



Kenward Trust
transforming lives, creating new futures

The Malthouse

UCKFIELD, EAST SUSSEX

*A second stage residential
drug and alcohol recovery
project for up to 8 men*



*“I needed what the Malthouse has to offer.
A nurturing, safe and stable environment
where I had the opportunity to build a
relationship with myself. A place where I
found my true direction”*

For more information and testimonials, visit our website or contact us.

We are passionate about making a difference to people's lives and the wider community. We will be glad to answer any queries and arrange a visit of the project and an assessment. We are available Monday to Friday 9am-5pm.

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Registered Charity No. 265394

THE MALTHOUSE SAMPLE WEEKLY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Here & Now	9:00 Start and share group	9:00 Start and share group	9:00 Start and share group	9:00 Start and share group
10:00 Work programme/ voluntary work	10:00 Written step work – staff and peer support	10:00 Education: computers	10:00 Step work – teaching/ discussion	10:00 Finance
11:00 BREAK	11:00 BREAK	11:00 BREAK	11am BREAK	10:30 Life skills
11:30 Key working	11:30 Written step work – staff and peer support	11:30 Recovery based activity*	11:30 Relapse Prevention group	11:30 BREAK
		13:00 LUNCH		
14:00 Work programme/ voluntary work	14:00 Counselling	14:00 Recreation	14:00 Education: numeracy	14:00 Work programme
	15:00 BREAK		15:00 BREAK	15:00 BREAK
	15:30 Education: English		15:30 Recovery based activity*	15:30 Work programme
17:00 RECREATION				

* Recovery based activity will take different forms e.g. reading helpful material, step work, work programme etc.

Education is optional: computers (group), literacy (one to one) and numeracy (one to one).

Timetables are individual to each resident.

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The Malthouse is a unique project for up to 8 men who have completed a suitable recovery programme and who recognise that they would benefit from further work within a structured residential programme. The project builds on the recovery tools learnt in a first stage programme and concentrates on skills for living a new clean and sober life, giving opportunities to practice these newly learnt skills in a safe environment.

We provide an in-depth programme of recovery, relapse prevention and life skills development. We encourage and support training, volunteering and community activities, to help achieve and maintain a new life in the community.

The Malthouse is situated in the town of Uckfield in East Sussex, an ideal place for reintegration into the community, with low risk compared to a city environment. It offers good access to local amenities and peer support groups as well as strong community links. The typical length of stay is 6 to 12 months.

- Key working
- Individual recovery plans
- One to one weekly counselling
- Group work
- Life skills
- 12 Steps
- Relapse prevention
- Support with education and training
 - basic literacy and numeracy
 - computer training*
 - further education
- Meaningful activities
 - work therapy
 - community activities, including volunteering
- Creative therapy

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*We offer the option to work towards renowned computer qualification 'New CLAiT' to gain the transferable skills necessary to meet the demands of the modern workplace.

Life skills include the continued development of self esteem and assertiveness, dealing with relationship issues and managing anger and stress. We provide advice on diet and health issues, help with managing finances and budgeting, we encourage exercise/sport and leisure/social activities, creative personal development, and at times we offer an optional Christian Basics group to look at the spiritual side of life.

The Malthouse has an excellent track record with clients who have long term substance misuse issues.

