



alcohol services for the community



## Events, Groups and Support at jkp Bedford September - December 2010

JKP Bedford, 32 St John Street, Bedford MK42 0DH Tel: 01234 344 133

**Yellow = Everybody welcome, come along and join in!**

**Purple = Speak to an alcohol worker/reception to sign up!**

MONDAY	<b>11am – 3pm Computer Suite</b> Search for great job opportunities or surf the web.	
	<b>11am – 3pm Open House</b> Pop in for a cuppa, read the paper or have a chat in our Open House area.	Daphne
	<b>10am – 11am Women's Group</b> A morning especially for women. Relaxed conversation, aromatherapy, refreshments and other activities upon your request. Indulge in 'me' time!	Jackie
	<b>10am – 12pm Aromatherapy</b> De-stress & indulge in 'me' time.	Paula
	<b>1:30pm – 2:30pm One Step</b> Explore the effects of alcohol and how alcohol can affect offending behaviour.	David
TUESDAY	<b>11am – 3pm Computer Suite</b> Search for great job opportunities or surf the web.	
	<b>11am – 3pm Open House</b> Read the paper, relax with a book or have a chat in our Open House area.	Ela
	<b>10am – 12noon Noah</b> Housing advice and support for those with queries or issues with housing.	Billy
	<b>10am – 12noon Healthlink</b> Daniel Support for those who are abstinent	
	<b>10 am – 11am Alcohol Awareness</b> Explore the physical, psychological & emotional effects of alcohol. Starting in April.	David
WEDNESDAY	<b>11am – 3pm Computer Suite</b> Search for great job opportunities or surf the web.	
	<b>11 – 3pm Open House</b> Unwind with a jigsaw, have a cuppa or chat in our Open House area.	Fay
	<b>11:30am – 1:30pm Food &amp; Nutrition Group</b> Great way to learn about healthy eating- and you get to eat the results!	Dionne
THURSDAY	<b>11 – 3pm Open House</b> Pop in for a cuppa or relax with a book.	
	<b>11 – 3pm Computer Suite</b> Search for great job opportunities or surf the web.	
	<b>11:30am – 12:30pm Structured Relapse Prevention</b> Jackie Supporting clients to maintain their personal goals and recognising potential triggers which may cause lapsing and relapsing.	
FRIDAY	<b>09:30am – 2pm Drop-In</b> 30 minute Brief Intervention with an Alcohol Worker	All
	<b>11am – 3pm Open House</b> Pop in for a cuppa, read the paper or have a chat with Fay and Alan.	Fay
	<b>11am – 3pm Gardening</b> Pick up tips or practice your gardening in our jkp Garden.	Alan
	<b>10:30am – 11.30pm Self Management</b> Building up self esteem and confidence	Jackie