



Richmond Drug and Alcohol Services

September Bulletin 2023

Are you interested in Art psychotherapy?

Art psychotherapy is a form of psychological therapy that supports people to express their thoughts, feelings, and experiences through creative self-expression. NO previous experience of art making is necessary for people to engage. Art psychotherapy can provide a way communicating difficult feelings when it may be hard to use words.

There are two upcoming services available:

- ❖ Art Psychotherapy Closed Group
- ❖ Creative Art Walk Event – using natural objects, basic art materials and photography

Please speak to your keyworker for referral and more information.

Intuitive Thinking

Intuitive Recovery courses are running at the core site over September. These courses will empower you to approach your recovery differently and sustainably.

Ask your key worker to refer you and find more information here: www.intuitivethinkingskills.com

Recovery In Motion: Quotation from an ex

RCDAS service user, now volunteering with local community organisation Shepherds Star, printed with permission: *My greatest challenge was firstly wanting to change my life before I ended up dead. Also admitting to myself I was addicted to drink and drugs. I was told about RCDAS and decided to take a look. I had a lot of anxiety upon entering, I spoke to a lovely lady called Alice. She set my mind at ease and was really supportive. Alice explained how to have an open mind and to get the support I wanted from RCDAS. You can only try; making the first step towards recovery is the hardest but do try because there is light at the end of the tunnel.*

How to access support

Walk-in for an assessment

Mon, Tue, Fri 9.30am -11:30am, Thurs 9.30am – 10.30am

Opening times: 9am - 4.30pm Mon, Tue, Fri; Wed 1.30pm-4.30pm (closed am for staff training) and Thurs closed between 11:00am – 1:00pm for staff meeting.

Tuesday women only until 1pm.

Address: Unit 2 Ilex House, 94 Holly Road, TW1 4HF

Tel: 020 3228 3020

Recovery Hub: Tel: 0207 501 2615

Day Programme: 0207 498 6149

Website: <https://www.rcdas.co.uk>

National Domestic Abuse Helpline: 0808 2000 247

Webchat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

'Making Every Contact Count'- Signposting to Better Health and Wellbeing - www.mecclink.co.uk

<https://richmond.drinkchecker.org.uk/>
[Richmond Drink Checker](#)

CDARS 24/7 Helpline for crisis support out of normal hours
07944 506 036

RECOVERY MONTH

BBQ

JOIN US FOR AN AFTERNOON
OF CELEBRATION TO OPEN
RECOVERY MONTH!

WEDNESDAY 6TH
SEPTEMBER
12PM-4PM

12pm-1pm Welcome

1pm-2pm BBQ

2pm-2:30pm Speeches

2:30pm-3:30pm Service User quiz

*Extra activities to get involved in on the
day: Music, alternative therapies and art*



Let your RWCDAS Keyworker
know if you'd like to attend

Wix's Lane Entrance, 117 Cedars
Road, SW4 0PW



RWCDAS September Recovery Month Timetable 2023

Date	Activity	Location	Time	Contact
Friday 1st	Paws and Pause Taster	IT Room, 117 Cedars Road	2:30pm-3:30pm	rwcdas_ete@mungos.org
Saturday 2nd	Resilience Workshop and Group	WBC Reception, 117 Cedars Road	11:30am-2:30pm	Leanne- 07944506058
Sunday 3rd				
Monday 4th	Yoga	WBC Reception, 117 Cedars Road	12:50pm-1:50pm	rwcdas_ete@mungos.org
Tuesday 5th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue- 07769686539 or elizabeth.cunniff@slam.nhs.co.uk
	Putt in the Park	More information upon referral	More information upon referral	elizabeth.cunniff@slam.nhs.co.uk
Wednesday 6th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue- 07769686539
	Recovery Month BBQ	WBC Reception, 117 Cedars Road	10am-3:30pm	rwcdas_ete@mungos.org
	Walk and Talk	Top of Richmond Bridge	11:45am meet, for 12pm start	elizabeth.cunniff@slam.nhs.co.uk
Thursday 7th	Open Acupuncture Sessions	WBC Therapy Room, 117 Cedars Road	1:30pm-2:30pm	ty.smith@slam.nhs.uk / paul.thomas@slam.nhs.uk
Friday 8th	Open Allotment Session	Shacklegate Lane, Teddington	12pm-2pm	elizabeth.cunniff@slam.nhs.co.uk
Saturday 9th	Open Saturday Group	WBC Reception, 117 Cedars Road	11am-1:pm	Chris-07515663621

Monday 11th	Kingston to Richmond Photography/Art Walk	More information upon referral	More information upon referral	Alicia- 07375886383
	Yoga	WBC Reception, 117 Cedars Road	12:50pm-1:50pm	rwcdas_ete@mungos.org
Tuesday 12th	Outside Edge Theatre Company Taster Session	WBC Reception, 117 Cedars Road	11am-1pm	rwcdas_ete@mungos.org
	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue-07769686539 or elizabeth.cunniff@slam.nhs.co.uk
	Put in the Park	More information upon referral	More information upon referral	elizabeth.cunniff@slam.nhs.co.uk
Wednesday 13th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue-07769686539
	Walk and Talk	Top of Richmond Bridge	11:45am meet, for 12pm start	elizabeth.cunniff@slam.nhs.co.uk
Thursday 14th	Open Acupuncture Sessions	WBC Therapy Room 1, 117 Cedars Road	1:30pm-2:30pm	ty.smith@slam.nhs.uk / paul.thomas@slam.nhs.uk
	Trip to Kew Gardens	More information upon referral	More information upon referral	elizabeth.cunniff@slam.nhs.co.uk
Friday 15th	CDARS Recovery Month Celebration, including Richmond Talk, Food and Activities	The Poppy Factory, Richmond	12pm-5pm	Chris-07515663621
	Open Allotment Session	Shacklegate Lane, Teddington	12pm-2pm	elizabeth.cunniff@slam.nhs.co.uk
Saturday 16th	Open Saturday Group	WBC Reception, 117 Cedars Road	11am-1pm	Chris-07515663621

Monday 18th	Yoga	WBC Reception, 117 Cedars Road	12:50pm-1:50pm	rwcdas_ete@mungos.org
Tuesday 19th	Indian Head Massage	WBC Reception, 117 Cedars Road	11am-3pm	rwcdas_ete@mungos.org
	Put in the Park	More information upon referral	More information upon referral	elizabeth.cunniff@slam.nhs.co.uk
	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue-07769686539 or elizabeth.cunniff@slam.nhs.co.uk
Wednesday 20th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue-07769686539
	Walk and Talk	Top of Richmond Bridge	11:45am meet, for 12pm start	elizabeth.cunniff@slam.nhs.co.uk
Thursday 21st	Open Acupuncture Sessions	WBC Therapy Room 1, 117 Cedars Road	1:30pm-2:30pm	ty.smith@slam.nhs.uk / paul.thomas@slam.nhs.uk
	Drug and Alcohol Awareness Training	WBC Therapy Room 2 and 3, 117 Cedars Road	10-3pm	rwcdas_ete@mungos.org
Friday 22nd	Drug and Alcohol Awareness Training	WBC Therapy Room 2 and 3, 117 Cedars Road	10-3pm	rwcdas_ete@mungos.org
	Open Allotment Session	Shacklegate Lane, Teddington	12pm-2pm	elizabeth.cunniff@slam.nhs.co.uk
Saturday 23rd	Open Saturday Group	WBC Reception, 117 Cedars Road	11am-1pm	Chris-07515663621
Sunday 24th	Sunday Roast	WBC Reception, 117 Cedars Road	1pm-3pm	Terry-0779144570

Monday 25th	Recovery Month Breakfast	WBC Reception, 117 Cedars Road	9:45am-11:30am	Terry-07791445700
	Yoga	WBC Reception, 117 Cedars Road	12:50pm-1:50pm	rwcdas_ete@mungos.org
Tuesday 26th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue-07769686539 or elizabeth.cunniff@slam.nhs.co.uk
	Put In the Park	More information upon referral	More information upon referral	elizabeth.cunniff@slam.nhs.co.uk
Wednesday 27th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm	Sue-07769686539
	Walk and Talk	Top of Richmond Bridge	11:45am meet, for 12pm start	elizabeth.cunniff@slam.nhs.co.uk
Thursday 28th	Acupuncture Session	WBC Therapy Room 1, 117 Cedars Road	1:30pm-2:30pm	ty.smith@slam.nhs.uk / paul.thomas@slam.nhs.uk
Friday 29th	Recovery Month Twickenham Event	Twickenham United Reformed Church	12pm-4pm	rwcdas_ete@mungos.org WAWY
Saturday 30th	Open Saturday Group	WBC Reception, 117 Cedars Road	11am-1:30pm	Chris-07515663621

JOIN THE VOICES OF RECOVERY:
TOGETHER WE ARE STRONGER

