



## Forth Valley Recovery Community

### Forth Valley Recovery Community Cafes:

Come and join us for various recovery activities including:

Food / Tea / Coffee/ Pool / Yoga / Peer Support / Arts and crafts / Meditation / Tai chi / Health Checks / Live music / Learn to play an instrument / Holistic therapies Mutual aid and much more.

**Monday Alloa Recovery Café 4-9pm**

The Gate, 2 Ludgate, Alloa FK101DS

**Wednesday Stenhousemuir Café 1-4.30pm**

Tryst Community Centre, James Str, Stenhousemuir, FK53BB

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

Ochil Cres, Stirling FK81QJ

**Saturday Falkirk Recovery Café 10.30-3pm**

ASC Falkirk, 32 Vicar Str, Falkirk FK11JB

**Sunday Grangemouth Café 12-4pm**

Rainbow house, 6 south shore road, Grangemouth FK38TQ



### SMART Recovery Meetings

[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

**Monday 7pm-8.30pm**

The Gate, 2 Ludgate, Alloa FK101DS

**Tuesdays 4.30pm-6pm**

ASC Falkirk-32 Vicar Street, Falkirk, FK1 1JB

**Wednesdays - 1.30pm -3pm**

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

**Wednesdays — 3pm-4.30pm.**

Tryst Community Centre, James Str, Stenhousemuir, FK53BB

**Wednesdays— 6-7.30pm.**

Signpost, 9 Calendar Road, Falkirk, FK1 1XS

**Thursdays—4.30-6pm**

Ochil Community Centre, Ochil Cres, Stirling FK81QJ



# Updated May 2018



RECOVERY IN THE WILD

### Recovery in the wild

### Recovery Ramblers

We run a number of outdoor activities for members of our community, from health walks and hill climbs to canoeing and camping. Come with us on an adventure and enjoy recovery in the wild. These outings need a varying degree of fitness and some equipment. Get involved and reap both the mental and physical benefits of recovering in the wild.

COME AND JOIN ONE OF OUR RECOVERY RAMBLERS HEALTH WALKS.

**STIRLING TUESDAY 1PM STIRLING BUS STATION**

**ALLOA WEDNESDAY 11AM SIGNPOST ALLOA**

**FALKIRK WEDNESDAY 10AM ASC Falkirk**



### Check us out on:



[www.facebook.com/forthvalleyrecoverycommunity](http://www.facebook.com/forthvalleyrecoverycommunity)



[Forthvalleyrecoverycommunity](https://www.instagram.com/forthvalleyrecoverycommunity)



[Twitter.comFVrcvrycmnty](https://twitter.com/FVrcvrycmnty)

### SMART Recovery Meetings Cont. Fridays 3.30pm-5pm

Ochil Community Centre, Ochil Cres, Stirling FK81QJ

**Saturdays 11.30-1pm**

Falkirk Recovery Cafe, ASC 32 Vicar St. FK1 1JB

### Narcotics Anonymous

Helpline 0300 999 1212 [www.ukna.org](http://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

Saturday 1.30pm - Falkirk Recovery Café, ASC Falkirk, 32 Vicar Street

### Cocaine Anonymous

Helpline 07526943554

[www.ecsca.co.uk](http://www.ecsca.co.uk)

Wednesdays 8:00 pm - 9:00 pm Manse Place Falkirk FK1 1JN

### Alcoholics Anonymous

There are 38 registered AA meetings in Forth Valley. To find a meeting near to you in Forth Valley go to the AA website below.

Helpline 0800 9177 650

[help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)





# Forth Valley Recovery Community

## Peer Support in Forth Valley

Peer Support sessions are designed to help you improve how you work with services and workers. We have a range of peer support throughout forth valley every week, these are as follows;

**Monday 11 -1.30 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, support each other.

**Tuesday 10-12 Substance Misuse Service Stirling (S.M.S/ C.A.D.S)**

We have Peer Supporters in S.M.S every week, tea and coffee provided.

**Tuesday 1-3 Signpost Falkirk - We have Peer Supporters in Signpost every week, tea and coffee provided.**

**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. This group offers care and support, but also practical solutions which should prove useful if you are planning changes.

**FOCUS ON WHAT MAKES US STRONG, NOT WHAT WE THINK IS WRONG!**



**Scottish Families Affected  
by Alcohol & Drugs**

[www.sfad.org.uk](http://www.sfad.org.uk)

## **Support Meetings for family members**

Grangemouth - 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month 10am-12pm  
Grangemouth Education Unit,  
Abbots Road, Grangemouth

Stirling - 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month 6pm-8pm ,Raploch Community Campus  
Forth Valley College ,Drip Road,  
Stirling

Falkirk - 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month  
4pm-6pm  
ASC,32 Vicar Street, Falkirk

Alloa - 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month 1.30-3.30pm, CTSI/ACE  
Recycling Hub, Whins Road , Alloa

Please note that these groups are referral only - people can contact our helpline 08080 10 10 11 and one of our helpline advisors will complete a referral on their behalf.

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

**If you know of anyone who would like to become a volunteer with F.V.R.C contact Jardine for more info:**

**Jardine**

**Mob: 07920234694**

**Email: [jsimpson@asc.me.uk](mailto:jsimpson@asc.me.uk)**

For more information on anything within this newsletter, please contact **Becky**

**Mob: 07920 576 375**

**Email: [bwood@asc.me.uk](mailto:bwood@asc.me.uk)**