



Drug and Alcohol Community Rehab

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

Peer-led, Recovery focused®



WEEKLY MENU

VERSION 12b

Mon-Fri: 9am - 4.30pm

MONDAY

Mindfulness

IP 10.00am - 11.00

DROP IN

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

SMART Recovery

IP 1.00pm - 2.15
Discover the power of choice

NEW



Intro into RECOVERY

IP 1.00pm - 2.30
4 week introductory course:

- Introductions & Tour
- The Problem & The Solution
- 5 Ways to Wellbeing
- Membership and Agreement

Introduction to The Stairway Project

IP 1.30pm
Find out more & meet the team

SMART Recovery

Z 3.00pm - 4.15
Discover the power of choice

CA (Cocaine Anonymous)

IP 7.00pm
Visiting Fellowship Meetings

TUESDAY

Mindfulness

IP 10.00am - 11.00

ACT Peer Recovery R1

Z 10.30am - 12.00
Behaviour based practise

NEW

Recovery Foundations

IP 11.00am - 12.00
Building a solid base

Music Group

IP 12.30pm - 2.30
Play or sing?... then pop along.
We'd love to hear from you.

Make a Fresh Start!

IP Z 1.00pm - 2.00
Introduction to Mutual Aid

SWAP

IP Z 1.00pm - 2.30
Supporting Women with
Addiction Problems

Our Voices and Community Development

IP 1.00pm - 3.00
ASK FOR DETAILS

CLOSES @ 3.00pm

TEAM TIME

Training, Supervision & Community of Practice

..... 3.00pm - 4.30

WEDNESDAY

Mindfulness

IP 10.00am - 11.00



IP 10am - 12.00
'Change Skills'
ASK FOR DETAILS

Freedom Writers

IP 11.00am - 12.00
Creative Writing, Poetry,
Journaling, Book Study

Mens Group

IP 1.00pm - 2.30
Supporting Men with
Addiction Problems

Art Therapy

IP 1.00pm - 4.00
Interactive Arts & Crafts

NEW

Sober Circle

IP 3.00pm - 4.00
Life Stories &
Recovery Journeys

NA (Narcotics Anonymous)

IP 7.15pm
Visiting Fellowship Meetings

THURSDAY

Mindfulness

IP A 10.00am - 11.00

NEW

First Things First

IP A Round 2... 10.00am - 12.00
'The Growth Model'
ASK FOR DETAILS

Soundbath

IP A 12.30pm - 1.15
Sound Therapy Session

POD

IP A 1.30pm - 4.00
16 week Post Detox
recovery programme
ASK FOR DETAILS

NEW

Health & Fitness

IP A 2.15pm - 3.15
Physical Wellbeing

CA (Cocaine Anonymous)

IP 7.30pm
Visiting Fellowship Meetings

FRIDAY

Mindfulness

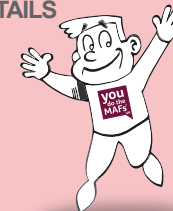
IP A 10.00am - 11.00

PLUMB

IP Z A 11.00am - 12.00
Recovery Check-in. Staying
aligned with our Recovery

You Do The MAFs!

Z FRIDAYS
City Residents
Structured 6 week programme.
Why not refer yourself today?
ASK FOR DETAILS



NEW

Health & Fitness

IP A 1.00pm - 2.00
Physical Wellbeing

Friday Feeling Process Group

IP A 2.00pm - 3.00
Emotional wellbeing

CA (Cocaine Anonymous)

IP 7.30pm
Visiting Fellowship Meetings

Key: IP In Person ONLY
Z Zoom ONLY
IP Z In Person & Zoom
A Abstinent Group

Sunday Breakfast Club

IP 7.30am - 10.30
Cooked breakfast & introduction
to The Stairway Project for those
experiencing homelessness

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.

Tuesdays

IP Z 12.30pm - 1.30

Thursdays

Z 6.30pm - 8.30

Please get in touch for dates.
or talk to your worker at Turning Point

Monthly - Friday afternoon socials

Happy DriDay
AFTERNOONS

Entertainment, Food & Fun!

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
- A** Abstinent Group

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



Mon to Thur
9.00am - 2.30pm
Hot food served till 2pm

Fridays
9.00am - 12.00pm

'Our Voices'

Dear Albert strongly value the voice of those with Lived Experience.

Working with our partners, we provide spaces for Lived Experience to be heard and contribute to future service delivery.

Including, but not limited to;



Other Recovery Focused activities & services at The Stairway Project.



complementary therapy suite

Providing a range of complementary therapies to improve your wellbeing

menu*

MONDAY

- **Mindfulness / Chanting** (Group 10am)

TUESDAY

- **Mindfulness / Chanting** (Group 10am)
- **Integral Eye Movement Therapy** (121)
- **Reiki Healing** (121)

WEDNESDAY

- **Mindfulness / Chanting** (Group 10am)
- **Integral Eye Movement Therapy** (121)
- **Reiki Healing** (121)

THURSDAY

- **Mindfulness / Chanting** (Group 10am)
- **Soundbath** (Group 12.30pm)
- **Health & Fitness** (Group 2.15pm)

FRIDAY

- **Mindfulness / Chanting** (Group 10am)
- **Health & Fitness** (Group 1.00pm)

HOW TO BOOK 121s:

- Pop into The Stairway Project
- Call: **0800 8303646** (9-4.30pm)
- Email: hello@dearalbert.co.uk

- **LIMITED 121 SPACES**
- **PLEASE ARRIVE 15mins BEFORE SESSION STARTS**

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

THERAPEUTIC SPACE FOR HIRE - ask for details
Fitted with Audio & Visual + Webcam | Catering can be provided

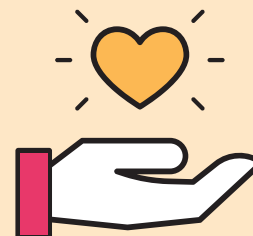
DearAlbert www.TheStairwayProject.co.uk
68 Humberstone Gate, Leicester LE1 3PL

version 7

*treatment options subject to change

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 holidays
PLEASE NOTE: if you cannot make any of these dates, please talk to a DA team member and we can arrange a 121

2026 1st Monday
of every month **11am**

Mon 6th Jul
Mon 3rd Aug
Mon 7th Sept
Mon 5th Oct
Mon 2nd Nov
Mon 7th Dec

Are you thinking about having an inpatient Detox?

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

DearAlbert



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DearAlbert

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

0800 8303646

www.TheStairwayProject.co.uk

hello@dearalbert.co.uk