

# Groupwork

According to area demand we provide Groupwork over a period of 8 to 12 weeks for 2 hours a week. Topics can be wide and varied but in general we provide sessions on the following: -

- **Relapse Prevention**
- **Confidence Building**
- **Assertiveness**
- **Anger Management**
- **Walk & Talk Group**
- **Information Walks with the Rangers**
- **Conservation**
- **Kayaking**
- **Horse Riding**
- **Snooker**
- **Golf**

Any reasonable requests by clients for alternative topics will always be given consideration.



# Contact

For further Information, please contact:

**Caroline MacKenzie,**  
**Groupwork Co-ordinator**  
Fife Intensive Rehabilitation &  
Substance Misuse Team  
3 South Fergus Place,  
Kirkcaldy, Fife, KY1 1YA  
Telephone: 01592 585960  
Fax: 01592 585965

Website: [www.firstforfife.co.uk](http://www.firstforfife.co.uk)  
Email: [caroline.mackenzie@firstforfife.co.uk](mailto:caroline.mackenzie@firstforfife.co.uk)

### Office Opening Hours are:

Monday – Friday  
9 am – 5 pm

Telephone Answering Machine outwith office hours.

A member of staff will be in contact at the earliest possible opportunity.

FIRST is a Charity and Company Limited by Guarantee registered in Scotland

**Scottish Charity Number: SC 034720**  
**Company Registration Number: 298843**  
*Registered with the Care Commission*  
The Groupwork Programme receive funding from :



## Fife Intensive Rehabilitation & Substance Misuse Team



## Groupwork Information Leaflet



## *What Clients have said about FIRST's Groupwork Sessions*

It is better than I expected, it is very relaxing and rewarding and very informal.

I enjoyed meeting other people and integrating back into society.

It's a relaxed informal atmosphere, the subject matter changes each week so you should be able to find something to help your situation and improve confidence or lifestyle.

It was good to be around people who are going through the same things as you. Good support mechanism.



I found all of it very useful and every week was a different challenge.

I enjoyed the meetings and was sorry to see them finish.

I learned a lot about myself and how to identify problems and triggers and learnt to cope with them.