

Day \ Room	Life Room	Horizon	Training	Medical Room & AWP Office	Outreach/ Satellite	NSP
Monday AM	Big Programme 10.00 – 12.00pm	Young People's service team meeting 09.00 – 11.30	Access to HE Diploma in Practitioner in Substance Misuse Course 09.00 – 15.30	Medical Assessment Clinic & Psychosocial support 09.00 – 16.00	Harm Minimisation worker with Rough Sleepers project 06.30 – 10.00	BBV Nurse available for DBST in NSP 09.00 – 16.00
Monday PM	Acupuncture & Qi Gong Meditation 13.00 – 14.15	Seeking Safety 13.00 – 14.30 (AWP) <u>Invitation Only</u>				
Monday Eve						
Tuesday AM	Emotional Management & Meditation 10.00 – 12.00pm	Inductions 09.30 – 12.30	Level 3 Certificate in Applied Therapeutic Skills Course (CATS) 09.00 – 15.00	Medical Reviews (with EDAS Keyworker /Assessor) 09.00 – 16.00		NSP Open 10.00 – 16.00
Tuesday PM	CBT/Relapse Prevention 13.00 – 15.00 <u>Abstinent Workshop</u>					
Tuesday Eve	Low Level Intervention Workshop (monthly) 18.15 – 19.30					

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Wednesday AM	Anxiety (stress) Management & Relationship Management 10.00 – 11.30		Level 3 Education & Training Award or Level 2 Mentoring Award 09.30 – 12.30		Nutrition Workshop 10.00 – 11.30 Serenitea Cafe	NSP Open 10.00 – 16.00
Wednesday PM	QuitDAS Nicotine Replacement Therapy 13.00 – 14.00		Better Together Team meeting (EDAS, AWP, SGT) 13.00 – 15.00		Opiate group programme 10.00 – 12.00 @ The Spire	
Wednesday Eve	Relapse Prevention Workshop 18.15 – 19.45 <u>Abstinent Workshop</u>	Bi-Monthly Carers Networking & Supper Event 18.00 – 21.00 Serenitea				
Thursday AM	Motivational Workshop 11.00 – 12.00 (Last Thursday of month – AA)	Alternative/ Complementary Therapies 10.00 – 11.30		AWP Consultant / Psychologist 1:1 support (Young People and Adults) 09.30 – 16.30 Poole Citizen's Advice Advisor available at EDAS 12.00 – 16.00 Hep. C Clinic 14.00 – 16.00	Family Focus Poole Children's Centre 10.00 – 11.30	NSP Open 10.00 – 16.00
Thursday PM	Criminal Justice Workshop (fortnightly) (AWP) 13.00 – 14.30	SMART Recovery 13.30 – 15.00	Monthly Raising Aspirations Course Day 1 12.30 – 16.30		Alderney Clinic 2nd Thursday of every month 10.00 – 13.00	
Thursday Eve	SMART Recovery 18.15 – 19.30				Young People's Theme night in Serenitea café 18.00 – 20.30	

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Friday AM	Women's Workshop 10.00 – 11.30	Men's Workshop 10.00 – 11.30	Monthly Raising Aspirations Course Day 2 10.00 – 14.30		Drop-In at SMART 9.30 – 12.30	NSP Open 10.00 – 16.00
Friday PM	Draw Your Emotions 13.00 – 15.00	Mentor's support Workshop 12.00 – 13.30	Or Monthly CPD Courses 09.30 – 12.30			
Saturday					Family Social Life Skills Workshop 13.00 – 17.00 Serenitea Café <u>Abstinent Workshop</u> <u>Invitation Only</u>	

- **SMART Assessments** available Monday – Friday 9.00 – 16.00 & Tuesday 16.00 – 18.30
- **1:1 key working support** available Monday – Friday 9.00 – 16.00 & Tuesday, Wednesday, Thursday 18.00 – 20.00
- **NSP (Needle Syringe Provision)** is offered Monday – Friday 10.00 – 16.00 and at EDAS satellite and outreach locations
- **Synergy Counseling** is offered in addition to this group programme depending on availability from 10.00 – 19.00
- **LiveWell smoking, diet and exercise guidance** is also available via EDAS or self-referral
- **Carers 1-1 support and drop-in** Monday and Thursday 10.00-16.00