

## Group Boundaries

We know that people may be uncertain or nervous about being in a group setting and it may be useful to consider most people attending the group may be feeling the same.

We understand and appreciate these concerns are by no means unusual. It is important your rights to privacy are respected by group members. What we do ask is that you have an open mind and a willingness to participate in the group process. You will not need to share any information with the group that you do not feel comfortable in doing so. The group Boundaries are one way your safety will be maintained. We expect all clients to be aware of and to abide by the following group rules:

1. Respect confidentiality
2. You are not required to reveal things about yourself that you do not wish to.
3. Non judgement and acceptance of others.
4. Valuing the importance of group.
5. Recognising the available support in group.
6. Respecting others (using constructive criticism, no 'name calling')
7. Do not attend under the influence of alcohol
8. No smoking is permitted in the building.
9. To attend the groups on time.
10. To talk with their Keyworker or one of the group leaders if they have a problem that may affect their attendance in the group.
11. To be able to attend all groups

Recovery Capital Workshop sessions can be joined at any time..

**Tuesday 10.30 –12noon**  
**Walnut Lodge,**  
**Walnut Road,**  
**Torquay**  
**TQ2 6HP**

You can attend Recovery Capital Workshops for up to 7 weeks.

Speak to your keyworker if you wish to be referred to the group.

Ask your keyworker for more information about community support to aid your recovery

This document can be made available in other languages and formats. For more information telephone 01803 219700



[www.torbayandsouthdevon.nhs.uk](http://www.torbayandsouthdevon.nhs.uk)



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



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**Partners in Care**

## Recovery Capital Workshops



Torbay Drug & Alcohol Service  
Walnut Lodge  
Walnut Road  
Chelston, Torquay  
TQ2 6HP

Tel: 01803 604330  
Fax: 01803 604359

*Working with you, for you*

## What is Recovery?

### Session 1.What is recovery?

What does it mean to you?

What has previously worked/not worked?

What is needed to recover?

### Session 2.Dealing with Change

What do we need to change?

What fears do we have about change?

What hurdles get in the way of change?

Cycle of change.

5 steps of grief.

### Session 3.Motivation, Strength and goals

What is motivation?

What can affect my motivation?

What strengths do I have?

Motivation tools.

#### Linking up with Community Support

Torbay Recovery Information Project

SMART

NA/AA

Volunteering/volunteers

Shekinah Grow

Healthy life styles

ANODE

Centre Peace

### Session 4.Ways of thinking.

Exploration of addictive thinking.

How does my addictive thinking play out?

How can I change my thinking styles

### Session 5.Stress-dealing with.

What is stress?

How does stress affect me?

Coping strategies to deal with stress.

Looking at work/life balance.

5 minute mindfulness

### Session 6.Urges, craving and lapse.

Identifying high risk situations.

Exploration of urges and cravings

Interventions to deal with your cravings.

### Session 7. Relationships

What relationships do we have?

Exploring our boundaries in relationships.

What is Co-dependency? What can we do to change our relationship patterns.

**Recovery is not about finding a miracle cure or returning to how things used to be. It's about finding a happier, healthier , more sustainable life that recognises the past accepts the limitations of the present and is full of hope for the future—Simon Heyes**

**Recovery is NOT part of treatment but treatment may be part of your recovery**

## Recovery Capital Workshops

Are you thinking of your recovery?

Have you started your journey?

We continue to believe that your recovery is a journey; though we can help you map that journey and record your experiences it will be your path to travel.

Recovery capital recognises that a variety of elements can support or jeopardise recovery; these include social networks, physical, human, cultural and community issues.

**These Recovery Capital workshops can help you get started by:**

1. Showing you the tools to set your goals
2. Trying out new things and experimenting
3. Bringing back and sharing your successes
4. Looking again at what might not have worked
5. Learning from the experiences of others.
6. Connecting you with community agencies.

Small steps can lead to big changes. Signing up for your recovery may be the biggest change you make today.