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# STAYING SAFE OVER THE HOLIDAYS

## Support & Keeping Well



## Surviving The Holidays

Love it or loathe it, there's no escaping the merry-making marathon that is December. And like a marathon, it's best to pace yourself if you want to come out on top.

Sometimes people find it hard to cope during the festive season. Everyone else seems to be having a great time, but you're feeling worried or finding it hard to stay sane. It may feel worse if you have a problem with substances, because you're trying to keep yourself well when all around you others are using and having parties. All the places that you usually rely for support at other times of the year are shut for the holidays. Well you are not alone. Many people find the holiday period a difficult time.

SRP have put together this handy guide to surviving the holiday season.

## What's In This Booklet

We've tried to bring together ways to cope with difficult times, and how we manage situations when people around us are using substances.

We've tried to make sure all the ideas in this booklet are inexpensive, because money pressure is an added stress at this time of year. We've also tried to give you ideas that will help you find support networks that will work for you - which can be with some people or avoiding others, staying safe and maintaining change.



## Useful Helplines

Alcoholics Anonymous	0800 9177650
Narcotic Anonymous	0300 9991212
Dogs Trust	0207 8370006
FRANK	0300 1236600
Healthy Lifestyle Advice Line	0345 6789025
MIND - National Number	0300 1233393
MIND Shrewsbury	01743 36647
No Panic (Helpline for Anxiety)	0844 9674848
Samaritans	116 123
NHS 111	111
SMART National Line	01463 729548
West Midlands Womens Aid	0800 7831359
Mens Advice Line	0808 8010327
Mankind National Helpline	01823 334244
Victim Supportline	0808 1689111
Shropshire Victim Support	01905 726896
Respect Phonenumber (Helpline for domestic violence perpetrators)	0808 8024040
Broken Rainbow (LGBT domestic violence)	0300 9995428
Transport Shropshire	0345 6789000
Confide (Shrewsbury based counselling service charity)	01743 351319
Cruse Bereavement Support	0808 8081677
Family Information Service	01743 254400
Shropshire Psychological Therapies (IAPT)	0300 1240358



## Housing Information

If you are homeless or about to become homeless contact:

Shropshire Council Housing Options      0345 6789005 or  
email [housingoptions@shropshire.gov.uk](mailto:housingoptions@shropshire.gov.uk)

### Other Housing Contacts:

Shelter Homes & Housing Charity      0800 8004444

Shropshire Housing Alliance      01743 341900  
11 Bellstone  
Shrewsbury  
SY11HU

Shrewsbury Homes For All      01743 231415  
Roy Fletcher Centre  
12-17 Cross Hill  
Shrewsbury  
SY1 1JE



## Money Advice

One of the biggest stresses at Christmas time is managing money and not getting into debt.

For helpful money and debt advice contact:

Barnabus Centre      01743 364114

Citizens Advice Bureau (CAB)      03444 991100

Money Advice Service      08001387777

Stepchange Debt Charity      0800 1381111

## Shropshire Recovery Partnership Support

SRP will close for the two public holidays both at Christmas and New Year .

We will be closed on Tuesday 25th, Wednesday 26th December 2018 and 1st January 2019.

Our opening hours over the Christmas period are as follows:

Monday 24th December 2018	-	10:00am to 3:00pm
Tuesday 25th December 2018	-	CLOSED
Wednesday 26th December 2018	-	CLOSED
Thursday 27th December 2018	-	10:00am to 3:00pm
Friday 28th December 2018	-	10:00am to 3:00pm
Monday 31st December 2018	-	10:00am to 3:00pm
Tuesday 1st January 2019	-	CLOSED
Wednesday 2nd January	-	9:00am to 5:00pm
Thursday 3rd January 2019	-	9:00am to 5:00pm
Friday 4th January 2019	-	9:00am to 5:00pm



During the Christmas period we are running group support drop in sessions from our main Shrewsbury office, please join us for a chat, hot drink and a mince pie. It would be great to see you there.

### Here are some tips that can help you before the holidays

- Talk with your support worker about what you might need over the holidays. Come up with a plan together how you will cope and how to keep well.
- Take note of the helpful numbers in this booklet and keep them somewhere handy.
- Remember we are only closed for two days at Christmas and one day over New Year - normal service will resume surrounding these days.
- Use the out of hours services if you need to talk to someone - don't struggle on alone.



## Food Banks

Most food banks operate on a referral basis please speak to your key worker or contact the food bank direct for information if you require support. They operate in various locations throughout Shropshire - for contact details please see below:

### Shrewsbury Food Bank

01743 364101

Barnabus Church Centre, Longden Coleham Shrewsbury SY3 7DN

Monday, Tuesday and Friday 9.30am to 12pm (Excluding bank holidays)

Christmas Opening

Monday 17th December 9.30am to 12.00pm

Tuesday 18th December 9.30am to 12.00pm

Wednesday 19th December 10.00am to 12.30pm - Hope Church, Shrewsbury SY1 3PU

Monday 24th December 9.30am to 11.00am

Wednesday 2nd January 10.00am to 12.30pm - Hope Church, Shrewsbury SY1 3PU

Friday 4th January 9.30am to 12.30pm

### Newport Food Bank

01952 810818

At Pop-In, behind Guildhall, High Street, Newport

Open for support Tuesdays 1.30pm to 3.30pm and Fridays 12.00pm to 2.00pm

### Oswestry & Borders Foodbank

01691 671940

56 Beatrice Street, Oswestry SY11 1QW

Open for support Mondays and Thursdays 11.00am to 2.00pm

### Ellesmere Food Bank

01691 671940

Methodist Church, Trimpey Street, Ellesmere SY12 0AE

Open for support Tuesdays 9.00am to 10.30am and Fridays 9.15am to 10.30am

### Market Drayton Foodbank

01630 654007

The Parrish Rooms, Church Street, Market Drayton TF9 1AF

Open for support Tuesdays 10.00am to 11.30am and Fridays 12.30pm to 2.00pm

### Whitchurch Foodbank

01948 663943

Bargates Hall, Church Street, Whitchurch, Shropshire, SY13 1LR



## How To Stay Substance Free & Well

Think - "I matter. I'm looking after myself."

Remember that you want to stay safe and well.

### Tips & Hints Over The Party Season

- Take a friend with you to events for support, make sure they can stay substance free with you. Don't be afraid to leave the party if you feel that you are tempted to have a drink or use drugs.
- Be in a safe environment where people will respect you are abstinent and won't encourage you to drink or use drugs.
- Leave when you are ready to go.
- Take your own soft drinks if possible.
- Plan a short visit - rehearse your excuse to leave early.
- If you are uncomfortable and know there might be a problem, don't go, or go for only a short time. Remember you have changed but the people around you have not changed.

## Volunteering

Volunteering can be a great way of filling up spare time, learn new skills and improve wellbeing. For volunteering opportunities in Shropshire please see below:

Volunteer outdoors with Shropshire Outdoor Partnerships, on 01743 255957  
email [outdoor.recreation@shropshire.gov.uk](mailto:outdoor.recreation@shropshire.gov.uk)

Volunteer with Do-it - great national database listing national volunteering opportunities  
<https://do-it.org/>

Local volunteering opportunities through the Qube Oswestry, contact on 01691 656882  
email <https://qube-oca.org.uk/volunteering/>

## Health & Wellbeing

Tiredness, lack of exercise, an overload of people, alcohol, drugs, food, and excessive spending can make the festive season a very stressful time. Take extra time to look after yourself at this time of year. Be aware of triggers which cause you stress and try to avoid them. Take time out for yourself and make sure you make time to relax. Be equally aware of the importance of your physical and mental health wellbeing.

### Flu

<http://www.nhs.uk/Service-Search>

#### Who is eligible for the free flu vaccine?

The free flu vaccination is offered to those who are at increased risk from the effects of flu.

These include:

- people aged 65 and over
- pregnant women
- people with underlying health conditions
- children (aged 2-9)
- carers.

People aged 18 – 64 with underlying health conditions, will be offered a 'quadrivalent' vaccine that will offer protection against four strains of flu.



## Out Of Hours Medical Help

If you need help when your GP surgery is closed you can get help at the following places

Shropdoc GP Out of Hours - 08444 068888

Shropshire Walk In Centre - 01743 273780

*Walk in service for GP and nurse access provided 365 days a year, 8am to 8pm based at Whitehall, Monkmoor Road, Shrewsbury SY2 5AP.*

Accident & Emergency Services 01743 261000

Royal Shrewsbury Hospital, Mytton Oak Road, Shrewsbury SY2 5AP.



## Phone Support & Useful Numbers

**Adult Protection Line** 03456 789044 (Mon - Fri)  
Out Of Hours 0345 6789040 (Emergency Out Of Hours)  
*Call this number if you are someone you know is being harmed or neglected:*

**Vulnerable Child or Young Person** 03456 789021 (Mon - Fri)  
Out Of Hours 0345 678040  
*If you consider a child or young person to be in immediate danger*  
**DO NOT WAIT** call the emergency services on **999**.

**NHS 111** 111  
*Call NHS 111 if you or someone else are ill and can't wait until your GP surgery opens.*  
*A fully trained advisor will advise on the best course of action.*

**Alcoholics Anonymous** 0800 9177 650  
*[www.alcohol-anonymous.org.uk](http://www.alcohol-anonymous.org.uk) - Peer support for people with alcohol issues.*

**Narcotics Anonymous** 0300 999 1212  
*<http://ukna.org/> - Peer support for people with substance misuse issues.*

**Shrewsbury Ark** 01743 363305  
*Provides support for homeless and vulnerable adults:*

#### Ark Christmas Opening

Christmas Eve : 9am to 2pm

Christmas Day : 9am to 11am

26th - 28th Dec 2018 : 10am to 12pm

31st Dec 2018 - 4th Jan 2019 : 10am to 2pm



**Samaritans (24/7 FREE helpline)** 116 123  
*If there's something bothering you there's someone to listen.*

**Citizens Advice Bureau** 0344 499 1100 (Shropshire)  
*Advice and support with legal, financial and other issues for free.*

## Community Services

Community services can be a fantastic support when you are recovering from substance misuse.

Going for a walk, a swim or using the library are all good ways of staying well.

### What's happening In Shropshire

Find out what's on in Shropshire by checking the community directory:

[www.shropshire.gov.uk/community-directory](http://www.shropshire.gov.uk/community-directory)

The community directory is your local gateway to up-to date information on around 3,000 community groups, clubs, societies, support groups and self help groups covering Shropshire.

<http://www.healthyshropshire.co.uk/>

Healthy Shropshire includes a Directory which enables you to find local NHS and other services in your area, and provides a search facility. This includes smoking cessation services, weight loss programmes, exercise on referral programmes and local opportunities, such as Active4Health classes for getting more physically active.

Find your local library at

<https://shropshire.gov.uk/libraries/>

Find out what's on at your local leisure centre at

<https://www.shropshireleisurecentres.com/>

The council and the community organises lots of activities like carol concerts and switching on of Christmas lights, all free and something to do.

If you like to go places that are Christmassy and busy ;

- Go to the Christmas light switch on.
- Enjoy the free events Christmas time brings.
- Check out local churches and community centres for events.
- Go to the library a week before the holidays and stock up on your favourite books.
- If you think there is something that you missed this year that you wanted to do - note it somewhere safe for next year as a reminder.



## Mutual Aid Groups (continued)

### Thursday

- SMART Recovery - 10.30am to 12.30pm at Castle View, Oswestry (SRP closed group)
- SMART Recovery - 2.00pm to 4.00 pm at Fletcher House, Shrewsbury (SRP closed group)
- SMART Recovery - 2.00pm to 4.00pm at The Hawthorns, Ludlow (SRP closed group)
- Narcotics Anon - 7.00pm to 8.00pm at St Winefride's Convent, Shrewsbury
- Alcoholics Anon - 7.30pm to 9.00pm at St Nicholas Church Hall, Shrewsbury
- Alcoholics Anon - 8.00pm to 9.00pm at Methodist Church, Much Wenlock

### Friday

- SMART Recovery - 10.30 to 12.30 at Sainsbury's, Whitchurch (SRP closed group)
- Alcoholics Anon - 7.30pm to 9.00pm at Baptist Church, Bridgnorth
- Alcoholics Anon - 8.00pm to 9.00pm at St Peters Catholic Church, Ludlow
- Alcoholics Anon - 8.00pm to 9.30pm at Methodist Church, Market Drayton

### Saturday

- Alcoholics Anon - 11.00am to 12.30pm at United Reformed Church, Bridgnorth
- Alcoholics Anon - 1.30pm to 3.00pm at Baptist Church, Shrewsbury
- Alcoholics Anon - 7.30pm to 9.00pm at Senior Citizens Hall, Shifnal

### Sunday

- Alcoholics Anon - 11.30am to 1.00pm at Community Centre, Shifnal
- Narcotics Anon - 7.00pm to 8.00pm at St Winefride's Convent, Shrewsbury
- Alcoholics Anon - 7.30pm to 9.00pm at Chapter House, Shrewsbury



## Mutual Aid Groups

There are many mutual aid groups running in your area providing valuable support, please find below a list of open groups running daily.

### Monday

- SMART Recovery - 10.00am to 12.00pm at Edinburgh House, Wem (SRP closed group)
- Alcoholics Anon - 12.30pm to 1.45pm at Elim Church Hall, Ludlow
- SMART Recovery - 2.00pm to 4.00pm at Castle View, Oswestry (SRP closed group)
- Alcoholics Anon - 7.30pm to 9.00pm at St Johns Church Hall, Bridgnorth
- Alcoholics Anon - 7.30pm to 9.00pm at Oxen Church Hall, Shrewsbury
- Alcoholics Anon - 8.00pm to 9.30pm at Friends Meeting House, Oswestry

### Tuesday

- SMART Recovery - 10.00am to 12.00pm at Fletcher House, Shrewsbury (SRP closed group)
- SMART Recovery - 10.00am to 12.00pm at The Hawthorns, Ludlow (SRP closed group)
- Alcoholics Anon - 6.30pm to 7.30pm at Methodist Hall, Ludlow (Young Persons)
- Narcotics Anon - 7.00pm to 8.00pm at St Winefride's Convent, Shrewsbury
- Narcotics Anon - 7.00pm to 8.00pm at Eastern Community Centre, Oswestry
- Alcoholics Anon - 7.30pm to 9.00pm at St Nicholas Hall, Shrewsbury
- Alcoholics Anon - 8.00pm to 9.30pm at Methodist Church Hall, Ludlow

### Wednesday

- SMART Recovery - 10.00am to 12.00pm at The Hub, Bridgnorth (SRP Closed Group)
- Alcoholics Anon - 7.30pm to 9.00pm at Senior Citizens Hall, Shifnal
- Alcoholics Anon - 8.00pm to 9.30pm at The Redwoods Centre, Shrewsbury
- Alcoholics Anon - 8.00pm to 9.30pm at St Elizabeth's Church, Cleobury Mortimer
- Alcoholics Anon - 10.15am to 11.30pm at St Leonards Church Hall, Bridgnorth



## Domestic Abuse

It's difficult to accept that someone you love or care for can treat you badly. Domestic abuse is rarely a one off incident, evidence shows that abuse tends to become more frequent and more severe. Even if you think you are experiencing mild abuse, it's important to recognise it and know there are people to help you.

Speak to someone you can trust, or contact one of the agencies below who are trained to give you:

- Information and support.
- Help you to consider your options and support you in achieving what you decide to do.
- Help you contact the services you need to support you.

### WMWA Domestic Abuse Helpline 0800 7831359

West Mercia Women's Aid run a domestic abuse helpline available 24/7 across Shropshire, Telford & Wrekin and Herefordshire. It offers confidential support, information and advice, and access to refuge and emergency accommodation where necessary for men and women.

### Shropshire Domestic Abuse Service 0300 3031191

Shropshire Domestic Abuse Service have accommodation based services which are funded by Shropshire Council to provide refuge accommodation across the county for those who need to flee. As well as an outreach service to support families in their own home.

## National Support Numbers

National Domestic Violence Line	0808 2000247
Mens Advice Line	0808 8010327
Victim Support National Helpline	0808 1689111
Respect (helpline for perpetrators)	0808 8024040
Broken Rainbow (LGBT domestic violence)	0300 9995428



## Getting Around - Access to Transport

At Christmas time there will be fewer services running on certain days. Check what services are running and plan your journey before you leave. Make travel easier by :

- Think ahead and plan your journey for travelling anywhere.
- Check taxi options - share with a friend.
- If you are going to group sessions over the holidays discuss travel arrangements with other members, see if you can share transport.

You can check what services are running by calling on 0345 678 9006 or online at <https://shropshire.gov.uk/public-transport/>

Shrewsbury Park & Ride is providing a free late night shopping bus service on Wednesdays from 12pm until 9pm. Free car parking from 3pm in Shrewsbury is also available on Wednesdays at Frankwell and Abbey Foregate car parks from this date and over the festive period.

Keep up to date with travel information by listening to local radio:

BBC Radio Shropshire FM 95 Mhz  
Free Radio FM 103.1 Mhz



## Get Ready For the Cold

Find useful information about preparing for winter in Shropshire, keeping warm and staying well during the holidays at:

<https://shropshire.gov.uk/stay-safe-and-well-this-winter>



## Food & Drink

People who misuse substances often neglect their self care, forgetting to eat regular meals. We encourage individuals recovering from or misusing substances to eat well and look after themselves.

Here are a few suggestions to look after yourself during the holidays:



- Have enough healthy food in the house, don't just eat sweet things.
- Think of sharing food with a neighbour. It could be doing your shopping together, so you can split the 2 for 1 offers. Or it could be sharing the cooking even if you decide to eat alone.
- Buy food that makes more than one meal such as a chicken.
- Make soup it will last a few days in the fridge.
- Remember to stock up on staples - bread, pasta and rice. They will make food go further and will keep you going if the shops are shut.
- Keep fruit and vegetables in the fridge, don't forget tinned fruit and vegetables count towards your 5 a day.
- Look out for recipe cards in supermarkets - keep an eye out for healthy easy to cook options.
- Don't forget to ask for help - food banks provide support all across the county don't struggle alone.

## Christmas Day

If you are alone on Christmas Day join Soul Purpose at the Trinity Centre, Shrewsbury, for a free Christmas lunch, quiz, and carols around the Christmas Tree. To book your place contact Verity on 07989 716077.

The Ploughboy café, Mardol, Shrewsbury is open 11.30am - 2.00pm on Christmas Day offering Christmas Lunch, Games and company. Call 01743 354331 to book your place.