



Drug and Alcohol Community Rehab

Inspired, designed and run entirely by people in recovery from substance use.

Peer-led, Recovery focused®



LOCATION: 68 Humberstone Gate, Leicester LE1 3PL

WEEKLY MENU

VERSION 11b

Mon-Fri: 9am - 4.30pm

SOBER SPACE

During Wednesdays, Thursdays & Fridays
The Stairway Project operates a **Sober Space policy**.
ASK FOR DETAILS

Key: IP In Person ONLY
Z Zoom ONLY
IP Z In Person & Zoom

AM
Mindfulness
IP 10.00am - 11.00

MONDAY

Mindfulness
IP 10.00am - 11.00

TUESDAY

Mindfulness
IP 10.00am - 11.00

WEDNESDAY

Mindfulness
IP 10.00am - 11.00

THURSDAY

Mindfulness
IP 10.00am - 11.00

FRIDAY

SUNDAY

DROP IN
IP 11.00am - 12.00
Drop-In & Check-In!

ACT Peer Recovery R1
Z 10.30am - 12.00
Behaviour based practise

SWAP
IP Z 11.00am - 12.30
Women only group

Make a Fresh Start!
IP Z 11.00am - 12.00
Introduction to Recovery

PLUMB
IP Z 11.00am - 12.00
ABSTINENT Group

Sunday Breakfast Club
IP 7.30am
Cooked breakfast & introduction to The Stairway Project for those experiencing homelessness



Why not relax, 'grab a bite' & connect with members of your Recovery Community in a principled social space.

AA lunchtime meeting
IP 12.00pm
Visiting Fellowship meetings



HOT & COLD FOOD
BREAKFAST | SNACKS
MEAL DEALS | JUICES
SPECIALS BOARD
DISCOUNT FOR MEMBERS



9.30am - 2.30pm

(hot food served till 2pm)
We're open **Monday to Friday**

MONTHLY MENU

Pre Detox Information
IP Z 11.00am - 12.00
1st Monday of the month
see reverse for dates

PM
SMART Recovery
IP 1.00pm - 2.15
Discover the power of choice

CJ Make a Fresh Start!
IP 1.00pm - 2.00
Criminal Justice Clients
Introduction to Recovery

POD
IP 1.00pm - 3.30
16 week Post Detox
recovery programme.
ASK FOR DETAILS

FREEDOM WRITERS
IP 1.00pm - 2.00
Creative Writing, Poetry,
Journaling, Book Study.

You Do The MAFs!
Z FRIDAYS
City Residents
Structured 6 week programme.
Why not refer yourself today?
ASK FOR DETAILS

Family & Friends
Bi-weekly Peer support.
Tuesdays
IP Z 12.30pm - 1.30

Introduction to The Stairway Project
IP 1.30pm
Find out more & meet the team

ACT Peer Recovery R1
IP 1.00pm - 2.30
Behaviour based practise

Art Therapy
IP 1.00pm - 4.00
Interactive arts & craft sessions

Music Group
IP 2.30pm - 4.00
Play or sing?... then pop along.
We'd love to hear from you.



Thursdays
Z 6.30pm - 8.30
Please get in touch for dates.
or talk to your worker at Turning Point

SMART Recovery
Z 3.00pm - 4.15
Discover the power of choice

Programme Participation, Community Development
IP 1.00pm - 3.00
ASK FOR DETAILS

CLOSES @ 3.00pm
TEAM TIME

Team Training, Supervision & Community of Practice
..... 3.00pm - 4.30

NA (Narcotics Anonymous)
IP 7.15pm
Visiting Fellowship meetings

CA (Cocaine Anonymous)
IP 7.30pm
Visiting Fellowship meetings

DriDay Drop In
IP 2.00pm - 3.00
Get 'Recovery Ready'
for the weekend!

Monthly - Friday afternoon socials
Happy DriDay
AFTERNOONS
Entertainment, Food & Fun!

EVE
CA (Cocaine Anonymous)
IP 7.00pm
Visiting Fellowship meetings

How can I access groups?

We offer a range of ways to connect with the Recovery Community.

- Sessions are either **In Person** or on **Zoom**.
- We do have some which can be joined **In Person and** via **Zoom**

Key:

IP In Person ONLY

Z Zoom ONLY

IP Z In Person & Zoom

For Zoom links:

please contact 0800 830 3646
or email: hello@dearalbert.co.uk

'Your voice!'

Dear Albert strongly value the voice of those with Lived Experience of substance use.

Working with our partners, we provide spaces for Lived Experience to be heard and contribute to future service delivery.

Including, but not limited to;



CHANGING FUTURES Forum



Other Recovery Focused activities & services at The Stairway Project.



Providing a range of complementary therapies to improve your wellbeing

menu*

MONDAY

- **Mindfulness / Chanting** (Group 10am)
- **Yoga** (Group 3pm - guided on video)

TUESDAY

- **Mindfulness / Chanting** (Group 10am)
- **Integral Eye Movement Therapy** (121)
- **Reiki Healing** (121)

WEDNESDAY

- **Mindfulness / Chanting** (Group 10am)
- **Integral Eye Movement Therapy** (121)
- **Reiki Healing** (121)

THURSDAY

- **Mindfulness / Chanting** (Group 10am)
- **Fitness** (Group 11.30am)
- **Soundbath** (Group 1pm)

FRIDAY

- **Mindfulness / Chanting** (Group 10am)

HOW TO BOOK 121s:

- Pop into The Stairway Project
- Call: 0800 8303646 (9-5pm)
- Email: hello@dearalbert.co.uk

- **LIMITED 121 SPACES**
- **PLEASE ARRIVE 15mins BEFORE SESSION STARTS**

We invite you to donate from £5 for each 121 sessions if you can please. Proceeds are reinvested to improve health, wellbeing and your experience at Pala Vica, thank you.

THERAPEUTIC SPACE FOR HIRE - ask for details
Fitted with Audio & Visual + Webcam | Catering can be provided



www.TheStairwayProject.co.uk
68 Humberstone Gate, Leicester LE1 3PL

version 06

*treatment options subject to change

1-2-1 Counselling Service

Are you ready to explore past issues that may be impacting you in the present?



YOURTIME

Your time to reflect and gain understanding

DearAlbert

dearalbert.co.uk

- Professional & student placement 1-2-1 counselling sessions
- For those who've struggled with substance use issues
- YOUR TIME provides a safe and secure opportunity to unpack and reflect on the issues you feel might be relevant to explore and helpful to better understand
- Talk with professional (level 4) and qualified (level 3) person centred counsellors
- Established by Enactus from Leicester University and Dear Albert

For more information & referrals:
0800 830 3646
hello@dearalbert.co.uk

'Pre-Detox Information Session'

*avoiding bank holiday/s

PLEASE NOTE: if you cannot make any of these dates, please talk to a DA team member and we can arrange a 121

2023/26 1st Monday of every month 11am

Mon 6th Oct
Mon 3rd Nov
Mon 1st Dec
Mon 5th Jan
Mon 2nd Feb
Mon 2nd Mar

Are you thinking about having an inpatient Detox?

Has your inpatient Detox already been approved?

family & friends welcome

no referral required, just turn up!

Find out more about your stay at detox, what to expect when you are there and hear from people who have *already been there*.

There is a information session held at: **The Stairway Project**
68 Humberstone Gate Leicester LE1 3PL & via Zoom

1st Monday of every month 11am

For Zoom details please call or email:
0800 830 3646
hello@dearalbert.co.uk

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DearAlbert

The Stairway Project is run by Dear Albert
A Lived Experience Recovery Organisation

0800 8303646

www.TheStairwayProject.co.uk

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