

MUTUAL AID & PEER SUPPORT – Go Online!

While Mutual Aid, Smart Recovery and 12 Step play an important role in people's recovery, the current Coronavirus (Covid-19) situation means that for now we all must adapt the ways in which we support each other through this period.

The Government continues to re-iterate the clear message that we must stay at home to protect ourselves, our loved ones, the NHS and those around us.

<https://www.gov.uk/coronavirus>

The guidelines are clear about social distancing, about staying safe, and therefore groups should not meet up in person and will need to move online or have contact via phone. This has already begun to happen, and services are moving online to support people

My Recovery Tameside have several groups running – please ring **0161 672 9420** to find out what is available as these are being updated day to day.

Nationally there are these links are below:

- Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Online>

- Narcotics Anonymous

<https://online.ukna.org/>

- Cocaine Anonymous

<https://www.ca-online.org/>

- SMART Recovery

<https://smartrecovery.org.uk/online-meetings/>

Please use <https://www.gov.uk/coronavirus> to stay up to date on all the current guidance and information.

Only in exceptional circumstances should an individual sponsor visit a sponsee to provide 1:1 support at home. They should both then follow the same precautions as are required of essential services i.e. stay at least 2m apart in an adequately ventilated area, both wash hands, don't go if either party is showing any symptoms of the virus, don't visit people who are self-isolating because they have COVID 19 symptoms, don't visit those who are being shielded because they are highly vulnerable or if the sponsor themselves is from a vulnerable group.

This may be a disappointing message to some, but we need to play a leadership role in helping people stay safe, especially those amongst us whose general health may already be compromised.