

Curious about the Phoenix Heroes?

Want to know more?

Here are some of the basics...

The main reason the Phoenix Heroes exists is we know how dangerous boredom & inactivity can be! We offer folks an opportunity to take a break from this which may occur in between clinical treatment appointments. We deliver free, healthy, meaningful & rewarding activities in a stigma & judgement free environment in small groups of like-minded individuals. All of us in different places in our recovery.

Whilst clinical treatment is a vital part of recovery, it can often be daunting, overwhelming and emotionally draining for some. Recovery is hard work, but also something that should be celebrated & enjoyed - despite the tough times. No reason why we can't have some fun along the way.

Some points that are Good to Know...

Participation with the Phoenix Heroes is completely voluntary.

All of our activities are FREE.

Participants do NOT have to attend every activity.

There is NO minimum level of attendance required. Come & go as you please or when you are able to.

The level of involvement/participation in any activity is entirely at the individuals choice, whilst engagement is encouraged, there is NO expectation/obligation.

Participants can leave the activity whenever they wish.

We do not exclude those who are currently engaging with drugs/alcohol for medical maintenance reasons. ***Important – subject to certain conditions*** Further details in 'Participant Code of Conduct' agreement.

There is NO dress code however, for our outdoor activities, appropriate clothing & footwear for the activity & weather is suggested.

All equipment/materials needed for our activities are provided.

Free hot drinks & biscuits are provided for activities with the exception of the Wednesday afternoon 'Chuck About' at Bute Park however, free bottled water will be available during the summer months.

Free transport is available for some of our activities as well as some 'Guest Activities'. See 'Participant Lift' flier & the activity fliers where lifts are available.

Participants ARE expected to agree to & abide by our 'Participant Code of Conduct'.