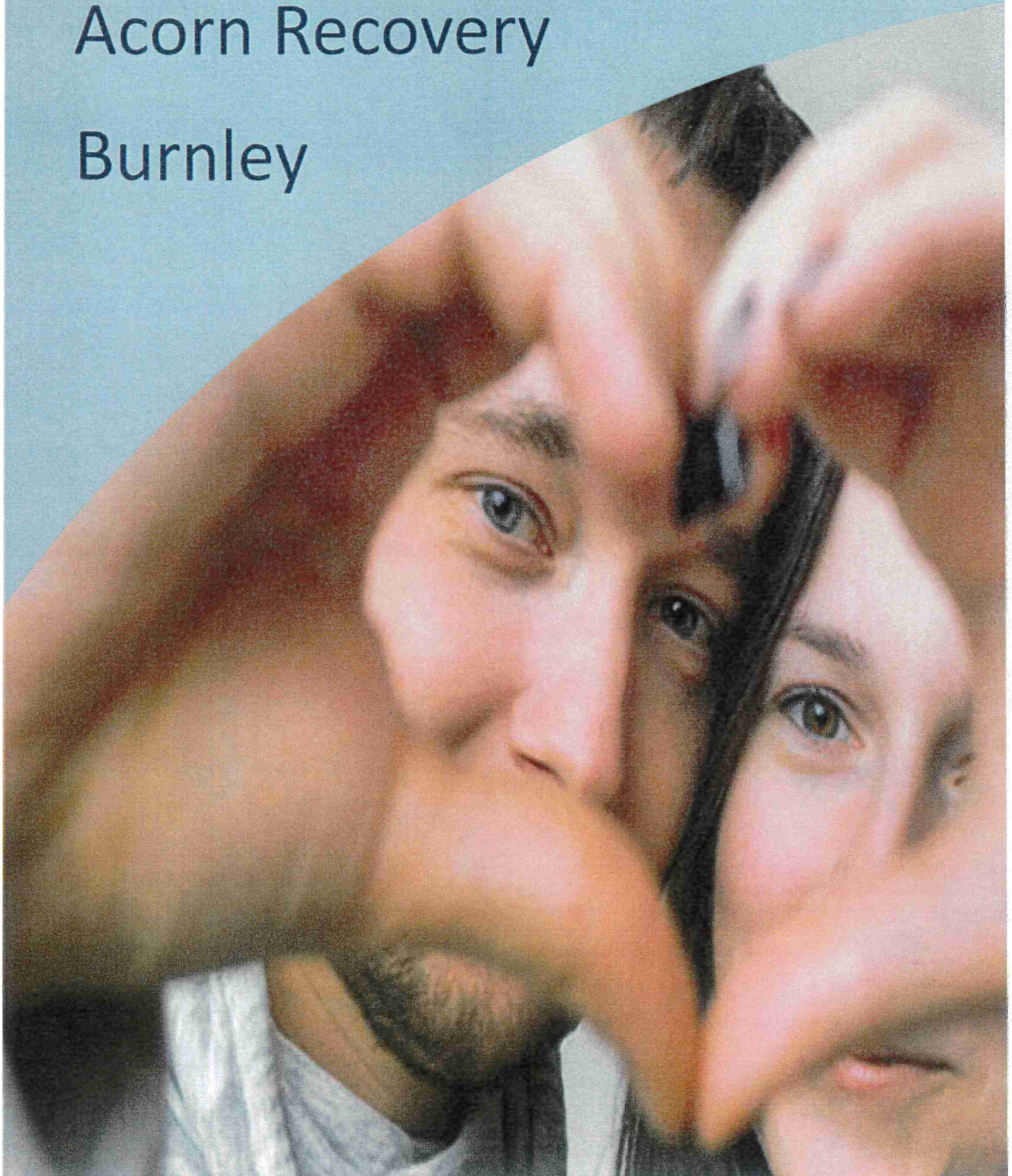


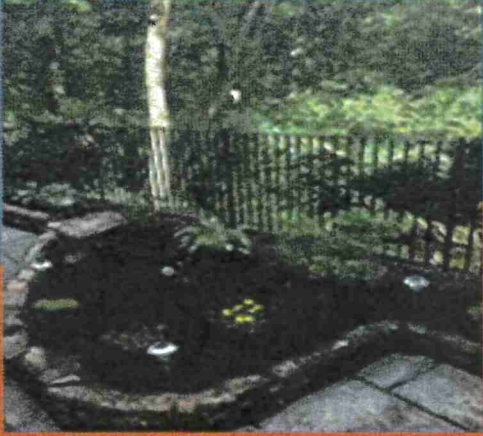
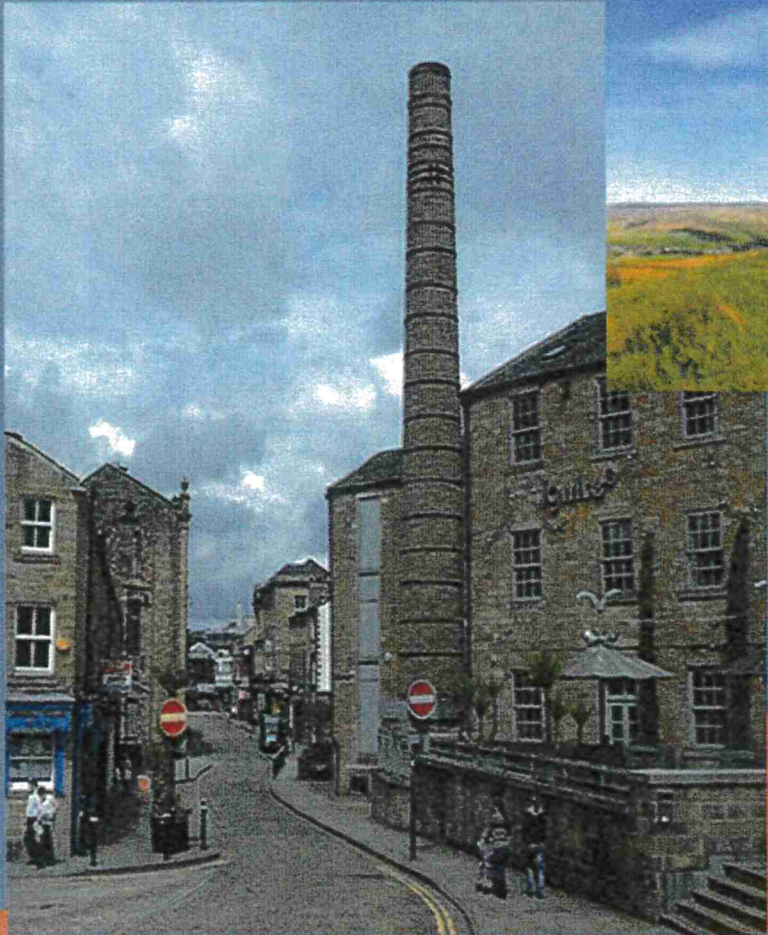


Acorn Recovery Burnley





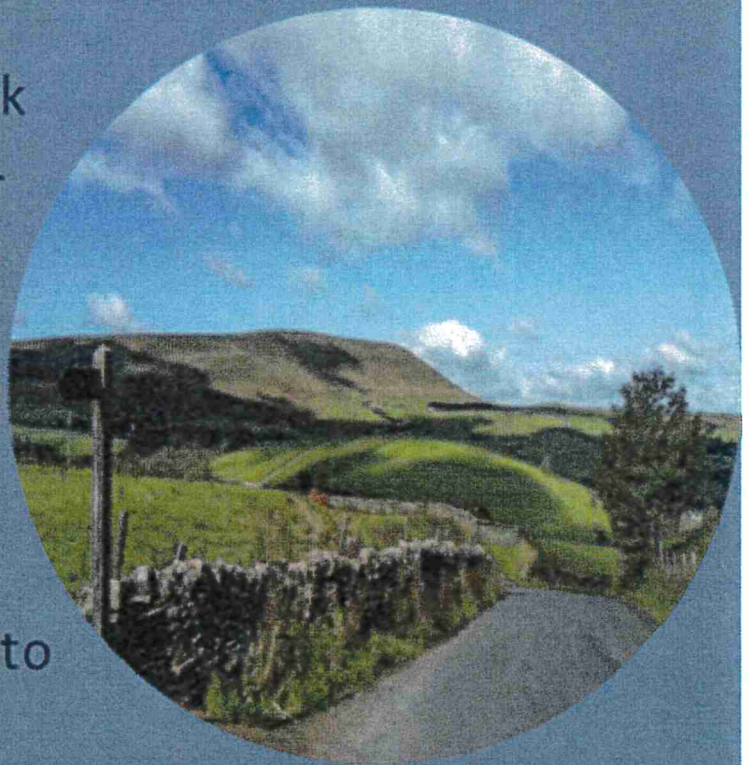
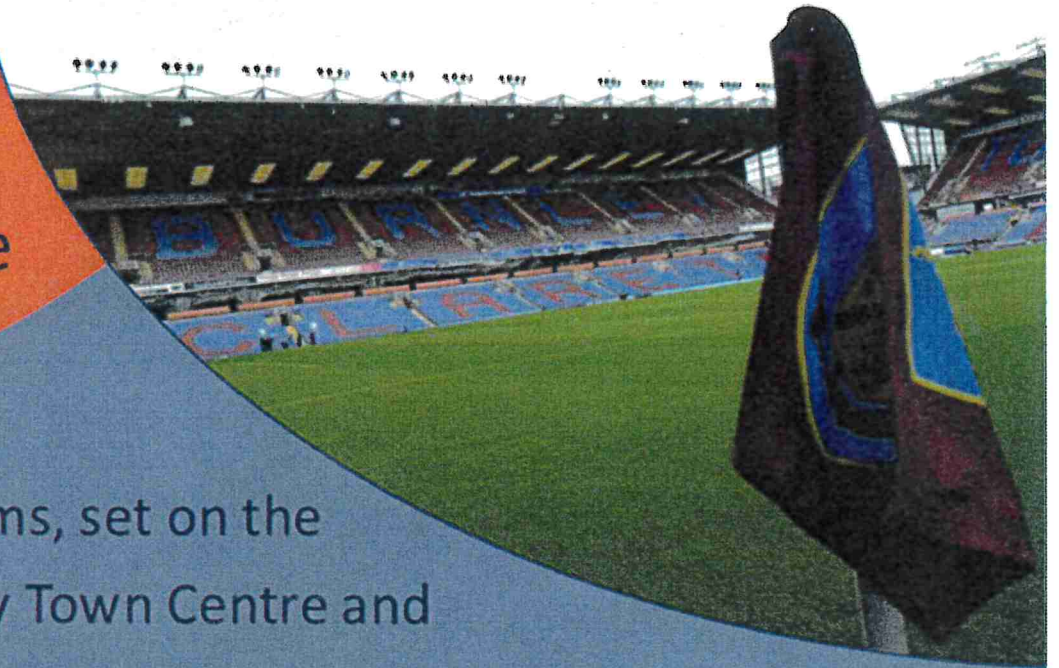
'helping you find
emotional, social
&
lifelong recovery'



Burnley Bank Parade

With 6 bedrooms, set on the edge of Burnley Town Centre and minutes from the beautiful Lancashire countryside; Bank Parade is the perfect mix for inner peace, rest and relaxation whilst still having all the local amenities on your doorstep.

We take a holistic approach to your recovery and provide complementary activities to treat the body as well as the mind.



Our Approach

Acorn Recovery specialise in offering an individualised experience to all clients. Our CORE programme will help you to find the underlying causes of your addiction and rebuild and rejuvenate your life. A strong focus is put on relapse prevention and will give you the best chance of a strong and healthy future.

CORE is a 12 week programme led by experienced counsellors, many of whom have been through addiction in their lives. We put you at the centre of your treatment.

The Treatment Programme

Our treatment involves:

- Medication Management
- Group Therapy
- 24/7 Onsite Support
- One-to-one therapy 'as needed'
- Wellbeing activities
- Aftercare support

Group Therapy

Group therapy is the main focus of our treatment programme. Led by qualified addiction therapists, these sessions will allow you to share your insights, learn from the experience of others and practice effective communication skills.

Group therapy includes:

- The concepts of addiction
- Family and relationship issues
- Work issues
- Relapse prevention techniques

Individual Care Plan

Your housing support worker will guide through an individual care plan which will look at all aspects of your life and help you make decisions that benefit your future. These are some of the areas you will address:

- Finances
- Health
- Diet
- Offending
- Housing
- Education/Training



What we offer

Bank Parade is a traditional Lancashire sandstone building. The close-knit family atmosphere makes it the ideal environment to concentrate on your recovery.

- Comfortable single bedrooms
- 3 bathrooms for 6 bedrooms
- Garden overlooking the River Brun
- Communal dining room and kitchen
- Local walks and award winning parks
- 24/7 onsite support
- Complementary Wi-Fi access

a life worth
living



Aftercare

You are welcome to attend our aftercare programme after you residential treatment. Meeting with peers to talk about your new life and also get help if you need it.

STAR

This structured, post-treatment programme helps people in early recovery to regain their independence. Building on existing skills and gaining new ones to give them the confidence to build a bright future.





Wellbeing activities

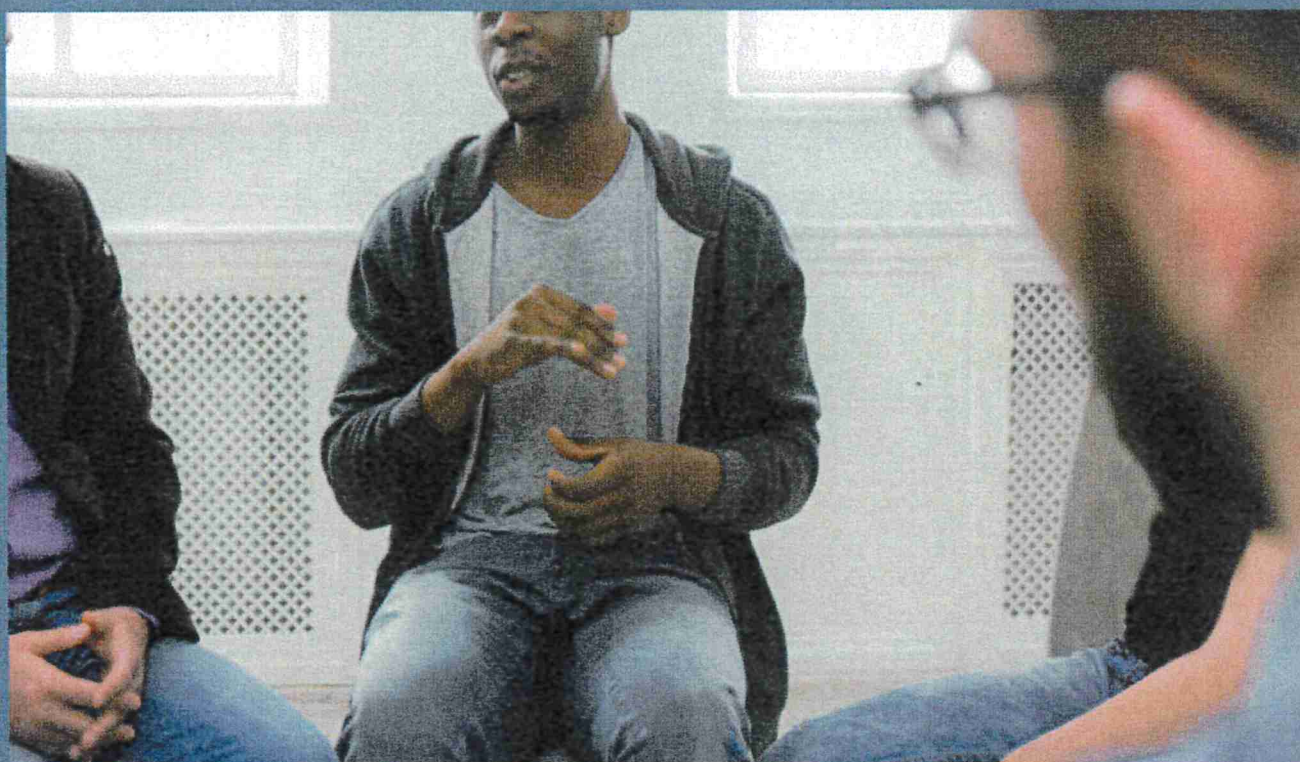
- Mindfulness
- Yoga
- Meditation
- Local walks
- Local award winning parks
- Access to local Alcoholics and Narcotics Anonymous meetings
- Games Nights
- Baking and Cooking classes
- Trips out in the beautiful Lancashire countryside



Your Support

The team includes:

- Fully trained counsellors
- Housing Support Workers
- Peer Mentors
- Onsite Caretakers



Contact us

For more information,
please contact us by:

Telephone: 0161484 0000

Email: contact@acornrecovery.org.uk

Visit: acornrecovery.org.uk



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