

Information

If you have been assessed by either i-access or Catalyst and referred to a SMART meeting, you are welcome to attend any of the meetings on the list.

Please arrive 10 minutes early for meetings to ensure a prompt start.

If you are new to the meetings please arrive 15 minutes early on your first visit, so you can be welcomed.

We understand that you may currently be reducing substance use, but please don't go 'over the top' before attending a meeting – it doesn't help others who are trying to stay clean.

If you are interested in developing your skills in SMART further or beginning the online training, please visit:

www.smartrecovery.org.uk

For further information about the services we provide visit the i-access website:

www.surreydrugandalcohol.com

Other SMART meetings are facilitated by Catalyst. For further details visit:

www.catalystsupport.org.uk



Surrey and Borders
Partnership
NHS Foundation Trust

SMART Recovery Meetings

Surrey – 2019



In partnership with:



All meetings are for people 18+

We are unable to permit late entry into meetings. We politely ask that you respect this and attend punctually.

The following meetings are held by i-access and Catalyst. For a full list of meetings please speak to your keyworker.

Tuesday

Farnham 40 Degreez Centre 1:00—2:00pm

Dogflud Way, Farnham, GU9 7UT

Wednesday

i-access South West 1:00—2:30pm

Laurel House, Farnham Road Hospital, Guildford, Surrey, GU2 7LX

Thursday

The Brickfield Centre, Epsom 2:00—3:00pm

Portland Place, Epsom KT17 1DL

i-access North West 3:00—4:30pm

Abraham Cowley Unit, St Peter's Hospital, Chertsey, Surrey, KT16 0AE

Grovehill House 6:00—7:00pm

1-3 The Pavement, Grovehill Road, Redhill, RH1 6TW

SMART

Self Management And Recovery Training

4- Point Programme

1. Building & Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings & Behaviours
4. Living a Balanced Life

No matter what your addiction you are not alone.

We focus our meetings on the present, not the past.

Voluntary donations towards meeting costs (tea, coffee, etc) are greatly appreciated.