



CHASE RECOVERY
HOPE • FREEDOM • PURPOSE

Chase Recovery Stafford Timetable

62 Foregate Street, Stafford. ST16 2PT
Please use side entrance on County Rd.
Telephone: 07923 157159 - Office open from 9:45am Monday to Friday.
2026



ALWAYS CHECK THE WEBSITE FOR ANY TIMETABLE CHANGES – USE QR CODE ABOVE.

Monday	Tuesday	Wednesday	Thursday	Friday
Freedom Active 10:15am - 11:45am For those who have completed Freedom Basics and are abstinent	Breakfast @ Ebbys Food served 10:00am - 10.30am An informal chat and a fry up with no pressure and no expectations	Freedom Active 10:15am - 11:45am For those who have completed Freedom Basics and are abstinent	Our Stafford hub is closed on Thursdays. We still have sessions at our Cannock & Newcastle-under-Lyme hubs, visit chaserecovery.co.uk or scan the QR code above.	Women's Group 10:00am – 12:00pm “A safe space to discover your self-worth” with Sophie (NB. Women only).
Onwards and Upwards 10:15am - 11:45am For those who have completed Resilience & want to grow. See Mark D.	Ask it Basket 11.15am - 12.15pm	First Steps 10:30-11:45am An introduction to change.... What is addiction? What is Recovery?		The DetoX Factor 1:45pm-4:00pm “To inspire the addict who still suffers” The Detox Factor is a talented group of recovering addicts who are using creativity to build a sense of unity and inspire others on their journey to sobriety
S.M.A.R.T. 12:15pm – 1:15pm Self Management And Recovery Training	Men's Group 1:00pm - 2:30pm “A safe place to discover your self-worth” with Gareth (NB. Men only).	Hot snack and chat @Ebbys 11.45am - 12.15pm		
Freedom Basics 1.30pm - 3:00pm for those who have completed First Steps	See separate timetable for more sessions at CANNOCK and NEWCASTLE-UNDER-LYME hubs every Tuesday & Thursday.	Here and Now 12:15pm - 1.15pm	See separate timetable for sessions held at CANNOCK and NEWCASTLE-UNDER-LYME hubs every Tuesday & Thursday.	
Resilience 1:30pm-3:00pm 8-week programme for those who have completed Freedom Active and are abstinent		Less is More 12.15pm - 1.15pm For those considering cutting down alcohol or considering detox		
		Freedom Basics 1.30pm - 3:00pm for those who have completed First Steps		
		Voices @ 62! 4:00pm - 5.30pm Singing for fun.		
		Family Group 6:00pm – 7:30pm For those affected by someone else's addiction.		

All sessions in YELLOW are open to all and everybody welcome.

www.chaserecovery.co.uk

EXTERNAL RESOURCES. HELPLINES & LINKS TO AID YOUR RECOVERY

Alcoholics Anonymous UK.



ALCOHOLICS-ANONYMOUS.ORG.UK

0800 917 7650



Cocaine Anonymous UK.



COCAINEANONYMOUS.ORG.UK

0800 612 0225



Narcotics Anonymous UK.



UKNA.ORG

0300 999 1212



Marijuana Anonymous UK.

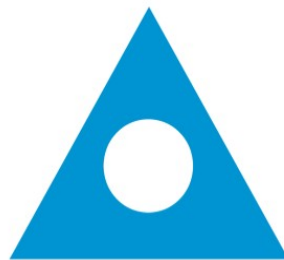


MA-UK.ORG

0300 124 0373



Al-Anon Family Groups.



AL-ANONUK.ORG.UK

0800 0086 811



Adfam (Families & Addiction).



ADFAM.ORG.UK

ONLINE ONLY



Gamblers Anonymous UK.



GAMBLERSANONYMOUS.ORG.UK

0330 094 0322



**Staffordshire Treatment
And Recovery System.**



STAFFSTARS.ORG

0300 124 0356



Samaritans UK.



SAMARITANS.ORG

116 123

