

Turning Point Swindon Hub Timetable

	Morning						Closed for lunch 1pm – 1.30pm	Afternoon						
Monday	10:00 – 12:00 Non-dependent Alcohol & Wellbeing		Needle exchange, BBV testing, naloxone dispensing		Wellbeing Clinic			15:00 – 16:00 Moving Forwards	14:00 – 15:30 5 Step	17:30 – 19:30 Recovery Skills Program me	Needle exchange, BBV testing, naloxone dispensing	Prescribing clinic	Wellbeing Clinic	Late night until 8pm
Tuesday	9.45 – 10.45 Introduction to Treatment		Needle exchange, BBV testing, naloxone dispensing	Prescribing clinic	Wellbeing Clinic	Hep C Clinic		14:00 – 16:00 Introduction to Change			Needle exchange, BBV testing, naloxone dispensing	Prescribing clinic	Wellbeing Clinic	Hep C Clinic
Wednesday	Hub closed								14:00 – 16:00 Mindfulness based relapse prevention	15:00 – 16:00 Introduction To Treatment	Needle exchange, BBV testing, naloxone dispensing		Wellbeing Clinic	
Thursday	10:00 - 12:00 Recovery Skills Program me	10:00 – 12:00 Communi ty Alcohol & Well- being	Needle exchange, BBV testing, naloxone dispensing	Prescribing clinic	Wellbeing Clinic			14:00 – 16:00 Reclaim			Needle exchange, BBV testing, naloxone dispensing	Prescribing clinic	Wellbeing Clinic	
Friday	10:00 – 12:00 Dependa nt Alcohol & Well- being	11:00 – 12:00 Prehab	Needle exchange, BBV testing, naloxone dispensing	Prescribing clinic	Wellbeing Clinic					Needle exchange, BBV testing, naloxone dispensing	Prescribing clinic	Wellbeing Clinic		

Non-dependant alcohol group - Helping you make changes to your alcohol use over 7 sessions. Invitation only.

Introduction to change - Helping you to start making changes to your opiate and crack use.

Recovery skills (RSP) - Following on from ITC. Continuing changes to your opiate and crack use. Invitation only.

Mindfulness - If you are abstinent this workshop teaches techniques for relapse prevention. Invitation only.

Reclaim - Helping you to make changes to your use of cannabis, cocaine, amphetamines or other substances. Invitation only.

Moving forwards – For people considering an opiate detox.

Dependant alcohol and wellbeing group (DAWG) - Helping you to reduce your alcohol consumption. Discusses detoxes. Invitation only.

5 Step - support sessions for family and carers. Invitation only.

Hep C clinic – Offering treatment for people in treatment with a positive Hep C status. By appointment only.

Wellbeing clinic – Completing alcohol assessments, offering pabrinex injections, Hep B vaccinations.

5 Ways to Wellbeing – If you have met your goals in treatment, here we help you to build more skills for recovery. Invitation only.

On Track – Open, peer lead group

Prescribing appointments – For new prescription starts and prescription reviews. By appointment only.

ITT – Introduction to Treatment group to support you in understanding treatment expectations.

Prehab – Peer led, supporting you to make the choices for rehab. By appointment only.

Community Alcohol and Wellbeing (CAWG) - Helping you to reduce your alcohol consumption. Discusses detoxes. Invitation only.

If you would like to attend any of these groups please speak to your keyworker

