

# S. U. News

The newsletter for Ealing Service Users

## The Pretox Group

Stephanie Meleck - Assistant Psychologist for RISE explains the rationale behind the Pretox group, that continues to be a great success.

The pretox group is a group based around the idea that the key to a successful detox is preparation. The group is facilitated by an assistant psychologist and a peer mentor from EACH and is phase one of a client's recovery.

This pre treatment group is consistent with Prochaska and DiClemente's stages of change model. The group is by invitation only and has two prerequisites: one, it is only for clients who are going for inpatient detox and that before the group begins clients should know which of the three detox units they will be attending and two, they know what they will be doing for their aftercare.

The primary purpose of the group is to give clients information about what to expect during the process, and how to begin preparing themselves for it. Clients attend six weekly sessions, each lasting one and a half hours.

Each session is structured around various topics e.g. triggers, high risk situations, detox medication, managing withdrawals, aftercare. The group gives clients the opportunity to ask any questions or raise

any concerns as well as the opportunity to become familiar discussing their recovery process within a group setting.



Chelsea and Westminster Hospital – one of the three facilities for a residential detox

On completion of the group every effort is made for clients to enter the detox unit as soon as possible so there is minimal waiting time in between completing the group and entering the detox facility. Clients who need not attend the group include those who are able to stop using without a detox, have a community detox or have been exempt from the group for a specific reason.

Currently 23 clients have successfully completed the prettox group and entered inpatient detox since the group began in August.

**ZUMBA!** See back page!

# ZUMBA!



Zumba classes will be starting at the Social Cafe in February.

If one of your new year's resolutions was to lose weight and get fit, look no further.

Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s.

Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo and martial arts. Squats and lunges are also included. Approximately 14 million people take weekly Zumba classes in over 140,000 locations across more than 150 countries.



## Moving On Group

A social/support group has started for service users that no longer use services,

i.e. that are no longer in treatment but wish to engage with others in recovery.

The group meets every Monday between 2:00pm and 3:30pm at the Cafe. If there is enough interest there could be an evening group for those in employment, education or have parenting responsibilities during the day.

## 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:

- 11<sup>th</sup> February
- 11<sup>th</sup> March
- 8<sup>th</sup> April

## Free Social Activities

**6<sup>th</sup> February at 3:30pm** Tenpin Bowling at Park Royal

12 Places

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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