

CRANSTOUN

Empowering People, Empowering Change

Saturday Safe Space

2pm – 7pm from 6th July 2024

Orion House, 19 Cedar Road, SM2 5JG

Our Saturday sessions are open to the wider recovery community or for anyone wanting a safe space to spend some meaningful time away from the temptations of drug or alcohol use.

Bring a friend or family member (over 18's only) and have fun with one of our many activities.

These include:

- Relax and watch a movie or perhaps some football
 - Try your hand (or voice) at some karaoke
 - Be creative with some colouring or painting
 - Play a board game with a friend or fellow visitor
 - Bring some lunch to eat and make a cuppa
- We also have quiet rooms where you can spend some time alone with a book, music or just relax

We have trained staff and volunteers on site to offer some help and support if needed. All we ask is that you attend not under the influence of any substance.

This service is confidential and we will only collect details for fire safety reason which will be destroyed at the end of each day.

Hope to see you there!

cranstoun.org