



## Wandsworth Drug and Alcohol Services

November Bulletin 2023

### Looking Back on Service User Events during Recovery Month and Black History Month



During Recovery Month as a part of our weekly walking group clients were able to sharpen their skills, have fun and try out something new to bring them out of their comfort zones showing them that recovery is possible playing mini Golf at Putt in the Park in Battersea Park.

We would like to thank Putt in the Park for their continued support in giving our clients an amazing time at your facilities.





### How to access support

*Walk-in for an assessment at Battersea  
Mon, Tue, Thu, Fri at 9am*

*Opening times: 9am - 4.30pm Mon, Tue, Thurs, Fri; Wed 1.30pm-4.30pm (closed am for staff training).  
**Thursday women only until 1pm.***

*WCDAS Battersea: St. John's Therapy Centre, 162 St John's Hill, SW11 1SW. Tel: 020 3228 1777.*

*Recovery Hub: Tel: 020 7501 2615*

*Day Programme: 020 7498 6149*

*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.*

*National Domestic Abuse Helpline: 0808 2000 247*

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

*'Making Every Contact Count'- Signposting to Better Health and Wellbeing - [www.mecclink.co.uk](http://www.mecclink.co.uk)*

<https://wandsworth.drinkchecker.org.uk/home>  
[Drink Checker - WANDSWORTH](https://wandsworth.drinkchecker.org.uk/home)

*CDARS 24/7 Helpline for crisis support out of normal hours - 07944 506 036*



# HIMALAYAN HATHA YOGA CLASS

JOIN US FOR A FANTASTIC  
YOGA CLASS, SUITABLE FOR  
ALL LEVELS AND ABILITIES

EVERY MONDAY  
117 CEDARS ROAD, SW4 0PW  
12:50:13:50

IF YOU WOULD LIKE TO  
ATTEND, SIMPLY ASK YOUR  
RWCDAS KEY WORKER TO  
RESERVE YOUR SPOT.

JOIN US FOR



# ART WORKSHOP

You are warmly invited to an art workshop  
exploring shame and recovery through  
painting. No painting skills or previous  
experience is required - we simply work  
with colours and shapes to restore a vibrant  
connection to life.

MONDAY 13TH NOVEMBER  
117 CEDARS ROAD  
2PM-4PM

JOIN US FOR

# REFLEXOLOGY

TUESDAY 21ST NOVEMBER  
117 CEDARS ROAD  
11AM-3PM



Please get in contact with your  
RWCDAS keyworker ASAP if  
you would like to secure a spot.

JOIN US FOR A



# SOUND BATH

Aims to help improve sleep,  
reduce stress and improve  
moods.

MONDAY 6TH NOVEMBER  
117 CEDARS ROAD, SW4 0PW  
15:30-16:30

CONTACT YOUR RWCDAS  
KEYWORKER IF YOU  
WOULD LIKE TO ATTEND.

# Boardgame afternoons



Wednesday afternoons  
1pm-3.30pm

The Vineyard Community  
Centre  
Richmond TW10 6AQ



Please ask your Recovery Worker to refer you.



## Day Programme Activities and Events



Every Thursday,  
Starting  
**5th October**  
10am-1pm

Anxious?

Struggling to connect?

Mental health getting in the way?

If so, come and get involved with activities at Deen City Farm.

Some of the activities will include:

### Garden

Helping to maintain our community gardens and growing produce in the nearby allotment.

### Livestock

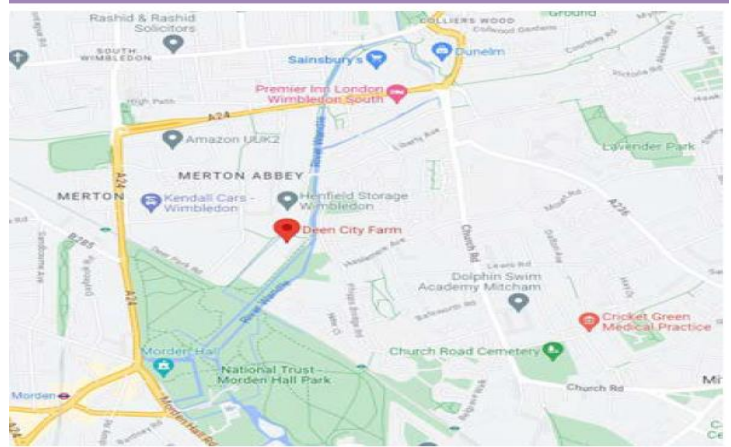
Assist in the day to day running of the farm, finding out about our animals and how to take care of them.

### Riding School

Learn to groom the horses and help with the day to day running of the stables.

Sessions will include an opportunity to meet and greet with the animals themselves!

Deen City Farm is located at  
**39 Windsor Avenue, London, SW19 2RR**



RISE  
RECONNECT INCLUDE SHARE ENGAGE  
led by Managed by

To find OUT more or register your interest for OUR comprehensive programme of activities

email : [rise@cdars.org.uk](mailto:rise@cdars.org.uk)  
07960 641801/ 07944 506508

Limited Spaces

## DRAMATHERAPY RAP AND STORY

### Group and One to One Sessions

Engaging with creativity in a therapeutic manner to explore emotions, behaviour, attitudes and more



177 Cedars road, london  
SW4 0PW



Friday, Starting  
October/12 Weeks  
Morning and Afternoons

Register your interest with:

M-E-mail: [m.gallego@cdars.ac.uk](mailto:m.gallego@cdars.ac.uk)

WCDAS invites you to  
**SERVICE USER  
MEETING**

**Service  
User  
Council**

Monday 27<sup>th</sup> November @2pm

£5 Greggs voucher for attending!

Have your voice heard  
at the meeting!  
Tell us how to improve  
the service

**WCDAS  
162 ST. JOHN'S HILL  
SW11 1SW**

Call for more information:

07507 973651

**CDARS DAY PROGRAMME**

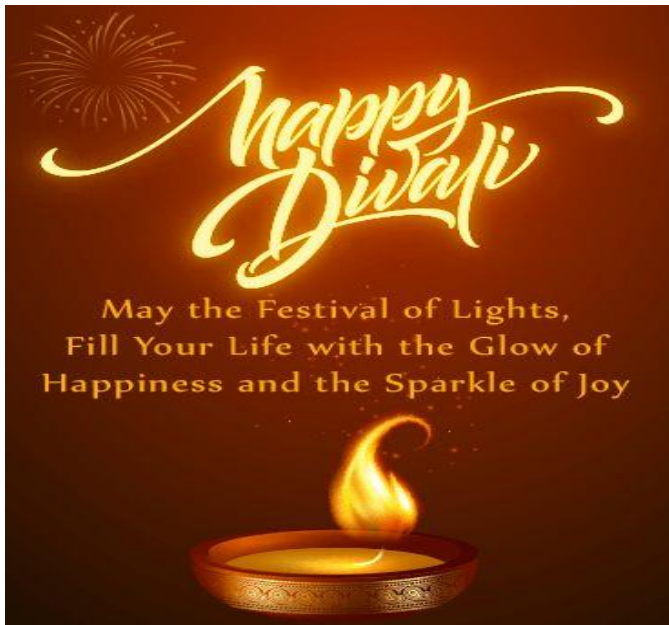
**SERVICE USER MEETING**

**HAVE YOUR SAY, TELL US HOW WE CAN IMPROVE  
THE SERVICES YOU'RE RECEIVING ON YOUR  
RECOVERY JOURNEY**

**27/11/2023 14:00hrs  
WELLBEING CENTRE**

**FOOD IS PROVIDED  
UNITY IS OUR STRENGTH**

**TOGETHER WE ARE STRONGER**



### Happy Diwali

Diwali is the Hindu festival of lights with its variations also celebrated in other Indian religions. It symbolises the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".

**Observances:** Diya and lighting, home decoration, shopping, fireworks, puja (prayers), gifts, feast, and sweets, families gather together.

**Date:** Sunday, 12 November 2023



### Happy Saint Andrew's Day

St. Andrew's Day is a historic and cultural holiday that pays tribute to Saint Andrew, who is considered the patron saint of Scotland. It is a day for Scots to celebrate their national identity and showcase their rich traditions, including music, dance, and cuisine.



### Happy Guru Nanak Jayanti

Guru Nanak Dev Ji Gurpurab, celebrates the birth of the first Sikh guru, Guru Nanak. One of the most celebrated and important Sikh gurus and the founder of Sikhism, Guru Nanak Dev who played an important role in shaping and strengthening the Sikh community.

**Observances:** Celebration of an anniversary. In Sikh temples - Gurdwaras - the Sikh holy book, Guru Granth Sahib, is read aloud in full and people sing devotional songs and the teachings of the Guru. Candles are lit in homes and in public places and fireworks and processions take place through the streets.

**Date:** Monday, 27 November 2023