



Action on Addiction

## Introduction to Community Recovery, Bournemouth

Self-help addiction recovery programme  
for anyone suffering from addiction



**Addiction devastates lives. It is also the biggest preventable killer in the UK today. Millions of people are affected, including children living with the consequences. Action on Addiction exists to disarm addiction in individuals, families, communities and society.**

## What is Community Recovery?

Our Community Recovery Centre operates the highly-regarded Self-Help Addiction Recovery Programme known as SHARP. The programme was developed to help those struggling with an addiction to drugs and/or alcohol. We are part of the national charity called Action on Addiction and we've been running in Bournemouth for over 12 years.

If you are struggling with an addiction to drugs and/or alcohol, by reading this booklet you might discover that SHARP could help you.

We offer a range of inter-linked services for people in the local community with drug and/or alcohol-related problems to help them build a new drug- and alcohol-free life.

### So what do we do here?

SHARP is a four, eight or 12-week structured programme. You would need to attend daily, Monday – Friday, 9.00am – 5.00pm.

The services we provide include the Progress programme, a treatment

programme and aftercare, such as Working Recovery.

SHARP is for those people who need structured support or treatment but who do not require an in-patient or residential setting.

The service is consistent with the SHARP programme delivered by Action on Addiction in Liverpool and Essex while offering additional interventions to complement the core service.

### Michelle

“While I was there I learnt more about what to expect from treatment. I found acceptance, friendship and help.”

## The treatment journey

Treatment and recovery is like a journey with identifiable places to visit and challenges to be faced along the way. The role of Community Recovery in Bournemouth is to help individuals manage key stages in this process.

Although it is based upon a self-help model whereby a person is expected to take personal responsibility for their recovery, people are assisted in this by a specialist team and the support of their peers.

### Withdrawal

Although a person may have withdrawn physically from drugs or alcohol by the time they arrive at the centre, the mental and emotional dependency on substances remains powerful. A safe and supportive treatment environment allows individuals to begin to overcome this.

### Adjusting to life without substances

Adjusting to an entirely new way of life is a shift towards recovery and involves a more creative and positive view of what is possible. As the SHARP programme is a local day service based in the community, this

can be achieved within the context of people's everyday lives.

### Understanding addiction

The programme offers people the opportunity to learn and understand how to disarm their addiction, sustain recovery and prevent relapse.

### Making changes

Change is possible. SHARP, which is delivered across different sites, provide a place where people can try out new ways of thinking, behaving and relating to others in a safe environment.

The care, support and contribution of other participants is central to this process. Given that clients live in their own homes and are not supervised outside programme hours, they have an immediate opportunity to practice a new approach to life.

### Strengthening resources to prevent relapse

The more people practice recovery, the better they get at it. That is one of the key lessons to take beyond treatment.

## The SHARP programmes

### The Progress programme

Our Progress programme is suitable for people who are using drugs and/or alcohol but have chosen to work towards abstinence. People meet as a group to support and encourage each other and to explore and make decisions about their progress to the next stage of treatment.

Access is via referral from the care coordinator at the Bournemouth Assessment team. Meetings are held three mornings a week.

### The treatment programme

Our treatment programme is available for people who require specialist structured support to achieve and sustain a new substance-free lifestyle. It also helps people to engage with the 12-Step recovery fellowships. There are four, eight and 12 week programmes offered according to assessed needs.

While operating a group-support model, the practice team work with the person to develop their recovery plan.

Key elements of the programme include:

- **Group therapy**
- **Separate gender groups**
- **One-to-one counselling**
- **Education** and information on addiction, recovery and health promotion
- **Workshops** for developing life skills and relapse prevention strategies
- **Workbooks**
- **Working** with others engaged in the same process.



### Maggie

“Last Saturday, my youngest son contacted me and we talked for about an hour, now my ex believes in me enough to allow my kids to contact me.”

### Activities

Social activities for members of the treatment programme allow them to strengthen their relationships with each other and promote having fun in recovery. Activities also include working in the workshops one day a week.

### Families

Rebuilding close relationships is a fundamental part of recovery. We help clients and their families deal with the positive changes that are occurring in their lives and support them in the recovery process.

### The Working Recovery programme

The Working Recovery programme was set up by a former client who struggled to access employment following an addiction. The programme supports people living in the Bournemouth area who want to focus on developing work-based skills and life skills in order to sustain their recovery and realise their potential.

The programme provides wood skills and creative skills training and has a community print workshop where further follow-on skills and work experience can be developed.

**Wood skills** training provides a foundation course that allows individuals to develop skills in carpentry and joinery. From this, participants can directly link to the related NVQ level 2 training courses at Bournemouth & Poole College.

It also offers opportunities of employment experience via the project's commission-based activities in the community.

**Creative skills** offer a broad range of activities that develop and express creativity and can include

print making, photography and 3-D projects. The training can also link to the local college courses across art, design, printing and photography.

Individuals can choose to attend one or both of the workshops.

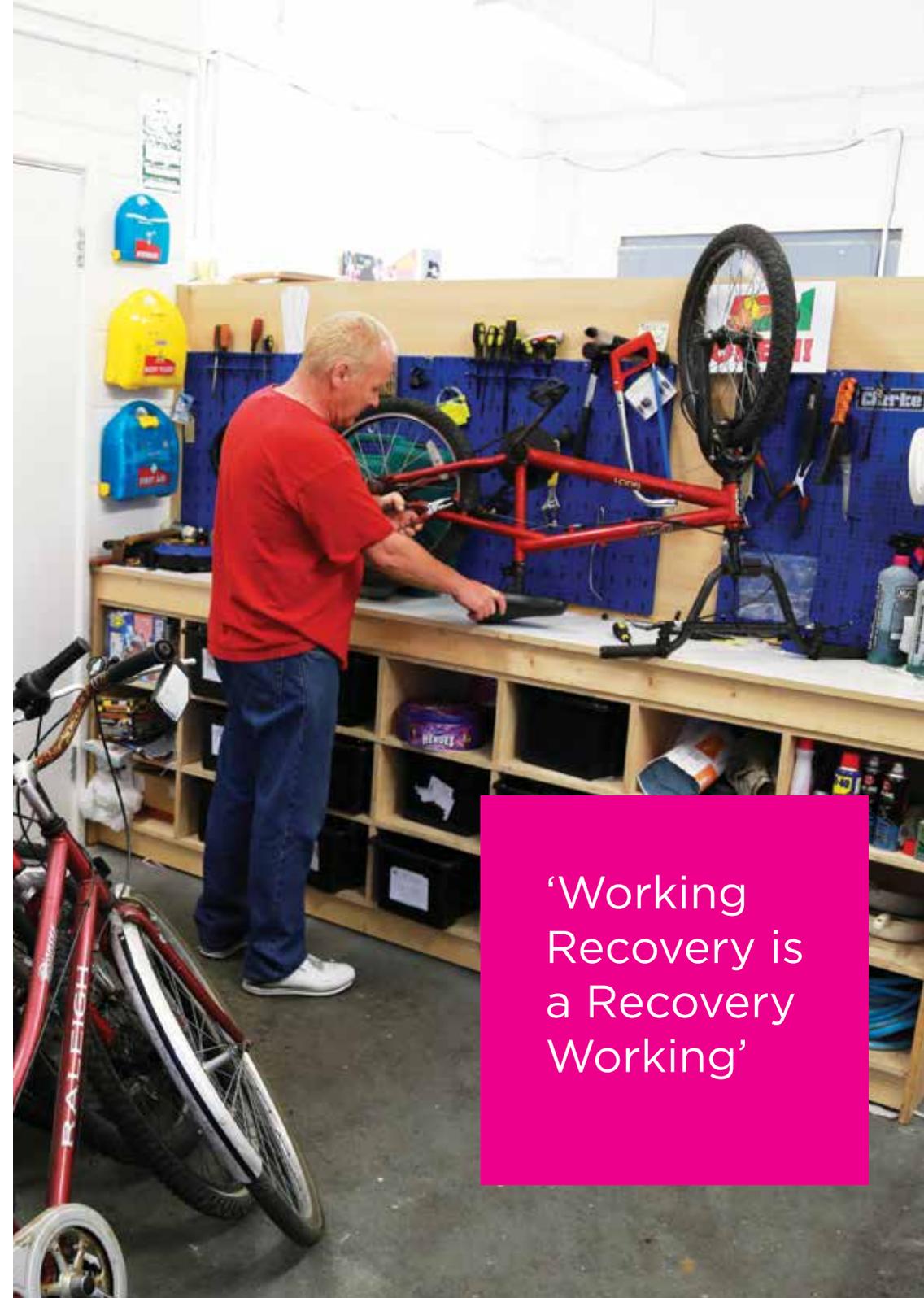
The project is flexible to meet the needs of the participants. People accessing Working Recovery may also attend the Aftercare programme if they need to.

### Employment support

Lead peers provide mentoring in personal and professional development activities. We help individuals access accredited training and we have links with colleges, training providers, Jobcentre Plus, Neighbourhood Management, as well as work-placements with local employers.

Practical support in overcoming barriers to employment, including disclosure issues and employment gaps, is also provided.

We also support people to access self-help fellowship groups to sustain their recovery.



‘Working Recovery is a Recovery Working’

### Mick

“Last Christmas I gave my eight-year-old daughter a hand carved wooden toy I’d made at Working Recovery. I’ll never forget the look on her face. It was the first Christmas I could look her in the eye and feel proud.”

### Henry

“Since I went through treatment I can honestly say that every year has improved on the previous year.”

### For Families

Family members and significant others have access to residential and individual services via the Action on Addiction For Families team, for further information contact the team on 01747 832 015 or visit [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk)

### Our staff

We have a qualified multi-disciplinary team including counsellors, support workers and trainers with expertise in addictions. They support men and women on their journey to a drug- and alcohol-free life.



Community Recovery, Bournemouth is part of Action on Addiction. We take action to disarm addiction. We do this through research, treatment, family support, advocacy, education and training.

## Contact us

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Community Recovery**

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For more information about Action on Addiction or any of our other services:

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