

[STRUCTURED DAY PROGRAMME]

PRACTICAL SUPPORT FOR DRUG AND ALCOHOL DEPENDENCY

NORCAS

alcohol • drugs • gambling
change happens together

[HOW NORCAS CAN HELP]

NORCAS is the largest independent provider of services for people with drug, alcohol and gambling problems in East Anglia. We work to reduce dependency and the harm it causes to individuals, families and communities, enabling people to recover their lives positively.

Our Structured Day Programme (SDP) is specifically designed to help people who need more structured support with their drug or alcohol problems. It comprises a series of workshops covering many areas of substance misuse and dependency together with life skills and support. The programme is based on Cognitive Behavioural Therapy and practical skills work and is delivered within a group setting.

The SDP can help you gain an understanding of your substance misuse, explore the personal, health and legal issues, and develop personal skills that enable you to change and reduce harm, all within a safe and supportive environment.

[HOW IT WORKS]

The programme is available to clients aged 18 years and over, who live in Norfolk and who have problems with drugs or alcohol (you don't have to be abstinent). To join, you'll need to complete an assessment and in some locations take part in an access group, which will give you a taster of the full programme and an opportunity to talk to our workers, volunteers and other clients about what to expect. Clients can attend the access group until they feel ready to start the full programme.

For the full SDP, sessions are delivered on a weekly basis from two mornings to three days depending on location, over an eight-week period. In Lowestoft the programme operates on a rolling basis with some clients undertaking group work for up to 16 weeks. In Norwich, Great Yarmouth and King's Lynn it is a closed group for the eight-week period.

The programme of group work and activities includes:

- Relapse prevention
- Communication and problem solving
- Social skills
- Life skills – money management, benefits, healthy eating and parenting
- Recreational activities – sports, fitness and social
- Health and welfare, including first aid.

REFERRALS

To access our services, you can either be referred by your GP or other healthcare professional or you can refer yourself. Please contact the appropriate team within your area for more information or go to www.norcas.org.uk.

VOLUNTEERING

Clients who have successfully completed our Structured Day Programme can provide valuable input in helping us to deliver the programme in the future. If you can help, please talk to us about the opportunities for volunteering with **NORCAS**.

HOW TO SUPPORT US

As an independent charity, we rely on donations to help us deliver our greatly needed services. It's easy to donate online at www.norcas.org.uk and you'll find details of various other ways of donating, or call us on 01603 227053.

[CONTACT US]

If you're concerned about your or someone else's use of alcohol or drugs and you'd like more information, help or advice, please get in touch with us at:

NORCAS Norwich

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Email norwich@norcas.org.uk

www.norcas.org.uk

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