# Roads to Recovery – Oxford Hub

## Monday
- **Aspire**
  - 9.30 – 11.30: **Alcohol Induction Morning**
  - 10.30 – 12.30: **Mindfulness Group (MOPSI)**
  - 12:00 – 1:30: **Advice, information & Referral**
  - 12.30 – 2.00: **SMART Recovery Group**
  - 2:00-4:00: **Creative Space**
  - 2.00 -4.30: **Housing Drop in**

## Tuesday
- **Aspire**
  - Service open to Clients until 7:00pm
  - 10.00 – 11.00: **Boxercise**
  - 10.00 – 12.00: **Women’s Group**
  - 12.30 - 1.30: **Breaking Free Support Group**
  - 12:00 – 1:30: **Advice, information & Referral**
  - 12.30 – 2.30: **Recovery Skills Group (MOPSI)**
  - 1pm-2pm: **Parenting Group**
  - 3.00 – 4.30: **Intro to Change Group (Alcohol ATR)**
  - 2.00 -3.00: **Alco Testing**
  - 5.00 – 7.00: **Workers Clinic**

## Wednesday
- **Aspire**
  - Service open from Midday
  - 12.45 - 1.45: **1st Wednesday of every month**
  - “Have your Say” Service User Group
  - 12.00-1.30: **Advice, Information & Referral**
  - 12.00 – 5.00: **Engagement Clinic**
  - 12.00 – 4.00: **Harm Reduction**
  - 12.00 -4.00: **Nurses Clinic**

## Thursday
- **Aspire**
  - Service open to clients until 7pm
  - 9.30 – 16.30: **Brief Counselling (MET)**
  - 10 - 11: **Alcohol Peer Support Group**
  - 12:00 – 1:30: **Advice, information & Referral**
  - 12.30 – 2.30: **Recovery Skills Group (MOPSI)**
  - 3.00 – 4.30: **Drugs DRR Group**
  - 3.30 - 5.00: **SMART Recovery Group**
  - 5.00- 7.00: **Late key working**

## Friday
- **Aspire**
  - 10.30 – 12.30: **Mindfulness Relapse Group**
  - 10.00 -11.00: **Recovery Check-ups (Refresh Cafe)**
  - 11.00 - 12.00: **Alcohol Relapse Prevention**
  - 9:00 – 5:00: **Reduction Clinic**
  - 1:00 – 2:00: **Detox Options Group**
  - 10.00 – 4.00: **Peer Mentor Training**
  - 2.00 – 3.30: **Reduction Wellbeing Group**

## Saturday
- **Aspire**
  - 10.30 -11.30: **Breakfast Club**
  - 10.30 -11.30: **MOPSI Group**
  - 12.00 -2.00: **Keyworking**

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**Engagement Sessions** | **Groupwork Programme** | **Alcohol / Non-Opiate Treatment** | **Recovery Support / Aftercare**
Turning Point Roads to Recovery Oxford is an all purpose drug and alcohol treatment service located in in the heart of Oxford.

Our Oxford Hub delivers a wide range of services, including:
- Open access services for all
- Weekly programme of group sessions
- Clinical interventions
- Harm reduction services
- 1-2-1 key worker appointments
- Assertive outreach services
- ETE support
- Specialist nursing staff
and much much more!!!

Please come and visit us to learn what we provide and feel free to:
- Bring a service user to visit
- Make a referral
- Come & have a look around
- Discuss how we can work together

We turn lives around every day, by putting the individual at the heart of what we do. Inspired by those we work with, together we help people build a better life.

Turning Point is a social care enterprise providing specialist and integrated services, which focus on improving lives and communities across mental health, learning disability, substance misuse, primary care, the criminal justice system and employment.