

S. U. News

The newsletter for Ealing Service Users

New Cafe Timetable

There's now so much going on at the Social Cafe we thought it would be useful to show the whole list of activities

Day	Morning	Afternoon	Evening
Monday	10am - 3pm Drop in and Coffee	12pm - 2pm Photography Workshop Learn about cameras and photography from an expert. 2pm - 3:30 Moving on Group	*
Tuesday	*	*	*
Wednesday	*	*	*
Thursday	10am - 12pm Service User Group Edit the newsletter, develop the website and publish a SU magazine.	*	7:30pm - 9pm N A meeting
Friday	10am - 3pm Drop in and Coffee	12pm - 3pm Beauty Sessions 3pm - 4:30pm SMART Recovery	7:30pm - 9pm M A meeting
Saturday	12pm - 4pm Drop in and Coffee	12pm - 4pm Art Workshop 12pm - 4pm Haircuts	*
Sunday	12pm - 4pm Drop in and Coffee	12:30pm - 1:30pm Zumba 1:30pm - 4pm Music Workshop	*

* Nothing organised at the moment but if you have any ideas for activities at this time let us know

Farewell to Nic Baker

After eight years at Ealing Nic Baker Deputy Director for CRI and one of the people responsible for putting together the RISE consortium and Social Cafe is moving on.

But before he escapes we asked him about his time at Ealing.

Q. What were the challenges presented by the Ealing D&A contract and how were the RISE

partners chosen?

A. Recovery is a process which involves achieving outcomes in a number of domains, not just overcoming dependence on drugs and alcohol. People are not generally able to sustain drug and alcohol outcomes without having gained recovery capital in other domains such as housing, positive relationships, having a sense of wellbeing, meaningful occupation of their time, adequate housing. Recovery is ambitious as it is asking some people to achieve more than they had before they became dependant on

drugs or alcohol.

The RISE consortium came together to deliver a treatment and recovery system to help people make progress. An ambitious and optimistic project tempered with the realism that multiple lapses can be the norm for some and the acknowledgment that a long-term extensive approach is needed. The evidence for involving Recovery Community organisations and mutual aid is compelling and BoB, The Fellowship, SMART, Intuitive Recovery, TSBC all play a valuable role.

Q. What was the biggest frustration during your time as Deputy Director?

A. The culture change needed to transform a treatment system, developed and embedded over many years, to one that is progressive, integrated and recovery oriented was always going to take much longer than everybody thought. Whilst we may have adopted the language of recovery and an ambitious work plan that looks beyond the maintenance model and culture and whilst much has been achieved over the past 17 months it could be argued that there are still many steps to take before realising the full RISE vision and achieve all the goals and ambitions. RISE now needs to build on the tremendous gains that have been made. To do this we need to continue to challenge the negative attitudes and practice that still exist, engage and mobilise communities to work together to solve the drug and alcohol problems in their neighbourhoods, and engage the local authority to develop joined-up strategies and partnerships where all departments contribute and provide solutions.

Q. What would say was the greatest achievement during this time?

A. Progress made towards achieving all of the above! Opening 131. Securing the new building, and through all the other trials and tribulations keeping everything running

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relatively smoothly and maintaining Ealing as one of the top performing London boroughs. None of it could have been done though without the hard work, endeavour, commitment, persistence, resilience, support and flexibility shown by the staff, volunteers and service users of RISE. So until the next time... I'd like to use this opportunity to say a massive thank you and positive wishes to everyone in Ealing.

Service User Voice

The monthly Service User meeting for all Ealing RISE Service Users is held at the Social Cafe on the 2nd Tuesday of each month 2-30pm to 3-30pm (£5 voucher for attendees).

The next three dates for your diaries are:

- 8th April
- 13th May
- 10th June

Free Social Activities

24th April Another walkabout tour of London along the lines of the Jack the Ripper tour last year

Ealing Broadway Tube @ 2:30pm.

Call Sean Kelly on 07858400543 for more details, to book a place and to get confirmation of dates and times.

About Your Newsletter

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