

Aberdeenshire Online Recovery Group Activities Timetable

Please note that we aim to build up this timetable and add additional meeting opportunities each week. If anyone has got any ideas for activity sessions or skills to teach others online, please get in touch. We will update and distribute this timetable accordingly.
For any information, help with setting up your online meeting tools, or if you would like to join one of these meetings please phone, txt, email

Tanja at Tanja.Mehrer@aberdeenshire.gov.uk phone 07500 095790 <https://www.facebook.com/tanja.mehrer.125> ; or
 Diane Dord@alcoholanddrugsaction.org.uk phone 07715 311551 <https://www.facebook.com/diane.ord.54>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 10am to 1pm		11am-12pm <i>Inspiring Insch</i> Online meeting via Zoom			11am-12pm <i>Huntly Recovery Hub</i> Online meeting via Zoom		
Afternoon 1pm to 6pm	1-2pm <i>Stonehaven Recovery Hub</i> Online meeting via Zoom 2-3pm <i>Skills Skool Banff</i> Online meeting via Zoom		2-3pm <i>ADA ADAPT Inverurie</i> Recovery support peer toolbox. Online meeting via Zoom 4.30 to 5.30pm Family Inspirations Peterhead. Online meeting via Zoom	1-2pm <i>Aberdeenshire weekly check in – ‘we are in this together, share your thoughts and experiences’.</i> Online meeting via Zoom	5-6pm <i>Garioch Connects messenger phone group.</i> Meeting times arranged each time.	<i>There are currently no online groups scheduled for Saturday or Sunday. This will hopefully change but for now, if you are struggling on a weekend and looking for connections or support, please get in touch with Tanja or Diane.</i>	
Evening 6pm to 9pm			6.30 to 8pm <i>ADA ADAPT Stonehaven</i> Recovery support peer toolbox. Meeting via What’s App . 7.30 to 9pm <i>Garioch Family Support Group</i> fortnightly from 1 st April. Online meeting via Google meet		6-7pm <i>Bridge Recovery Café Macduff</i> Online meeting via Zoom		

If you are part of a recovery group that does not meet online, and you would like to join online meetings you are welcome to join other groups.
Please just get in touch with Tanja or Diane and we will link you up.
If you would like to connect with online groups but have not got the equipment to do so, please get in touch and we will aim to resolve this.
 Alternatively, we can also offer regular one to one connection via phone with peer volunteers.

Other phone and online resources to support you and your recovery

Drug and Alcohol Support/Recovery support	Family Support / Domestic Abuse Support/ Child and Parent Support	Keep calm, keep well, keep busy	Help Others	Covid-19 (corona) advice
<p>Aberdeenshire Drug and Alcohol Services https://www.aberdeenshirealcoholanddrugs.support/ 01224 558844</p> <p>Alcohol and Drugs Action Helpline 01224 594700 or 07927192706</p>	<p>Scottish Families Affected by Alcohol and Drugs www.sfad.org.uk Helpline 08080 101011</p> <p>Families Outside supporting families affected by imprisonment www.familiesoutside.org.uk Helpline 0800 245 0088</p>	<p>Samaritans 24hr helpline – 116 123</p> <p>Breathing Space 24hr helpline – 0200 838587</p>	<p>Grampian Corona Virus Assistance Hub For those symptom free and not in high risk groups - register as a volunteer through your local community help group or on www.gcah.org.uk 0808 196 3384</p>	<p>Grampian Corona Virus Assistance Hub Main focal point for local info and help for anyone affected in any way www.gcah.org.uk 0808 196 3384</p>
<p>SMART Recovery https://smartrecovery.org.uk/online-meetings/</p> <p>Scottish Recovery Consortium Recovery Handbook www.scottishrecoveryconsortium.org/assets/files/RecoveryHandbook/SRC%20handbook%20inglesa.pdf</p>	<p>Grampian Women's Aid www.grampian-womens-aid.com Phone 01224 593381</p> <p>Scotland's Domestic Abuse Helpline 0800 027 1234 (24/7)</p>	<p>STOP APP an app to help with anxiety https://play.google.com/store/apps/details?id=stopp.submarine.gg&hl=en</p>	<p>www.gcah.org.uk 0808 196 3384</p>	<p>Scottish Government https://www.gov.scot/coronavirus-covid-19/</p>
<p>Alcoholics Anonymous https://docs.google.com/spreadsheets/u/1/d/e/2PA-CX-1vS8K7lrbmrog5vWSfAC3FNjFpyNEHCMgX2hyimm4RNBRP6o-eNiTzLh-ExRAvRC3OCD70JA7rVXi_P/pubhtml# 0800 917 7650</p> <p>Narcotics Anonymous https://online.ukna.org/ Helpline 0300 999 1212</p>	<p>AlAnon https://www.al-anonuk.org.uk/ Helpline 0800 0086 811</p> <p>Families Anonymous www.famanon.org.uk Helpline 0207 4984 680</p>	<p>Online free meditation www.chopracentermeditation.com</p> <p>Networks of Wellbeing Energy Block Release: https://youtu.be/3D1hUijvmlU Deep Relaxation: https://www.youtube.com/watch?v=lv4LRB7gPTo</p>	<p>Ready Scotland Guidelines and info for helping others https://www.readyscotland.org/coronavirus/helping-your-neighbours-friends-and-family/</p>	<p>UK Government https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public</p>
<p>Breaking Free www.breakingfreeonline.com online recovery programme, now free of charge until 30th April. Visit website, click Sign Up and use SDF2020 as an access code. See more on https://youtu.be/q8FGH-h6Mbw</p> <p>Stop Drinking Online Support https://www.reddit.com/r/stopdrinking/ a support group in your pocket</p>	<p>Childline https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/ Helpline 0800 1111</p> <p>Parentline Scotland https://www.children1st.org.uk/help-for-families/parentline-scotland/ Helpline 08000 28 22 33</p>	<p>Chatterpack Online resources to keep you busy and connected – learning, virtual tours, music, mental wellbeing and much more www.chatterpack.net</p> <p>Keep fit online resources https://sportsotland.org.uk/covid-19/support-for-clubs-and-community-sport-organisations/communications-during-the-coronavirus-covid-19-pandemic/</p>	<p>Mental Health Foundation 'Doing good does you good' downloadable booklet https://www.mentalhealth.org.uk/publications/doing-good-does-you-good</p>	<p>Ready Scotland https://www.readyscotland.org/coronavirus/where-to-find-additional-support/</p>