TO BOOK 121s & enroll:

- Pop into The Stairway Project
- Call: **0800 8303646** (9-5pm)
- Email: hello@dearalbert.co.uk

• LIMITED 121 SPACES

• PLEASE ARRIVE 15mins BEFORE SESSION STARTS



www.TheStairwayProject.co.uk
68 Humberstone Gate, Leicester LE1 3PL



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DearAlbertRecovery



dear_albert

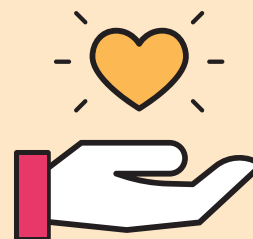


Dear Albert

version 1

1-2-1 Counselling Service

Are you ready to explore past issues that may be impacting you in the present?



YOURTIME

Your time to reflect and gain understanding

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dearalbert.co.uk

- Professional 1-2-1 counselling sessions
- For those who've struggled with substance use issues
- YOUR TIME provides a safe and secure opportunity to unpack and reflect on the issues you feel might be relevant to explore and helpful to better understand
- Talk with professional (level 4) and qualified (level 3) person centred counsellors
- Established by Enactus from Leicester University and Dear Albert

For more information & referrals:

0800 830 3646

hello@dearalbert.co.uk

'Pre-Detox Information Session'

Are you thinking about having an inpatient Detox?

Has your inpatient Detox already been approved?

1st Monday of every month 11am
Mon 6th Feb
Mon 6th Mar
Mon 3rd Apr
Mon 1st May
2023

family & friends welcome

no referral required, just turn up!

Find out more about your stay at detox, what to expect when you are there and hear from people who have *already been there*.

There is a information session held at: **The Stairway Project**
68 Humberstone Gate Leicester LE1 3PL & **via Zoom**
1st Monday of every month 11am

For Zoom details please call or email:
0800 830 3646
hello@dearalbert.co.uk

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Framework
For your future

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