

What is recovery?

Recovery involves stopping using drugs and alcohol, but it is so much more than that. Recovery is about:

- Finding new meaning, purpose and hope in life
- Rebuilding broken relationships
- Learning to treat oneself and others with love and respect
- Developing structure in life instead of the chaos of addiction

What does spacious_places do?

Spacious Places is a structured day treatment centre in Leeds for people addicted to drugs and/or alcohol. We work with them to help them find **recovery and freedom from addiction**.

To support and equip our service users in their journey of recovery, we use group discussions, 1:1 keyworking sessions and individual personal work, covering topics such as:

- addictive behaviour cycles
- relapse prevention
- managing emotions and expectations
- developing positive character attributes such as patience, tolerance and humility

We encourage our service users to explore a relationship with a “Higher Power”, whom some (but not all) of them call God, and to attend Alcoholics Anonymous/Narcotics Anonymous meetings.

What difference does it make?

At Spacious Places, our service users are finding recovery in **profound and life-changing ways**.

Not only are many of them remaining abstinent from alcohol and drugs - they are also learning to live a full life, rebuilding relationships with family and friends, and confident in the knowledge that they are worth the new life they have found.

In the words of two service users who recently completed the programme:

*“Spacious Places has given me my life back - in fact to be more accurate it has **given me a new life**. I have learned so much about myself and my behaviours. I’ve learned to love myself and I’ve learned compassion and empathy for others. This addict had lost hope - Spacious Places gave it back to me and for this I will be eternally grateful.”*

*“When I came to Spacious Places I was a broken girl: lost, scared and fearful of everything. From the very first day at Spacious Places I was **welcomed in**. Through attending Spacious Places I have learnt how to **communicate with other people**. I have **self confidence**, I can also deal **with problems** that come up in my recovery **without panicking and needing a drink to get me through**.”*

How can you help?

Spacious Places needs people to support us through **prayer and regular donations**. We believe that only God can bring about real change in the lives of our service users, and we want more and more people to be **praying for us and those we serve**.

We also need **your donations**. It costs £85,000 to run Spacious Places each year, and we need a core group of people to support us by **giving regularly through standing orders**. This helps ensure the sustainability of the project, allowing us to help people find recovery year after year.

With this in mind, we are specifically asking and praying for:

- **300 prayer supporters** to pray regularly for the work of Spacious Places
- **300 regular givers** who will give at least £10 a month through standing order

Could you be one of these people?

BECOME A SUPPORTER OF SPACIOUS PLACES

If you would like to support Spacious Places, please fill in **both sides of this form** (detach at dotted line) and return to:

Spacious Places, 3rd Floor LCI (Leeds Church Institute), 20 New Market Street, Leeds, LS1 6DG

*If you are a UK taxpayer, please fill in the **Gift Aid form** so we can claim an extra 25% on your donation.*

(please tick)

YES - I would like to pray regularly for the work of Spacious Places. Please sign me up for regular email updates. My email address is:

YES - I would like to give £_____ a month to Spacious Places by standing order. *(Please fill out the standing order form overleaf)*

YES - I would like to make a one-off donation to the work of Spacious Places, and I enclose a cheque for £_____. *(Please make cheques payable to “Spacious Places”)*

We would like to keep you up to date with what’s happening at Spacious Places - but if you would prefer not to be contacted, please tick this box.

YOUR DETAILS

Name: _____

Address: _____

Postcode: _____

Tel: _____

Email: _____

Church (if any): _____

GIFT AID FORM

Make your gift go 25% further

giftaid it

(Please tick) I am a UK taxpayer: please reclaim the tax on all my gifts. I want all donations I've given in the last 4 years and all donations in the future to be Gift Aid until I notify you otherwise.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

(Please inform us if you change your name or address, or if you no longer pay sufficient tax on your income and/or capital gains)

Signature: _____

Date Signed: ___/___/20___

STANDING ORDER FORM

Please fill in ALL of this box (and the gift aid form if you are a UK taxpayer)

Your Name: _____

Account Number: _____

Sort Code: _____

Bank Name: _____

Bank Address: _____

Bank Postcode: _____

Please pay Spacious Places

Account number: 20206169 Sort code: 60 83 01

Unity Trust Bank plc, Nine Brindleyplace, Birmingham
B1 2HB

the sum of £_____ every month.

Commencing on ___/___/20___

Signature: _____

Date Signed: ___/___/20___

Contacting us

If you have any questions about Spacious Places, or if you or someone you know is struggling with addiction, and you would like to talk to someone about it, please do get in touch.

We welcome visitors to Spacious Places to see what we do, and to meet some of our service users – the best way to see recovery in action!

You can contact us at:

Spacious Places
3rd Floor LCI (Leeds Church Institute)
20 New Market Street
Leeds
LS1 6DG

tel: 0113 247 0153

email: grahamfell@spaciousplaces.org.uk

web: www.spaciousplaces.org.uk

Spacious Places is a Christian charity but we welcome service users of any religion or none, and no religious views of any kind will be forced on anyone

Spacious Places is a UK registered charity (no. 1130175)

How much is recovery worth?

spacious_places

helping addicts find freedom from addiction

www.spaciousplaces.org.uk