

## Sinclair House Recovery Hub Central Timetable



Monday	Tuesday	Wednesday	Thursday	Friday
Focus on Recovery Group  Getting Ready for New Beginnings  10:30 –11:30	Steps to Recovery Group Understanding Life Beyond Dependency 11:00-12:00	Prescription Appointments Only 09:00-12:30	Open Minds Counselling Service Meet the team and book an appointment 01302 344192	SMART Recovery Group  Learn how to stay Clean and Sober  10:30-12:00  WINSMART Recovery  Self-Management and Recovery Training
Prescription and Key Worker Appointments 09:00-12:30	Prescription and Key Worker Appointments 09:00-12:30	DRUG & ALCOHOL SERVICES BEATING ADDICTION IN COMMUNITIES	Prescription and Key Worker Appointments 09:00-12:30	Prescription and Key Worker Appointments 09:00-12:30
Physical Health Clinic  Vaccinations, Immunisations,  Blood Tests and Health Checks  1:30 –4pm	Hypnotherapy  Recovery from Addiction  1:30 –4pm	TRY IT TONIGHT  ROSSLYN HOUSE  19:30	TRY IT TONIGHT MIND CENTRE 19:30	Meet the Mentors  Mentors are trained volunteers  They can support you in your recovery  2pm—3pm
Prescription and Key Worker Appointments  13:00—16:30	Prescription and Key Worker Appointments 13:00—16:30	Prescription and Key Worker Appointments  LATE NIGHT OPENING  13:00—19:00	Prescription and Key Worker Appointments 13:00—16:30	Prescription and Key Worker Appointments  13:00—16:30