

The SUN Network's Peterborough drug and alcohol newsletter - Spring 2025



Sue at a resonance taster session at The Vaults in Peterborough cathedral

Sue Nicol joined The SUN Network in May 2024 as a Drug and Alcohol Co-production Facilitator. Her role includes hearing the experiences of people who experience dependency challenges and use or need drug and alcohol support services in Peterborough.

Sue looks for thematic feedback in what people are saying and lets the commissioners at Peterborough City Council know how services can best support people.

You may have already met Sue, who has her own lived experience of addiction challenges, so is well placed to understand and listen to people's experiences.

If you would like to speak to Sue about your experience of addiction or using local support services, email sue.nicol@sunnetwork.org.uk or phone/Whatsapp 07851 295 201

Sue has been working alongside the staff at CGL Aspire to hear people's voices. This includes Sue dropping into various services and projects that are happening across the city to find out what works well and what could improve.

There is of course, a connection between addiction challenges and mental health, and Sue alongside Tanya from CGL Aspire has been able to facilitate the Recovery College East Wellbeing Hub coming into the Fletton Recovery Hub on a Tuesday afternoon to deliver face to face mental health recovery focused courses.

You can get our A3 Wellbeing poster (pictured right) by emailing enquiries@sunnetwork.org.uk



In a life-threatening emergency please ring 999 immediately or go to A&E

Mental Wellbeing
Free local support for people aged 18 and upwards that you can access without needing to see your GP

Need immediate support?

- First Response Service. Ring NHS 111 and select the mental health option for crisis support
- Face to face, (8.30pm - 11.30pm) and telephone (11am - 6pm) support in a mental health crisis. Call NHS 111 and select the mental health option for a space at The Sanctuary
- Get a crisis card from The SUN Network by contacting enquiries@sunnetwork.org.uk

Drugs or Alcohol Support

- Support in Cambridgeshire for drug and alcohol challenges sems@supportonline.org. Tel: 0300 555 0101 option 1. Email: cambridgeshiresems@cgpl.org.uk
- CGL Aspire - support in Peterborough for drug and alcohol challenges sems@supportonline.org. Tel: 01773 895 624 Email: peterborough@cgpl.org.uk

Are you a carer for someone with mental health challenges?

- Making Space supports carers of people with mental health challenges. Tel: 01480 211 006. Email: enquiries@making-space.org.uk
- RehabCare Carers can offer you support caring for your loved one. Tel: 07783 267 653. Email: Cambridgescarersgroup@rehabcare.org
- Caring Together provide information and advice for carers. Tel: 0345 243 9968. Email: help@caringtogether.org

Want to talk to someone?

- NHS Talking Therapy that you can refer yourself to. Tel: 0300 200 955. www.nhs.uk/111/talkingtherapies/. Email: SPAsuk@talkingtherapies@cgpl.nhs.uk
- Everyturn offer free, confidential NHS funded Talking Therapies that you can refer yourself to. Tel: 0300 566 888. www.everyturn.org. Email: enquiries@everyturn.org
- Lifeline offer free confidential telephone support 11am - 11pm every day. Tel: 0800 808 2121. www.lifeline.org
- Samaritans are there to listen, every day. Tel: 116 123. Email: info@samaritans.org
- Confidential trauma-informed counselling service for adults who have experienced sexual abuse in childhood. Tel: 01223 358 149. www.choicescounselling.co.uk. Email: admin@choicescounselling.co.uk
- Text HEAR to 81259 for crisis support via text messages. A local version of the national SHOUT text service.

Community Support

- CPIS. Mind offer Good Mood Cafes, Calm Spaces, and more. Tel: 0300 313 4363. www.compassion.org.uk
- RICE Wellbeing Hub deliver free courses to support wellbeing in Cambridgeshire, Peterborough, Wisbech and Fenland. Email: RICEwellbeinghub@cgpl.nhs.uk. Tel: 01773 963 219. www.cgl.nhs.uk/rice-wellbeing-hub
- Lifecraft offer social and creative groups, counselling, recovery support, information and more. Tel: 01223 946 967. www.lifecraft.org.uk. Email: info@lifecraft.org.uk
- A place for men to connect, converse and create. Find your nearest shed. Tel: 0300 772 9626. www.menssheds.org.uk. Email: admin@ukmens.org
- Creative arts courses in a safe, friendly and supportive environment. Tel: 01223 431820 or Text: 07763 280 629. www.cambridgesarts.org.uk
- How Are You (HAY) Bring together everything in your local community that is good for wellbeing. www.haycambs.org.uk

Need support for Eating Disorders?
Information and support for people who struggle with food, and for their carers/family can be found with the QR code to the left.

Looking for more information on mental health services for adults, children or young people?
Try www.nhs.uk or your local council or scan the QR code to the left.

Contact The SUN Network: www.sunnetwork.org.uk
Email: enquiries@sunnetwork.org.uk Call/Text/WhatsApp: 07712 356 172
Facebook: www.facebook.com/SUNNetworkCambs

All information correct as of December 2024. What individual services listed can offer is subject to change due to funding or other circumstances. If you would like the a poster to display, please contact The SUN Network.

Cambridgeshire & Peterborough Integrated Care System

Fletton Place Recovery Hub runs on a Monday from 10am - 3pm

The group meet for coffee, tea and snacks in the morning, and they can then attend Acupuncture for an hour followed by a Recovery support group.



Dave celebrating his One year sobriety birthday. Dave volunteers for Aspire.

Fletton Place Recovery Hub Friday Pool Team



Fletton Place are now running a women's only group on Tuesday mornings 10am -1pm

Aspire weekly group timetable

Monday Group	Time	Tuesday Group	Time	Wednesday Group	Time	Thursday Group	Time	Friday Group	Time	Saturday	Sunday
Breakfast Club	10:00-11:00	Breakfast club	10:00-11:00	Bunch club	11:30-12:30	Breakfast Club	10:00-11:00	Breakfast Club	10:00-11:00	10:30 Smart Recovery (Fletton)	Narcotics Anonymous 12:00
Fletton Hub	10:00-12:30	Occasional User Drop in (Fletton)	10:00-12:30	Pre Detox	12:00-13:30	Pre Rehab Group	10:00-11:00	Fletton Hub	10:00-12:30	10:00-12:30 100% Drugwash Narcotics Anonymous	Russian Speaking Narcotics Anonymous 17:00
Eastern Support Pre-Detox	11:30-12:30	Welcome pool	11:00-12:00	Blossom group	12:30-13:30	CJ Outreach Pre-Detox	11:00-12:00	Dependant Alcohol pool	10:30-11:30		Cocaine Anonymous 17:00
Recovery Support Foundation	14:00-15:00	Cooking club	11:00-13:00	Art & Crafts	13:00-15:00	Motiv Club	11:00-13:00	Recovery 'what's next'	12:30-13:30		
Pre Detox Fletton	15:00-16:00	DRUM Pod	13:00-14:00	Crack Cocaine group	14:00-15:00	Circle group	12:30-13:30	Crack Cocaine Pool	13:30-14:30		
Women Only Narcotics Anonymous	19:00	Acupuncture	14:00-15:00	Non opiate POD	15:30-16:30	Start up for Recovery	13:00-14:00	Foundations of rehabilitation	11:30-12:30		
		Alcohol EB	14:00-15:00	Diabetes Drop In	15:30-16:30	Art and Crafts	13:30-15:00	AA Mixed	15:00-16:00		
		CJ Support group (Fletton)	15:00-16:00	Acupuncture	14:00-17:00	Crack Cocaine Group	14:30-15:00	Debate pool	14:00-15:00		
		ASP Program (Fletton)	17:00-18:00	Butterflies	17:00-19:00	Acupuncture	14:00-15:00	The Reason Group	15:00-16:00		
		Pre-Detox	17:30-18:30	NA Mixed	19:30-21:00	Welcome POD	17:00-18:00	Foundations of rehabilitation	16:00-17:00		
		Alcohol EB	18:00-19:00			Abilities in Recovery	18:30-19:00	Alcohol EB	18:30-19:00		
		Non Opiate POD	18:30-19:30			Non Opiate EB	18:30-19:00	Non Opiate EB	18:30-19:00		
		Cocaine Anonymous	19:30			Acupuncture	19:00-19:30	Acupuncture	19:00-19:30		



Getting creative at the women's group

Mental Health



**RCE Wellbeing Hub
& Aspire Recovery Service**

Face-to-face recovery-focused courses delivered each week

Every Tuesday
Starting January 14th
2.30pm - 4:45pm

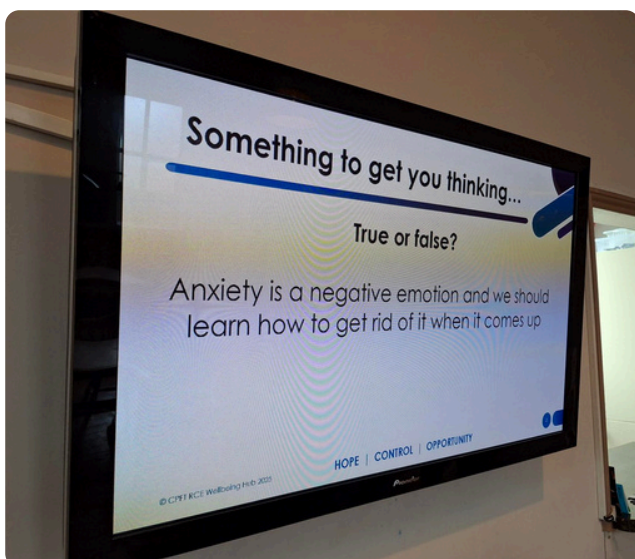
Fletton Life Church,
The Fletton Centre,
139B Fletton Ave,
Peterborough PE2 8BY

To book a course or ask questions, email us at:
RCEWellbeingHub@cpff.nhs.uk





If you have any thoughts on what mental health support courses would be useful, please speak to Sue




COURSE SCHEDULE

MARCH - APRIL 2025

04 MAR	IDENTIFYING IDENTITY SESSION 1
11 MAR	IDENTIFYING IDENTITY SESSION 2
18 MAR	ACTION PLANNING FOR WELLNESS SESSION 1
25 MAR	ACTION PLANNING FOR WELLNESS SESSION 2
01 APRIL	REFLECTION/PLANNING FOR NEXT TERM

To book any of the above courses, scan the QR code or contact us below



www.cpff.nhs.uk/rce-wellbeing-hub/
Tel: 01733 963 219
E-mail: RCEWellbeingHub@cpff.nhs.uk

The Recovery college East Wellbeing hub timetable. If you are interested in any of the courses on offer, please contact them on the contact details above.

The courses have been well received at the Fletton Recovery Hub with regular attendees each week and the feedback has been excellent.



www.sunnetwork.org.uk

Crisis Card

This card has been devised as a tool for people to use in a mental health crisis. If you are shown this card please help the bearer by contacting the '1st Contact' inside or by contacting one of the services below:

- Emotional or Mental Health Crisis Care — NHS 111 option 2
- Samaritans (24 hours, 365 days) — 116 123
- In an emergency call 999

You can get a crisis card from The SUN Network by emailing enquiries@sunnetwork.org.uk

Service user feedback

'The staff were fantastic.
No judgement and
maintained confidentiality'
– GCL Aspire

'Coming to a new service I was full of anxiety, but you have given me confidence. Honestly, I wouldn't be where I am today so, thank you. Without stability in the service (support) there is no stability in life!'
– Outside Links Women's drop in

'The breakfast club used to be really good, now there isn't enough funds, and it seems to be getting smaller and shorter each time' –
CGL Aspire

'Probation don't tell you everything you need to know.' -
HMPPS

'We don't always live lifestyles that are 'normal', it's not that we don't want to, but the 'lifestyles' take over and sadly the importance of going to see a doctor isn't high on our list of things to do' -
Outside Links

'My life has changed for the better in a million ways. For starters I'm drug free. I am healthier. I don't cough anymore. I have redecorated my flat. I have modern gadgets and electrical appliances again. I have my driving licence back. I go out on daytrips and enjoy eating out. I am rebuilding the family relationships I had neglected. I have a life' - Outside Links