



Drug and Alcohol Community Rehab

Inspired, designed and run entirely by people in recovery from substance use.



WEEKLY MENU

VERSION 6

Peer-led, Recovery focused®

BOOK IN ADVANCE or JUST TURN UP

LOCATION: 68 Humberstone Gate, Leicester LE1 3PL

IP In Person ONLY **Z** Zoom ONLY **IP Z** In Person & Zoom
(see reverse for more details)

AM

MONDAY

Meditation

IP 10.00am - 11.00

DROP IN

IP 11.00am - 12.00

Drop-In & Check-In!

TUESDAY

Meditation

IP 10.00am - 11.00

ACT Peer Recovery R1

IP 10.30am - 12.00

Behaviour based practise

WEDNESDAY

Meditation

IP 10.00am - 11.00

SWAP

IP Z 10.30am - 12.00

Women only group

open till 8pm

THURSDAY

Meditation

IP 10.00am - 11.00

ACT Peer Recovery R1

Z 10.30am - 12.00

Behaviour based practise

FRIDAY

Meditation

IP 10.00am - 11.00

PLUMB

IP Z 11.00am - 12.00

ABSTINENT Group

SUNDAY

Sunday Breakfast Club

IP 7.30am

Introduction to The Stairway Project those those experiencing homelessness

lunchtime
@ The Stairway
12-1pm

Why not relax, 'grab a bite' & connect with members of your Recovery Community in a safe social space.

AA lunchtime meeting
IP 12.00pm
Visiting Fellowship meetings



... and much more!

8.30am - 2.30pm

(food served till 2pm)

We're open **Monday to Friday**



PM

SMART Recovery

IP 1.00pm - 2.15

Discover the power of choice

SMART Recovery

Z 3.00pm - 4.15

Discover the power of choice

Introduction to The Stairway Project

IP 3.00pm

Find out more & meet the team

Make a Fresh Start!

Z 1.00pm - 2.00

County Clients

Introduction to Recovery

Programme Participation, Community Development, Team Training

IP 1.00pm - 5.00

ASK FOR DETAILS

POD

IP 1.00pm - 3.30

16 week Post Detox recovery programme.
ASK FOR DETAILS

Art Therapy

IP 2.00pm - 5.00

Interactive arts & craft sessions

Thurs open till 8.00pm

Make a Fresh Start!

IP Z 1.00pm - 2.00

City Clients

Introduction to Recovery

FREEDOM WRITERS

IP 2.30pm - 3.30

Creative writing

Music Group

IP 2.30pm - 5.00

If you want to play or sing then pop along

You Do The MAFs!

Z **FRIDAYS**

City Residents

Structured 6 week programme-
Why not refer yourself today?
ASK FOR DETAILS



EVE

CA (Cocaine Anonymous)

IP 7.00pm

Visiting Fellowship meetings

NA (Narcotics Anonymous)

IP 7.15pm

Visiting Fellowship meetings

CA (Cocaine Anonymous)

IP 7.30pm

Visiting Fellowship meetings

CA (Cocaine Anonymous)

IP 7.30pm

Visiting Fellowship meetings

MONTHLY MENU

Pre Detox Information

IP Z 11.00am - 12.00

1st Monday of the month
see reverse for dates

Family & Friends

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

Tuesdays

IP Z 12.30pm - 1.30

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.

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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DearAlbertRecovery

dear_albert

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**

Key:

- IP** In Person ONLY
- Z** Zoom ONLY
- IP Z** In Person & Zoom

For Zoom links:

please contact **0800 830 3646**
or email: hello@dearalbert.co.uk

'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



Other Recovery Focused activities & services at The Stairway Project.



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)
- Integral Eye Movement Therapy (121)

THURSDAY

- Indian Head Massage (121)

FRIDAY

- Reflexology (121)

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

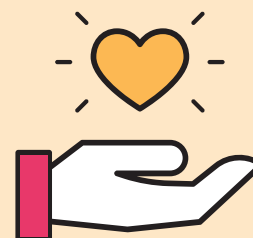
• PLEASE ARRIVE 15mins BEFORE SESSION STARTS

Cost of the treatments are partially subsidised, however we invite you to leave a small donation of just £5* for 121 sessions or more if you can afford it?

*all proceeds are reinvested to improve health, wellbeing and your experience at Pala Vica.

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

DearAlbert

dearalbert.co.uk

- Professional & student placement 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'

*avoiding bank holiday/s
PLEASE NOTE: if you cannot make any of these dates, please talk to a DA team member and we can arrange a 121

1st Monday
of every month 11am

Mon 4th Mar
Mon 8th Apr*
Mon 13th May*
Mon 3rd Jun
2024

Are you thinking about having a inpatient Detox?

Has your inpatient Detox already been approved?

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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