

# Recovery in Sandwell

## e-bulletin #4



**Tuesday 10 October 2023**

Welcome to the fourth monthly 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.

Please share this with your networks and especially with people who are in recovery. 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 News

**Thanks to everyone who came to the "2023 Recovery Event 4 Sandwell – Roots to Recovery" last week for International Recovery Month. Over 130 people attended to celebrate and promote recovery in Sandwell**

Watch the video: <https://www.youtube.com/watch?v=HSQtj1JsQYI> or find it by title:

[Recovery Event 4 Sandwell 2023, Roots of Recovery](#)



We had enlightening presentations from speakers on personal recovery-planning, Sandwell Public Health's strategic commitments and road map to further build recovery in Sandwell, to a range of presentations from community groups who now offer activities for those in recovery, right through to hearing directly from people with lived experience themselves about their recovery journey's and achievements through volunteering and education, to employment.



There were workshops with a range of speakers and facilitators, including Aquarius, Resolv, SMBC Trading Standards, and SCVO on volunteering and the Five Ways to Wellbeing; there was even the chance to attend a Sound Bath relaxation session provided by locally based Beat It Percussion.



With 25 stall holders from projects and organisations providing info and advice about anything and everything linked to recovery and wellbeing in general. The room was packed, there was that buzz when you know this has brought together so many people with a shared passion and interest; lots of connections were made and it was a very proud day for the Sandwell Recovery Community.



📣 The [annual Safer 6 campaign](#) has started this week, promoting safety, crime prevention and healthy living across Sandwell.

👉 The [Safer Sandwell Partnership](#) campaign will see a wide mix of activity including enforcement, joint operations, education around the dangers of carrying weapons and highlighting services available to support people.

💚 Safer 6 aims to build on the work taking place day in, day out to address people's concerns and help raise awareness around the support they can access from different agencies.

📍 Each town will have a focus week during Safer 6, starting with Tipton this week (w/c 25 September and Oldbury next week (w/c 2 October).

👉 [Read more about the return of Safer 6](#) and follow campaign updates on social media (#Safer6 #SaferSandwell).

🙌 Thanks to everyone who supported the Safer 6 information roadshow at Asda Great Bridge on Monday to help get the campaign under way 🙌





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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>

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## *The Anti-Stigma Network*

### *The Anti-Stigma Guide: Edition 3*

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.

## 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 from 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.



## WORLD MENTAL HEALTH DAY AT WEST SMETHWICK PARK PAVILION

TUESDAY  
10  
OCTOBER

A day of **FREE** mindfulness, wellbeing and self care.

*Tough Enough To Care (Men's Mental Health Charity) Drop in sessions throughout the afternoon in the Tough Truck!*

**WEST SMETHWICK PARK PAVILION'S NEW DEMENTIA CAFE**

**10AM - 11AM**  
**&**  
**11.30AM - 12.30PM**

<p><u>Free Yoga Sessions:</u> 2pm - Chair Yoga 3.30pm - Yoga For Stress 6pm - Yoga Session</p>	<p><u>Meditation &amp; Mindfulness:</u> 2.45pm, 4.15pm, 7pm (Breathing and Relaxation)</p>
<p><u>Crown Her:</u> - Female Empowerment Circle 2pm - 3pm</p>	<p><u>Under 18s Crown Her:</u> - Young Female (14 to 18) Empowerment Circle 4.30pm - 5.30pm</p>

**at The Art Yard gallery & Studios  
from 16<sup>th</sup> to 21<sup>st</sup> October 2023**

Connected by, and gathered around Woodsetton Pottery in The Black Country.

We are a network of creatives/designers/makers of random aesthetic, political and world views. Blurring the lines between disciplines but always supporting and promoting the work of every member by collaboration, pragmatic support and fun.

Woodsetton Pottery Studio, 159 Tipton Road, Woodsetton, DY3 1AA  
Email to: [Lorraine@Woodsetton.co.uk](mailto:Lorraine@Woodsetton.co.uk) Tel: 01902 883429

**Black Country Women's Aid**  
*no blame, no support, no shame*

# FIRE WALK

Help to take the heat off victims of domestic abuse

WEDNESDAY 1ST NOVEMBER  
THE DUDLEY ARMS, HIMLEY

TO REGISTER, VISIT  
[BLACKCOUNTRYWOMENSAID.CO.UK/EVENTS](http://BLACKCOUNTRYWOMENSAID.CO.UK/EVENTS)

## SANDWELL LITERATURE FESTIVAL

Beat It Percussion CIC brings you

### Live Sound Bath Relaxation at Smethwick Library High Street Smethwick B65 1AA

Thursday 2 November  
11.30am  
FREE

Prepare to be immersed in beautiful relaxing sounds! Bring your blanket to keep you cosy, and yoga mat if you'd like to lie on the floor (optional)

Beat It Percussion 07875 090946



Online flip book: <https://heyzine.com/flip-book/7448676a00.html>

<https://www.ticketsource.co.uk/sandwell-libraries-and-archives>

# Community Support

## 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 in the community

A purple van with 'CRANSTOUN' and 'HARM REDUCTION VEHICLE' written on the side. The van is parked in front of a building. The interior of the van is visible, showing a desk, a chair, and various equipment.

**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

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)

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## Sandwell Community Hubs

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...)

**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**



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**291 Community Association CIO**, Rear of Wesley Methodist Church,  
High Street, West Bromwich, B70 8ND  
Next door to Lloyds Bank  
Refreshments available. Activities carry a minimal charge

	Opening Times	Group
<b>Monday</b>	<b>10.30am - 12.30pm</b> <b>Including Pool &amp; Dominoes</b>	<b>Friendship Group</b>
<b>Monday</b>	<b>10.30am - 12.30pm</b>	<b>Craft &amp; Chat</b>
<b>Monday</b>	<b>11.00am - 12.00pm</b>	<b>Walking Football</b>
<b>Monday</b>	<b>Once a Month</b> <b>10.30am - 2.00pm (please</b> <b>contact us for more details)</b>	<b>Easy Cooking</b>
<b>Tuesday</b>	<b>11.15pm - 12.15pm</b>	<b>Exercise Class</b>
<b>3rd Tuesday</b> of each month	<b>1.00pm - 2.30pm</b>	<b>Book Club</b>
<b>Wednesday</b>	<b>10.30am - 12.30pm</b>	<b>Craft Group</b>
<b>1st &amp; 3rd</b> <b>Wednesday</b> of each month	<b>1.00pm - 3.00pm</b>	<b>Community Sing</b> <b>Along</b>
<b>Thursday</b>	<b>1.00pm - 3.00pm</b>	<b>Digital Drop-In</b>
<b>Thursday</b>	<b>1.00pm - 3.00pm</b>	<b>Art Group</b>

Contact: Dawn 07979763415  
 E-mail: [ch291wbz@hotmail.com](mailto:ch291wbz@hotmail.com)

Facebook: [291creativehubwb](#)  
 Twitter: [@291Hub](#)  
 Instagram: [291\\_creative\\_hub](#)

Website: [291communityassociationcio.co.uk](http://291communityassociationcio.co.uk) or search for 291creativehub





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**TIMES & DAYS AS ADVERTISED**

**The Art Yard**  
Gallery & Studios



**RAMBLERS WELLBEING WALKS**

**Sandwell STRIDE**

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

**The Art Yard**  
Gallery & Studios

# 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**

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## Do you need Free and Confidential Help with . . .

**Employability**

- Motivation & confidence
- CV/Interviews
- Help finding a job
- Work experience

**Training**

- IT Skills
- Training
- Qualifications

**Wellbeing and Lifeskills**

- UC/benefits help
- Relationships
- Money management/debt
- Housing

**In Work Support**

- Confidence building
- Help keeping a job
- Performance at work
- Finding a better job

## Drop-in Sessions

### Thursdays 10am - 1pm

5th, 12th, 26th October | 2nd, 9th, 23rd, 30th November | 7th, 14th December



FOLLOW US ON TWITTER  
[@DOROTHY\\_PARKES](https://twitter.com/DOROTHY_PARKES)



**DOROTHYPARKES**  
Community Centre



FOLLOW US ON FACEBOOK  
[@DOROTHYPARKESCENTRE](https://facebook.com/DOROTHYPARKESCENTRE)



Employment Plus UK

**DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH**  
 0121 558 2998  
 EMAIL: [ADMIN@DOROTHYPARKES.ORG](mailto:ADMIN@DOROTHYPARKES.ORG)  
 WWW.DOROTHYPARKES.ORG



**NHS**  
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**

"How can Healthy Minds help me"?



"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](http://www.sandwellhealthyminds.nhs.uk)



**NHS**  
Black Country Healthcare  
NHS Foundation Trust

**OROTHYPARKES**  
Community Centre

**PART OF THE  
CHATTY CAFÉ  
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**

**f** FOLLOW US ON FACEBOOK  
@DOROTHYPARKESCENTRE

**t** FOLLOW US ON TWITTER  
@DOROTHY\_PARKES

**DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH**  
0121 558 2998  
EMAIL: ADMIN@DOROTHYPARKES.ORG  
WWW.DOROTHYPARKES.ORG

# COMMUNITY CAFE

With a charity table sale ...

**LAST SATURDAY OF EVERY MONTH**  
**1pm-3pm**



**CHRISTIAN FAMILY CENTRE**

**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**

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

## Let's Talk Sessions

<p><b>Wolverhampton</b></p> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>West Park Walk</b> Weekly, every Monday 1:30pm-2:30pm</p> </div> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Molineux Coffee Afternoon</b> Monthly, every 1st Tuesday 2pm-3:30pm</p> </div> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Sandwell</b></p> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Sandwell "Buzz" Session</b> Monthly, every 3rd Tuesday 12:30pm-2:30pm</p> </div> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Virtual</b></p> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Coffee &amp; Quiz Session</b> Every other Friday 11am-12:30pm on Microsoft Teams</p> </div> <div style="border: 1px solid gray; padding: 5px;"> <p><b>Virtual Walk</b> Monthly, every 2nd Thursday 10am-10:30am on Microsoft Teams</p> </div> </div> </div>	<p><b>Walsall</b></p> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Walsall "Buzz" Session</b> Monthly, every last Monday 12:30pm-2:30pm</p> </div> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Bescot Coffee Afternoon</b> Monthly, every 2nd Tuesday 2pm-3:30pm</p> </div> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Arboretum Walk</b> Weekly, every Thursday 1:30pm-2:30pm</p> </div> <div style="border: 1px solid gray; padding: 5px; margin-bottom: 5px;"> <p><b>Palfrey Pit Stop Men's Group</b> Every other Tuesday 10am-12pm</p> </div> <div style="border: 1px solid gray; padding: 5px;"> <p><b>Dudley</b></p> <div style="border: 1px solid gray; padding: 5px;"> <p><b>Brewing Connections</b> Monthly, every 1st Monday 11:30am-1:30pm</p> </div> </div>
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Contact us:  
 Telephone: 07443 268842  
 Email: bchft.letstalk@nhs.net

**Interested?**

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



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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, & benefits support.
- 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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## The Community



Link 

## Recovery Project

Mini Café

## [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. 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.

**Feel Good 50**  
Helping you feel better for 50 years

**The Kaleidoscope Group**  
Creating brighter futures together

# 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)**



## 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](http://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 Monday and Thursday from 7pm-9pm, from 2<sup>nd</sup> October 2023.

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

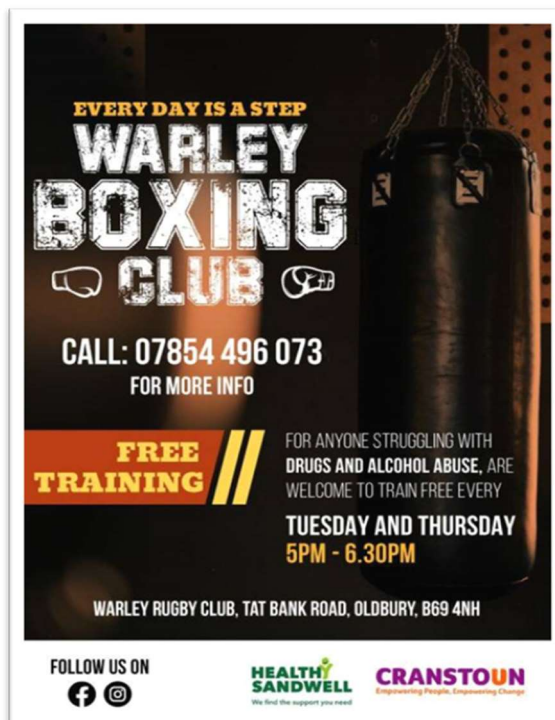
 Alpine Gymnasium, Unit F, Sams Lane, West Bromwich, B70 7EG

 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.



☎ 07976 599917

📘 [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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# HEALTHY SANDWELL

We find the support you need



HEALTHYSANDWELL.CO.UK

## Welcome to Healthy Sandwell - Healthy Sandwell

We're here to help you improve your health and well-being! Explore the website or give us a call on 0800 011 4656. If you are in urgent need of help please call our Covid-19 emergency helpline on 0121 569 2266.



## 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)



## Are YOU interested in supporting others in recovery?

Enrol now for these great training opportunities with Kaleidoscope, just by calling **0121 565 5605**

- 7<sup>th</sup> November – Groupwork Skills
- 23<sup>rd</sup> November – Peer Support Skills




# 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




**HEALTHY SANDWELL**

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




# 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**.

## World Suicide Prevention Day Events



**WORLD SUICIDE PREVENTION DAY**

**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)

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.

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.

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

**Black Country Healthcare**  
NHS Foundation Trust

**SKILLS FOR LIFE**

Multiply

Would you like to improve your numeracy skills to maximise your income?



**Multiply is a new government-funded programme to help adults access free numeracy and financial literacy courses to build confidence and skills with numbers for everyday life and in the workplace.**

You can refer yourself or someone else directly to the programme -

For further information or to register your interest please email [multiply@citizensadvicesandwell-walsall.org](mailto:multiply@citizensadvicesandwell-walsall.org) or scan the QR code and one of our team will be in touch.



Sandwell & Walsall



West Midlands Combined Authority





SANDWELL Consortium



Sandwell  
Metropolitan Borough Council

# Volunteering

## SCVO's Volunteering Portal

[Let's Go Sandwell](#)



search for opportunities to volunteer in 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\***

 **VOLUNTEERS' WEEK**

**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 solid blue color. The text is in white and yellow. The logo for 'Volunteers' Week' includes a red star with '1-7' and '2022' inside. The Cranstoun logo is in a bold, sans-serif font.

## Mutual Aid & Recovery Support Groups

**AA Meetings within 5 miles of Oldbury Council House**

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

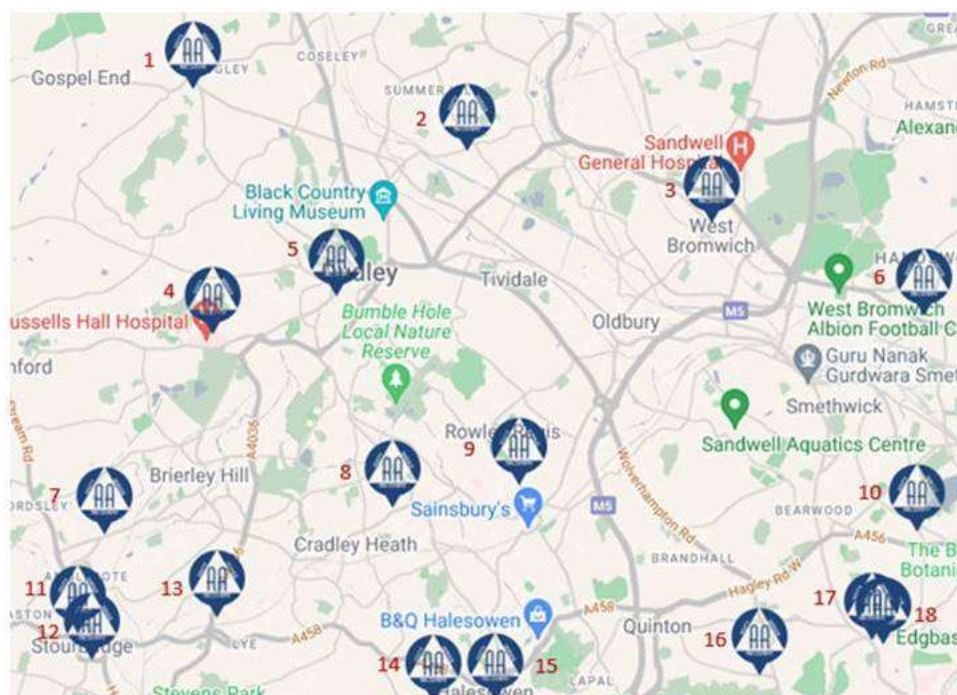


## Meeting Guide

- 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
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	<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
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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**DATUS**  
ENABLING RECOVERY

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
Mondays 2 per Month	<b>12.00pm - 1.30pm</b>	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW	LIFE - CRAFT Face to Face
Mondays 1 per Month	<b>5.30pm - 7.00pm</b>	CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER	LIFE - CRAFT Face to Face
Fridays Each Week	<b>12.00am - 1.30pm</b>	Online <a href="https://zoom.us/j/95514346157">https://zoom.us/j/95514346157</a>	LIFE - CRAFT Online

Download the app here: <https://zoom.us/download>

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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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**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>

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### DDN October 2023

With [Mental Health](#) Awareness Day this month, we're looking at some key areas of support. Our cover story explores moral injury ([p6](#)) – an area which traces a clear path from combat-related experiences to escaping trauma through substances. We're keen to help sustain momentum of your Recovery Month activities, so are sharing forward-looking ideas on recovery protection ([p16](#)). And have you heard about Recoverist Month ([p10](#))? The founder began his journey in a homelessness hostel but is now working with

inspiring visual artists who hope to be regulars on the cultural calendar. For further inspiration, travel 20 years with Kaleidoscope ([p20](#)), trailblazing harm reduction in the community.

Read the October issue <https://www.drinkanddrugsnews.com/ddn-october-2023/>

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Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/calendar>

## Learn simple daily habits to boost your wellbeing



Try out and share a free 10-day program with actions to build resilience, enhance your relationships and find positive ways forward.

<https://10daysofhappiness.org/>

\*\*\*\*\* 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*