



**WORKING FOR
THE BEST
POSSIBLE
OUTCOME**

Kenward Trust Choices is designed to move you as effectively as possible towards the outcome you want to achieve.

We work in partnership with other substance misuse agencies to provide the package of care that best meets your needs.

Under Kenward Trust Choices, you are involved in deciding the treatment package you receive. You'll have a weekly meeting with a qualified keyworker who will agree your treatment plan with you, help you stay motivated and provide as much support as possible as you work towards your goals.

To develop and improve the service, we encourage feedback from our service users and constantly research the community's needs to identify groups whose requirements are not yet being met.

WHERE TO FIND OUT MORE

Kenward Trust Choices operates in two centres in Kent:

KENWARD TRUST CHOICES TONBRIDGE

Wealden Centre, 7 Castle Street
Tonbridge, Kent TN9 1BH

Tel: 01732 370413

Email: choices.tonbridge@kenwardtrust.org.uk

KENWARD TRUST CHOICES MAIDSTONE

Mill House, Mill Street
Maidstone, Kent ME15 6XH

Tel: 01622 674712

Email: choices.maidstone@kenwardtrust.org.uk

For more information, contact either centre direct or email enquiry@kenwardtrust.org.uk



**SO YOU WANT TO
TACKLE YOUR
DRUG OR ALCOHOL
PROBLEM**

Kenward Trust is a registered charity with over 40 years' experience of offering professional recovery programmes for people suffering from drug and alcohol misuse.

**KENWARD TRUST
CHOICES**

www.kenwardtrust.org.uk

Community workshops based in Kent and tailored to give you the support you need

A PERSONALISED SERVICE

to support you on your treatment journey

At Kenward Trust we recognise that everyone wanting to overcome a drink or drugs problem has their own unique path towards recovery.

That's why we've developed Kenward Trust Choices, a menu of day and evening workshops that allows you to personalise the treatment you receive – and to move between workshops as your needs change.

Kenward Trust Choices can support you in achieving positive change and in working towards a non-dependent lifestyle.

WHO CAN WE HELP?

Kenward Trust Choices is open to:

- People living in West Kent
- Those coming voluntarily or through the criminal justice system
- Those on substitute prescribing, medication, other drugs and alcohol
- Those still stabilising their substance misuse
- Those now stable but still in need of support.

A MENU OF WORKSHOPS

The following workshops are available at our centres in Tonbridge and Maidstone:

RELAPSE PREVENTION

This workshop will enable you to look at your behaviour and substance-misusing history. It will consider triggers and ways of managing your cravings, the thinking process, high-risk situations and planning and maintaining recovery. **This workshop runs in the evenings as well as during the day.**

LIFE SKILLS

Strategies for coping with life – from identifying destructive behaviour and managing anger, to building relationships and learning to be assertive, to time management and budgeting.

MANAGING EMOTIONS

Identifying and managing your feelings. Sessions include video discussions and creative exercises.

DRUG AWARENESS AND HARM REDUCTION

Understanding drugs and their effects. Topics include blood-borne viruses, safer injecting, sexual health and how to minimise risks.

EDUCATION, TRAINING AND VOLUNTARY WORK

How to get back into education, training or work – whether paid or voluntary. Workshops include individual assessments and links to local services.

SOCIAL SKILLS

Team and individual activities to build confidence and develop skills such as helping others, following rules and resolving conflicts – plus a chance to have fun in recovery.

SELF CARE

Looking at a healthy life style, taking in topics such as nutrition, recreation and relaxation.

MEN'S AND WOMEN'S GROUPS

These supportive workshops allow space for exploring issues such as physical and sexual health, relationships and how we communicate with others.

For more information, contact the Tonbridge centre on 01732 370413 or the Maidstone centre on 01622 674712
Email enquiry@kenwardtrust.org.uk www.kenwardtrust.org.uk