



## Forth Valley Recovery Community

- **Currently Recruiting!!**
- **Donate your old stuff!!**

UPDATED JANUARY  
2017

Forth Valley Recovery Community will welcome anyone who has been affected by substance misuse.

### Forth Valley Recovery Community Cafes!

#### Monday Alloa Recovery Café 4-9pm

The Gate, 2 Ludgate Church.

Tea/coffee/recovery volunteers/arts and crafts/SMART Recovery/Peer Support

#### Wednesday Pop Up Recovery 1-4.30pm.

Tryst Community Centre, Park Drive, Stenhousemuir. Pool/Circuit Training/Health Checks/SMART Recovery/Tea/Coffee.

#### Friday Stirling Recovery Café 1-6pm

Ochil Community Centre, Raploch, Stirling.

Food/tea/coffee/live music,/learn to play an instrument,/SMART Recovery/Recovery Volunteers/Peer Support

#### Saturday Falkirk Recovery Café. 10.30-3pm

ASC Falkirk, 32 Vicar Street Falkirk. Recovery Films/N.A. Meeting/coffee/tea/soup,/SMART Recovery, live music and entertainment, alternative therapies Reiki and Acudetox.

#### Alcoholics Anonymous

Helpline 0800 9177 650

help@alcoholics-anonymous.org.uk

#### SMART Recovery Meetings

www.smartrecovery.org.uk

#### **Monday 6.30pm-8pm**

The Gate, 2 Ludgate, Alloa, FK10 1DS

#### **Tuesdays 4.30pm-6pm**

ASC Falkirk-32 Vicar Street, Falkirk, FK1 iJB

#### **Wednesdays - 1pm -3.30pm**

**Signpost Recovery**—Units 1+2, Block 7, Cooperage Business Village, Cooperage Way, Alloa, FK10 3LP.

#### **Wednesdays— 3pm-4.30pm.**

**Pop Up Recovery Cafe**, Tryst Community Centre, Stenhousemuir,

#### **Thursdays—4.30-6pm**

**ASC Stirling**, 90 Drip Road, Raploch.

#### **Fridays 3pm-4.30pm**

**Ochil Recovery Café**, Ochil Community Centre, Raploch Stirling.

#### **Saturdays 1.30-3pm**

**Falkirk Recovery Café**, ASC 32 Vicar St. FK1 1JB

#### Recovery Support Meeting

**Monday at ASC Stirling 92 Drip Road, 10:30-12:30 and Friday at ASC Falkirk, 10:30-12:30. Come relax, have a chat and a cuppa!**

#### Narcotics Anonymous

Helpline 0300 999 1212  
www.ukna.org

Monday 7.30pm - Stirling Methodist Church Halls, Queen Street, FK8 1HL

Wednesday 7.30pm - Stirling Methodist Church Halls, Queen Street, FK8 1HL

Friday 2-3 pm - Salvation Army, Raploch, Stirling

Saturday 1.30pm-3pm

Falkirk Recovery Café, ASC Falkirk, 32 Vicar Street

#### SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS (SFAD)

#### —DROP IN GROUPS

Helpline: 08080101011

www.sfad.org.uk

6pm -8pm Thursday Group (Fortnightly)  
Raploch Community Campus, Stirling

2pm-3.30pm Friday Group (Fortnightly)  
The Hub, Whins Road, Alloa

12pm-2pm - Every Tuesday,  
Stirling Substance Misuse Service,  
Stirling Community Hospital

10am-12pm - Every Monday  
Grangemouth Education Unit, Abbots  
Road, Grangemouth

5pm -7pm - Every Wednesday  
CVS Building, Unit 6, Callendar Business  
Park, Callendar Road, Falkirk

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Parkrun— 5km Run in Callender park every Saturday leaving at 9.30am. Free to register online, contact Sean for details or go online to <http://www.parkrun.org.uk/falkirk/>

#### Recovery Ramblers Walking Group Stirling

Meeting every Monday at 12.30pm.  
ASC Stirling, 90 Drip Road,  
Raploch.

The walks are suitable for all ages and abilities!



## NEW FOR 2017!!

Follow us on twitter @FVrcvrycmmnty

### Peer Recovery in Forth Valley for 2017

New for Mondays and Fridays in Forth Valley we are focusing on peer support and peer recovery. Commencing 6th February Mondays will look like this:

#### **Monday 10:30-13:00 Peer/Volunteer Training and Contact Group**

For FVRC Volunteers who wish to be peer supporters, or community members who wish to become volunteers. Every week we look at how to support other community members. We look at the skills, knowledge, and attitude required to support other members of the community including practical experiential training and how to use volunteering as a stepping stone into a career.

#### **Monday 13:00 -14:30 Residential Rehab Peer Group at ASC Falkirk.**

If you have attended residential rehab, or are on the pathway to residential rehab come along and meet your peers, help each other, support each, look at the 12 step programme, FOCUS ON WHAT MAKES US STRONG, NOT WHAT WE THINK IS WRONG!

#### **Monday 09:30-12:30 ASC Stirling, Drip Road and 14:30-17:00 ASC Falkirk, Vicar Street. FVADP SMS Recovery Drop In Service**

If you work within substance misuse services in Forth Valley, if you live within Forth Valley and are seeking help for substance use, or if you are currently within any treatment service in Forth Valley but would like to access community rehab, counselling, or the Forth Valley Recovery Community, just drop in every Monday to either Stirling in the morning, or Falkirk in the afternoon. Meet our peer supporters and recovery volunteers, or meet our addiction workers to discuss your future. No appointment necessary!

#### **Friday 10:30-12:30 Recovery Support and Recovery Planning ASC Falkirk**

This is a peer led group with a focus on supporting our recovery in any way possible, or helping those at the earliest stages of their recovery to plan their recovery. This group offers care and support, but also practical solutions which should prove useful if you are planning changes.



## Forth Valley Recovery Community

Do you have any old board games you no longer use? Do you have any fitness or gym equipment you don't need? PLEASE donate your old stuff to FVRC!!

### **WE ARE RECRUITING!!!**

**If you know of anyone who would like to become a volunteer contact Sean, Jardine or Carrie for more info:**

**Sean 07920576375**

**Carrie 07955622154**

**Jardine 07920234694**

**REMEMBER! Service users can now be referred to ASC**

**Community Rehabilitation all year round, just call 01324 874 969 for info.**

For more information on anything within this newsletter, please contact Sean McCann - Telephone: 07920 576 375  
Email: [smcann@asc.me.uk](mailto:smcann@asc.me.uk)