

# Recovery in Sandwell e-bulletin #2

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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](mailto:nick2_shough@sandwell.gov.uk). Your feedback is also welcomed.

## 2023 Recovery Event 4 Sandwell – “Roots of Recovery”

Bookings are now open for anyone who would like to attend the first recovery conference for Sandwell, to promote and celebrate recovery from substance use or gambling. If you are not able to book via e-mail, Cranstoun volunteers will also be distributing tickets in a few weeks.



The poster features a purple-to-blue gradient background. At the top, the title '2023 Recovery Event 4 Sandwell' is written in a bold, purple, serif font. Below the title is a photograph of a diverse group of about ten people standing outdoors in front of greenery. Underneath the photo, the event title '“Roots of Recovery”' is written in a purple, serif font. This is followed by the date and time 'Tuesday 19<sup>th</sup> September, 9.30am - 3pm' in a purple, serif font. Below that, the location 'Sandwell Council House Chambers, Freeth Street, Oldbury, B69 3DE' is written in a smaller, white, sans-serif font. The next section contains the text 'Lunch and refreshments provided' in a yellow, sans-serif font, followed by 'plus' in a smaller yellow font. Below this, 'Over 20 display stalls, Guest speakers, Workshops, and Networking' is written in a yellow, sans-serif font. At the bottom left is the 'CRANSTOUN' logo in red and white, with the tagline 'Supporting People, Changing Lives' in small red text. To its right is the 'Sandwell' logo in green and white, with 'in the West Midlands' in small white text. Below the logos, the booking information 'To book your place NOW e-mail: [nick2\\_shough@sandwell.gov.uk](mailto:nick2_shough@sandwell.gov.uk)' is written in a white, sans-serif font. At the very bottom, the text 'This event has been planned by the recovery community of Sandwell.' is written in a white, sans-serif font.

**2023 Recovery Event 4 Sandwell**



**“Roots of Recovery”**  
**Tuesday 19<sup>th</sup> September, 9.30am - 3pm**  
Sandwell Council House Chambers, Freeth Street, Oldbury, B69 3DE

**Lunch and refreshments provided**  
plus  
**Over 20 display stalls, Guest speakers,  
Workshops, and Networking**

**CRANSTOUN**  
Supporting People, Changing Lives

**Sandwell**  
in the West Midlands

To book your place NOW e-mail: [nick2\\_shough@sandwell.gov.uk](mailto:nick2_shough@sandwell.gov.uk)

This event has been planned by the recovery community of Sandwell.

# UK Recovery News

## Contaminated Heroin Alert

We are aware that there is a real risk from contaminated heroin in the region. If you use heroin, please read this and watch the video.

Please see this video <https://youtu.be/gV9ufRkh7Lo> from our local drug treatment provider, Cranstoun, about how you can help us keep Sandwell safe. **Please help us prevent overdoses in Sandwell by watching and sharing this short video throughout your organisation, particularly front-line staff**, this includes security, customer services, cleaning staff, wardens etc. We want to make sure people know what they can do if they hear or see anything of concern. There are three ways to contact us with information:

- Email [SandwellAlerts@cranstoun.org.uk](mailto:SandwellAlerts@cranstoun.org.uk)
- Phone 0121 553 1333
- Phone or text 07593 554279

Start by explaining 'I have a Sandwell Alert'

1. Please link into Cranstoun who are able to provide training and supply of naloxone (including nasal spray supplies) especially if you work as a street warden, housing officer or other staff group out and about across Sandwell and in contact with people at risk. Administration of naloxone in a suspected or actual overdose can buy time for an ambulance to arrive and help save lives. Recent intel tells us that repeat naloxone is often required given the strength of current supplies of contaminated drugs. Contact **Cranstoun on 0121 553 1333** for more information and support.
2. If you hear or see anything of concern please let us know via our local alert contact: [SandwellAlerts@cranstoun.org.uk](mailto:SandwellAlerts@cranstoun.org.uk) more info about this via <https://youtu.be/gV9ufRkh7Lo>
3. Advise those you are working with who are using drugs to access Cranstoun for support: <https://youtu.be/VbNMJSSbbV4>

Please can you ensure you share the information throughout your organisations and with anyone who may be at risk – the more naloxone available as a first line response, the more deaths we can help prevent.

## NHS APA 2023 Annual Conference

Living the Stigma:  
Understanding Addiction  
& Overcoming Prejudice

get tickets

### *NHS APA - Living the stigma, understanding Addiction and Overcoming Prejudice*

The NHS APA invites you to join their free and virtual conference on Tuesday 28th of November 2023.

As we build upon the success of our previous online events, we aim to spotlight the impact of stigma against people who experience addiction and offer strategies for overcoming it through education and policy change.

The 2022 virtual APA Stigma conference was fantastic, I urge you to book a place, if you have experienced stigma or if you want to help end stigma. <https://www.nhsapa.org/conference-2023>

# Community Support

## Cranstoun in the community

Come along and see us at St Mary's #Bearwood for advice & information around your own or someone else's alcohol or drug use. Look for our purple #harmreduction vehicle in the car park! Every Tuesday (from 25th July)

**CRANSTOUN**  
Empowering People, Empowering Change

**Do you have a question about  
your own or someone else's  
drug or alcohol use?**



Cranstoun provide a weekly session from St Mary's Bearwood car park, providing free, non-judgemental advice & information around alcohol & other drugs.

Whether you want to know how to stay within safe alcohol limits, need advice or a referral for treatment, we are here to help you.

**Every Tuesday 12pm to 3pm**

**St Mary's Bearwood**

Bearwood Road, Bearwood, Smethwick, B66 4BX  
(Opposite Argos & Aldi)

**From 25<sup>th</sup> July 2023**

[cranstoun.org](http://cranstoun.org)

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# Sandwell Community Information & Participation Service (SCIPS)

**TWO NEW COMMUNITY HUBS**  
**10am to 4.30pm**

FOR RESIDENTS TO  
ACCESS SERVICES  
AND  
RESOLVE ISSUES

Central Library  
High Street  
West Bromwich  
B70 8DZ

**CUSTOMER SERVICE**

Blackheath Library  
High Street  
Blackheath  
B65 0EA

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...](https://www.sandwell.gov.uk/.../community_hubs_pilot_at...)

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## Better wellbeing art is just a step away

### No need to plan your route

Our experienced Wellbeing Art Walk volunteers will lead the way

### Your fitness doesn't matter

Our walks are a steady pace to suit everyone

### Finding a walk is easy

Our walks are local and accessible on foot

#### Regular walks.../

##### Where:

- (1) Bearmore Recreation Park & St Lukes Green Space
- (2) Haden Hill Park & Corngreaves Nature Reserve
- (3) Warley Woods & Lightwoods Park

TIMES & DAYS  
AS ADVERTISED

For Information – CONTACT: **01384 910968**  
Email to: [infoartyard@gmail.com](mailto:infoartyard@gmail.com)

Contact: **The Art Yard team**

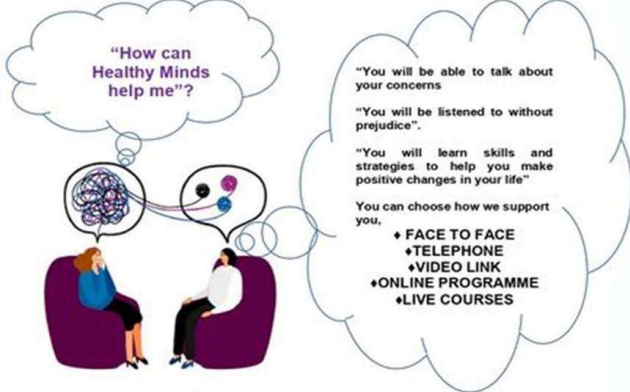
Email: [infoartyard@gmail.com](mailto:infoartyard@gmail.com) Phone: **01384 910968**

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# SANDWELL TALKING THERAPIES

Previously known as  
**Sandwell Healthy Minds**

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



To book your initial appointment, call  
**0121 612 6650**  
or self-refer via  
[www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)



## Let's Talk Sessions

### Wolverhampton

**West Park Walk**  
Weekly, every Monday  
1:30pm-2:30pm

**Molineux Coffee Afternoon**  
Monthly, every 1st Tuesday  
2pm-3:30pm

### Sandwell

**Sandwell "Buzz" Session**  
Monthly, every 3rd Tuesday  
12:30pm-2:30pm

### Virtual

**Coffee & Quiz Session**  
Every other Friday  
11am-12:30pm on Microsoft Teams

**Virtual Walk**  
Monthly, every 2nd Thursday  
10am-10:30am on Microsoft Teams

### Walsall

**Walsall "Buzz" Session**  
Monthly, every last Monday  
12:30pm-2:30pm

**Bescot Coffee Afternoon**  
Monthly, every 2nd Tuesday  
2pm-3:30pm

**Arboretum Walk**  
Weekly, every Thursday  
1:30pm-2:30pm

**Palfrey Pit Stop Men's Group**  
Every other Tuesday  
10am-12pm

### Dudley

**Brewing Connections**  
Monthly, every 1st Monday  
11:30am-1:30pm

Contact us:

Telephone: 07443 268842

Email: [bchft.letstalk@nhs.net](mailto:bchft.letstalk@nhs.net)

**Interested?**

Together with you to achieve  
**healthier, happier lives**



**DOROTHYPARKES**  
Community Centre

**PART OF THE CHATTY CAFE SCHEME**

Having a chat can brighten your day

Kickstart a conversation, get chatting and reduce loneliness along the way

**First drink free**

**Monday 6pm-8pm & Wednesday 10.30am-12.30pm**

FOLLOW US ON TWITTER  
@DOROTHY\_PARKES

FOLLOW US ON FACEBOOK  
@DOROTHYPARKESCENTRE

DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH  
0121 558 2998  
EMAIL: [ADMIN@DOROTHYPARKES.ORG](mailto:ADMIN@DOROTHYPARKES.ORG)  
[WWW.DOROTHYPARKES.ORG](http://WWW.DOROTHYPARKES.ORG)  
Charity no. 1093189

# 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**



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

**PLUS...**



## Drop-in to Cranstoun


Come and see Cranstoun #Sandwell & the [Hepatitis C Trust](#) at our Wednesday drop-in clinic session. We're offering BBV testing with #HepB & #HepC screening (results within one hour) & same day referral to treatment, along with #harmreduction info in a supportive environment.



# Cranstoun Sandwell

## Drop-in clinic session

Every Wednesday  
10am - 4pm  
Alberta Building, 128b Oldbury Road  
Smethwick, B66 1JE



[cranstoun.org](http://cranstoun.org)

## Community Events

### Sandwell Clothing Bank Needs Your Help

We need as many people as possible to comment on the Survey below, to help get us the funding we need for the Shoe Racking and Clothing Rails, etc. for our Clothing Bank Project. (The Survey will be available from Thursday 27th July 2023- Thursday 10th August 2023).

When completing the survey please use the following details:

Project code: SMK19

Project name: Sandwell Clothing Bank



The survey literally takes 2 minutes. Please complete, and circulate to as many from your local network as possible.

# Art in the Park

**Stevens Park, Quarry Bank  
Sunday 13 August 10am to 4pm**

**Join us for a day of art featuring  
professional artists, workshops  
and arts and crafts activities.**

**You can also bring your own project to  
work on alongside other artists.**

**Entry to the event is free.**



Art in the Park is organised in association  
with **The Art Yard, Cradley Heath**

## Training & Development Opportunities

### World Suicide Prevention Day Events

**All Events 10am - 12pm**

**Monday 4th September: Sandwell**

Register - [sandwell2f.eventbrite.co.uk](https://sandwell2f.eventbrite.co.uk)

**Tuesday 5th September: Dudley**

Register - [dudley2fevent.eventbrite.co.uk](https://dudley2fevent.eventbrite.co.uk)

**Wednesday 6th September: Wolverhampton**

Register - [wolverhampton2f.eventbrite.co.uk](https://wolverhampton2f.eventbrite.co.uk)

**Thursday 7th September: Walsall**

Register - [walsall2f.eventbrite.co.uk](https://walsall2f.eventbrite.co.uk)

**Tuesday 12th September: Online Zoom Event**

Register - [HopeThroughAction2023.eventbrite.co.uk](https://HopeThroughAction2023.eventbrite.co.uk)



Please use the **Eventbrite links to register** for these events. Invitations to the live events will be **strictly** via registration on a first come first serve basis.

A series of events brought to you by your **Community Inclusion Team** at Black Country Healthcare NHS Foundation Trust. The aim of these events is to bring people together across the Black Country, to raise awareness of suicide and suicide prevention. You will receive professional advice from our clinicians and partner organisations and have the opportunity to discuss this sensitive topic in a safe and supportive environment.



# 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>

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

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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>

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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](http://www.ourguideto.co.uk)



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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>

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

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

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

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**Say why to drugs** podcast with Dr Suzi Gage, unbiased fact-based education: <https://shows.acast.com/saywhytodrugs>

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**Drug Policy Voices**, a ten episode podcast on drug policy topics and the research. Engaging people who use drugs into debates about UK Drug Policy:

<https://www.drugpolicyvoices.co.uk/our-podcast>

# *The Anti-Stigma Network*

## *The Anti-Stigma Guide: Edition 2*

For lived experiences of addiction-related stigma, plus new research, books and podcasts about stigma and addiction. Want to learn more about stigma? Visit the [anti-stigma resources](#) page.

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## Drug Awareness Training with Cranstoun

Sign up for Drug Awareness Training with Cranstoun, or arrange bespoke training for your organisation. Call 0121 553 1333 or e-mail [sandwell@cranstoun.org.uk](mailto:sandwell@cranstoun.org.uk)



**CRANSTOUN**  
Empowering People, Empowering Change

# Cranstoun Sandwell

## Alcohol & Other Drugs Awareness Training

**2 hour FREE online briefing sessions to help:**

- increase knowledge around alcohol & drug issues in the workplace
- provide support to partners to help raise & discuss issues
- offer tailored advice & helpful guidance to support employees

[cranstoun.org](http://cranstoun.org)





# 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@datus.org.uk](mailto:mel.birkill@datus.org.uk))  
or James Bennett – 07939 398 423 ([james.bennett@datus.org.uk](mailto:james.bennett@datus.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 <a href="https://zoom.us/j/93705482550">https://zoom.us/j/93705482550</a>	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 <a href="https://zoom.us/j/986444692">https://zoom.us/j/986444692</a>	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 <a href="https://zoom.us/j/91573374741">https://zoom.us/j/91573374741</a>	LIFE Face to Face & Online
Saturdays	11.00am - 12.30pm	Online <a href="https://zoom.us/j/94497124180">https://zoom.us/j/94497124180</a>	LIFE Online

(Updated June 2023)

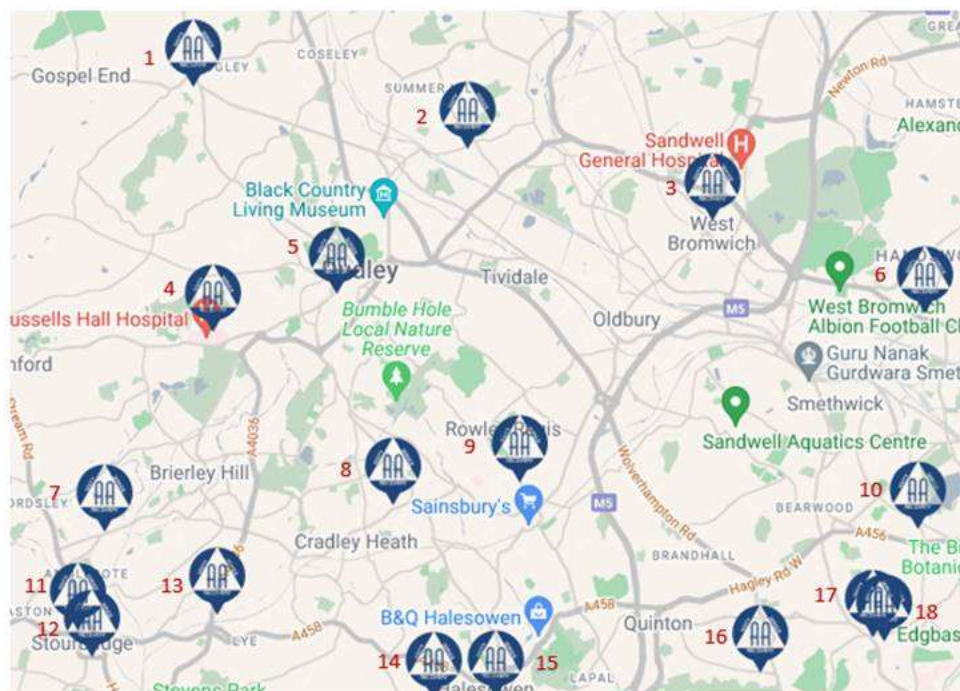
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## AA Meetings within 5 miles of Oldbury Council House

<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>
- Local Helpline: 01384482929



Day & Time	Ref	Location	Format
Monday 11.00-12.30	13	<b>Lye:</b> Atlantic House, Dudley Rd, DY9 8BQ	
Monday 13.00-14.30	17	<b>Harborne Living Sober:</b> Harborne Baptist Church, Harborne, B17 0DH	
Monday 19.30-21.00	5	<b>Dudley:</b> Top Church, High St DY1 1QD	
Monday 19.30-21.00	16	<b>Quinton:</b> St Boniface Church, Quinton Rd West, Quinton, B32 2QD	
Monday 20.00-21.30	18	<b>Harborne:</b> St Mary's: St Mary's RC Church, Vivian Rd, Harborne, B17 0DN	
Tuesday 19.30-21.00	11	<b>Stourbridge:</b> Quaker Meeting House, Scotts Rd DY8 1UR	
Tuesday 19.45-21.15	2	<b>Tipton Big Book:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Wednesday 12.00-13.30	2	<b>Tipton St Paul's Daytime:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	Open meeting
Wednesday 19.30-21.00	8	<b>Cradley Heath:</b> Large Hall, Cradley Heath Community Centre, Reddal Hill Rd, B64 5JG	Open on request
Thursday 11.00-12.30	2	<b>Tipton Ladies:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	Women's meeting
Thursday 19.30-21.00	2	<b>Tipton St Paul's:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Thursday 19.30-21.00	10	<b>Edgbaston:</b> 9 Lyttleton Rd, off St Augustines Rd, Edgbaston, B16 9JN	
Thursday 20.00-21.30	6	<b>Handsworth:</b> Oaklands Community Centre, 1 Oakland Rd, Handsworth, B21 0NA	English/Punjabi
Thursday 20.00-21.30	9	<b>Blackheath:</b> Sons of Rest, 135 Birmingham Rd, Rowley Regis, B65 9HH	
Friday 19.00-20.00	12	<b>Stourbridge Women's Topic:</b> New Road Methodist Church Centre, 29 New Rd, DY8 1PQ	Women's meeting
Friday 19.30-21.00	1	<b>Sedgley</b> Community Centre, Ladies Walk, DY3 3UA	



Friday 20.00-21.30	14	<b>Halesowen:</b> Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Saturday 10.00-11.30	15	<b>Halesowen:</b> Lifecentral Church, Little Cornbow B63 3AJ	
Saturday 16.00-17.30	3	<b>West Bromwich Na Zdrowi:</b> Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Saturday 18.30-20.00	4	<b>Dudley:</b> Dove House, Bushey Fields Hospital, Russell's Hall, DY1 2LZ	Open meeting
Sunday 11.00-12.30	14	<b>Halesowen Morning:</b> Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Sunday 17.00-18.00	3	<b>West Bromwich Na Zdrowie:</b> Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Sunday 19.00-20.30	7	<b>Brierley Hill:</b> The Oakfield Community Centre, 245 Brettel Ln, DY5 3LT Helpline: 01384482929	

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## UKNA Meeting List (within 5 miles of Oldbury)

Helpline - 0300 999 1212

Website - [www.ukna.org](http://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	<b>Truth in Lye:</b> Atlantic Recovery Centre, Dudley road, Brierley Hill, DY9 8BQ	Physical, Open to addicts only, BEG, BT, CPT, CW, JFT, SH, WA	<b>BEG</b> - Beginner/Newcomer <b>BK</b> - Book Study <b>BT</b> - Basic Text <b>CPT</b> - 12 Concepts <b>CT</b> - Chit <b>CW</b> - Children Welcome <b>JFT</b> - Just For Today Study <b>LC</b> - Living Clean Study <b>LIT</b> - Literature Study <b>M</b> - Men <b>NP</b> - No pets <b>PA</b> - Parking Available <b>QA</b> - Questions & Answers <b>SH</b> - Share meeting <b>SPK</b> - Speaker <b>TOP</b> - Topic <b>VAR</b> - Format Varies <b>VR</b> - Video Required <b>W</b> - Women <b>WA</b> - Wheelchair Accessible
Monday 19:30- 21:00	<b>Monday Night Hockley Meeting:</b> 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	<b>Halesowen A New Hope Group:</b> 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	<b>Men's NA Living Clean Meeting:</b> 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	<b>Maxstoke NA Meeting:</b> Maxstoke Village Hall, Church Lane, Maxstoke, B46 2QN	Physical, "Open to all" on request, LIT, WA	

Friday 12:30- 14:00	<b>Stourbridge Friday Freedom:</b> Atlantic Recovery Center, Dudley road, Brierly Hill, Stourbridge, DY9 8EL	Physical, "Open to all" on request, VAR, WA
Saturday 11:00- 12:30	<b>Stourbridge Saturday Women's:</b> Back Room, CGL, Atlantic House, Dudley Road, Stourbridge, DY9 8EL. <b>Zoom :</b> <a href="https://meetings.ukna.org/meeting/saturday-womens/link">https://meetings.ukna.org/meeting/saturday-womens/link</a>	Hybrid, "Open to all", CW, VAR, W, PA, WA, VR
Saturday 16:00- 17:40	<b>Dudley Just For Today:</b> Here4youth, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all" on request, BEG, BT, JFT, QA, SPK, Lithuanian
Sunday 09:30- 10:45	<b>Dudley Just For Today:</b> Main room, Cranstoun Here4YOUth Dudley, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all", JFT, WA

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Altruistic August 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 1 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive to everyone you interact with	4  Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be happy and well	6 Smile and be friendly to the people you see today	
	7 Give time to help a project or cause you care about	8 <b>Make some tasty food for someone who will appreciate it</b>	9 Thank someone you're grateful to and tell them why	10 Check in with someone who may be lonely or feeling anxious	11 Share an encouraging news story to inspire others	12 <b>Contact a friend to let them know you're thinking of them</b>	13 No plans day! Be kind to yourself so you can be kind to others too
	14 Take an action to be kind to nature and care for our planet	15 If someone annoys you, be kind. Imagine how they may be feeling	16 <b>Make a thoughtful gift as a surprise for someone</b>	17 Be kind online. Share positive and supportive comments	18 Today do something to make life easier for someone else	19 Be thankful for your food and the people who made it possible	20 <b>Look for the good in everyone you meet today</b>
	21 Donate unused items, clothes or food to help a local charity	22 Give people the gift of your full attention	23 Share an article, book or podcast you found helpful	24 <b>Forgive someone who hurt you in the past</b>	25 Give your time, energy or attention to help someone in need	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day
	28 <b>Have a friendly chat with someone you don't know very well</b>	29 Do something kind to help in your local community	30 Give away something to help those who don't have as much as you	31 Share Action for Happiness with other people today			

ACTION FOR HAPPINESS

Happier · Kinder · Together

\*\*\*\*\* END \*\*\*\*\*



#Recovery\_is\_possible  
 #Recovery\_is\_out\_there\_RIOT  
 #Recovery\_is\_contagious-Pass\_it\_on  
 #Recovery\_is\_all\_our\_business  
 #Progression\_not\_perfection  
 #You're\_in\_recovery\_when\_you\_say\_you\_are