

Mutual Support

Programme of activity

Providing peer led mutual support in Warwickshire for people with addiction problems. Sessions are also available for families who are affected by addiction.

Each of our locations offer the following sessions on the days shown at the locations below.

Drop-in Sessions - 12noon to 2pm

Come and talk to people who have direct personal experience of addiction and recovery.

Addiction Support - 3pm to 4:30pm

Mutual support for people with addiction problems.

Family Sessions - 6pm to 7:30pm (Nuneaton and Leamington)

Support for families and friends affected by addiction.

Locations

Rugby (Monday)

The Recovery Partnership
1 Regent Place
Rugby
CV21 2PJ



Nuneaton (Tuesday)

24A Coton Road
Nuneaton
CV11 5TW



Leamington (Weds)

9A Althorpe Street
Leamington Spa
CV31 2AU



Stratford (Thursday)

Stratford Healthcare
Arden Street
Stratford-upon-Avon
CV37 6HJ



Experience, Strength & Hope

E S H

Works

Contact Us...

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Website: www.eshworks.org

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@ESHWorks

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ESH Works Support Leaflet

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Experience, Strength & Hope

E S H

Works

Drugs and Alcohol

mutual support

sharing **Experience**

through recovery,

with the **Strength**

of others helping to

give real **Hope**

for the future.

“Helping people to help people...”

Our Organisation

ESH Works

We are an independent organisation providing mutual support for those addicted to or affected by alcohol, drugs or other dependencies. We offer involvement and volunteering opportunities for people with personal experience of addiction who want to help us make a difference.

“...by the end of the meeting I actually had a better understanding of where I am and where I am going with all this.”

ESH Family group attendee

Ethos

The fundamental principles and ethos of our organisation are reflected in the prefix of the name 'ESH Works'. The letters ESH represent the **Experience, Strength and Hope** which alcoholics, addicts and their families, who have lived through the problem and found a solution, can give to support people who are still experiencing addiction problems.



Confidentiality

Our service is confidential. We will only share information with your consent or if there is a serious risk or concern. Our coordinators have more information on your rights and confidentiality.

What we do to support you

• Mutual Support

We facilitate and offer simple and effective sessions with other people who have their own experience of addiction and recovery.

• Drop-in

For people with a substance misuse problem or family members to drop-in or book a session to discuss any concerns they have about addiction.

• Advocacy

Support and guidance to assist with any issues or concerns about service provision.

• Involvement

We hold workshops and training sessions. There is also opportunity to feedback on the quality of the services including new ideas to help improve them.

• Volunteering

We offer a volunteering scheme leading to peer mentoring opportunities.

• Mentoring

Our peer mentors offer one-to-one support to people who are starting their journey of recovery.

“I can’t wait to help other people and to be able to make a difference to someone else’s life in their recovery”

ESH volunteer after the mentor training

Recovery

ESH is focused on 'recovery' and believe that this is achieved most effectively when it is led and supported by people who themselves have experienced the problems and found a solution.

Helping yourself and others

How can I get involved?

- Attend and participate at our sessions
- Get to know our team and how we work
- Start to volunteer and be part of our recovery community
- Attend our regular education sessions
- Start your training for mentoring
- Build your skills to become a mentor
- Get valuable experience volunteering
- Make a difference to someone’s life...

“Mentors provide support and encouragement for people to help them make changes in their life!”

Equal Opportunities

We deliver a quality service to people regardless of their gender, race, sexuality, nationality, religious belief or disability. We do not discriminate and we promote this important principle in all our activities.

Referrals

Our services are for people who live in Warwickshire. Referral to ESH can be by phone from any of the local service providers, or you can call us yourself for more information on how to get involved in our recovery community. However, anyone can come along and attend the appropriate user or family sessions without being referred.

Our support and service is free of charge.