

## Useful links/contacts:

- Restoration telephone 07501 176234
- Cruse Bereavement Support ...
  - 0845 6002227
  - www.crusescotland.org.uk
- DAPL (Counselling service)...
  - 01333 422277
  - www.dapl.net
- FIRST (support services)...01592 585960
  - www.firstforfife.co.uk
- Addiction Services ...01592 716446  
(medical intervention)
- Barnardo's ...01592 651482
- Frontline Fife ...01592 800430  
(Housing / Homeless information)
- Clued Up ...01592 858248
- Fresh ...07823 773330  
(Recovery women's group)
- Auchmuty Learning Centre for informal  
adult learning and community Job Clubs
  - 01592 583474



# Welcome to Restoration!



# Welcome to Restoration!

In this booklet you will find more information about ...

- Coffee Time
- Workshops
- Green space
- Outings

Restoration provides various activities for people in recovery across Fife.

To find out more:

Phone /text: 07501 176234

Like us on FaceBook: Restoration Fife

Follow us on Twitter: @recoveryinfife

# About Our Project

Restoration is a community project providing activities for people in recovery across Fife. Our aims are: people have fun in a new (substance free) environment, reduce isolation & improve social networks, provide increased opportunities to try new activities, people in recovery and volunteers learn new skills (build assets) and support people in taking their next steps in recovery.

We facilitate a diverse range of activities to suit everyone. Members are very much involved in the planning and delivery and it is their ideas that are used to collate our monthly events calendar. Members can get involved in as much or as little activity as they like, everything is optional and there is no pressure to join in. What matters most to group members is the feeling of being together, a sense of belonging and being part of a community, making new friends, reducing isolation, having fun, and having Restoration as part of their weekly routine. Post treatment, these are the things that help people to maintain recovery, support abstinence and adjust into a new lifestyle. This gives you the chance to experience new things. We also provide a variety of volunteering / training & development opportunities.

We would like to say a big thank you to our hard working volunteers and group members for their help in designing this leaflet and for their continued attendance, enthusiasm, commitment to their recovery and input into the project events.



# Outings



It's helped me to reduce my anxieties and build my confidence and self-esteem.



A range of activities: something for everyone! Great for confidence building and sustaining your recovery.

# Coffee Time

It's what keeps me going!



Evening cafe

Come for a coffee and meet others in recovery in a relaxed, friendly and safe environment.



Breakfast club

It gets me out of the house ... out of the cage I was in.

# Workshops

It got me in touch with my creative side!  
I've tried new things I'd never have done.  
It's given me my life back!

Art & Craft



Pottery



Cooking



Drumming



Restoration's workshops offer a chance to come together to try something new.

No pressure to join in!

# Green Space



I've made new friends.  
It's great being with  
people in the same boat.



An opportunity to get involved in environmental projects and activities.