

**Smart Recovery Meetings**

**Monday** Alloa Recovery Café, The Gate, Ludgate,  
Alloa. 7.00-8.30pm FK10 1DS

**Tuesday** St Mark's Parish Church, Drip Road,  
Stirling, FK8 1RE 1.00—2.30pm

ASC Falkirk, 32 Vicar Street, Falkirk, FK1 1JB  
4.30-6.00pm

**Wednesday** Signpost Alloa, Cooperage Way,  
FK10 3LP 1.30-3.00pm FK10 3LP

Stenhousemuir Recovery Café, Tryst Community  
Centre, Park Drive, FK5 3BB 3.00-4.30pm

**Thursday** Sauchie Recovery Café, Sauchie Hall,  
Mar Place, Sauchie FK10 3EA 2.00-3.30pm

**Friday** Stirling Recovery Café, Mayfield Communi-  
ty Centre, St Ninians FK7 0BD 3.00-4.30pm

**Saturday** Weekend Recovery Café, ASC Falkirk,  
32 Vicar Street, Falkirk FK1 1JB 11.30-1pm

SMART Recovery is a mutual aid organisation  
that provides self-help meetings designed to help  
you understand and use evidence based tech-  
niques to help you recover from any type of ad-  
dictive behaviour.

Try one of the many meetings throughout Forth  
Valley, or train to be a SMART Recovery meeting  
Facilitator. You could be running a meeting!

For more info about SMART Recovery, or to take  
part in an online meeting, go to  
[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

**12 Step Recovery**

AA,NA,CA and GA are Fellowships of men and  
women who have found recovery through their 12  
Step Programme. FVRC are committed to introduc-  
ing people to all types of recovery and the fellow-  
ships have helped millions of people in their recov-  
eries worldwide.

For more information please contact:

AA—0800 9177 650

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

NA—0300 999 1212, [www.UKNA.org](http://www.UKNA.org)

CA—07526943554, [www.ecsca.co.uk](http://www.ecsca.co.uk)

GA—[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)



**Forth Valley  
Recovery Community**

We are constantly planning new events and recov-  
ery support opportunities across Forth Valley. For  
more information, please contact a member of the  
Recovery Development Team using the information  
below:

Contact:

Tom: 07920 234694 [tbennett@asc.me.uk](mailto:tbennett@asc.me.uk)  
Becky: 07920 576375 [bwood@asc.me.uk](mailto:bwood@asc.me.uk)  
Scott: 07706 294605 [sferguson@asc.me.uk](mailto:sferguson@asc.me.uk)  
James: 07920 234689 [jsludden@asc.me.uk](mailto:jsludden@asc.me.uk)  
Mikey: 07920 234688 [mdickerson@asc.me.uk](mailto:mdickerson@asc.me.uk)



**Forth Valley  
Recovery Community**

**Recovering  
Together  
Throughout Forth  
Valley**

FVRC is a community of people commit-  
ted to making recovery happen in Forth  
Valley. We deliver a variety of different  
events every week throughout the area.  
All FVRC events are organised by volun-  
teers in recovery. Why not come along  
and check us out?

FOLLOW US ON SOCIAL MEDIA:  
**Forth Valley Recovery Community**





## Forth Valley Recovery Community

### Recovery Cafés

Come along to one of our FVRC recovery cafés. Recovery Cafés are drug and alcohol free environments where you can come for recovery support in an informal setting and meet the team and our recovery volunteers.

### Monday: 4pm-9pm

The Gate, 2 Ludgate, Alloa, FK10 2DR  
Tea/coffee/ hot food, SMART Recovery, activities and discussion.

### Tuesday: Women's Café 10.30am -1pm

St Mark's Parish Church, Drip Road, Stirling, FK8 1RE

Tea/coffee/food, yoga, activities and much more. SMART meeting runs straight after the café.

### Wednesday: 1.30—4.30pm

The Tryst Community Centre, Park Drive, Stenhousemuir, FK5 3BB

Tea/coffee, pool, board games, yoga and meditation, circuit training, five-a-side football, SMART Recovery.

### Thursday: 11am—4pm

Sauchie Hall, Mar Place, Sauchie, FK10 3EA

Tea/coffee/ hot food, activities, SMART Recovery, discussion.



## Forth Valley Recovery Community

### Friday: 1pm—6pm

Stirling Café

Mayfield Community Centre, St Ninians, Stirling FK7 0BD

Tea/coffee/hot food, learn to play an instrument, SMART Recovery, fitness circuit training and Tai Chi.

### Saturday: 10.30am-3pm

Weekend Recovery Café

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

Live music, recovery support, tea/coffee/food, NA meeting, SMART Recovery meeting and Tai Chi.

### Sunday: 12-4pm

Rainbow House, 6 South Shore Street, Grange-mouth, FK3 8TQ

Alternative therapies, relaxation, hot drinks, snacks and recovery support.

### FORTH VALLEY RECOVERY COMMUNITY

Forth Valley Recovery Community is YOUR community. Why not drop in to your local café, get involved or chat to our volunteers about how we can help you move on. FVRC is all about making recovery accessible to everybody in Forth Valley who has experienced substance dependency.

FVRC provides safe, drug and alcohol free events to help you build and develop your recovery. We ask all attending to come along drug and alcohol free on the day. We are an inclusive and non-judgemental community committed to empowering people in recovery.



RECOVERY IN THE WILD

### Recovery in the wild

FVRC offers a number of outdoor activities working in partnership with Active Stirling. These range from canoeing and rock climbing to gorge walking and hill climbs. If you are interested in getting active outdoors please get in touch.



### Recovery Ramblers Walking Network

If you like walking and the outdoors, why not come along and join our Recovery Ramblers. Walking and talking are an excellent way to improve your mental and physical well-being. Our walks are designed to cater for all abilities. For more information about Recovery Ramblers or on how to register for a walk, contact a member of the team.

FOLLOW US ON SOCIAL MEDIA:

