

Richmond Drug and Alcohol Services

December Bulletin 2023

Service users at the Twickenham allotment

Service users from Ilex House have been hard at work all year round at our community allotment in Twickenham. The project has served as a place to not only learn new skills but towards building a positive network as well as being great fun!

Gabrielle, Volunteer for the project says "There is nothing quite like having the satisfaction of planting your veg seeing it grow and then digging it up and eating it! Whilst enjoying the company of others out in the open!"

If you have an interest in joining this project, speak with your keyworker to be referred.



How to access support

Walk-in for an assessment
Mon, Tue, Fri 9am, Thurs 9am – 10am

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

DAY PROGRAMME GROUPS XMAS/NEW YEAR SCHEDULE

Saturday 23rd December 2023 – Normal Open Group 11.00-1pm at Wix Lane

Monday 25th December 2023 – Open Group all clients on zoom 11am-12.30pm
Meeting ID 884 2200 2069 Passcode 478243

Tuesday 26th December 2023 – Open Group all clients on zoom 11am-12.30pm
Meeting ID 890 4619 9693 Passcode 379233

Wednesday 27th December 2023 – Open Space group at Allotment, Shacklegate Lane , Teddington , 11am - 1.30pm ; Tea , Coffee , Mince Pies

Thursday 28th December 2023 - Stimulant Group 12 noon - 1.30pm at Wix Lane
Open Group all clients on zoom 7pm-8.30pm
Meeting ID 571 231 401 Passcode 543090

Friday 29th December 2023 - Open All client Group 11.00-1pm at Wix Lane; Tea, Coffee, Mince Pies

Saturday 30th December 2023 - Normal Open Group 11.00-1pm at Wix Lane); food and chai and chat after group until 4pm

Sunday 31st December 2023 – New year's Eve Community Quiz and Food Hub 4.00-7.00pm at Wix Lane; clients can bring a plus one with them, no under 18 year old. Text Tim on 07930 237056 to confirm attendance and if bringing plus one.

RWCDAS CHRISTMAS & NEW YEAR OPENING TIMES

Mon 18th December 2023: 9.30am-4.30pm
Tues 19th December 2023: 9.30am-4.30pm (RCDAS women only until 1pm)
Wed 20th December 2023: WCDAS 1pm-4.30pm (RCDAS 1.30pm-4.30pm)
Thurs 21st December 2023: 9.30am-4.30pm (WCDAS women only until 1pm)
Fri 22nd December 2023: 9.30am-4pm
Sat 23rd December 2023: CLOSED
Sun 24th December 2023: CLOSED
Mon 25th December 2023: BANK HOL CLOSED
Tues 26th December 2023: BANK HOL CLOSED
Wed 27th December 2023: WCDAS 1pm-4.30pm (RCDAS 1.30pm-4.30pm)
Thurs 28th December 2023: 9.30am-4.30pm (WCDAS women only until 1pm)
Friday 29th December 2023: 9.30am-4pm
Sat 30th January 2024: CLOSED
Sun 31st January 2024: CLOSED
Monday 1st January 2024: BANK HOL CLOSED
Tues 2nd January 2024: 9.30am-4.30pm (RCDAS women only until 1pm)

The last day for triage and clinical assessment will be Monday, 18th December 2023 and will resume Thursday, 4th January 2024.

Please contact WCDAS 0203 228 1777/RCDAS 0203 228 3020 with any questions

For Out of Hours seek advice from your GP or in an emergency attend your local A&E department

AA 0800 9177650
NA 0300 999 1212
Samaritans 116123

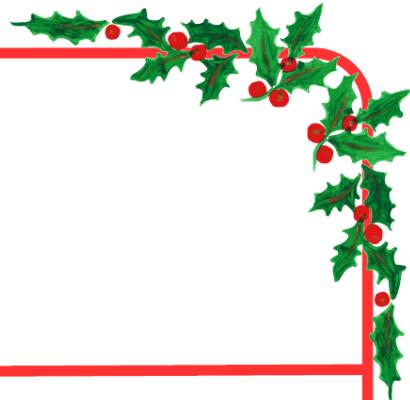
Drinkline 0300 123 11 10
Crisis Line 0800 028 8000
Release (Legal) 0207 324 2989

We would like to wish all our clients a Happy & Safe Christmas



Christmas @ RWCDAS

Friday 1st December 10am - 11:30am	Decoration & Christmas Treat Making @ Richmond Breakfast Club <u>Ilex House</u>
Tuesday 5th December 10am - 11am	Decoration & Christmas Treat Making @ Wandsworth Breakfast Club <u>St Johns Therapy Centre</u>
Wednesday 6th December 1pm - 3:30pm	Holiday Games @ Richmond Social Hub <u>The Vineyard Community Centre</u>
Thursday 7th December	Christmas Jumper Day Prizes to be won 
Tuesday 12th December 11am - 12:30pm	Wreath Making Workshop <u>Cedars Road</u>
Wednesday 13th December 1.30pm - 3.30pm	Richmond Walking Group's Christmas Walk
Thursday 14th December 11am	RWCDAS Christmas Lunch <u>Cedars Road</u>
Tuesday 19th December 11am - 12pm	Wandsworth Walking Group's Christmas Walk
Monday 18th - Friday 22nd December Mince Pies, Biscuits & Chocolate available for all <u>Ilex House</u>	





WINTER WARDROBE POP UP CLOTHES GIVEAWAY

ILEX HOUSE
4TH DECEMBER
11AM - 2PM

ST JOHN'S THERAPY
CENTRE
11TH DECEMBER
11AM - 2PM

PLEASE COME AND GET YOUR FREE WINTER
CLOTHES

- ALL ITEMS WILL BE GIVEN BY STAFF
- (BAGS NOT PROVIDED) PLEASE BRING A BAG
- FIRST COME FIRST SERVED

RICHMOND COMMUNITY
DRUG AND ALCOHOL SERVICE — RCDAS — WANDSWORTH COMMUNITY
DRUG AND ALCOHOL SERVICE — WCDAS —



You are invited to
RWCDAS
Christmas Lunch

The event will take place on
14th December at 117 Cedars Road,
SW4 0PW

Arrival: 11:00
Lunch is served: 12:30
Christmas quiz: 13:30

Contact Terry via text on 07791445700 before 7th December
to confirm your attendance.

We look forward to seeing you there!

