

Day	Room	Life Room	Horizon	Training	Medical Room & AWP Office	Outreach/ Satellite	NSP
<b>Monday AM</b>		Big Programme 10.00 – 12.00pm	Young People's service team meeting 09.00 – 11.30	Access to HE Diploma in Practitioner in Substance Misuse Course	Medical Assessment Clinic & Psychosocial support	Harm Minimisation worker with Rough Sleepers project 06.30 – 10.00	BBV Nurse available for DBST in NSP
<b>Monday PM</b>		Acupuncture & Qi Gong Meditation 13.00 – 14.15		09.00 – 15.30	09.00 – 16.00		09.00 – 16.00
<b>Monday Eve</b>							
<b>Tuesday AM</b>		Emotional Management 10.00 – 11.30pm Meditation 11.30-12.00pm	Inductions 10.30 – 11.30	Level 3 Certificate in Applied Therapeutic	Medical Reviews (with EDAS Keyworker	Poole Citizen's Advice Advisor available at EDAS 12.00 – 16.00	NSP Open
<b>Tuesday PM</b>		CBT/Relapse Prevention 13.00–15.00 <u>Abstinent Workshop</u>		Skills Course (CATS) 09.00 – 15.00	/Assessor) 09.00 – 16.00	Outreach assessment at The Spire Smart Assessor 13.00 – 16.00	10.00 – 19.00
<b>Tuesday Eve</b>		Low Level Intervention Workshop (monthly) 18.15 – 19.30				Drop-In & SMART 1.00– 18.00	

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Wednesday AM		Anxiety (stress) Management & Relationship Management 10.00 – 11.30		Level 3 Education & Training Award or Level 2 Mentoring Award 09.30 – 12.30		Nutrition Workshop 10.00 – 11.30 Serenitea Cafe  Titration Clinic and group programme 09.00 – 15.00 @ The Spire (AWP & EDAS)	NSP Open 10.00 – 16.00
Wednesday PM				Better Together Team meeting (EDAS, AWP, SGT) 13.00 – 15.00			
Wednesday Eve		Relapse Prevention Workshop 18.15 – 19.45 <u>Abstinent Workshop</u>					
Thursday AM		Motivational Workshop 11.00 – 12.00 (Last Thursday of month – AA)		Confidence in Recovery Workshop 10.00 – 12.00		Family Focus Poole Children's Centre 10.00 – 11.30  Alderney Clinic 2nd Thursday of every month 10.00 – 13.00  Outreach assessment @Spire - Smart Assessor 13.00 – 16.00	NSP Open 10.00 – 16.00
Thursday PM		Criminal Justice Workshop (fortnightly) (AWP) 13.00 – 14.30	SMART Recovery 13.00 – 14.30	Monthly Raising Aspirations Course Day 1 12.30 – 16.30			
Thursday Eve						Young People's Theme night in Serenitea café 18.00 – 20.30	



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Friday AM	Women's Workshop 10.30 – 12.00	Men's Workshop 10.30 – 12.00	Monthly Raising Aspirations Course Day 2 10.00 – 14.30 Or Monthly CPD Courses 09.30 – 12.30		Drop-In at SMART 9.30 – 12.30	NSP Open 10.00 – 16.00
Friday PM	Draw Your Emotions 13.00 – 15.00					
Saturday					Family Social Life Skills Workshop 13.00 – 17.00 Serenitea Café  <u>Abstinent Workshop</u> <u>Invitation Only</u>	

- SMART Assessments available Monday – Friday 9.00 – 16.00 & Tuesday 16.00 – 18.30
- 1:1 key working support available Monday – Friday 9.00 – 16.00 & Tuesday, Wednesday, Thursday 18.00 – 20.00 NSP
- (Needle Syringe Provision) is offered Monday – Friday 10.00 – 16.00 and at EDAS satellite and outreach locations
- Synergy Counselling is offered in addition to this group programme depending on availability from 10.00 – 19.00
- LiveWell smoking, diet and exercise guidance is also available via EDAS or self-referral