Welcome to Caithness Recovery Awareness Week

31st Aug-6th Sept 2019

in partnership with Caithness Drug and Alcohol Forum, Highland Alcohol and Drug Partnership, NHS Highland, Highland Council, UK SMART Recovery, AA, NA & Al-anon, Vocational Support and many more!



 31st Aug-6th Sept 2019

Activities Calendar

Saturday 31st of August

**10am-3pm** Drug & Alcohol Information & Awareness stand, Tesco Wick

Sunday 1st September

**6-7.30pm** Road to Recovery addiction meeting Thurso Community Cafe

Monday 2nd September

**10am-2pm** Ripples Thurso Community Cafe, pop in for a chat, hot meal & cuppa

**3-4pm** Caithness Drug and Alcohol Forum Annual General Meeting Thurso Community Cafe.

**4.30-5.30pm** Loved and lost remembranceThurso Community Cafe

**6pm-8pm** Drug and Alcohol Recovery Service Drop-in Evening, Caithness General Hospital Out Patients Dept, Wick.

**8pm-9.30pm** Al-anon Family Group Open Meeting Conference Room, Caithness General Hospital, Wick.

Activities Calendar

Wednesday 4th September

**11am-1pm** Drug and Alcohol Recovery Service Drop-in, Old Out Patients Dept, Dunbar Hospital, Thurso.

**12 noon -1.30pm** Alcoholics Anonymous Open Meeting in The Chapel, Caithness General Hospital, Wick.

Thursday 5th September

**2pm-4pm** Drug and Alcohol Recovery Service Drop-in, Old Medical Centre, Bankhead Road, Wick.

**6.30pm** Narcotics Anonymous Open Meeting in The Haven,

No booking required for any of the activities

listed, please feel free to turn up and get involved!

Training Calendar

Monday 2nd September

**Naloxone, Overdose Awareness and Prevention Training** 10.00-12.00 Thurso CMHT

**Auricular Acupuncture for staff to come & Try** 2.00-3.00 Thurso CMHT

**Caithness Drug and Alcohol Forum Annual General Meeting** Thurso Community Cafe 3.00-4.00.

Tuesday 3rd September

**Discussing Drugs and Alcohol with Young People Training** 12.30-4.30North Highland College, Thurso

Wednesday 4th September

 **Working With Groups To Promote Health Training** 9.30-4.30 PPP Wick.

Training Calendar

Thursday 5th September

**NPS - New/Novel Psychoactive Substances Training** 9.30-1.00 PPP Wick.

**Auricular Acupuncture for staff to come & Try** 2.00-3.00 Wick CMHT

Friday 6th September

**Basic Drug & Alcohol Awareness Training** 9.30-4.30 PPP, Wick.

**Places on each of these courses are limited and booking is essential. To book please go to**

(<https://www.nhshighland.scot.nhs.uk/YourHealth/Pages/HealthImprovementTraining.aspx>) **complete the attached booking form clearly detailing which date and course you are applying for and send via post or email to the address at the bottom of the booking form.**

**For all information please contact Fiona Harper or Lesley Campbell**

**on 01955 606915 or 01847891224**

**or email to** fiona.harper5@nhs.net or Lesley.campbell6@nhs.net

Please note booking is essential for all training