

UK SMART Recovery (UKSR) is an abstinence-oriented recovery organisation which promotes choice in recovery through a national network of mutual-aid meetings &

online resources.

**Weekly on MONDAY for Lewisham Residents from the LGBTQ+ community**

**12.30pm to 1.30pm**

**The Zoom meeting ID and passcode is:**

Meeting ID: 881 1045 9006

Passcode: 031315

Please remember you can log in up to 10 mins before the start of the meeting.

A person standing in front of a red logo

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Group Information

PCRS

Aftercare & Aftercare Wellbeing

Prepare for Change

[](https://www.google.co.uk/url?sa=i&source=images&cd=&ved=2ahUKEwjJwbOnj6HbAhUBQBQKHTjfA1oQjRx6BAgBEAU&url=https://www.dreamstime.com/stock-photo-new-life-old-life-road-sign-sky-background-business-concept-image65106730&psig=AOvVaw3Y3m91SJSCAUA2iXRYBxFI&ust=1527346467527767)

Thursdays 5.45-6.45pm

Wells Park Practice

1 Wells Park Rd SE26 6JQ

Ask for Donna 07815 033 692

Learn evidence based harm reduction tools to help you prepare to make changes to your substance use

**Alcohol Awareness**

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwixqqn8kcTdAhUShxoKHT5LCMkQjRx6BAgBEAU&url=http://events.lonestar.edu/site/montgomery/event/alcohol-awareness-info-session/&psig=AOvVaw33O27BFJXo0etdJdvlvg5h&ust=1537345757704905)

**Every Thursday 11am to 12 noon**

**Wells Park Surgery**

**1 Wells Park Road SE26 6JQ**

**Ask For Donna 07815 033692**

**A supportive environment to share experiences with others in relation to alcohol**

**A**cupuncture &

**M**indfulness



**Wednesdays 2.00 – 3.30pm**

**@ Friends Meeting House, 34 Sunderland Rd SE23 2QA**

Fine sterile disposable needles are inserted into different points of the ears, relating to different organs and systems of your body. Acupuncture can calm the mind, aid sleep, and help to detoxify overloaded organs. The treatment is received while sitting down and may help with cravings and symptoms of withdrawal from drug and alcohol addiction. (cannot attend if under the influence of drugs, alcohol or heavy medication on the day)

With Andrew and Ian 020 8699 5263

Speak to your Keyworker for details

In need of[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjs-tmnlqTeAhUMJsAKHfkaCAoQjRx6BAgBEAU&url=https://www.devonadoption.org.uk/new-devon-support-group/&psig=AOvVaw3IM1i4--1kqVoqNZ56jj4b&ust=1540645583191478)

The group is unstructured peer support and open to anyone from the service and general community, abstinent or not. Friends or family welcome, open to all interested in recovery.

Join us at **Rushey Green Practice**

Hawstead Rd SE6 4JH

**Room 21** (Upstairs)

Wednesdays 6pm – 7pm

Ask for Tony 07812 475 889

All Welcome

**Women Supporting Women**

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**Wednesday 1pm-2pm**

**@ 55 Dartmouth Rd SE23 3HN**

**With Kerry 07812 475888**

**Friendly & safe space to seek support, build healthier coping skills and learn to manage difficult situations and triggers**

**Relapse Prevention Group**

**12 week Programme**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjNw9umvqfgAhVF1-AKHUOfCPUQjRx6BAgBEAU&url=https://vandalismatschool.weebly.com/action-plan.html&psig=AOvVaw1P4aAPw3PzRTDR3llnmfyl&ust=1549555487966237)

……to be abstinent.

Along with guest organisations, group sessions explore practical information relating to relapse prevention, self-care & self-awareness. Topics covered: awareness of triggers, managing cravings, building a support network, managing emotions, exploring boundaries and relationships. Access to community support services that can help to build a stable foundation in recovery.

Speak to your key worker for a referral.

Where: The Point, 401 Lewisham High St

Catford SE13 6NZ

When: FRIDAY 1pm – 2.30pm

**Motivation & Goals**

**For Abstinence – 12 week Programme**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjX9M-xu_7UAhXmDcAKHRMSBOEQjRwIBw&url=https://mediaclubiimn.wordpress.com/blog/&psig=AFQjCNHKRrLl1mu1D8IVbYRcNxZKixuTtQ&ust=1499767423102893)

The group sessions will cover techniques to build & maintain motivation, how to set goals & work towards achieving them. Topics covered: thinking patterns and how to reframe them, mindset, goal setting, exploring blocks to motivation and achieving goals.

Speak to your key worker for a referral.

When: Mondays 10am – 11.15am

Where: 55 Dartmouth Road, SE23 3HN

Tel: 020 8699 5263



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online resources.

**When: Every MONDAY for Lewisham Residents**

**(except Bank Holidays)**

**Time: 12.30pm to 1.30pm**

**At: Humankind PCRS**

**55 Dartmouth Road, SE23 3HN**

**020 8699 5263**

A picture containing text, graphic design, poster, graphics

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Get a health check



Every Thursday with Rosie

At Dartmouth Road

Ask your Keyworker

for details