


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
10am-12pm Chit Chat Service User Coffee Morning	<p style="color: red; text-align: center;">Please note that service is not open until 1.30pm every Tuesday</p>	10.30am-11.30am Motivation to Change (Opiates)	10am-3pm Bench housing advice Appointment Only Please speak to reception staff	11am-12.30pm Cannabis Group	10am-11.30am Family & Carers Group @Eros House Speak to Family Lead for more information.		
11am NA Meeting (open meeting)		11am-12.30pm Health & Well-Being (Alcohol)	11am-12.30pm Pre-Detox Group (Alcohol)	11am-1pm Walk This Way Service User Forum 	10am-2pm New Direction Recovery Hub @410		
10.30am-11.30am Motivation to Change (Opiate)		11.30am-1pm Cannabis Group	1.30pm-2.30pm Health & Well-Being (Opiates)	 <p>1pm-4pm Going Digital (IT Support Session)</p>	1pm-2pm Chicken Club (free refreshments for service users – first come, first served)	10.30am & 6pm NA Meeting (open meeting)	
11am-12.30pm Motivation to Change (Alcohol)		1pm-2pm Women's Group	2.30pm-3.30pm Relaxation Group				<p>CGL helps service users achieve their full potential and realise their ambitions.</p> <p>CGL services result in better functioning families.</p>
		2pm-4pm Going Digital (IT Support Session)	<p>6pm-7.30pm Stimulant Group @Downham Leisure Centre</p>	2pm-3.30pm Recovery+ (Opiates)	2pm-3.30pm Change (Opiates)	<p>SMART Recovery: 0845 603 9830</p>	
12pm-1pm Re-Engagement Pod		5pm Dual Recovery Anonymous (open meeting)					
1pm-3.30pm Ear Acupuncture	2.30pm-4pm Stimulant Group						
1.30pm-2.30pm Health & Well-Being (Opiates)	2.30pm-3.30pm Change (Opiates)			6pm AA Meeting (open meeting)	6pm NA Meeting (open meeting)		
3pm-4pm Moving On (Opiates)							
3pm-4pm ETE Pod					6pm AA Meeting (open meeting)	6pm NA Meeting (open meeting)	



Who we are

New Direction provides a flexible and confidential treatment and support service for adults with substance misuse issues living in Lewisham. Our service has a team that includes recovery workers, doctors, recovery nurses, counselors, complimentary therapists, volunteers and peer mentors.

What we do

The service works with people over 25* who would like to access support for their drug or alcohol misuse. This includes support for friends, families and carers (those under 25 should contact Lifeline www.lifeline.org.uk).

Our service helps people to make and sustain the changes they need to reduce and, ultimately, stop their drug and alcohol use. We aim to empower service users to identify and realise their goals throughout their recovery journey to a healthier, safer life.

*We provide opiate substitute prescribing for 18-25 years.

What we offer:

Our services include:

Health care clinics at which our recovery nurses provide health care advice, screening and vaccinations for blood borne viruses, such as Hepatitis C.

Needle exchange to ensure safe equipment and provide advice for injecting drug users.

Talking therapies that enable people to build and maintain their motivation, understand their use of drugs and alcohol, and make long-term changes for a healthier and safer life.

Medically-assisted recovery including access to medical detoxification and alternative medication to reduce people's use of some illegal drugs.

Assessments and goal setting

including a structured, holistic recovery plan that is regularly reviewed and addresses additional support needs around housing and employment.

Support and treatment to manage, reduce and stop alcohol and drug misuse.

Advice, guidance and support including access to a key worker on a one-to-one basis and therapeutic and educational group sessions.

