

AUGUST



Our annual RWCDAS Summer Fair was a wonderful celebration of recovery, community, and connection. Bringing together clients, staff, partners, and volunteers, the day was filled with great food, fun activities, holistic therapies, a service user performance, and plenty of opportunities to come together and celebrate the achievements of our recovery community.

The event highlighted the strength, resilience, and support that recovery can inspire, creating a welcoming space for people to connect, share experiences, and enjoy the day together. A huge thank you goes to all of the volunteers who gave their time, energy, and enthusiasm to make the event possible. From helping with set-up and registration to running stalls, serving food, and supporting activities throughout the day, your dedication helped create such a positive and memorable event for everyone involved.

Thank you to everyone who attended and contributed to making the Summer Fair such a special occasion. We are already looking forward to next year's celebration! 🌞💜

BREAK FREE FROM ADDICTION

CONTINUE YOUR RECOVERY

DOWNLOAD THE
BREAKING FREE APP

An online programme to support you

ASK YOUR KEY
WORKER FOR ACCESS



UPCOMING TRAINING FOR RWCDAS CLIENTS

DRUG AND ALCOHOL AWARENESS

We invite you to attend our Level 2 Drug and Alcohol Awareness Training to gain the knowledge needed to specialise in a career as a drug and alcohol practitioner.

**10am to 4pm
10th-11th
August 26
at 117 Cedars
Road, London,
SW4 0PW**

The course provides a great opportunity to develop a better understanding of the reasons why people use drugs and of the impact that substance abuse has on physical and mental wellbeing.



If you would like to attend please speak to your key worker at RWCDAS or call ETE on 07702 561432 to find out more

The course will look at tools used by professionals in this field such as: risk assessing, motivational interviewing and the cycle of change.

If you are looking to work or volunteer in the sector, this course could provide you with useful knowledge.

**Lunch will be provided
for consortium clients**

MONTHLY HOLISTIC AND WELLBEING ACTIVITIES

Recovery is about more than stopping substances it's about building a healthier, more fulfilling life. Taking care of your wellbeing and staying connected can make recovery more sustainable.

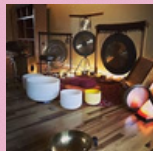
Join the ETE weekly drop-in at Ilex House, Twickenham (Thursdays, 13:30–15:30) to explore hobbies, courses, volunteering or work. Call Maddie on 07355 092 845. No drop in to take place on 30th July or 6th August.

RWCDAS also offers a range of wellbeing and social activities for all stages of recovery, see leaflets below for details.

Upcoming dates for holistic therapies, please speak to your keyworker to book an appointment:

- **Reflexology 18th August at Cedars Road, 12:00–16:00**
- **Sound Bath 25th August at Cedars Road, 14:30–15:30**
- **Indian Head Massage 1st September at Cedars Road, 12:00–16:00**
- **Reflexology 17th September at Ilex House, 12:00–16:00**
- **Sound Bath 22nd September at Cedars Road, 14:30–15:30**

A **sound bath** is a meditative experience where participants are immersed in deep sound vibrations. A sound bath can help managing anxiety, soothe the nervous system and promote better sleep.



Reflexology is a type of massage that involves applying pressure to the feet, hands, and ears. Some benefits of reflexology include reducing stress, anxiety, and minimising pain.

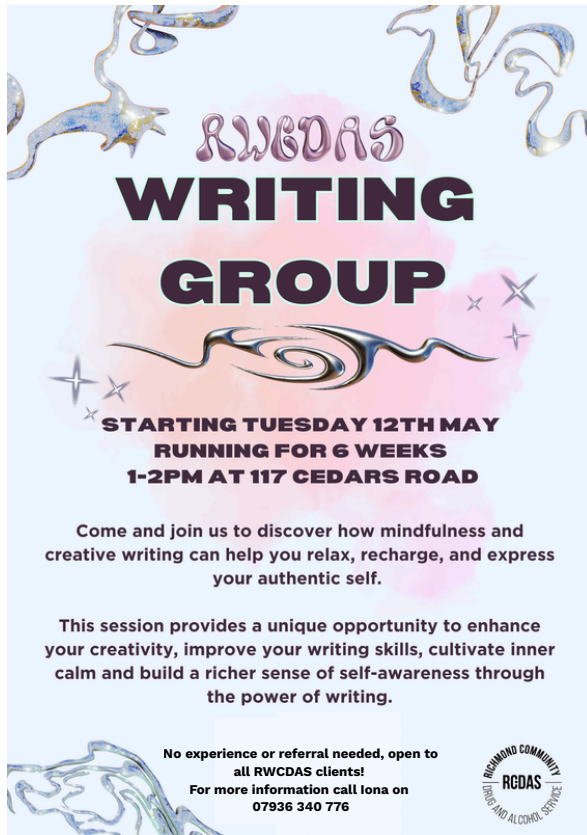


Take a moment for yourself with our **Reiki** sessions. Gentle, non-invasive energy healing designed to support your recovery journey. Reiki can help reduce stress, ease anxiety, and promote emotional balance.



Indian Head Massage aims to release tension in the muscles and joints of the head, face, neck, and shoulders. The experience is deeply calming and relaxing, leaving a feeling of increased energy, concentration, and revitalisation.

WEEKLY WELLBEING ACTIVITIES AT CEDARS ROAD



**RWCDAS
WRITING
GROUP**

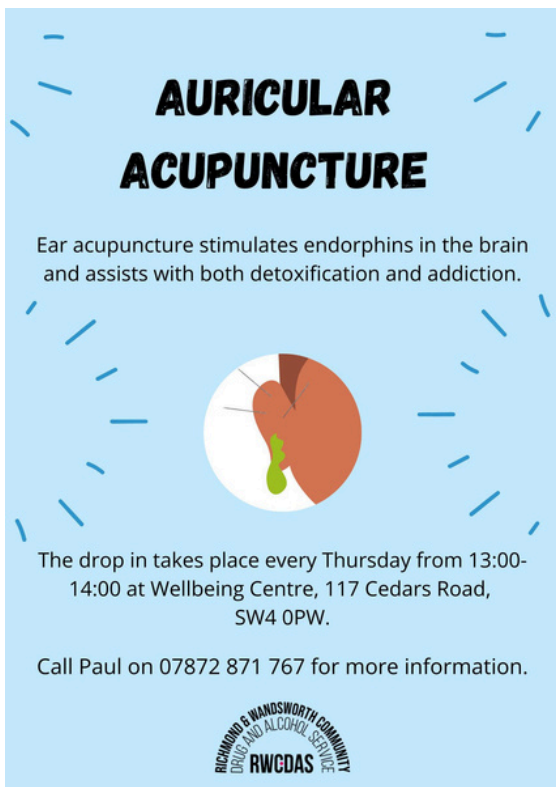
**STARTING TUESDAY 12TH MAY
RUNNING FOR 6 WEEKS
1-2PM AT 117 CEDARS ROAD**

Come and join us to discover how mindfulness and creative writing can help you relax, recharge, and express your authentic self.

This session provides a unique opportunity to enhance your creativity, improve your writing skills, cultivate inner calm and build a richer sense of self-awareness through the power of writing.

No experience or referral needed, open to all RWCDAS clients!
For more information call Iona on 07936 340 776

**RICHMOND COMMUNITY
RWCDAS
DRUG AND ALCOHOL SERVICE**



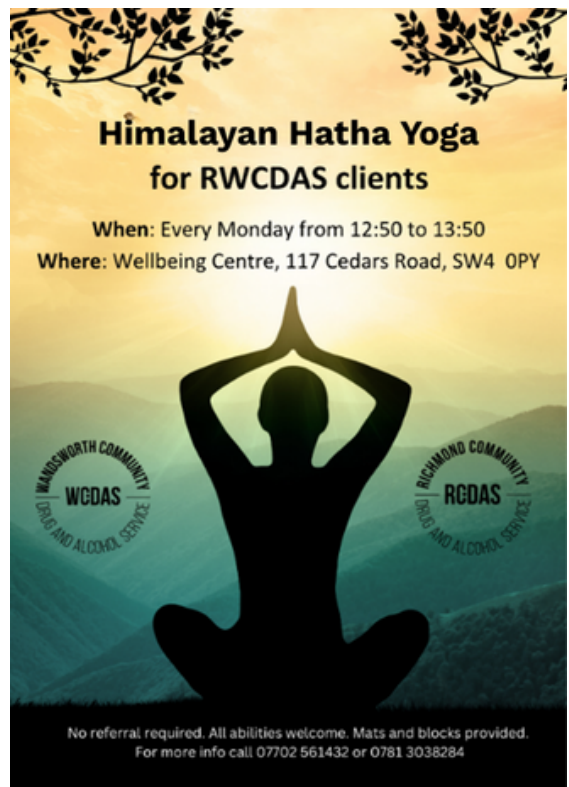
**AURICULAR
ACUPUNCTURE**

Ear acupuncture stimulates endorphins in the brain and assists with both detoxification and addiction.

The drop in takes place every Thursday from 13:00-14:00 at Wellbeing Centre, 117 Cedars Road, SW4 0PW.

Call Paul on 07872 871 767 for more information.

**RICHMOND & WANDSWORTH COMMUNITY
RWCDAS
DRUG AND ALCOHOL SERVICE**



**Himalayan Hatha Yoga
for RWCDAS clients**

When: Every Monday from 12:50 to 13:50
Where: Wellbeing Centre, 117 Cedars Road, SW4 0PY

**RICHMOND COMMUNITY
RWCDAS
DRUG AND ALCOHOL SERVICE**

**RICHMOND COMMUNITY
RWCDAS
DRUG AND ALCOHOL SERVICE**

No referral required. All abilities welcome. Mats and blocks provided.
For more info call 07702 561432 or 0781 3038284

PLEASE NOTE NO YOGA TO TAKE
PLACE ON 10TH AUGUST

ACTIVITIES WITH THE RWCDAS COMMUNITY INVOLVEMENT TEAM!

'Stay connected and together we are stronger'

See QR code and contact allcit@cdars.org.uk to book onto outings and to gain other information around Community Involvement Activities. OR use the new RWCDAS WhatsApp channel for information on everything else happening to create support and connection across both Boroughs.

<https://whatsapp.com/channel/0029VbB2ci71HspvEzFQf51b>



ACTIVITIES AT THE CORE SITES

Sexual health drop-in



Come along to the drop-in to collect condoms, test for STIs and get support for your sexual health.



Dates:
Thursdays, 10am-2pm

14th May
13th August
12th November
11th February (2027)

Location: St John's Therapy Centre, 162 St John's Hill, Battersea, London SW11 1SW

Spectra delivers supportive, knowledgeable, non-judgemental peer-based services to under-served and socially excluded communities, including LGBTQ+, sex workers, young people.



www.spectra-london.org.uk
info@spectra-london.org.uk
020 3322 6920 | 0800 587 8302
@Spectra_London @SpectraLondon



Courageous Steps Recovery Skills Group

Courageous Steps is a weekly, in-person group where you can learn skills which will help you in your recovery.

Sessions will cover topics such as managing urges and cravings, coping with stress, sleep hygiene and relapse management.

To register your interest in the group, please speak to your keyworker.

Every Monday from 1pm to 2:30pm
Wandsworth Community Drug and Alcohol Service
St John's Therapy Centre
162 St John's Hill, SW11 1SW
Tel.: 020 3228 1777

PREPARING FOR ABSTINENCE GROUP

WHAT IS DETOX/REHAB?
IS DETOX/REHAB RIGHT FOR ME?
WHAT IF I HAVE HAD DETOX/REHAB BEFORE?
HOW CAN I PREPARE FOR IT?

**STARTING FROM THURSDAY 8TH JANUARY 2026
EVERY THURSDAY
BETWEEN 2-3.30 PM
AT ST. JOHN'S THERAPY CENTRE**

IF YOU WOULD LIKE TO JOIN THE GROUP, PLEASE SPEAK TO YOUR KEYWORKER FOR MORE INFORMATION



Young Persons Recovery Group At Ilex House for 18-24yr olds 15:15-16:30

+Added
fellowship
alongside
groups

The groups goal:

- To help young adults with addiction and develop healthier relationships and communication skills
- To identify and address underlying issues that contribute to addiction or interfere with recovery.
- To provide a safe and supportive environment for group members to practice new interpersonal skills and behaviours.
- To create a forum where young people feel connected, values and understood.

Primary focus:

- Exploring relationship dynamics
- Psycho-educational topics to understand why you develop a relationship with your substances
- Skill development groups incorporating coping skills

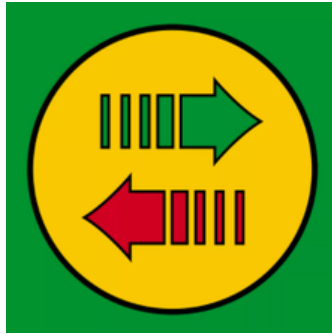
Speak to your keyworker if you would like to be referred.



RECOVERY BASED GROUP TIMETABLE

Monday	Tuesday	Wednesday
11:00–12:30 Therapeutic Recovery @ 117 Cedars Road (Abstinent clients, refer to Chris) 11:15–12:45 Post Grad @ 117 Cedars Road (Aftercare, refer to Tim) 12:50–13:50 Yoga @ 117 Cedars Road (All RWCDAS clients welcome, no referral needed) 13:00–14:30 Recovery Skills @ St Johns Therapy Centre (Active RWCDAS clients, speak to your keyworker for a referral) 14:15–15:30 Harm Reduction @ 117 Cedars Road (Non-Abstinent, refer to Carelle) 16:00–19:00 Drift Space @ 117 Cedars Road (Neurodiverse clients, no referral needed) 16:00–19:00 Community Matters Dinner, food served at 17:45 @ 117 Cedars Road (All RWCDAS clients, no referral needed)	11:00–13:00 Allotment Group @ Shacklegate Lane (Non-abstinent, refer to Sue) 12:00–16:00 Monthly Reflexology/Indian Head Massage @ 117 Cedars Road (All RWCDAS clients, check posters above for dates and speak to your keyworker to be referred to Maddie/Alessandra) 17:45–19:30 Men's Support Group @ 117 Cedars Road (No referral needed, must be abstinent on the day) 17:45–19:30 Moving Forward @ 117 Cedars Road (Abstinent and aftercare clients)	11:00–14:00 Chat & Chai @ 117 Cedars Road (Open to all RWCDAS clients, no referral needed) 11:00–13:00 Allotment Group @ Shacklegate Lane (Abstinent & Aftercare, refer to Sue) 11:15–13:00 Walking Group @ The Vineyard, Richmond (Open to all RWCDAS clients, no referral needed) 11:30–13:00 Women's Group @ 117 Cedars Road (Women clients, refer to Liz)
Thursday	Friday	Saturday
09:30–11:00 Breakfast Club @ 117 Cedars (Open to all RWCDAS clients, no referral needed) 11:30–13:00 Stimulant Group @ 117 Cedars Road (for individuals who primarily use cocaine and/or crack cocaine, refer to Chris) 12:00–16:00 Monthly Reflexology/Indian Head Massage @ Ilex House (All RWCDAS clients, check posters above for dates and speak to your keyworker to be referred to Maddie/Alessandra) 13:15–14:15 Choir @ 117 Cedars Road (Open to all RWCDAS clients, no referral needed) 13:30–15:00 Richmond Spectrum Group @ Ilex House (Open to RWCDAS clients with diagnosed/undiagnosed neurodiversity support needs* Currently on pause*, refer to Vihansa) 13:00–14:00 Acupuncture @ 117 Cedars Road (Open to all RWCDAS clients, no referral needed) 14:00–15:30 Prep for Change @ St Johns (Open to RWCDAS clients preparing for detox and rehab, speak to your keyworker for a referral) 14:30–16:00 Wandsworth Spectrum Group @ 117 Cedars Road (Open to RWCDAS clients with diagnosed/undiagnosed neurodiversity support needs, refer to Tim) 15:15–16:30 Young Persons Group @ Ilex House (Open to RWCDAS clients aged 18-24yrs old, refer to Vihansa) 19:00–20:30 Evening Group Online (Both abstinent and non-abstinent clients, refer to Donata)	10:30–12:00 Digital Inclusion Scheme @ 117 Cedars Road (Open to all RWCDAS clients, refer to Chris) 12:00–14:00 Relapse Prevention @ 117 Cedars Road (Abstinent clients, refer to Chris) 13:30–14:30 Rethink Your Drink @ Ilex House (Open to all RWCDAS clients, refer to Vihansa)	11:00–13:00 Saturday Morning Group @ 117 Cedars Road (Open to all RWCDAS client, refer to Chris) 13:30 Monthly Roast Dinner @ 117 Cedars Road (Open to all RWCDAS clients, please text Terry on 07791 445 700 if you would like to attend on the following dates in 2026: 27/06, 25/07, 29/08, 26/09, 31/10 or 28/11) For more information on groups follow the QR code below to the full bulletin. 

USEFUL RESOURCES



NEEDLE EXCHANGE

We have Needle Exchanges at both Wandsworth and Richmond Services.

Open to all, both clients and drop ins/non clients.

Wandsworth:

Monday, Tuesday, Thursday and Friday (9am-4:30pm)

(Fridays are women only until 12pm)

Wednesday (9am-1pm)

Richmond:

Monday, Tuesday, Thursday, Friday (9am-4:30pm)

(Tuesdays are women only until 1pm)

Wednesday (9am-1pm)

Closed between 11am-1pm on Thursdays for staff meeting

We stock:

- Safer injecting equipment
- Needle bins
- Condoms
- Lube
- STI kits

Please feel free to ask staff any questions you may have!

NEED SUPPORT? WE ARE HERE FOR YOU!

If you live in Richmond, visit RCDAS at **Unit 2 Ilex House, 94 Holly Road, TW1 4HF, for a walk-in assessment on Mon, Tue, Thu and Fri from 9am.**

Opening times: Mon, Tue, Fri and Thu- 9am - 4.30pm; Wed 9am- 1pm.

Please note the service is closed between 11:00am – 1:00pm on Thu for staff meeting.

Tuesdays are women only until 1pm

Tel: 020 3228 3020, website: <https://www.rcdas.co.uk>

If you live in Wandsworth, visit WCDAS at **St. John's Therapy Centre, 162 St John's Hill, SW11 1SW for a walk-in assessment on Mon, Tue, Thu and Fri from 9am.**

Opening times: Mon, Tue, Thurs, Fri - 9am - 4.30pm; Wed 9am- 1pm.

Fridays are women only until 12pm

Tel: 020 3228 1777, Website: <https://www.wcdas.com>

Workers linked to GP surgeries: Chatfield, Mayfield, Heathbridge, Battersea Fields, Putney Mead, Tudor Lodge, Bollingbrook, Lavender Hill, Danebury, Balham Park.

Please note walk in assessments are not available for criminal justice clients who are seen by referral only. This includes Prison, Courts, Probation, Police, Approved Premises.

- If you need support outside our working hours:
- Contact your GP or call NHS 111
- Call emergency services 999
- Go to your local accident and emergency department

Useful Tools: <https://richmond.drinkchecker.org.uk/> &

<https://wandsworth.drinkchecker.org.uk/home>

'Making Every Contact Count'- Signposting to Better Health and Wellbeing - www.mecclink.co.uk

Webchat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>