



# Peer Support

**CHARITY No: 1126901**

**COMPANY REG No: 6654028**

The peer support programme enables services users to give and receive support regarding their recovery in a environment that fosters openness and honesty, largely due to understanding that comes from mutual experience and goals. Everyone who attends peer support sessions will have personally experienced substance misuse, Also have a commitment and desire to move forward in their recovery

The peer support programme has no particular ethos and is goal based. Individuals are supported in achieving their goals in group sessions and in one to ones in-between groups . There is also a range of additional work shops including:- E learning , music, Allotment project, job search , CV writing and more.

Peer support is particularly effective as it provides individuals with an insight into how others have achieved success and overcome barriers. The knowledge that other people in similar situations have achieved their goals is both inspiring and encouraging and can play a key role in the overall success of an individual's recovery journey. All peer support sessions take place in a structured environment. Everything discussed during the sessions remains confidential .

Any one arriving intoxicated will not be admitted to the meeting , also all ground rules must be adhered too.

#### Groups:-

Saturday 2pm, meet at Statue of the bull outside bull ring.

Wednesday 5pm, meet at 3 barker st Lozelles

Travel Expenses will be paid for attendance at the Peer Support sessions in accordance with DATUS Policies and Procedures.

For more information Contact us on the below Details

**D.A.T.U.S Office:**  
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