



Chesterfield FC  
COMMUNITY  
TRUST

# A SPIRE RIGHT

## SUBSTANCE MISUSE RECOVERY PROGRAMME

**Are you recovering from drug or alcohol misuse?**  
**Would you like support to get more physically active?**  
**Would you like to improve your mental wellbeing?**

If you answer "Yes" to the above questions  
our 8-week course could be perfect for you.

The free course based at the Technique  
Stadium includes:

- Free packed lunch, CFC Community Trust branded tracksuit
- Guest Speakers
- Bus passes provided for travel

### **Cohort 1**

3rd April - 24th May

### **Cohort 2**

1st July - 23rd August

### **Cohort 3**

30 October - 22 November

### **Cohort 3**

12th January - 7th March

Mondays | Wednesdays | Fridays  
9:30am - 12:30pm

For more information or to be referred onto the course please speak to your  
Key Worker, support organisation or contact our Wellbeing Team on

**T: 01246 925115 | E: [wellbeing@spireitetrust.org.uk](mailto:wellbeing@spireitetrust.org.uk)**



TINA JENNER  
photography

OUR CHESTERFIELD FC COMMUNITY TRUST PARTNERS