

**LGBT DRUG & ALCOHOL SERVICES  
FROM ANTIDOTE @ LONDON FRIEND**



**Structured Weekend Antidote Programme**

# SWAP

## WHAT IS IT?

SWAP (Structured Weekend Antidote Programme) is a brand new initiative from the Antidote team. It's an intensive 4 week structured programme (spread over 4 consecutive weekends) designed specifically to support clients to address issues around club drug use and is facilitated by qualified therapists with many years' experience in the field. Antidote has been, and remains, very much at the cutting edge of service provision for people whose lives have been affected by their use of club drugs and "legal" highs. We recognise that this client group, their patterns of use and subsequent treatment requirements require radically new approaches and SWAP has been developed as the result of years of research, experience and listening carefully to the feedback from our clients.

SWAP is a weekend programme designed to fit around our clients' existing life commitments whilst allowing an opportunity to break the cycle of weekend partying. We ask that participants fully commit to all 4 weekends and attend every day and on time.

## WHO IS IT FOR?

SWAP is for men 18+ who identify as a Gay, Bi, trans or MSM (men who have sex with men) and feel that their drug use is either already out of control, getting out of control or is having a negative impact on their lives. The programme is aimed at supporting people to take those steps that will lead to greater control over their use or who would like to become drug free altogether.

Potential participants should already be taking steps to control their use

or should be drug free. For the duration of the programme we ask that clients remain drug free.

If clients are using any substance non-problematically then we ask them to commit to not using during attendance at the weekend programme.

## WHAT DOES IT INVOLVE?

SWAP is an intensive group programme over 4 full weekends (11 – 4.30 Saturday & Sunday). It takes our clients through a series of workshops aimed at helping them to understand and explore issues such as:

- Relapse Prevention
- Sex (inc. sober sex) & Sexuality
- Self Esteem & Confidence
- Assertiveness
- Relationships
- Boundaries
- Social/intimacy anxiety
- Thinking patterns
- Goal setting, life planning & decision making
- Relaxation & stress management

There will also be an opportunity to try complimentary therapies such as acupuncture, reflexology and mindfulness meditation techniques.

## REFERRAL CRITERIA

We can accept self-referrals or we will accept referrals from keyworkers or other professionals who may be involved in a client's care. SWAP is an intensive group programme and may not be suitable for everybody. Clients will be invited to come in for assessment where there will be an opportunity to discuss the programme further.



For further information or if you would like an informal chat about SWAP or any other Antidote service please call Toni or Jamie on 020 7833 1674 or email [antidote@londonfriend.org.uk](mailto:antidote@londonfriend.org.uk)



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