



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ONLINE@
AM	<p>Empower group - 10:00-11:00 Face to face (Blue Room, Newport Hub) &amp; online <a href="#">Click here to join Empower group</a></p>	<p>Recovery Cafe - 10:00-11:00 Face to face (Blue Room, Newport Hub)</p>	<p>Recovery Cafe - 10:00-11:00 Face to face (Blue Room, Newport Hub)</p>	<p>Recovery Cafe - 10:00-11:00 Face to face (Blue Room, Newport Hub)</p>	<p>Recovery In The Steps (RITS) group 11:00-13:00 Face to face (Blue Room, Newport Hub)</p>	<p><a href="#">@InclusionIOW</a></p>
PM	<p>Relax and recover with Peers 11:00 – 12:30</p> <p>Recovery And Women (RAW) group – 11:00-13:00 Face to face (Cricket Pavilion, Victoria Rec) Please discuss this group with group facilitator or your recovery worker.</p> <p>Creative Writing group 14:30-16_00 Face to face (Blue Room, Newport Hub)</p>	<p>Recovery In The Steps (RITS) group 11:00-13:00 Face to face (Blue Room, Newport Hub)</p> <p>Inspire group – 14:00-16:00 Face to face (Cricket Pavilion, Victoria Rec) &amp; Online <a href="#">Click here to join Inspire group</a> Please discuss this group with group facilitator or your recovery worker.</p>	<p>Learn group Face to face (Cricket Pavilion, Victoria Rec) Please discuss this group with group facilitator or your recovery worker.</p> <p>Your Voice feedback group 16:00-17:00 Face to face (Blue Room, Newport Hub)</p>	<p>Photography group 11:00-13:00 Face to face (Blue Room, Newport Hub)</p> <p>Acceptance &amp; Commitment Training (ACT) group 14:00-15:30 Face to face (Blue Room, Newport Hub) Please discuss this group with group facilitator or your recovery worker.</p>	<p><b>Back soon</b></p> <p>Art &amp; Craftivity group 14:00-16:00 Face to face (Blue Room, Newport Hub)</p>	<p>How are we doing? <a href="#">Careopinion.org.uk</a> Care Opinion - Inclusion Isle of Wight</p> <p><b>BREAKING FREE</b> Online Speak with us for more Information Expert recovery support you can access 24/7</p> <p>SilverCloud Digital Mental Health Platform</p>

EMPOWER – INSPIRE – LEARN – THRIVE

Recovery Cafe – a daily space where you can find motivation, support, mindfulness practice daily and check in with peers over a cup of tea or coffee. Face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB.

Recovery And Women (RAW) – a supportive recovery-focused group run by women for women. Face to face at the Cricket Pavilion, Victoria Recreation Ground, Recreation Ground Rd, Newport PO30 5DS. Lead facilitator Cate White ([Catherine.White1@mpft.nhs.uk](mailto:Catherine.White1@mpft.nhs.uk)).

Your Voice Feedback group – your opportunity to meet with members of our management team and our Service User Reps over a cup of tea or coffee to have your say about what's working well and to share ideas for improvements. Face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB.

#### Inclusion Step Forward Programme

Step 1 - Empower – an introduction to recovery, to Inclusion and to the wide range of treatment options available. Plus advice & info to stay safe as you enter treatment. Face to face at the Cricket Pavilion, Victoria Recreation Ground, Recreation Ground Rd, Newport PO30 5DS & online. Lead facilitator Andy Hinton ([Andrew.Hinton@mpft.nhs.uk](mailto:Andrew.Hinton@mpft.nhs.uk)).

Step 2 – Inspire – a 4 week programme for anyone who has started to accept help, is beginning to believe that change is possible and wants to learn how to make changes for the better. Based on well established & effective principles of CBT (Cognitive Behaviour Therapy), this programme will:-

- Help you to gain an understanding of problematic substance use;
- Explore motivation and the process of change;
- Help you to gain insight into denial, acceptance, forgiveness and self-compassion in terms of recovery;
- Introduce goal setting.

Face to face at the Cricket Pavilion, Victoria Recreation Ground, Recreation Ground Rd, Newport PO30 5DS & online. Lead facilitator Andy Hinton ([Andrew.Hinton@mpft.nhs.uk](mailto:Andrew.Hinton@mpft.nhs.uk)).

Step 3 – Learn – an 8 week programme for anyone who has completed “Inspire”. You will be believing & making changes already and you will be hungry to learn more & practice the core skills needed to encourage, achieve & maintain recovery. Another CBT based programme, it will help you to:-

- Gain a better understanding of your thoughts, emotions & behaviours, leading to greater self-awareness;
- Understand triggers, cravings & high risk situations;
- Understand decision-making & impulsivity - how to make decisions that will help move you forward, not back;
- Gain an understanding of lapse & relapse and how to guard against them

Face to face at the Cricket Pavilion, Victoria Recreation Ground, Recreation Ground Rd, Newport PO30 5DS. Lead facilitator Andy Hinton ([Andrew.Hinton@mpft.nhs.uk](mailto:Andrew.Hinton@mpft.nhs.uk)). Please discuss this group with your recovery worker or one of the group facilitators if you would like to attend.

**EMPOWER – INSPIRE – LEARN – THRIVE**

Acceptance & Commitment Training (ACT) – ACT is a value driven & evidence based recovery workshop. This group will support you as you come to terms with your past, accept yourself as you are right now and commit to making changes for a better future. Face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB. Lead facilitator Tony Mauldon ([Anthony.Mauldon@mpft.nhs.uk](mailto:Anthony.Mauldon@mpft.nhs.uk)).

Creative Writing – a space for fun and creative expression. Face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB.

Photography Group – a great place to share ideas and get involved in projects to do in your free time. Face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB. Lead facilitator Radek Gora ([Radoslaw.Gora@mpft.nhs.uk](mailto:Radoslaw.Gora@mpft.nhs.uk)).

RITS – Recovery In The Steps - 12 steps based recovery and discussion group, find support from peers and signposting to mutual aid groups outside of Inclusion. Held weekly face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB. Contact 01983 526654 or Cassy at [Catherine.Noyes@mpft.nhs.uk](mailto:Catherine.Noyes@mpft.nhs.uk) or discuss with your Recovery Worker.

Art & Craftivity – freedom to express yourself using a variety of art forms. Face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB.

Acupuncture and Mindfulness – speak to your Recovery Worker to be added to waiting list.

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