

# Recovery in Sandwell

E-bulletin Issue #3, September 2023

Welcome to the third edition of the Recovery in Sandwell e-bulletin/newsletter, aiming to support people living or working in Sandwell to become 'recovery informed', breaking down the stigma and prejudice towards people with drug or alcohol problems, and celebrating recovery.

Everyone has a role to play in building recovery, helping people to believe in recovery and supporting them in their recovery journey. This e-bulletin contains links for activities, events, groups, opportunities, and learning.

Any feedback or correspondence is welcome and you can submit items to be included to: [nick2\\_shough@sandwell.gov.uk](mailto:nick2_shough@sandwell.gov.uk)

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# Recovery Events & Activities

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

On 19<sup>th</sup> September we are holding the first annual recovery conference for Sandwell. Open to anyone who supports recovery in way or has lived experience of recovery themselves. If you would like to attend you can email [nick2\\_shough@sandwell.gov.uk](mailto:nick2_shough@sandwell.gov.uk), or simply ask to be added to the list at the reception desk at Cranstoun.

### 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**



**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.**

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The following is a list of projects that have been funded to support people in recovery in Sandwell with contact details to join, or you can ask your key worker to refer you.

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### [AFSCS - Recovery Support Program](#)



This project aims at engaging service users into positive activities likely to divert them from relapsing. The following activities are designed to divert participants from drug or alcohol addiction and to engage them into healthy and positive activities:

- Employment support to become economically active
- Welfare support to move on into independent accommodation, white goods, furniture, and benefits supports.
- Volunteering opportunities on projects for to be more involved in the community.

 84A High Street, Smethwick, B66 1AQ  0121 260 5845

 [houda@afscs.org.uk](mailto:houda@afscs.org.uk)  [www.afscs.org.uk](http://www.afscs.org.uk)  [www.facebook.com/afscsuk/](http://www.facebook.com/afscsuk/)



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### [Cradley Heath Community Link - Recovery Café](#)



An opportunity to engage with the Link and local community through a community café on set days each week. Residents will be able to attend training for food safety qualifications to enable them to work within the kitchens to prepare and deliver food from within the café.

Each person will be supervised while gaining experience working in the kitchen area to front of house and money handling, and within a few months gain a reference from CHCL to better place them in further local employment.

 72 High Street, Cradley Heath, B64 5HA  01384 861637

 [cradleyheathcommunitylink@gmail.com](mailto:cradleyheathcommunitylink@gmail.com)  [www.facebook.com/CHCLink?locale=en\\_GB](http://www.facebook.com/CHCLink?locale=en_GB)



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### [Friar Park Millennium Centre - Recovery Group](#)

A recovery group to support individuals accessing the Cranstoun service that runs at the centre on: Tuesday 9.30 - 2pm; **Wednesday Drop in session 9.30 - 2pm**, and on Friday 9.30 - 2pm.

- Support groups meetings, being able to have a chat while relaxing with a cuppa
- Activities will include bike rides, local walks to open spaces and canal walks
- Team building exercises and physical activities in our large sports hall
- Workshops to build self-esteem and work towards employment or aim of individuals
- Volunteering opportunities within the community centre
- Bakes – For families, individuals to gain skills in making desserts, pizza and your ideas to cook at no expense to you.

 Friar Park Road, Wednesbury, WS10 0JS  0121 556 0139

 [Leannejones32@yahoo.co.uk](mailto:Leannejones32@yahoo.co.uk)  [www.facebook.com/friarparkcommunitycentre/](http://www.facebook.com/friarparkcommunitycentre/)

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## Growing Opportunities Allotment Project

A range of activities linked to the 5-Ways-to-Wellbeing (Connect, Be Active, Learn, Notice, Give) from three Community & Therapeutic garden sites in Sandwell. Learning how to prepare what you grow to eat with others.

# GROWING OPPORTUNITIES

Are you in recovery from drug and alcohol misuse?  
Are you looking for ways to improve your wellbeing?  
Do you enjoy or would like to explore activities like gardening and cooking?

## WE CAN HELP!

We deliver a range of activities linked to the 5 Ways to Wellbeing from our Community & Therapeutic Gardens in Sandwell



To find out more & join our free, friendly project get in touch today



Salop Drive  
Market Garden  
Salop Drive, Smethwick, B68 9AG



Barlow Road  
Community Garden  
Barlow Road, Wednesbury, WS10 9QA



Malthouse  
Therapeutic Garden  
100 Oldbury Road, Smethwick, B66 1JE

T: 0121 558 5555 (Option 2)  
E: [contactifa@idealforall.co.uk](mailto:contactifa@idealforall.co.uk)  
Facebook & Twitter: @idealforall



Funded by Healthy Sandwell

Registered charity number 1070112 and company limited by a guarantee number 03196518

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## Personal Development & Wellbeing Programme

Weekly peer-led wellbeing support sessions guided by our training officer. People will be encouraged to share resources (I.T. will be provided by KPG) to support recovery.

Examples of themes can include (but not limited to): Personal presentation; Organisation, Problem solving & decision making, Teamwork, Interview skills, Presentation skills, Communication and social skills, Health and nutrition, Budgeting/Managing finances, Goal setting, Creative arts.

In addition, we will offer open meetings for friends/family who are affected by addiction. Our aim is to end the stigma and share experience in a confidential non-judgemental environment.

 321 High Street, West Bromwich, B70 8LU  0121 565 5605

 [info@kaleidoscopeplus.org.uk](mailto:info@kaleidoscopeplus.org.uk)  [www.kaleidoscopeplus.org.uk/](http://www.kaleidoscopeplus.org.uk/)

 [www.facebook.com/kaleidoscopeplusgroup](https://www.facebook.com/kaleidoscopeplusgroup)

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## The Salvation Army – Employment Plus Programme



The 'Inspirational Life Coaching' programme to improving the health and well-being of people recovering from drug and/or alcohol misuse through the provision of positive activities, developing new skills, increasing social inclusion, and enhancing local recovery networks.

- One-to-one sessions to improve general wellbeing and confidence and highlight skills
- Building resilience through strengthening personal insights and setting realistic goals, practical help with barriers such as travel.
- Positive activities, including walking groups, creative activities, and access to sports.
- Looking at CVs, transferrable skills, enhancing digital skills; access to iLearn the Salvation Army online learning portal.
- Supported signposting to community organisations to provide additional support
- Encouraging peer-to-peer support and using 'lived experiences' to motivate and inspire.
- EDCs act as a bridge to employment by removing barriers and supporting employers
- Explore local volunteering opportunities and in our Charity Shops, Churches, and Café

 Merton Close (off Pound Road), Oldbury, B68 8NG  07702940944

 [Lee.horley@salvationarmy.org.uk](mailto:Lee.horley@salvationarmy.org.uk)  [www.salvationarmy.org.uk/oldbury](http://www.salvationarmy.org.uk/oldbury)

 [www.facebook.com/savegrowserve](https://www.facebook.com/savegrowserve)

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## Sandwell Asian Development Association (SADA)

### - W.B.A Boxing Club

This is a no-contact boxing programme for men or women with activities including skipping, bag work and conditioning training. Members will attend two sessions each week for twelve weeks, with each two-hour session being one-hour of training followed by one-hour of group support and discussion with the coach.



Sessions will take place every Tuesday and Thursday from 2pm-4pm, from the 12<sup>th</sup> September

After the programme, participants will be able to continue to use the gym and can go on to become trained as fitness trainers.



Alpine Gymnasium, Unit F, Sams Lane, West Bromwich, B70 7EG



07931 636 452



[thara2dayal@yahoo.ie](mailto:thara2dayal@yahoo.ie)

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## Warley Amateur Boxing Club - No-contact Boxing Program

Participants will learn no-contact boxing for the first four months starting from basic boxing practices and progress gradually overtime. During this time, participants will build their bodies through physical exercise; improve their self-confidence and develop the commitment and love of attending regular boxing sessions. After four months, participants will decide either to carry on with no contact boxing or join others undertaking normal boxing sessions and who can engage into more boxing contact and competition. The project will be delivering two sessions of 1.5 hour per week. Informal one-to-one mentoring will be delivered if necessary, to those in need of this support.

**EVERY DAY IS A STEP**  
**WARLEY BOXING CLUB**  
**CALL: 07854 496 073**  
**FOR MORE INFO**

**FREE TRAINING**

FOR ANYONE STRUGGLING WITH DRUGS AND ALCOHOL ABUSE, ARE WELCOME TO TRAIN FREE EVERY **TUESDAY AND THURSDAY 5PM - 6.30PM**

WARLEY RUGBY CLUB, TAT BANK ROAD, OLDBURY, B69 4NH

FOLLOW US ON



Warley Rugby Club, Tat Bank Road, Oldbury, B69 4NH



07976 599917



[c\\_cunningham9@hotmail.com](mailto:c_cunningham9@hotmail.com)



[https://www.facebook.com/teamwarley?locale=en\\_GB](https://www.facebook.com/teamwarley?locale=en_GB)

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## West Bromwich leisure centre - Leisure Passes



Repeating the successful take-up of last year's offer, West Bromwich Leisure Centre is again offering free Leisure Passes to Cranstoun service users. The benefits are:

- Unlimited gym use
- Unlimited pool use
- Unlimited use of the Sauna/ Steam room for relaxation
- Unlimited exercise classes
- 14 days advance booking privileges
- Up to four junior memberships added
- Free use of Swimtag
- Access to the Places Locker app

This offer is only available if you are currently in treatment with Cranstoun Sandwell, you will need to ask your keyworker to refer you.

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## 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>

## 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.



## 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 Hubs

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.

**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**

[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

Contact: **The Art Yard team**

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

**The Art Yard**  
Gallery & Studios

**TIMES & DAYS AS ADVERTISED**



RAMBLERS  
WELLBEING  
WALKS

Sandwell  
SMILES

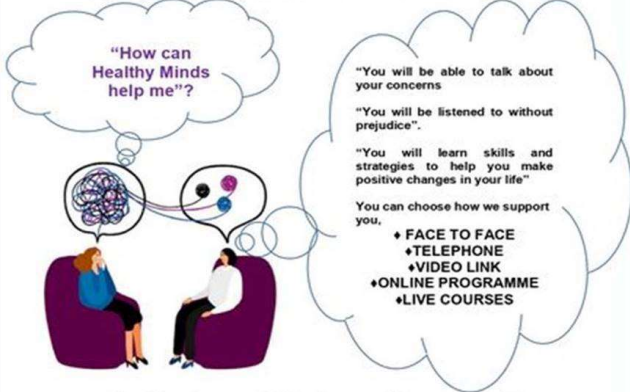
For information – CONTACT: **01384 910968**  
Email to: [infoartyard@gmail.com](mailto:infoartyard@gmail.com)

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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  
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...**

# Support Recovery for Drug and Alcohol Misuse

Funded by Sandwell MBC

Alcohol and drug use can greatly impact individuals, families and communities.

We understand that every person and their relationship with alcohol and drugs is different.

Come along to our monthly open support group for the family, friends and carers of those who are affected by drugs and alcohol within Sandwell.

No one should have to face these issues alone, and at KPG we are here for you. Our team are here to welcome you and offer you the support you need in an open and friendly environment.

📍 Hope Place, 321 High Street, West Bromwich, B70 8LU.

🕒 10am – 12pm – refreshments available

📅 Friday 8 September 2023

**Future sessions to be announced soon.**

**To book email:**  
[Training@Kaleidoscopeplus.org.uk](mailto:Training@Kaleidoscopeplus.org.uk)



**HEALTHY  
SANDWELL**

## 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**  
Empowering People, Empowering Change

## Cranstoun Sandwell Drop-in clinic session

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

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

The poster features a pink header with the Cranstoun logo. Below it, the title 'Cranstoun Sandwell Drop-in clinic session' is written in large blue letters. The event details are listed in black text. On the right side, there is a graphic of a magnifying glass with a yellow handle and a blue 'X' on the lens. The bottom of the poster has a pink footer with the website URL.

## Training & Development Opportunities

### 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)

The poster has a purple header with the Cranstoun logo. The title 'Cranstoun Sandwell Alcohol & Other Drugs Awareness Training' is in white and pink. Below it, the text '2 hour FREE online briefing sessions to help:' is followed by a bulleted list of benefits. On the right side, there is a photo of a man with short hair and a beard, wearing a brown jacket over a black shirt. The bottom of the poster has a purple footer with the website URL.

# Group Work Skills

Sandwell Ongoing Life Improvement in Development

This half day course is for people wanting to learn the skills to be effective group leaders.

The topics include **planning, preparation and managing group dynamics.**

These courses are for people who are unemployed, on long-term sick leave, have learning needs, substance misuse or mental ill health.

**This is your opportunity to develop or learn new skills and share what you have learned to benefit others.**

📍 Hope Place, 321 High Street, West Bromwich, B70 8LU.

🕒 10am – 1pm – with refreshments available

📅 Monday 14 August 2023  
Tuesday 7 November 2023



**HEALTHY  
SANDWELL**

To request a place please email  
[Training@Kaleidoscopeplus.org.uk](mailto:Training@Kaleidoscopeplus.org.uk)  
or call or call 0121 565 5605.

# Peer Support Skills

Sandwell Ongoing Life Improvement in Development

This course is for people who have lived experience of ill health/used services and want to learn more about how to support others.

Topics will include **health and wellbeing, professional boundaries and relationships and roles.**

These courses are for people who are unemployed, on long-term sick leave, have learning needs, substance misuse or mental ill health.

**This is your opportunity to develop or learn new skills and share what you have learned to benefit others.**

📍 Hope Place, 321 High Street, West Bromwich, B70 8LU.

🕒 10am – 1pm – with refreshments available

📅 Tuesday 10 October 2023  
Thursday 23 November 2023

**To request a place please email [Training@Kaleidoscopeplus.org.uk](mailto:Training@Kaleidoscopeplus.org.uk) or call or call 0121 565 5605.**



**HEALTHY SANDWELL**

# World Suicide Prevention Day Events

**All Events 10am - 12pm**

**Monday 4th September: Sandwell**

Register - [sandwellf2f.eventbrite.co.uk](https://sandwellf2f.eventbrite.co.uk)

**Tuesday 5th September: Dudley**

Register - [dudleyf2fevent.eventbrite.co.uk](https://dudleyf2fevent.eventbrite.co.uk)

**Wednesday 6th September: Wolverhampton**

Register - [wolverhamptonf2f.eventbrite.co.uk](https://wolverhamptonf2f.eventbrite.co.uk)

**Thursday 7th September: Walsall**

Register - [walsallf2f.eventbrite.co.uk](https://walsallf2f.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.

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

  
**Black Country Healthcare**  
NHS Foundation Trust



# Volunteering

## SCVO's Volunteering Portal



### Let's Go Sandwell

Whether it's making friends, improving job prospects or boosting confidence, volunteers often gain as much as they give. Hundreds of people help out community organisations in Sandwell with tasks ranging from social media support to telephone befriending, giving as much or as little valuable time as they can. SCVO hosts the web site [www.letsgosandwell.info](http://www.letsgosandwell.info), dedicated to promoting local volunteering opportunities. There are usually more than 100 different ways to help out on offer there.

Take a look to get a current view of who needs help – you may be surprised how your skills could be put to good use, whatever they are. And if you're an organisation looking for volunteer support get in touch to have your opportunities promoted. For any volunteering queries and support contact SCVO's Growing Participation and Volunteering Mentor - Kim Fuller - [kim@scvo.info](mailto:kim@scvo.info)

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## 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.

The graphic features a man in a grey hoodie speaking into a microphone. The background is a dark blue gradient.

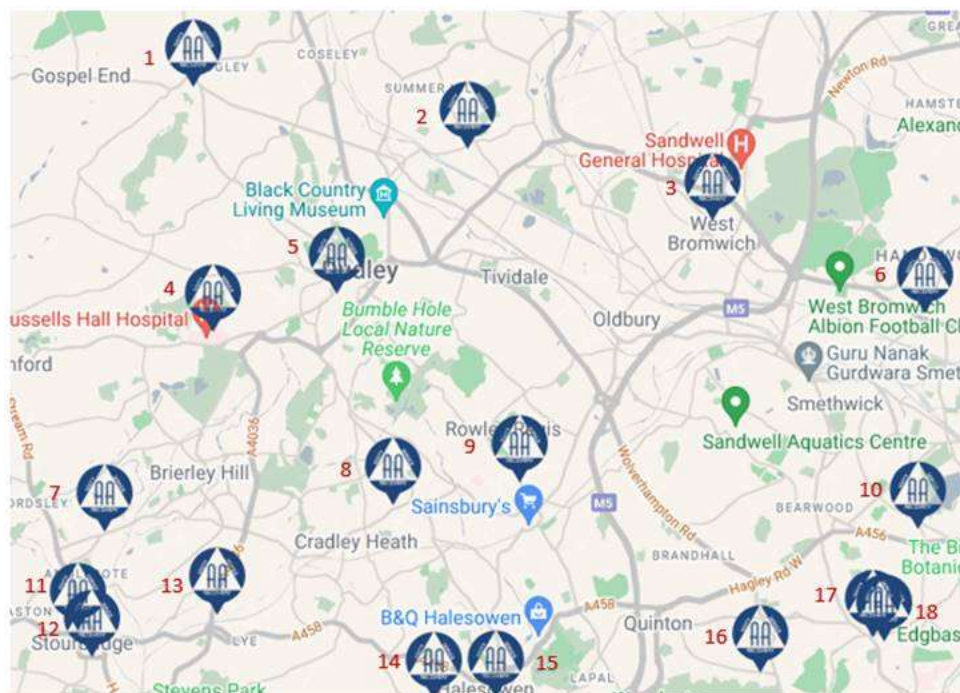
# Mutual Aid & Recovery Support Groups

## 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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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 OHP and online <a href="https://zoom.us/j/93705482550">https://zoom.us/j/93705482550</a>	LIFE <b>Face to Face &amp; Online</b>
Thursdays	12.30pm - 2.00pm	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 OHP and online <a href="https://zoom.us/j/986444692">https://zoom.us/j/986444692</a>	LIFE <b>Face to Face &amp; Online</b>
Fridays	1.00pm - 2.00pm	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 OHP and online <a href="https://zoom.us/j/91573374741">https://zoom.us/j/91573374741</a>	LIFE <b>Face to Face &amp; Online</b>
Saturdays	11.00am - 12.30pm	Online <a href="https://zoom.us/j/94497124180">https://zoom.us/j/94497124180</a>	LIFE <b>Online</b>

*(Updated June 2023)*

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# Useful links and resources

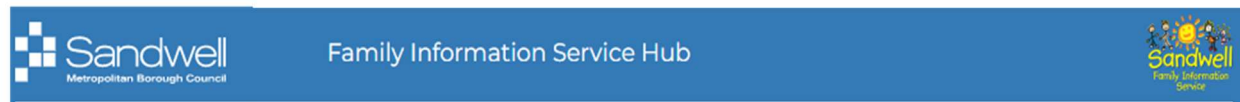
The **Sandwell Networkers Group** meets on the first Tuesday of every month at The Pavilion in West Smethwick Park, an opportunity to share what your group is doing, find out what else is happening and network with other groups. The group has a Facebook page for promoting local events, activities or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

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Beyond Surviving Podcast, coach Rachel Grant explores life skills in her 10<sup>th</sup> podcast series:  
<https://podcasts.apple.com/us/podcast/beyond-surviving-with-rachel-grant/id876092316?mt=2>

## **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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Self-Care September 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	
25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are		

ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/calendar>

\*\*\*\*\* 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*