**SEPTEMBER 2017**

**BRINK REGULARS AND WEEKLIES**

**GUITAR LESSONS: MON *intermediate* TUES *advanced***

**THURS *absolute beginners.***

**All lessons £5. 18.30 – 20.00pm. See Robert Cunliffe on FB or Tel 0151 703 0582.**

**MONDAYS**

**12.00 – 15.00 WELFARE ADVICE**

**All manner of assistance on Housing, ESA, JSA, DLA, Council Tax, Bedroom Tax and much much more….FREE SERVICE!**

**WEDNESDAYS**

**10.00 – 12.00 GARDEN CLUB**

**Come and help our garden grow! It’s therapeutic, it’s free exercise and you learn how to plant and look after a garden space and the fruits, vegetables, flowers and herbs it contains . We share skills and crafts and would love you to come and be part of it.**

**17.30 – 20.00 RECOVERY ASPIRATION PROJECT**

**EMPLOYMENT SERVICE Call us on 0151 703 0582 to make an appointment with Cathy (not a drop in). Helps with volunteering, CV’s, training, finding employment, current vacancies, interviews and all the rest.**

**14.30-16.30 ART WORKSHOP – *Courage to Change***

**‘Meditative Doodling’ is how our art tutor Kim describes this class. It’s a brilliant way to channel your creativity, focus your mind and restore some inner peace, not to mention create some fantastic artwork you can be proud of.**

**18.45–19.45 TAI CHI - *with Angela Howarth*** [**http://angelataichi.co.uk/**](http://angelataichi.co.uk/)

**Of Chinese origin, Tai Chi has been practiced for thousands of years in the east. Why?**

**It HARMONISES THE INTERNAL ENERGY SYSTEM**

**It CREATES A HIGHER LEVEL OF ALL ROUND WELLBEING**

**A slow, graceful practice yet one full of intent and purpose.**

**£6 per session. Reduced rates for clients and service users.**

**THURSDAYS**

**12.00 – 14.00 FAMILY SUPPORT GROUP**

**A group for anyone affected by a loved one’s misuse of alcohol or drugs. The group offers a safe space in which family members can speak openly, with the support of our Family Group Facilitator. Help, education, support and understanding all available.**

**FRIDAYS**

**09.00 – 10.00 MORNING MEDITATION**

**A weekly meditation group to get your morning and whole weekend off to a more blissful start. Our relaxation techniques have great short term benefits. Long term practice of meditation however has even more powerful benefits for your wellbeing. Come sample the serenity. Free.**

**15.00 – 16.00 YOGA (££ donation based)**

**A Yoga class for service users and people in recovery. A great way to achieve balance in both body and mind. Stretch away those strains and stresses and detox in the process. Many health benefits over time. No set fee but donations welcome.**

**PLEASE NOTE: Class leader Natasha is taking some time out to further her own practice and skills and will be back in late Oct/early Nov so YOGA is postponed until then.**

**SATURDAYS**

**11.00 – 12.00 FOOTBALL TEAM – TRAINING**

**Join our trophy winning football team! Get in touch if you want to play for Brink FC, or even if you just want to train. We also arrange 11-a-side games and tournaments with other recovery related organisations.**

***New Service:* D-PASS**

**(Drug Pre-abstinence Support Service)**

**Thurs and Fri 5-8pm**

* **Drug use become problematic?**
* **Thinking of becoming abstinent?**
* **Please get in touch for 1:2:1 counselling provided by Level 4 counselling students**

***Every 2nd* Sunday – 14.00 – 15.30**

**WALKING GROUP (informal)**

**Clients and service users are welcome to join Paula on the weekly walk…great way to exercise, burn calories, or even just connect, chat with others and take in some fresh air and city sights.**

***Every 1st* WEDNESDAY *(monthly)* 12.00 – 14.00**

**BRAND NEW SERVICE**

**SAMARITANS**

**We have partnered with Samaritans in Liverpool and will be hosting their services from now on. Sometimes our problems can lead us to self harm or to think life isn’t worth living anymore. If you just want someone to talk to, who won’t judge, then Samaritans can offer that service. If you would prefer to talk on the phone you can call (free) 116 123**

**SATURDAY 30th SEPTEMBER**

**19.00 – 22.00**

**BRINK BIRTHDAY PARTY**

**We’re**

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**Every September is the time where we reflect on another year gone since we arrived back in 2001, and where we also look ahead to our future in a new year. We do this in the best way possible..plenty of live music, food, laughs, fun, maybe even games! This year will be no different. Come and join us for a night of celebration. Look out on social media or future emails for details.**

**Exclusive to The Brink for SEPTEMBER**

**Nutrition Workshops**

**IMPROVE YOUR HEALTH, VITALITY & CONFIDENCE**

**3 roads to transformation**

**with Feel Great Formula**

**6.30 – 8.00pm FREE ENTRY**

**Thurs 7th**

**Digest your way to health & happiness**

**Making sure your digestive function is spot-on could be the single most important thing you can do for your health. And it's remarkable how quick and dramatic the effects can be. (See details below)**

****Thurs 14th**

**Master your hormones to master your life**

**When our hormones are disrupted we can feel at the mercy of the chaos around us without even realising why life seems so difficult. By identifying hormones that have got out of kilter, and knowing what to do about it, we can calm the storm and gain more confidence and balance in our lives.**

**Thurs 21st**

**Lift low mood & live happier**

**When we have low mood everything seems difficult. But by building a few simple habits that change our biochemistry we can set the foundations for the best possible chance of renewed energy and zest for life.**

**In this inspirational opening (Thurs 7th) presentation you will learn:**

**•How digestion affects EVERYTHING about your health**

**•How the British Diet is destroying your digestive system, meal by meal**

**•Two fundamentals you must get right to master digestion**

**•Three simple and free tools you can start to use from today onwards to improve your digestion**

**RECOVERY COLLEGE is coming to The Brink**

**Courtesy of The Life Rooms**

**Every Tues 12-3pm. First session Tues 5th *Challenging Stigma Awareness***

**We’re thrilled to expand on our ever-growing programme of Recovery & Wellbeing by announcing our partnership with** [**The Life Rooms**](http://www.liferooms.org) **(MerseyCare NHS) which will see an extensive 16 week course running at The Brink all geared towards furthering your wellbeing.**

**Attendance is FREE. You can pick whichever of the courses is for you or do them all!**

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| Introduction to recovery principles |
| Course title | **Day** | **Starts on** | **Time** | **Duration** |
| Challenging Stigma Awareness | **Tuesday** | **12/09/17** | **12:00** | **1 session** |
| Recovery Learning & Disclosure | **Tuesday** | **05/09/17** | **12:00** | **1 session** |
| Having the conversation | **Tuesday** | **19/09/17** | **12:00** | **1 session** |

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| Living with/understanding conditions |
| Course title | Day | Starts on | Time | Duration |
| Managing Anxiety | Tuesday | 03/10/17 | 12:00 | 1 session |
| Understanding Anxiety | Tuesday | 26/09/17 | 12:00 | 1 session |
| Understanding Depression | Tuesday | 17/10/17 | 12:00 | 1 session |
| Understanding Psychosis | Tuesday | 10/10/17 | 12:00 | 1 session |

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| Taking back control |
| Course title | Day | Starts on | Time | Duration |
| Assertiveness | Tuesday | 07/11/17 | 12:00 | 2 sessions |
| Self Esteem | Tuesday | 24/10/17 | 12:00 | 2 sessions |

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| Health and wellbeing |
| Course title | Day | Starts on | Time | Duration |
| Feeling better through comedy | Tuesday | 21/11/17 | 12:00 | 5 sessions |

**SATURDAY 2nd SEPTEMBER**

**NA DANCE 19.00 – 00.00**

**A night of celebration and unity for members of NA. DJ, dancing and good times to be had!**

**£5 for people over 90 days clean. If under 90 days donations welcome.**

**FRIDAY 15th SEPTEMBER**

**LIVE MUSIC 19.00 – 21.00**

**Live Music from THE LIST, a group of service users making the most of their musical skills with what should be a great night down at The Brink.**

**THURSDAY 21st SEPTEMBER**

**NVC WORKSHOP (Nonviolent Communication) 16.00 – 18.00**

**Misunderstanding, frustrations, anger, depression and sometimes violence can ensue when we communicate with judgement. NVC transforms the thinking, language and moralistic judgments into one which enriches the relationships you dream of, whilst teaching you how to resolve conflict with ease and get what you want and need without using demands. Importantly it teaches us to hear the needs of others too.**

**In this workshop we aim to practise the ground-breaking techniques pioneered by Marshall B. Rosenberg.**

**It’s very much worth getting hold of a copy of the book first. Here is a link:** <https://www.amazon.co.uk/Nonviolent-Communication-Language-Marshall-Rosenberg/dp/1892005034>



**FRIDAY 22nd SEPTEMBER**

**UPRISING CHARITY QUIZ NIGHT 19.00 – 22.00**

**Uprising is a social action campaign which aims to help end the stigma around homelessness.**

**They plan a night of entertainment centred around a lively quiz. It’s a fundraiser and all entrance fees and donations will go to aiding their mission. Open to all. Please enquire for tickets and entrance.**

**28th and 29th SEPTEMBER**

***Brink Travels***

**LJMU FRESHERS FAYRE – EXHIBITION CENTRE, ALBERT DOCK**

**Every September a swathe of youngsters come to our city with wide-eyed anticipation, looking forward to a new life here. We know students like the fun lifestyle! However we know from many years engaging them there are many who want something a little less damaging to their brain cells (no, not revision) yet equally entertaining…as well as food and drink that is budget conscious yet fresh and wholesome. Today we welcome them to Liverpool, and The Brink, at LJMU’s fresher’s fayre..**

**SUNDAY 1st OCTOBER**

**NEW Art Exhibition 17.00 – 18.00**

**Liverpool Mental Health Consortium**

**As part of their annual festival of events, the Liverpool Mental Health Consortium will be exhibiting a fantastic selection of chosen works for display at The Brink. LMHC are currently in the process of receiving applications. All applicants will have their work submitted to a panel who will choose the ‘winning’ entries whose work will be displayed right through until December.**

**Don’t miss this exciting evening of the grand unveiling!**