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| --- | --- | --- | --- | --- | --- | --- |
| **17051975Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  |  |  |  |
|  | **Recovery Through Nature**  10am-3pm  Shipley Park | **Women’s Group** 10:30am-11:30am  @  St Andrews House | **Recovery Through Nature**  10am-3pm  New Oakwood Lodge |  | **NA 12 Step Meeting** 11:30am – 12:30am  @  St Andrews House |  |
| **Intuitive Thinking Skills**  Attitude and Behaviour Change 10am – 1pm  Speak to Key Worker Prebooking needed | **Intuitive Thinking Skills**  Attitude and Behaviour Change 10am-1pm  Speak to Key Worker Prebooking needed.  **Active Choices** Football  11:30-1pm | **Intuitive Thinking Skills**  Attitude and Behaviour Change 10am-1pm  Speak to Key Worker  Prebooking needed. | **Intuitive Thinking Skills**  Attitude and Behaviour Change 10am-1pm  Speak to Key Worker  Prebooking needed.  **Active Choices**  Gym Session  11:30-1pm | **Recovery Dharma** Boyer Street Community Centre 12pm-1pm |  |  |
| **LUNCH** | | | | | | |
| **Active Choices**  Social Group Tabletennis, pool, tea/coffee, PlayStation  1:30-3:30pm  **Inside Recovery** (Connection Group) 1:30pm-3:30pm  @  St Andrews House |  | **Active Choices** Boxfit  2:30-3:30pm  **Make Some Noise**  5pm-6pm  @  St Andrews House | **Active Choices**  Football  3pm-4pm | **Pre-Rehab Group** Boyer Street Community Centre 1:30pm-2:30pm |  |  |
| **CA 12 Step Meeting** 6:30pm-8pm  @  St Andrews House  **Active Choices**  Boxfit  6:00pm-6:40pm | **CA 12 Step Meeting** 6:30pm-8:30pm  @  St Andrews House | **Active Choices** Bodyblast  6pm-6:40pm  **Intuitive Thinking Skills**  Attitude and Behaviour Change  6pm-8pm  Speak to Key Worker Prebooking needed  **CBT**  **Based Addiction Help** Group  6:30pm-7:30pm  @  St Andrews House | **Active Choices**  Over 40’s Walking Football  6:30pm |  |  |  |



**DERBY DRUG AND ALCOHOL SERVICE**

**201 LONDON ROAD**

**DERBY DE1 2TZ**

***St Andrews House weekly events summary***

Opening Hours: -

Monday            09:00 – 17:00

Tuesday             12:00 – 17:00

Wednesday      09:00 – 20:00

Thursday           09:00 – 20:00

Friday                 09:00 – 17:00

In addition, they will be delivering our service at various locations across Derby, taking treatment to clients and breaking down the stigma regarding St Andrews House. They also offer assessments in the community along with key working sessions and we are hoping to deliver a prescribing clinic in the community. Clients do need to be in service to attend all except the C.A & N.A.

Keep an eye on the website for further details.