

A Reality Check is...

A presentation aimed at young people highlighting the dangers of substance misuse delivered by and using the real life stories of service users.



For further information contact
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The Building Better Habits Group
at
Bishopbridge House
present



A Reality Check

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St Martins Housing Trust



Bishopbridge House
Part of
St Martins Housing Trust
Registered Charity No. 802013



About A Reality Check

Bishopbridge House is a purpose built direct access and resettlement hostel managed by St Martins Housing Trust .

In September 2012, a new group (Building Better Habits) began at Bishopbridge House to support residents wanting to build their confidence and make changes to their lifestyles.

The group agreed that they would like to use their knowledge of drugs and alcohol to give a presentation to young people and inform them of the associated dangers, they wanted to use their own life experiences to show the real side of addiction.

Importantly, the group wanted this to be hard hitting with a view that if they could persuade just one young person to either seek help for their misuse or prevent them going down the same path then they would have made a difference. The group also wanted to ensure that young people were aware of help available for friends and family.

Each member of the group has used their own experience and although some of the actual slides and talks may be hard hitting and uncomfortable, each member has been happy to be truthful and honest.

No apology is made if any area is uncomfortable for those watching. The group thought that if the presentation was made by people who have actually gone down this route, then a bigger impact would be made.

Aimed at ages 14 upwards

**Delivered professionally by support staff
and service users**

The presentation includes

- **Myths and truths surrounding alcohol and substances**
- **Learning about the path of misuse**
- **Hearing true stories from people who have travelled the path of misuse**
- **How substance misuse can impact on families**
- **Finding out the reality behind misuse**
- **Encouraging young people to think about misuse**

A Reality Check can be delivered in the venue of your choice and will take approximately 25 minutes - there will then be an opportunity for answering written, confidential questions by the group.

For a full information pack please see contact details on reverse.

Feedback so far.....

“I personally think that this should go global. So much can be learnt in Schools, Colleges, Prison, Children homes etc.”

PCSO S Downes

Norfolk Constabulary

“I now realise and think how simple it would be for me or anyone at any point in life to go down any of the paths spoken about, and therefore I and others, are fortunate and privileged to hear their personal life stories.”

C Cawdron

Norfolk Constabulary

“As an ex service user myself this presentation has even made me think about the impact of substance misuse”

BBH Resident

“If my story can change just one life then I will be happy”

BBH Resident

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