



Current Opening Times

Drop in: Monday-Friday, 9am-12.45pm

Breakfast: 9am-10:30am

Lunch: 12pm-12:45pm.

Phonelines are open Monday - Friday, 9am - 5pm

New Members of the Management Team

Congratulations go to Lucy who has recently been appointed to the role of Recovery Lead, as well as to Michael, who has been appointed to the position of Crisis and Prevention Lead here at SIFA Fireside. Well done, both!

Run, Don't Walk

We're looking at starting a client Running Club and/or a Walking Club in the next few weeks. **Please put your name down on the sign-up sheets if you're interested.**



Join our Client Forum!

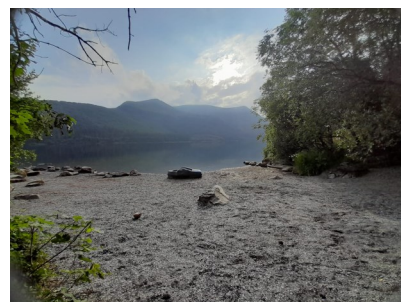
Have your say and help shape our services on the second Tuesday of every month in our Activity Room. Contact the Drop-In Team for info. Next Client Forum – 9th August '22.



Snowdon For SIFA

Congratulations and a big 'Thank You' go to Dave, who has recently raised over £3,000 for SIFA Fireside by climbing Mount Snowdon.

Regardless of the wind, the rain and the cold, Dave made it to the summit in around 2 and a half hours and has requested that the funds raised go towards replenishing SIFA Fireside's stocks of sleeping bags.



The ASH

Did you know that The Ash can support with:

- Maintaining accommodation
- Budgeting and money management
- Accessing health and wellbeing services
- Routes into employment and training
- Engaging with community activities
- Reconnecting and building positive relationships.

Speak to a member of the ASH team to find out more.

Dental Bus

From 4th of August and every three weeks afterwards, the dental bus will be here from 10.30 until 3pm. Appointments are emergencies only and on a first come, first served basis.



MONDAY



Breakfast
9am to 10:30
Lunch



Drop-In Opticians

TUESDAY



Breakfast
9am to 10:30
Lunch
12pm to 12:45



NURSE

Community Nurse



Job Club
10am to 12 noon



EU Women's Group
Activity Room 13.30

WEDNESDAY



Breakfast
9am to 10:30
Lunch
12pm to 12:45



English Lessons—
Beginners
10am to 12 noon



Job Club
10am to 12 noon



English Lessons
Intermediate
12.30m to 2.30

THURSDAY



Breakfast
9am to 10:30
Lunch
12pm to 12:45



Chiropodist
9am —12 noon



Job Club
10am to 12 noon



Art Session
Activity Room 13.30

FRIDAY



Breakfast
9am to 10:30
Lunch
12pm to 12:45



AA Meeting
Activity Room 1pm



Tenancy support
All day



Tenancy support
All day



Tenancy support
All day



Tenancy support
All day



Tenancy support
All day