



Drug and Alcohol Community Rehab

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

Peer-led, Recovery focused®



LOCATION: 68 Humberstone Gate, Leicester LE1 3PL

WEEKLY MENU

VERSION 7b

AM
Meditation
IP 10.00am - 11.00

MONDAY

Meditation
IP 10.00am - 11.00

TUESDAY

Meditation
IP 10.00am - 11.00

WEDNESDAY

Meditation
IP 10.00am - 11.00

THURSDAY

Meditation
IP 10.00am - 11.00

FRIDAY

SUNDAY

DROP IN
IP 11.00am - 12.00
Drop-In & Check-In!

ACT Peer Recovery R1
IP 10.30am - 12.00
Behaviour based practise

SWAP
IP Z 10.30am - 12.00
Women only group

ACT Peer Recovery R1
Z 10.30am - 12.00
Behaviour based practise

PLUMB
IP Z 11.00am - 12.00
ABSTINENT Group

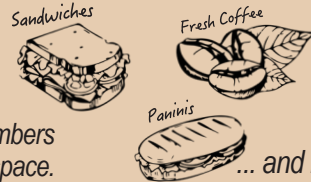
Key: IP In Person ONLY
Z Zoom ONLY
IP Z In Person & Zoom

Sunday Breakfast Club
IP 7.30am
Introduction to The Stairway Project for 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



8.30am - 2.30pm

(food served till 2pm)

We're open **Monday to Friday**



MONTHLY MENU

Pre Detox Information
IP Z 11.00am - 12.00
1st Monday of the month
see reverse for dates

PM
SMART Recovery
IP 1.00pm - 2.15
Discover the power of choice

Make a Fresh Start!
Z 1.00pm - 2.00
County Clients
Introduction to Recovery

POD
IP 1.00pm - 3.30
16 week Post Detox recovery programme.
ASK FOR DETAILS

Make a Fresh Start!
IP Z 1.00pm - 2.00
City Clients
Introduction to Recovery

You Do The MAFs!
Z FRIDAYS
City Residents
Structured 6 week programme.
Why not refer yourself today?
ASK FOR DETAILS

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.

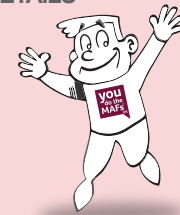
SMART Recovery
Z 3.00pm - 4.15
Discover the power of choice

Programme Participation, Community Development
IP 1.00pm - 3.00
ASK FOR DETAILS

Art Therapy
IP 2.00pm - 5.00
Interactive arts & craft sessions

FREEDOM WRITERS
IP 2.30pm - 3.30
Creative writing

Music Group
IP 3.00pm - 5.00
If you want to play or sing then pop along



Tuesdays
IP Z 12.30pm - 1.30

Introduction to The Stairway Project
IP 3.00pm
Find out more & meet the team

CLOSES @ 3pm
TEAM TIME

Team Training, Supervision & Community of Practice
..... 3.00pm - 5.00

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

Thursdays
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

EVE
CA (Cocaine Anonymous)
IP 7.00pm
Visiting Fellowship meetings

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.



complementary therapy suite

Providing a range of complementary therapies to improve your wellbeing

menu

MONDAY to FRIDAY:

- Daily Mindfulness (Group @ 10am)

TUESDAY:

- Integral Eye Movement Therapy (121)

WEDNESDAY

- Reiki Healing (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

We invite you to donate from £5 for each 121 sessions if you can please. Proceeds are reinvested to improve health, wellbeing and your experience at Pala Vica

version 3

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 1st July
Mon 5th Aug
Mon 2nd Sept
Mon 7th Oct
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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