

# WHO ARE WE?

Bridge is a peer support project which links volunteers who have recovered from alcohol or drug misuse with members with serious substance misuse problems. Bridge also provides a range of activities events and support. There are recovery workers who work with members to sustain their recovery and staff who specialise in advice and guidance on benefits, housing and employment.

Members will have some motivation to control, reduce or cease their drug/alcohol use and benefit from the support and encouragement of volunteers who have direct experience. Volunteers are trained for their role and fill an important and sensitive position.

## We believe:

- That people who have experienced substance misuse problems have a role to play in helping others. Their experience and understanding should not be wasted when it can be used to support people trying to recover from their own substance misuse.
- That the experience and learning that mentors gain should be a valuable aid to them in their personal or career development.
- That peer support is a useful addition to other interventions and not necessarily a replacement for them.

## We do not believe:

- That any particular approach is better or worse than others and we will help members according to their personal needs

# OUR SERVICES

These are some of the services that we offer. Check out the website or ask for a timetable to see what your local Bridge currently offers.

**MENTORING:** *Our mentors are ex-users and other volunteers who can meet with you on a regular basis to give you help, support and encouragement.*

**GYM MEMBERSHIP:** *We can offer gym membership to members at gyms in Northampton, Corby, Wellingborough, Rushden and Thrapston. We also have our own gym in Northampton.*

**MUTUAL AID:** *We host regular twelve step meetings (Alcoholics Anonymous). We can provide information about other meetings in the county.*

**COMPLEMENTARY THERAPIES:** *Acupuncture and reflexology therapies are available.*

**ALLOTMENT:** *A relaxing and therapeutic session where members can learn new skills or use their existing knowledge to grow their own produce, which will be used at Bridge.*

**CIRCUIT TRAINING:** *A session that involves the use of weights at different stations.*

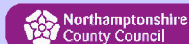
**WOMEN'S GROUP:** *Meets regularly to discuss members' problems and general issues, providing mutual support as well as events and activities.*

**ARTS & CRAFTS:** *A relaxing and therapeutic session where members can learn new skills or use their existing knowledge to grow their own produce, which will be used at Bridge.*

**FOOTBALL:** *The Changing Goals Project takes place once a week and is run jointly by Bridge and Northampton Town Football Club.*

**TABLE TENNIS:** *Table tennis tables are available during opening hours. We also run tournaments for members, volunteers and staff biannually.*

We are always open to suggestions. If there is an activity that you would like to see at Bridge, please let us know.



# WHAT OUR MEMBERS SAY:

"The help I have received from Bridge has made me want to help others, and my next goal is to become a mentor for Bridge. I feel the support and non-judgemental approach is what made me feel comfortable. The staff are easy to approach, we can share problems and I feel liked for me, not just because I am a member - another statistic. The welcome I get every time I come in is great. Everbody says good morning and asks how I am; it makes me feel 'Part of the team'. I have been a member at Bridge for one year and feel Bridge will always be here for me. It has helped me to build a support network."

## CONTACT US

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## OTHER USEFUL NUMBERS

Alcoholics Anonymous: 0800 917 7650  
Narcotics Anonymous: 0300 999 1212  
Cocaine Anonymous: 0800 612 0225

S2S: 01604 211304  
Family Support Link: 01933 227078  
KFX Drug Facts: [http://www.kfx.org.uk/drug\\_facts](http://www.kfx.org.uk/drug_facts).

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# WALKING TOGETHER

# TOWARDS RECOVERY

# Substance Misuse Programme



Bridge



Substance Misuse Programme