

Who are we?

B3 is the Brent Service User Council, we provide peer support and advocacy to drug and alcohol service users.

- Raise awareness of drug and alcohol issues through information and education.
- Provide a voice and support for service users.
- Improve services in Brent through community feedback, partnership work, training and service user involvement.

Interested?

If you are interested and available to commit to this course give us a call, or ask your key worker for a referral.

Questions?

Radha Allen, Manager
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Website: www.b-3.org.uk

Course Details:

Begins: Tuesday 2 May 2017

Ends: Thursday 1 June 2017

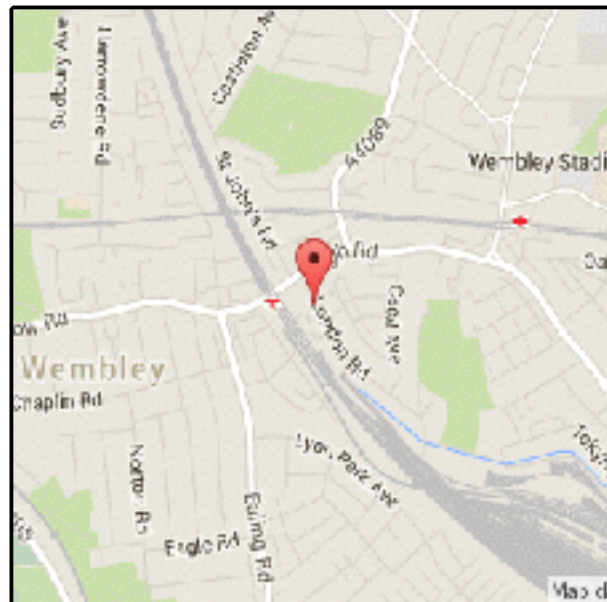
When: Every Monday (except first day) & Thursday (5 wks)

Time: 10am to 4pm

Venue: Patidar House, 22 London Rd Wembley HA9 7EX

Buses: 18, 79, 83, 92, 182, 204, 223, 224, 297

Stations: Wembley Central (Bakerloo line & Overground)
Wembley Park (Metropolitan & Jubilee lines)



RECOVERY Champions COURSE

2 days per week over 5 weeks!

Looking for a new direction? Need a helping hand? Learn to rebuild your life by strengthening your drug and alcohol recovery.



**STARTS TUESDAY
2 MAY**

Do you want to strengthen your recovery? Are you ready to move forward? Would you like to give back; get involved with local services? Perhaps build new networks?



You will learn about:

- Drugs & alcohol advice, support & consultancy;
- Presentation & communication skills;
- Community volunteering;
- Self development;
- Basic drug awareness; lapse & relapse prevention;
- Brent DAAT & local services;
- Responsibilities & policies (i.e. safeguarding, boundaries, confidentiality and health & safety);
- B-3 (Brent Service User Council); and
- BSAFE (weekend social space).

We will provide:

- Lunch and pay your daily travel costs;
- A friendly and welcoming atmosphere;
- Future options for personal & professional development; and
- Support to enhance your recovery.



Why Take Part?

People attend this course for various reasons:

- To regain some daily structure in a drug & alcohol free environment.
- To get out of the house and engage your mind in something positive and productive.
- To use your experiences to help others.
- To take a first step towards employment i.e. beginning a career or change in career.
- To find out what local services are available and learn how to navigate yourselves through them.

Even if you don't know where you're heading come along... together we can help you decide your next step.

Testimonies:

"A great way to get to know yourself and other people. A brilliant thing to do as part of your recovery and life."

"Recovery Champions has helped me to re-discover myself and boost my confidence."