

## Peer Mentoring Drop In

The Peer Mentoring Drop In is a service that lets you talk to someone face to face who has experienced drug and alcohol treatment in the East Riding and is now in recovery.

### Where are the drop in sessions?

#### Bridlington

Christchurch Keycentre  
2 Quay Road  
Bridlington  
YO15 2AP

Every Tuesday & Thursday  
9.30m - 12pm

#### Hornsea

Hornsea Cottage Hospital  
Eastgate  
Hornsea  
HU18 1LP

Every Friday  
1.30pm - 4.30pm

## For further information contact

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Lead  
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The East Riding Partnership  
7 Baker Street  
Hull  
HU2 8HP

Telephone: 01482 344690



The Alcohol & Drug Service  
Reg. Charity no. 1108595 Company no. 05375809



## SMART RECOVERY & DROP IN

**CHANGES SERVICE IS  
HERE TO HELP**

**“supporting people to  
make positive change”**



## How does SMART Recovery work?

SMART Recovery meetings help us learn the tools and skills that will help us recover from addictive behaviour.

SMART Recovery is self-help because we use tools to 'self manage' our recovery. Other people can help us but nobody can walk this journey on our behalf.

SMART Recovery is mutual-aid because we inspire, encourage, help, reassure and motivate each other on what can be a difficult journey.

Our meetings follow a standard format so that after a couple of meetings you will understand what to expect.

At the start of each meeting, the Facilitator reads out the opening statement which reminds everyone of what the SMART Recovery approach is all about.

This will be slightly different in a meeting being led by a member of staff in a treatment service, but it gives you a good idea of what will follow!



**Find a SMART Meeting local to you**

## SMART Recovery Meetings in the East Riding

### Bridlington

Christchurch Keycentre  
2 Quay Road  
Bridlington  
YO15 2AP  
Every Wednesday  
1pm - 3pm

### Beverley

Cherry Tree Centre  
117 Cherry Tree Lane  
Beverley  
HU17 0AY  
Every Friday  
10am - 12pm

### Driffield

Alfred Bean Hospital  
Bridlington Rd  
Driffield  
YO25 5JR  
Every Tuesday  
3pm - 5pm

### Hedon

Rosedale Community  
Unit  
Preston Road  
Hull  
HU12 8JU  
Every fourth Friday of  
the month  
2pm - 4pm

### Withernsea

Withernsea Hospital  
Queen St  
Withernsea  
HU19 2QB  
Every Second Thursday  
of the Month  
2pm - 4pm

### Hull

Alcohol & Drug Service  
82 Spring Bank  
Hull  
HU3 1AB  
Every Monday  
2pm - 3.30pm

### Goole

Goole Hospital  
The Conference Room  
Woodland Avenue  
Goole  
DN14 6RX  
Every Thursday  
1.30pm - 3.30pm

## What about the Family & Friends

SMART Recovery Family & Friends help those who are affected by substance abuse, drug abuse, alcohol abuse or other addictions of a loved one.

### Your local Family & Friends Meeting

Cherry Tree Centre,  
117 Cherry Tree Lane,  
Beverley,  
HU17 0AY

Every First & Third Monday of the  
month  
7pm - 8.30pm

