

About Spacious Places

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 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) 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 completed the programme:

"Spacious Places helped me by showing me that really the only way to stay clean and sober is one step at a time. I wasn't a believer in the 12 step program, I had been in rehab three times, the third being my last thanks to Spacious Places.

Having the willingness to enter a program to address my drink/drug abuse was not an easy decision to make. Being honest with myself, recognizing how my life has become unmanageable, led me to treatment and that led me to Spacious Places. As a result I have my family and my children still in my life and I am enjoying living clean.

I am extremely grateful for being given the chance to be a part of this amazing organisation."

"I came to Spacious Places in February 2015. Before I came to Spacious Places I had lived a life of crime from the age of sixteen. This life led me to two jail sentences and I have spent up to four and a half years of my life in prison.

I have seen people in Spacious Places broken mentally, physically and emotionally and then after they leave Spacious Places are more confident, with peace of mind, to go about the world and achieve anything they desire and I have witnessed miracles of God's grace in Spacious Places.

Thank you and may Spacious Places continue with God's love and direction."

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Newsletter Summer 2016

Thoughts from Graham

In this newsletter we thought we would **CELEBRATE RECOVERY** by showing pictures of our clients (with their permission) which are about them **ACHIEVING!**

So, some of the pictures show clients celebrating being 12 months clean and sober and some are showing them celebrating the completion of at least 12 months here at Spacious Places.

In our office we have a whiteboard showing each clients progress (it is interesting watching their clean and sober time increase over their stay with us) and we find it even more interesting to see how their **general attitude to life** changes as their clean time increases!

Graham – still in 1 peAce.

Graham Fell, Therapeutic Manager



5 YEARS SOBRIETY

We have two members of staff, **Judith** and **Paula** both of whom are recovering addicts. They have amassed over 9 years sobriety between them and are a constant source of inspiration to our clients.

Judith (pictured left) receiving a bouquet of flowers and a card from Graham for achieving being 5 years clean and sober.



MARTIN RUNNING THE LEEDS HALF MARATHON

Martin, an ex-client of Spacious Places, wanted to raise some money as a way of saying thank you to Spacious Places. He ran the Leeds Half Marathon in a time of just under 2 hours and in the process of doing so, he received generous sponsorship from many people and raised the sum of **£357**. We would like to say a big well done and a massive thank you from everyone involved at Spacious Places.

CELEBRATING RECOVERY – WITH EITHER ONE YEAR CLEAN OR ONE YEAR PLUS AND HAVE COMPLETED THE PROGRAM WITH THEIR WELL EARNED SPACIOUS PLACES CERTIFICATE



Damien – completed the program – 463 days clean and sober



Jodie – completed the program – 594 days clean and sober



Celine – celebrating one year clean and sober



Tula – completed the program – 246 days clean and sober

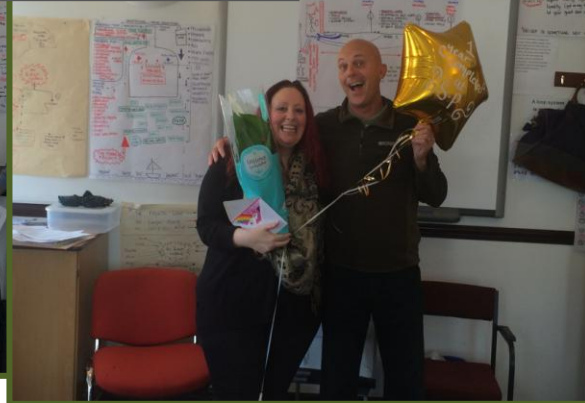
John (right) – celebrating one year clean and sober

FUNDING UPDATE

During Spring of this year we received the **FIRST EVER** donation from the statutory authorities, this came from Forward Leeds, the consortium who carry the government's budget for the treatment of alcoholics and addicts – for which we are truly grateful.



Charis – completed the program – 597 days clean and sober



Emma – completed the program – 452 days clean and sober



Jabel – completed the program – 345 days clean and sober



Saj – celebrating one year clean and sober



Sonya – completed the program – 444 days clean and sober



Russell – celebrating one year clean and sober



Danielle – celebrating one year clean and sober

YOU CAN GET IN TOUCH ON
Facebook.com/spaciousplaces

Each client featured in this newsletter has given us their permission to print their photo

Become a supporter of Spacious Places

If you would like to support Spacious Places, please fill in this form and return to:

Spacious Places, 3rd Floor, Leeds Church Institute (L.C.I.)
20 New Market Street, LEEDS LS1 6DG

If you are a UK taxpayer, please fill in the Gift Aid section 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 section, and the gift aid section if you are a UK taxpayer)

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", and fill out the gift aid section if you are a UK taxpayer)

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. We will not pass any of your details to third parties.

Your Details

Name: _____

Address: _____

Postcode: _____

Tel: _____

Email: _____

Church (if any): _____

Standing Order

Your Name: _____

Account Number: _____

Sort Code: _____

Bank Name: _____

Bank Address: _____

Bank Postcode: _____

Please pay **Spacious Places**
Account number: 20206169 Sort code: 608301
Unity Trust Bank plc, Nine Brindleyplace, Birmingham B1 2HB

the sum of £_____ every month.

Commencing on ___/___/20___

Signature: _____

Date Signed: ___/___/20___

Gift Aid

Make your gift go 25% further

(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___