



HORIZONS is a group of people who want to champion Recovery in Midlothian. We are made up of people on our own Recovery journeys from substance misuse and are supported by staff from NHS Lothian's Substance Misuse Service and MELD.

Our experience tells us that there are limited Aftercare opportunities in Midlothian to encourage on-going Recovery. We want to change this by empowering ourselves and others. We want to show what we can do and that Recovery is possible. We want to be clean, sober and happy and we want to help other people be clean, sober and happy too.

We will do this by developing a successful Recovery Cafe in Midlothian. It will be a safe place – free from drugs and alcohol – where people can socialise, share and succeed in their Recovery aspirations. We will operate from the **Baptist Church, North Wynd in Dalkeith every Friday between 10am and 3pm**. As we grow we will add monthly Cafe nights.

The Cafe will start with a SMART Recovery meeting – initially facilitated by NHS staff before becoming Peer-Led as individuals complete the training. SMART stands for Self-Management and Recovery Training. It's a mutual aid model, based on scientific principles.

Next we will have a drop in Cafe, open for lunch to people in Recovery, their friends and family and the wider community. Finally we will organise a range of activities depending on people's skills, experience and interests. There will be opportunities for personal development and training.

If you are interested please come along, please come clean and sober as Horizons must be a safe place for those in recovery. Alternatively call **Kenny or Katrina on 0131 660 6822** for an informal chat.