

SHP Camden & Islington Aftercare Service



SHP
245 Gray's Inn Road
London WC1X 8QY
Telephone: 020 7520 8682
Freephone: 0800 783 8993
Website: www.shp.org.uk

 **shp**
preventing homelessness
promoting social inclusion

Updated: March 2015



Who we are and what we do

SHP Camden and Islington Aftercare Service specialises in supporting people to access education, training, employment and volunteering opportunities.

If you are in recovery and want support to move forward and achieve your personal goals we can work with you!

When you access our service you will be allocated a coordinator who will work with you to design a programme of support individually tailored to your needs, strengths and goals.

During the 12 weeks you'll be working with us,

you will meet with your coordinator for regular 1:1 meetings and alongside these you can attend our group programmes, workshops and activities which will all move you closer towards your goals.

Read on for information about the variety of opportunities available at SHP Camden and Islington Aftercare Service.



Group Programmes - Recovery

ACE Space

ACE Space is an open and relaxed group where you can meet other participants to share experiences, views and future plans surrounding your recovery. ACE Space can help you make positive changes to your life and give you the best chance of reaching your education and employment goals.

ACE Space is a 12-week rolling programme taking place every Monday and Wednesday.

Fuchsia

Fuchsia is a series of interactive workshops designed to enable you to develop social networks, learn new skills, build self-esteem and confidence and set goals for your future.

Fuchsia can act as a stepping stone towards education, training, volunteering and employment and runs on Mondays, Tuesdays, Thursdays and Fridays over three weeks.

“ I have loved attending Fuchsia for the three weeks and would like to say thank you for all your help and encouragement. I feel like a new person. ”

Fuchsia attendee



Group Programmes - Education, Training and Employment

IT Programmes

We offer IT sessions that cater for different learning needs and abilities.

From how to use a keyboard and mouse, to creating and sending word documents via email, our IT tutors and mentors are on hand to support you.



Future Focus

Join your peers every Wednesday in a supportive group setting to search for the latest job, training and volunteering opportunities.

Staff with specialist job market knowledge are on hand and external organisations regularly attend to promote what they have on offer.

“ It’s great having access to a computer and the tutors are very helpful. ”

Future Focus attendee

SHP Volunteering

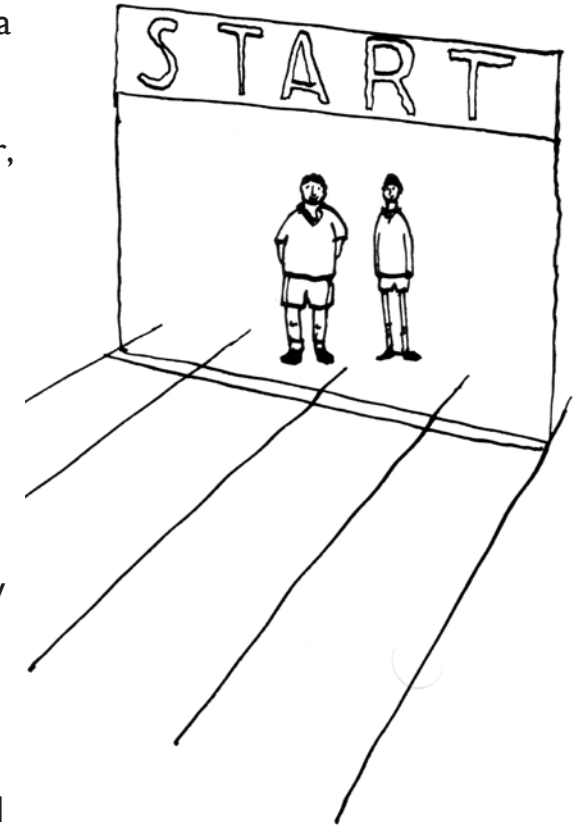
We can support you into a range of SHP volunteering opportunities, including becoming a Recovery Peer, an IT Mentor, supporting our Group Work and Activity Programme, and volunteering at the Recovery Café.

WOW (World of Work)

If you’re interested in returning to work, WOW can help you get there. Sign up for two weeks of vocational training and access practical advice, specialist support and paid work opportunities.

“ It’s been great to get into the habit of learning again, and it all helps towards my goal of getting back to work. ”

WOW attendee





Mutual Aid and Peer Support

Recovery Peers and Recovery Drop-ins

Speaking with others who have experienced addiction and understand your situation can be invaluable on your recovery journey. You can speak with the Recovery Peer Volunteers at their weekly recovery drop-ins at Camden treatment services.

SMART Recovery Meetings

You are invited to attend SMART every Friday to discuss tools and techniques to help you manage your recovery. Meetings are facilitated by others who are overcoming addictions.

Intuitive Recovery

Intuitive Recovery is a four-day course delivered by trained facilitators who have beaten addiction themselves. They share their recovery tips and support you to make a plan to beat cravings and break free from alcohol, drugs and substitute prescriptions.

Family Relationships Workshops

These workshops are designed to support anyone in Camden who has been affected by a family member or significant other's substance use. It is run quarterly in partnership with CRI's Some Space.

Social Activities

SHP Camden and Islington Social Club

If you're interested in developing your social networks, learning new hobbies and getting out and about then come along to the Social Club every other Tuesday.

The Women's Group

The Women's Group is a chance to meet other women in recovery for fun, support and discussion on issues affecting women.

Drama @184

Drama is a fun activity which can help to build your skills and confidence.

Our weekly Thursday group runs at CRI's 184 Project and all you need to join is an open mind and a strong sense of commitment!



As a Camden and Islington Aftercare client you will also have access to SHP's varied opportunities and arts programme.

Come along to one of our informal **Open Days** to:

- Find out more about what's on offer at the service
- Find out more about our upcoming group programmes (for example ACE Space, Fuchsia, WOW)
- Meet our fantastic staff, volunteers and recovery peers
- Socialise with others with an interest in recovery
..... and much more!

Alternatively, give us a call between Monday and Friday 9am-5pm for an informal chat about what's on offer at the service.
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Open Day dates 2015:

- Tues 13 Jan 2pm - 4pm
- Tues 10 March 11am - 1pm
- Tues 28 April 11am - 1pm
- Tues 16 June 11am - 1pm
- Tues 4 Aug 11am - 1pm
- Tues 22 Sep 11am - 1pm
- Tues 10 Nov 11am - 1pm