

Please share this e-bulletin across your professional and social networks.
A printer friendly version is attached to this email.

Recovery in Sandwell e-bulletin

Thank you for signing up for the Recovery in Sandwell e-bulletin. The aim is to improve all our understanding of the role that we play in supporting people's recovery in our communities. We aim to promote activities, groups, volunteering opportunities, and anything else that people who are building their recovery can participate in and build their social networks, self-confidence, self-esteem and self-efficacy. Everyone has a role to play in supporting recovery and helping people to regain their lives.

If you have an activity, event, or service of interest to the recovery community in Sandwell, please email a flyer or brief details with a logo, to: nick2_shough@sandwell.gov.uk. Your feedback is also welcomed.

UK Recovery News



Alcohol Awareness Week is a chance to think about your drinking, awareness-raising, campaigning for change, and more.

The theme for Alcohol Awareness Week 2023 is '**Alcohol and cost**'.

The total social cost of alcohol to society is estimated to be at least £21 billion each year. We as individuals also spend tens of thousands of pounds on average on alcohol over the course of a lifetime.

But the personal costs are much starker with alcohol death rates increasing to the highest rate since records began since the onset of the coronavirus pandemic, and millions more people suffering from worsened mental and physical health every day as a result of harmful drinking.

The cost of living crisis has also played a key role in causing some people to drink more than they'd like to cope with worries around the crisis.



[Check how healthy your drinking is by taking the this quiz.](#)

Support

Whether you require advice on cutting down yourself, you're concerned about someone else or you are part of the LGBTQ+ community and want some support, [Drinkaware](#) has some useful resources for you.

There is always someone to talk to if you have any concerns, take a look at this [list of useful support lines available](#).

2023 RECOVERY STREET FILM FESTIVAL

OPEN FOR ENTRIES

SUBMIT A FILM

We are inviting anyone who is directly or indirectly affected by drug and alcohol use to submit a film of between one to three minutes in length, related to **THE SKY IS THE LIMIT**. Recovery is a gift of opportunity. Opportunity to heal, to grow, to travel, to find freedom, meaning, love, and kindness. It can take us to places we never thought possible. The sky is the limit - where will you go?

SUBMISSIONS CLOSE ON 1ST AUGUST 2023 AT 11:59PM.

HOST A SCREENING

Film has the power to bring people together to create a shared understanding. Making connections through real life experiences and creative story telling is a powerful means of reducing stigma. That is why we encourage as many people as possible to hold screenings of the festival in services, community centres, cafés, restaurants, events, workplaces or even homes up and down the country throughout September.



FIND OUT MORE ABOUT ENTERING THE FESTIVAL HERE



FIND OUT MORE ABOUT HOSTING A SCREENING HERE

FIND OUT MORE NOW AT WWW.RSFF.CO.UK



WE ARE A VOLUNTARY PROJECT AND WE NEED YOUR HELP

Help us promote the festival by liking, sharing and following us

 [RECOVERYFILMS](#)  [RECOVERYSTREETFILMFESTIVAL](#)  [RECOVERYSTREETFILMFEST](#)

Announcing the launch of The Anti-Stigma Network!

The Network has been created to improve understanding of the stigma and discrimination experienced by people harmed by drug and alcohol use. We aim to help amplify the huge variety of anti-stigma work across the UK, enabling us all to maximise our shared effort to take action to end stigma.

We recognise that many organisations and individuals are doing amazing, impactful and creative work to address stigma. We aim to build on this work by bringing individual people, families, communities, educational institutions, charities, businesses and policymakers together to share, learn and create.

Anyone can join the Anti-Stigma Network and there is no charge.

Find out more and join www.antistigmanetwork.org.uk

We just ask that you commit to calling out stigma and discrimination when you experience it and observe it and working with other members to share how best to understand stigma and fight discrimination.



Things to do & places to go, what's on in Sandwell.

Recovery College for the Black Country

The Recovery Colleges virtual drop-in info session is Tuesday at (1pm-2pm). These sessions will explain the support & services provided, how to enrol & answer any other questions you may have.

 **The Recovery College**
FOR THE BLACK COUNTRY

Information Sessions

Come and meet our friendly team on Zoom, every
Tuesday from 1pm - 2pm
May - July 2023

If you're interested in attending
please call : 0121 543 4061 or email:
info@therecoverycollege.co.uk
for your Zoom Link.

The Recovery College is open to anyone
aged 18 and over who live in Dudley,
Sandwell, Walsall or Wolverhampton area.

www.therecoverycollege.co.uk
Telephone: 0121 543 4061
Email: info@therecoverycollege.co.uk
Facebook: @TheRecoveryCollegeBCHFT
Twitter: @RecoveryColleg3



Life Coach and Wellbeing Services

Starting the 16th June 2023 at 11:30, La Luz Life Coach and Wellbeing Services will be working with Sarah Dobb to bring you our very first chronic pain and illness peer support group. This free group is set around the 5 ways of wellbeing, while allowing the community to know they are not alone when it comes to chronic pain. Please send us a message if you would like a spot in the group... [La Luz Life Coach and Wellbeing Services | Facebook](#) We look forward to seeing you there!

Do you suffer from chronic pain or illness?
JOIN US....
Sarah Dobb (from Noah's art) and Maddison. S (from La Luz)
For 5 week Peer Support Group

EVERY FRIDAY
11:30 am - 12:30pm

- Learn the 5 ways of wellbeing
- Take part in activities
- Support each other

Starting:
16th June 2023
AT: BEARWOOD YOGA
ABBAY ROAD
SMETHWICK
B67 5RD

 **Bearwood Community Hub**
 **SCVO**
connecting. enabling. transforming.
 **VISION 2030**
 **Sandwell**
Metropolitan Borough Council

The GAP Family Centre

Come along and chill with us, grab some delicious food and a bargain, and support a great local charity.

COMMUNITY CAFE
With a charity table sale ...

LAST SATURDAY OF EVERY MONTH
1pm-3pm



At The Gap Christian Family Centre, Hargate Lane, West Bromwich B711PH
Grab a seat and treat yourself to a yummy food at our Cafe



PLUS... **Come and grab a bargain, toys, gifts, books and much more**





Come Join Us for Better Health Healthier Families' Day



FREE WEIGHT AND HEIGHT CHECK



HEALTHY EATING INFORMATION



DIABETES PREVENTION AND MANAGEMENT



Saturday 22 July 2023 • 12:00 - 17:00 p.m.

AT: ILEYS COMMUNITY ASSOCIATION

VICTORIA PARK SKILL CENTRE
CORBETT STREET / SUFFER STREET B66 3PU

NO NEED TO BOOK

Volunteering

SCVO's Volunteering Portal



search for opportunities to volunteer in Sandwell

let's go... share our skills... meet new people... help others...
learn something new... get experience... have fun...
put something back into the community... make friends...

Welcome to the home of helping out in Sandwell

What would you like to do?

Look for a particular experience or setting

See all opportunities - I'll browse and find what I want

Find opportunities near me

Find an Opportunity for a Team Challenge

Currently listing [242 opportunities](#).

<https://letsgosandwell.info/>

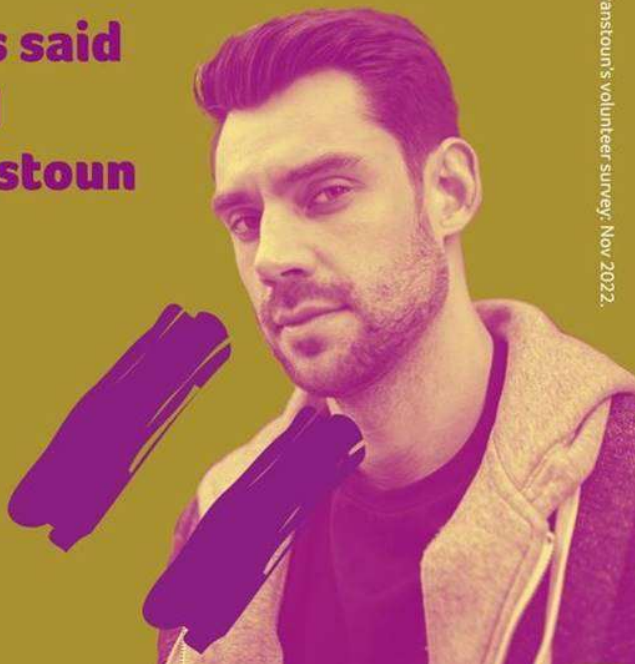
Volunteer with Cranstoun

Find out about the range of #volunteering opportunities or simply get in touch to see if we can find you your perfect role: <http://ow.ly/yXG2500ByZo>

100% of our volunteers said they would recommend volunteering with Cranstoun to a friend*



CRANSTOUN
Empowering People, Empowering Change



Cranstoun's volunteer survey, Nov 2022.

Useful links and resources

The **Sandwell Networkers Group** meets on the first Tuesday of every month at The Pavilion in West Smethwick Park, an opportunity to share what your group is doing, find out what else is happening and network with other groups. The group has a Facebook page for promoting local events, activities or services: <https://www.facebook.com/groups/sandwellnetworkers>



The SCVO directory of **voluntary sector groups and services** in Sandwell, in easy to use categories: <https://route2wellbeing.info/>



The Sandwell **Family Information Service Hub** with easy to use tabs to find services, activities and much more: <https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page>

Screening and Brief Interventions for Alcohol, and for Substance Use booklets/ **self-help tools**, free to download from the DECCA website, as well as **drug information leaflets**: www.ourguideto.co.uk



The **Routes to Recovery** via the Community workbook of self-help recovery planning worksheets: <https://www.gov.uk/government/publications/routes-to-recovery-from-substance-addiction>

The **GamCare** webpage of free resources: <https://www.gamcare.org.uk/self-help/>

BBC **Hooked Podcast**, 27 episodes available, written and presented by two women who are in recovery themselves: <https://www.bbc.co.uk/programmes/p07q3jb7>

UK **Recovery Radio**, podcasts inspiring, promoting and celebrating recovery from addiction: <https://soundcloud.com/uk-recovery-radio>

Community Support

Sandwell Community Information & Participation Service (SCIPS)

Sandwell MBC are piloting two new Community Hubs, one in West Bromwich and another in Blackheath. Available at the hub sessions will be customer service advisors, a housing officer, revenue and benefits advisors via Teams and webchat, and a staff member from the Healthy Sandwell team in Public Health, plus library staff on hand to support residents who need any face-to-face support.

Full details here. https://www.sandwell.gov.uk/.../community_hubs_pilot_at...

TWO NEW COMMUNITY HUBS
10am to 4.30pm

FOR RESIDENTS TO ACCESS SERVICES AND RESOLVE ISSUES

Central Library
High Street
West Bromwich
B70 8DZ

Tuesday
CUSTOMER SERVICE

Blackheath Library
High Street
Blackheath
B65 0EA

Wednesday

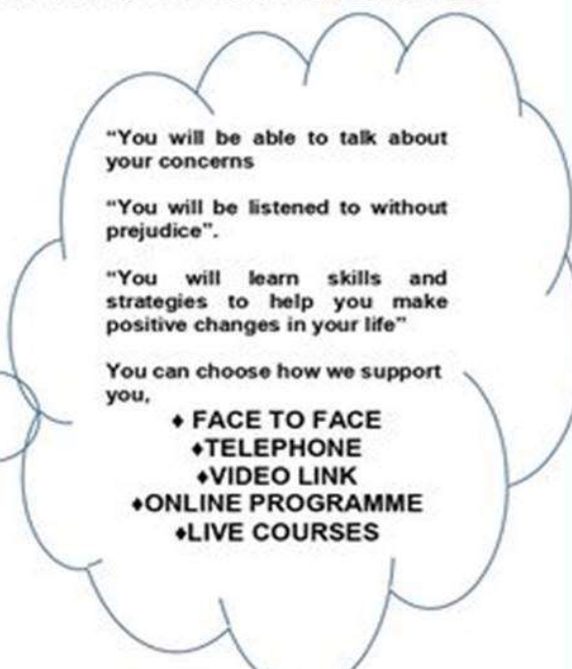


Black Country Healthcare
NHS Foundation Trust

SANDWELL TALKING THERAPIES

Previously known as
Sandwell Healthy Minds

A service for people who are feeling
STRESSED, ANXIOUS, LOW IN MOOD OR DEPRESSED



"You will be able to talk about your concerns

"You will be listened to without prejudice".

"You will learn skills and strategies to help you make positive changes in your life"

You can choose how we support you,

- ♦ FACE TO FACE
- ♦ TELEPHONE
- ♦ VIDEO LINK
- ♦ ONLINE PROGRAMME
- ♦ LIVE COURSES

To book your initial appointment, call

0121 612 6650

or self-refer via

www.sandwellhealthyminds.nhs.uk



Together with you to achieve healthier, happier lives

Gambling Support



Gambling Awareness Workshop

Delivered by  aquarius

Wednesday 21st June,
6:00pm til 8:00pm at Molineux Stadium

This is open to anyone who is affected by gambling,
or wants to increase their awareness of the topic.

For more information or to book on to this workshop, please
email healthadmin@wolves.co.uk or call **07971 900 257**.

 Supported by Premier League 

 Head 4 Health  Wolves Foundation

Health & Fitness



Places Leisure
Part of Places for People

Because Community Matters

West Bromwich Leisure Centre

We are excited to be opening our brand new ladies gym!
Join us today to make the most of our brand new facility as well as benefiting from no joining fee!*

Use code WBLCNJF

<https://www.placesleisure.org/centres/west-bromwich-leisure-centre/#membership>

Mutual Aid & Recovery Support Groups



LIFE stands for Living Independently for Everyone. These are confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour. The meetings include evidence-based therapeutic tools drawn from ACT (Acceptance and Commitment Therapy) and CBT (Cognitive Behavioural Therapy)

Sessions are led by someone with personal experience of addiction. Attendance at all meetings is open and no referral is required. Meetings do not require abstinence but you may be asked to leave if you appear intoxicated.

Contact Mel Birkill – 07966 237 658 (mel.birkill@dat.us.org.uk)
or James Bennett – 07939 398 423 (james.bennett@dat.us.org.uk)

DAY	TIME	LOCATION	FORMAT
Thursdays	10.30am - 11.30am	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 0HP and also online at https://zoom.us/j/93705482550	LIFE Face to Face & Online
Thursdays	12.30pm - 2.00pm	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 0HP and also online at https://zoom.us/j/986444692	LIFE Face to Face & Online
Fridays	1.00pm - 2.00pm	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 0HP and also online at https://zoom.us/j/91573374741	LIFE Face to Face & Online
Saturdays	11.00am - 12.30pm	Online https://zoom.us/j/94497124180	LIFE Online

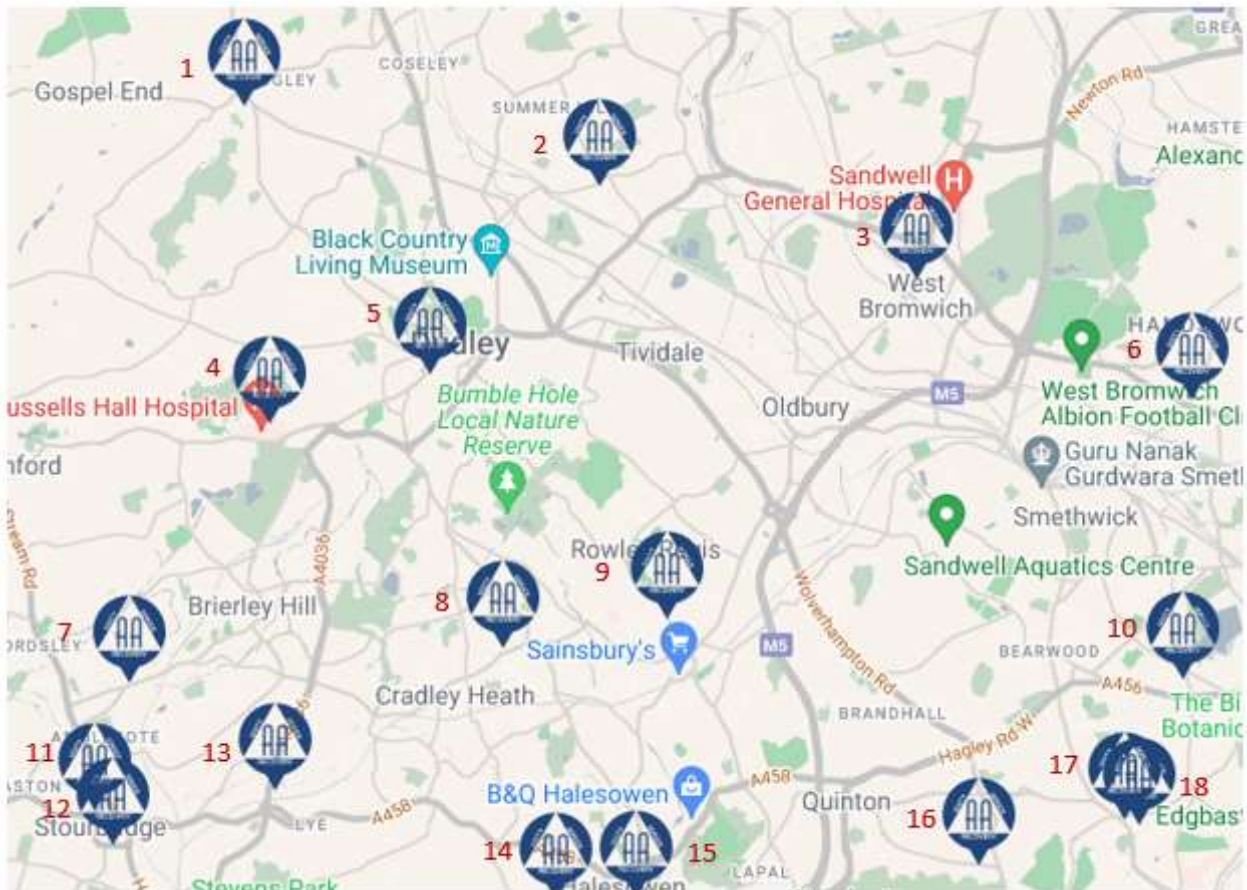
(Updated June 2023)

AA Meetings (within 5 miles of Oldbury)

<https://www.alcoholics-anonymous.org.uk/>

Meeting Guide

- ALL meetings, unless otherwise stated, are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking.
- Open (O) AA Meetings are open to ALL who may or may not have an alcoholic problem.
- Online meetings are those which meet through electronic media, not in a physical place.



- To find an online meeting to access visit:
<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online>
- Helpline: 01384482929

Day & Time	Ref	Location	Format
Monday 11.00-12.30	13	Lye: Atlantic House, Dudley Rd, DY9 8BQ	
Monday 13.00-14.30	17	Harborne Living Sober: Harborne Baptist Church, Harborne, B17 0DH	
Monday 19.30-21.00	5	Dudley: Top Church, High St DY1 1QD	
Monday 19.30-21.00	16	Quinton: St Boniface Church, Quinton Rd West, Quinton, B32 2QD	
Monday 20.00-21.30	18	Harborne: St Mary's: St Mary's RC Church, Vivian Rd, Harborne, B17 0DN	
Tuesday 19.30-21.00	11	Stourbridge: Quaker Meeting House, Scotts Rd DY8 1UR	
Tuesday 19.45-21.15	2	Tipton Big Book: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Wednesday 12.00-13.30	2	Tipton St Paul's Daytime: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Open meeting
Wednesday 19.30-21.00	8	Cradley Heath: Large Hall, Cradley Heath Community Centre, Reddal Hill Rd, B64 5JG	Open on request
Thursday 11.00-12.30	2	Tipton Ladies: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Women's meeting
Thursday 19.30-21.00	2	Tipton St Paul's: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Thursday 19.30-21.00	10	Edgbaston: 9 Lyttleton Rd, off St Augustines Rd, Edgbaston, B16 9JN	
Thursday 20.00-21.30	6	Handsworth: Oaklands Community Centre, 1 Oakland Rd, Handsworth, B21 0NA	English/Punjabi
Thursday 20.00-21.30	9	Blackheath: Sons of Rest, 135 Birmingham Rd, Rowley Regis, B65 9HH	
Friday 19.00-20.00	12	Stourbridge Women's Topic: New Road Methodist Church Centre, 29 New Rd, DY8 1PQ	Women's meeting
Friday 19.30-21.00	1	Sedgley Community Centre, Ladies Walk, DY3 3UA	
Friday 20.00-21.30	14	Halesowen: Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Saturday 10.00-11.30	15	Halesowen: Lifecentral Church, Little Cornbow B63 3AJ	
Saturday 16.00-17.30	3	West Bromwich Na Zdrowi: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Saturday 18.30-20.00	4	Dudley: Dove House, Bushey Fields Hospital, Russell's Hall, DY1 2LZ	Open meeting
Sunday 11.00-12.30	14	Halesowen Morning: Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Sunday 17.00-18.00	3	West Bromwich Na Zdrowie: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Sunday 19.00-20.30	7	Brierley Hill: The Oakfield Community Centre, 245 Brettel Ln, DY5 3LT Helpline: 01384482929	

UKNA Meetings (within 5 miles of Oldbury)



Helpline - 0300 999 1212

Website - www.ukna.org

Open to addicts only meetings are for addicts only & those who suspect they have a problem.

"Open to all" meetings welcome everyone addicts or non addicts.

"Open to all" on request meetings allow non addicts to turn up early & ask if it's okay to sit in.

Day & Time	Location	Format	Formats
Monday 18:55- 20:30	Truth in Lye: Atlantic Recovery Centre, Dudley road, Brierley Hill, DY9 8BQ	Physical, Open to addicts only, BEG, BT, CPT, CW, JFT, SH, WA	BEG - Beginner/ Newcomer BK - Book Study BT - Basic Text CPT - 12 Concepts CT - Chit CW - Children Welcome JFT - Just For Today Study LC - Living Clean Study LIT - Literature Study M - Men NP - No pets PA - Parking Available QA - Questions & Answers SH - Share meeting SPK - Speaker TOP - Topic VAR - Format Varies VR - Video Required W - Women WA - Wheelchair Accessible
Monday 19:30- 21:00	Monday Night Hockley Meeting: Main Hall, Lodge Road Church Centre, 143/4 Lodge Road, Hockley, B18 5BU	Physical, Open to addicts only, VAR, PA, WA	
Tuesday 19:30- 21:00	Halesowen A New Hope Group: Large meeting room 1, Life Central Church, 2 Little Cornbow, Halesowen, B63 3AJ	Physical, "Open to all" on request, BEG, LIT, SPK, VAR, PA, WA	
Wednesday 19:30- 21:00	Men's NA Living Clean Meeting: Here4youth, 1 Castle Street, Dudley, West Midlands, DY1 1LA	Physical, "Open to all" on request, LC, M, TOP, CT, NP, SH, BK, WA	
Thursday 19:00- 20:00	Maxstoke NA Meeting: Maxstoke Village Hall, Church Lane, Maxstoke, B46 2QN	Physical, "Open to all" on request, LIT, WA	
Friday 12:30- 14:00	Stourbridge Friday Freedom: Atlantic Recovery Centre, Dudley road, Brierly Hill, Stourbridge, DY9 8EL	Physical, "Open to all" on request, VAR, WA	
Saturday 11:00- 12:30	Stourbridge Saturday Women's: Back Room, CGL, Atlantic House, Dudley Road, Stourbridge, DY9 8EL. Zoom : https://meetings.ukna.org/meeting/saturday-womens/link	Hybrid, "Open to all", CW, VAR, W, PA, WA, VR	
Saturday 16:00- 17:40	Dudley Just For Today: Here4youth, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all" on request, BEG, BT, JFT, QA, SPK, Lithuanian	
Sunday 09:30- 10:45	Dudley Just For Today: Main room, Cranstoun Here4YOUth Dudley, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all", JFT, WA	

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