

## New Beginnings January bulletin

We would like to take this opportunity to wish you all the very best from the team here at New Beginnings for 2018. As per the first of our new monthly bulletins for this year let you know of how we ended the year in style and keep you up to date on future developments happening here at New Beginnings.

### **New This Month on the day programme**

**Weekly Art Therapy group and 1-1 sessions** - Art Therapy is a form of therapy that allows people through creative activities to express themselves. It is not a taught Art session but a chance to experiment with art materials. It is non-judgmental and will not be used to diagnose or label you but is an opportunity to explore and confront difficult emotions.

**Allotment group** - We will be giving our current allotment project a new lease of life

encouraging others to grow and maintain a variety of produce that we can then put to good use on the programme.

**Indian Head and reflexology 1-1 sessions** - Another great addition to our range of holistic therapies. To help reduce stress, fatigue, increase mental clarity, relaxes and rejuvenates the receiver.

### **Future Events -**

**ASPIRE Stakeholder day 29/01/18** - ASPIRE are hosting a stakeholder day to review the current service provision, consult on how it is working and how it is evolving. ASPIRE welcomes the local community, patients, professionals (both statutory and non-statutory), carers, peer mentors, staff and other interested parties to attend, take part and offer feedback.

For more information please do not hesitate to contact Elly Sanchez on

[Ellysanchez@nhs.net](mailto:Ellysanchez@nhs.net)

**Structured Day Programme open morning 3/02/18** - Come along and have a look around the project, speak to staff and attendees of the programme. This is the perfect time to bring up any one that may be interested in attending the programme. Or you yourself would like to no more about the interventions that we deliver.

For more information or to book onto the open morning please contact New Beginnings on

01302571240

## Good news Stories

**Playdate**—New Beginnings hosted a play date with the developer of a new relapse prevention board game “Inspirado” due to be released early this year.

**Christmas Carol Concert** - A choir made up of staff and day programme attendees facilitated a Christmas concert for family members and local elderly residents.

**Reverse Advent Calendars** - Staff and day programme attendees collected a fantastic amount of much needed supplies, toys and clothing to fill 10 boxes. This all went to the changing lives service who distributed to those at need during the festive period.

**Food Bank** - Keeping with the charitable theme a sizeable collection of dried and tinned food as well as toiletries was also collected and donated to the food bank operating from St Marys Church in Stainforth.

**New Beginnings annual Christmas Party** - New Beginnings yet again hosted another fantastic Christmas dinner/party for 40 current and successful graduates of the programme from 2017.

### This months successes -

10 successful inpatient detox completions

7 successful day programme graduations

5 Successful graduations from the aftercare project



**For more information about New Beginnings and our range of services then please get in touch.**

01302 571240

NewBeginnings@rdash.nhs.uk

<http://www.aspire.community>