



East Riding Partnership East Hub Recovery News

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#newyearnewstart

ERP BREAKFAST CLUB

Every Monday

0930-1130



Thank you to all who collected for our partnership approach with Emmaus for The Rough Sleeper Project last month. We are continuing to collect and support so please keep donating warm clothing!!



ERP Little Library working well. 'Take a Book Return a Book' Donated books welcomed.

'Safe and Well'



HUMBERSIDE
Fire & Rescue Service

The East Riding Partnership are working together with the Humber Fire and Rescue service to promote 'Safe and Well' living in the home. The East Riding Partnership are able to offer clients a direct referral to the Humber Fire and Rescue; they would then drop by for a visit to ensure that your home is safe. In their visits they are able to support you with;

- **Reducing falls in the home**
- **Helping you keep the house warm in the cold months**
- **Social Isolation**
- **Smoking cessation**
- **Crime prevention**

East Riding Partnership Open Group



To encourage engagement with our service, the Open group is a new concept devised by ERP to facilitate an option to your planned appointment with your Keyworker. If you are unable to present for your appointment for unforeseen circumstances, you may use the Open Group appointment for psychosocial support and collection of your prescription. The operating times for the group are daily between 3pm and 4pm.

Why do Dry January?'

Dry January is growing year-on-year as more people across the country decide to take control of their drinking and reap the benefits, both in how they feel now and for their future health. There are plenty of reasons for taking part in Dry January, Here are just a few:



Beautiful Skin

Save Money

Sense of Pride

Feel Fitter

Quality Sleep

Please note that this is not a medical detox programme and should not be attempted by people with an alcohol dependency problem. Please contact your keyworker