

Winchester Inclusion Timetable

Monday 9.00-17.00	Tuesday 9.00-18.00	Wednesday 9.00-20.00	Thursday 9.00-17.00	Friday 9.00-17.00	Saturday 9.00-17.00	Sunday 10.00-16.00
<p>Drop in access 9.00-17.00</p>	<p>Drop in access 9.00-18.00</p>	<p>Drop in access 9.00-20.00</p>	<p>Drop in access 9.00-17.00</p>	<p>Drop in access 9.00-17.00</p>	<p>Drop in access 9.00-17.00</p>	<p>Sunday</p>
<p>9.30- 10.15 Breakfast Club</p> 	<p>9.30- 10.15 Breakfast Club</p> 	<p>Dedicated Outreach</p> 	<p>9.30- 10.15 Breakfast Club</p> 	<p>9.30- 10.15 Breakfast Club</p> 		<p>Service is</p>
<p>11.00 – 12.00 Acupuncture (Starts 13th November)</p> 	<p>9.00-11.00 A2 Dominion Homeless/Care Support</p>	<p>11.00 – 12.00 Acupuncture</p> 		<p>10.00-14.00 Parent Focus Group (By Referral)</p> 		<p>Provided in</p>
<p>15.45 – 4.45 Alcohol Brief Interventions Group [Open Group Referral by Keyworker]</p> 	<p>14.30-16.00 Wellbeing Clinic Health MOT's By Appointment</p> 	<p>14.30 – 15.30 SMART Recovery</p> 		<p>14.00 – 15.15 Mindfulness Meditation</p> 		<p>various</p>
	<p>Appointments only until 18.00</p>	<p>Boxing (Female only) Ask Keyworker</p> <p>Appointments only until 20.00</p>		<p>15.00-16.30 Music Group</p> 		<p>locations</p> <p>please call 07966899127</p> <p>for more information.</p> 

Groups provided by Inclusion

Breakfast Club: A group that provides breakfast and a great way to begin your day. It is ideal for people trying to regain structure day by day, or week by week. Pop in for a cuppa and a chat and start the day off positively.

Acupuncture: An excellent form of relaxation, combined with mindfulness. This is brilliant for people seeking some peace in their lives and minds. This group is quiet and reflective; it would also be a good starting point for people that have anxiety surrounding groups and for open minded people.

Narcotics Anonymous: These are run by external agencies in the building and further information can be sought from reception/staff members regarding the format and vibe of these groups.

Alcohol Brief Interventions Group and IRP Induction/Gateway: These are structured groups that talk through specific things pertaining to alcohol and its effects over a number of weeks. It uses PowerPoint presentations, handouts and discussion to draw attention to potentially unknown facts and to relay relevant information to the group.

SMART Recovery: A great place to chat to other people going through the same thing as you. Discussion begins with how you are currently feeling, and any issues you may want to talk through/how your week has been. The group is very inclusive and welcoming and forms a stable support system. Closes with member's feelings and if/how they've changed since the start of the group.

Parent Focus Group: This group focuses on the affects that substance misuse has on your immediate families, children etc. and how to minimise this, and rebuild relationships. Perfect for anyone with concerns to come and talk to people in the same situations.

Mindfulness: Focuses on the mindfulness of breathing. This includes concentrating on your breathing, techniques for controlling it, allowing your mind to focus on specific things and it talks about the relevance to recovery. It is a calming and peaceful group, with potential for home practise to those it resonates with.

Music Therapy: Music is a common and effective way of dealing with emotions, and this can be really fun and rewarding. It's an excellent way of socialising and finding enjoyment in things again, hobbies/passions can be really helpful in recovery!

Boxing: This is currently only offered to women as both a great stress buster and an effective way to build self-confidence! Exercise can have really positive effects on mental health and wellbeing although it can be hard to find the motivation to commit to it – so taking part in something more fun and enjoyable is a really great way to get into something positive, and the potential for progress is really exciting!

Please remember all groups are formed and worked with your best interests at heart – they are a no-judgement environment that you can engage in as you feel comfortable. Taking part in these not only can build personal development and aid your recovery, but you may even make friends and find new hobbies