

HOW DO I APPLY TO JOIN THE DAY PROGRAMME?

Speak with your keyworker, Probation Officer or Drugs Worker about arranging an informal meeting, or contact any of the places shown on this page.

ACT NOW AND GET A PLACE

Our Courses are available in
BIRKENHEAD
RUNCORN & WIDNES
WARRINGTON
WINSFORD
CREWE
CHESTER
ELLESMERE PORT

To get further information, an application form or to have a chat about your options, call in at any of the locations listed below. Or, if you prefer, call us on the telephone numbers listed.

BIRKENHEAD 0151 647 8633

1st Floor, Argyle Health Centre,
Oliver Street East, Birkenhead CH41 6HH

**WARRINGTON,
RUNCORN
& WIDNES** 01925 653261

45 Wilson Patten Street,
Warrington WA1 1PG

**WINSFORD
CREWE
CHESTER** 07909 976180

(Venues Vary)

ELLESMERE PORT 07770 380528

(Venues Vary)

THE DAY PROGRAMME

STRUCTURED
ACTIVITIES TO HELP
COUNTERACT THE
EFFECT OF
SUBSTANCE
MISUSE



The Day Programme will offer you:

- An individual assessment of your own needs
- A care programme developed to suit you
- A key-worker to help you with any emotional, social or drug using problems you may have
- Help with improving your health
- Sessions to assist with relapse prevention



ARCH Initiatives provides several different Day Programmes and we can cater for all client needs.

If you would like to know more about our Day Programmes, or are interested in coming along to join in, then you can make an appointment with any of the offices listed on the back of this leaflet. Just give us a call - or drop in and see us.



WHAT IS THE DAY PROGRAMME?

It is a structured programme aimed at helping you to improve the quality of your life. Each programme takes around ten people and there are plenty of activities to take part in. There is an emphasis both on group work and on helping and supporting each individual's own needs. Here are a few examples of what is on offer:

- Alternative therapies
- Life skills
- Creative workshops
- Welfare rights
- Stress management

The programme is delivered by helpful, friendly and experienced staff.

You can claim the travel costs you need to get you to the programme and we will pay for childcare with either a nursery or with a registered childminder.

At the end of the course you will receive a certificate of attendance and an action plan to take you forward to further opportunities. Some examples of what people have done following their time on the Day Programme are going on to training courses, getting work experience placements or jobs, taking up further education.

WHAT WILL THE DAY PROGRAMME ACHIEVE?

We offer you a wide range of services which will:

- Support you to make positive steps
- Alternative therapies
- Group work
- Life skills
- Art sessions
- Access to legal awareness and welfare rights
- Stress management
- Advice on Health Issues
- A Certificate of Attendance
- Opportunities to move on
- Options to improve quality of life