



**MESSY WEEKEND?**

**CHEMS TAKEN OVER?**



**HAD ENOUGH?**

**WANT MORE OUT OF LIFE?**

**SWAP**

Structured Weekend Antidote Programme

## WHAT IS IT?

SWAP (Structured Weekend Antidote Programme) is a brand new initiative from the Antidote team. Facilitated by qualified therapists with many years' experience in the field, it's an intensive 4 week structured programme (spread over 4 consecutive weekends) and is designed specifically to support you to address issues around your chem use.

## 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 chem 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 people who are serious about trying to take those steps that will lead to greater control over their use or who would like to become chem free altogether.

## WHAT DOES IT INVOLVE?

SWAP is an intensive group programme over 4 full weekends (11 – 4.30 Saturday & Sunday). It will take you through a series of workshops which will help you 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 and mindfulness meditation techniques.

## IS THIS FOR ME?

SWAP is a weekend programme designed to fit around your existing life commitments whilst allowing an opportunity to break the cycle of weekend partying.

It's intense and to ensure that you get the most out of the programme we ask that you fully commit to all 4 weekends and to come every day and on time. You will need to make time for this in your life and to plan accordingly. You should already be taking steps to control your use or should be chem free. For the duration of the programme we ask that you remain chem free and also keep any alcohol use to within a sensible limit (i.e. no more than 4 units per day).

If you are serious about addressing your chem use and feel ready to make that commitment to the programme, and to yourself, then this could be for you.

## REFERRAL CRITERIA

You are welcome to self-refer or we can accept referrals from your keyworker or other professionals who may be involved in your care. SWAP is an intensive group programme and may not be suitable for everybody. You 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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