



CHASE RECOVERY
HOPE - FREEDOM - PURPOSE

Chase Recovery Newcastle Timetable

2026

Unitarian Meeting House, Lower Street,
Newcastle-under-Lyme. ST5 2UA

Open every Tuesday & Thursday from 9:30am.
Call office for further details on 07923 157159



	9:30m-10:00am	10:00am-11:00pm	11:00am-12:00pm	12:00pm-1:00pm	1:00pm-2:00pm	2:00pm-2:45pm
<i>Tuesday</i>	The Soft Landing 9:30am-10:00am	Freedom Active 10:00am-11:30am First Steps 10:00am-11:30am	The Soft landing 11:30am-12:00pm	Here & Now 12:00pm-1:00pm Less is More 12:00pm-1:00pm	Break 1:00pm-1:15pm	Freedom Basics 1:15pm-2:45pm
<i>Thursday</i>	The Soft Landing 9:30am-10:00am	Freedom Active 10:00am-11:30am	The Soft landing 11:30am-12:00pm	SMART 12:00pm-1:00pm	Break 1:00pm-1:15pm	Freedom Basics 1:15pm-2:45pm

<i>The Soft Landing</i>	<i>Coffee, chat & connection (& toasties). 😊</i>
<i>Here & Now</i>	<i>A safe and supportive space to explore and express your emotions in the present moment.</i>
<i>SMART Recovery</i>	<i>A self-empowering recovery program that uses practical tools to help people build & maintain positive change.</i>
<i>All sessions in yellow are open to all and everyone welcome, come and join us.</i>	

<i>First Steps</i>	<i>Dip your toes into recovery & take your first steps toward freedom.</i>
<i>Freedom Basics</i>	<i>Workshops exploring routes to recovery.</i>
<i>Freedom Active</i>	<i>For those that have completed Freedom Basics and have chosen abstinence.</i>
<i>Less is More</i>	<i>Practical support to look at your drinking patterns.</i>

Ver. Date 22/04/26

www.chaserecovery.co.uk

*** ALWAYS CHECK THE WEBSITE FOR TIMETABLE CHANGES – USE QR CODE AT TOP ***