

A REVOLUTIONARY APPROACH TO RECOVERY IN RENFREWSHIRE

CIRCLE recovery hub, a unique mental health and addiction service for people looking for a recovery focus

S E R V I C E



CIRCLE



A WARM WELCOME TO CIRCLE

Working in partnership with local people who have lived or living experiences of mental health, alcohol or drug related issues, CIRCLE (Continuing in Recovery Changes Lives Entirely) is situated at 81 Glasgow Road in Paisley.

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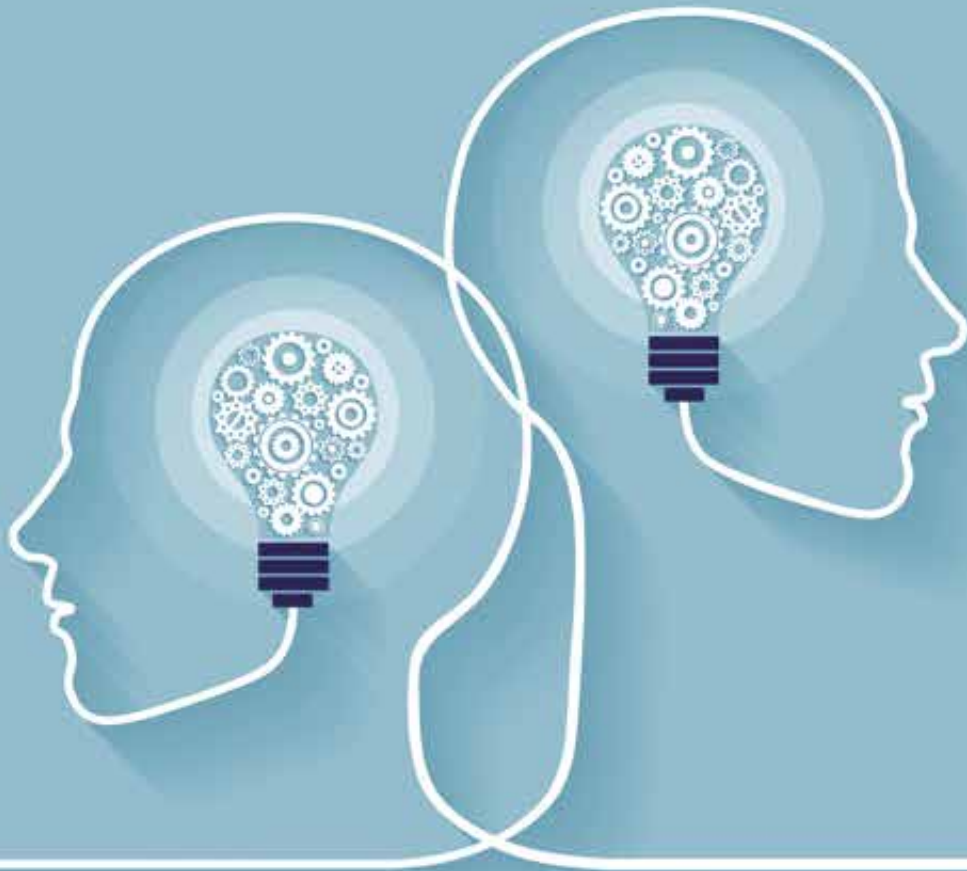


CIRCLE



Referrals can be made by phoning **0300 300 1199** (option 4) or by emailing a completed referral form to **ci.circle.recovery@nhs.scot**

AN INTRODUCTION TO CIRCLE



CIRCLE has been developed to provide enhanced support to local people who are on a recovery journey. It will act as a central recovery hub for individuals referred to the service, with recovery activity delivered across local communities throughout Renfrewshire.

The service will provide a wide and varied programme of activities, aimed at encouraging, involving and supporting people in recovery.

CIRCLE aims to address a key gap within Renfrewshire's mental health and alcohol and drug services, where a lack of recovery opportunities for people in treatment was previously identified. As has been evidenced in other areas in Scotland, enhanced recovery opportunities do contribute to better outcomes for individuals.

CIRCLE is fully supported by Renfrewshire Alcohol and

Drug Partnership and builds on the work of the Renfrewshire Alcohol and Drug Commission to further strengthen the support in Renfrewshire for people in recovery.

CIRCLE will provide people with improved recovery opportunities and improved links to and from other related services, ensuring individuals feel sufficiently supported throughout their journey. This will increase opportunities for people to have more independence and choice on how they manage their own recovery.

CIRCLE has a different look and feel to anything else in Renfrewshire, having been designed with input from a group of peers at every step of the way. Access to professional support is available from a staff team who will be operating alongside people with living experience of mental health, drug and alcohol recovery.



STRATEGY

When it comes to how we plan to implement our ideas and reach our goals, CIRCLE has a very clear outline of how our ambitions can be realised. Taking a person-centred and flexible approach to individual recovery journeys, CIRCLE is a direct response to the 2018 review of Renfrewshire's drug and alcohol services.

We aim to offer a service that:

1

Is accessible and inclusive; that clearly communicates its aims and ambitions for recovery in Renfrewshire.

2

Is transparent and accountable in recruitment, delivery of service and outcome reporting.

3

Promotes opportunity and choice for service users; to empower people to be in control of their own recovery.

4

Values lived and living experience - to influence and inform service planning and delivery.

5

Identifies and communicates the pathways and community supports to promote life-long recovery.

6

Listens to the feedback from clients and responds to support needs in a flexible way.



THE DETAILS

Situated at 81 Glasgow Road in Paisley CIRCLE is large enough to accommodate an array of activities and it is hoped that it will foster a number of satellite sites throughout Renfrewshire to make recovery visible, accessible and tailored to community needs.

CIRCLE has a quiet room, a social space and IT suite; it is a trauma-informed, safe and welcoming environment whose purpose and scope will be informed by those who use the service.

A staffing complement of Recovery Workers, Occupational Therapist and other affiliated professionals provide a holistic approach to recovery, with 'navigators' responsible for outreach into other areas of Renfrewshire.

The services provided include:

- Relapse prevention
- Life skills for independent living
- Social-emotional skills development
- Socialisation
- Leisure
- Self-care
- Creative activities
- Service user involvement
- Vocational rehabilitation (education, volunteering and employability)
- Family/ carer support



MORE DETAILS

A timetable of activities will also be devised in collaboration with clients and others with lived and living experience through a Focus Group and Forum. The following are just some of the activities we could offer:

Acupuncture, guitar group, gardening, book club, walking groups, fishing, yoga and meditation.

The aim of CIRCLE is to work in collaboration, forming partnerships and working relationships with other agencies, groups, and organisations throughout Renfrewshire to promote a positive recovery message.



REFERRALS

Individuals can be referred to CIRCLE from a variety of sources: for example, Community Mental Health teams, Housing Associations, Link Workers within Health Centres, Criminal Justice, GPs and Job Centres.

The criteria for referral is explained below in terms of individual expectations for prospective clients.

Prior to being referred CIRCLE, our clients should:

- Have demonstrated a level of stability within Alcohol and Drug Recovery Service / Mental Health community setting (attending appointments regularly etc.)
- Have demonstrated a commitment to recovery
- Have already taken steps to address substance use/ Mental Health
- Be ready to plan for life-long recovery
- Be ready to commit to a contract of engagement regarding expectations and responsibilities

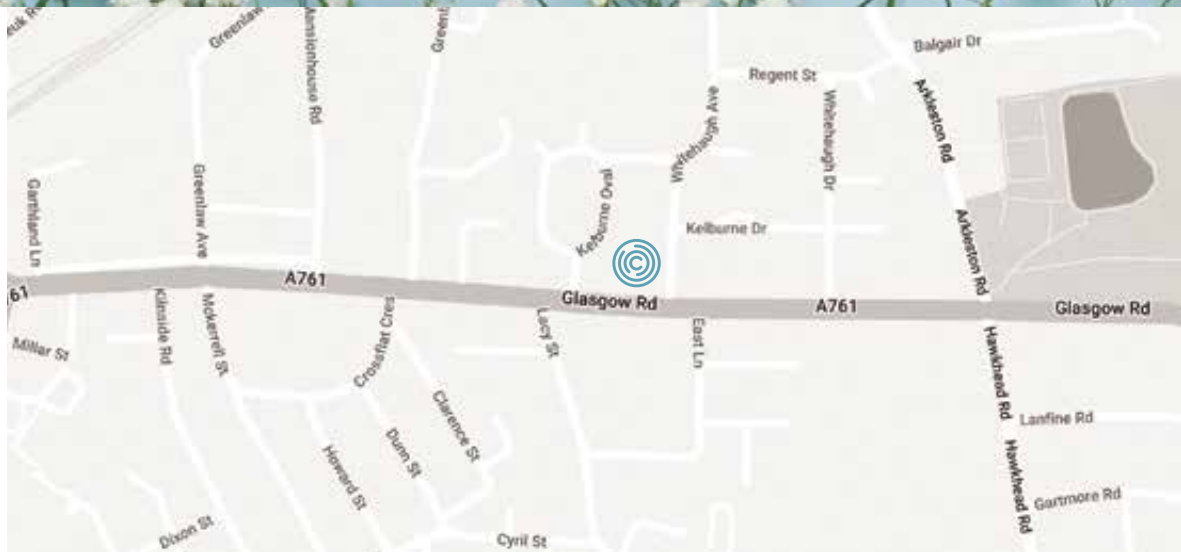
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PARTNERS

The aim of CIRCLE is to work in collaboration, forming partnerships and working relationships with other agencies, groups, and organisations throughout Renfrewshire to promote a positive recovery message.



Find us at:
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Paisley PA1 3PE



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