



## When do we meet?

**B.I.G. 'Life Changes Group'**  
Arc Day Services, Quarella Road,  
Bridgend, CF31 1JN

**Every Wednesday from 1- 3pm**

A peer led practical self-help group.

You will:

- Receive support and guidance by helping each other through recovery;
- Discuss a variety of topics;
- Gain practical advice, relapse prevention tips and signposting to local services;
- Have access for training to develop new skills and knowledge.



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Welsh language version available on request  
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Pen-y-bont ar Ogwr  
Mwy Diogel



**Safer Bridgend**  
[www.saferbridgend.org.uk](http://www.saferbridgend.org.uk)



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Abertawe Bro Morgannwg  
University Health Board



**Independent and impartial  
information and advice for drug  
and alcohol services users living  
in Bridgend County Borough**



## Who are we?

The Bridgend Involvement Group (B.I.G.) is a group of volunteers from Bridgend County Borough who are service users or ex-service users, working towards improving the quality of service provision. We provide advice, assistance and support to drug and alcohol service users within the area, helping them to make the right choices. We also contribute to local substance misuse service development in partnership with service providers.

## What are our objectives?

We share our combined knowledge and experience to support your journey through services as positively and easily as possible.

B.I.G. aims to:

- Ensure that YOU have a choice at EVERY stage of your recovery;
- Help you re-gain your self-confidence and self-esteem through peer mentoring and training;
- Represent your views and the views of other service users within the community;
- Identify areas of good practice and areas of improvement in current practices.

## Who comes along to B.I.G.?

- Anyone who is currently using services for the treatment of alcohol or substance misuse (including harm reduction);
- Ex-service users;
- A concerned family member or carer.

We welcome a broad range of people to attend our meetings, as this creates more diverse points of view. You can contribute as little or as much as you feel able to. We value your opinion and **we do not judge**.

## Why join us?

When someone enters into drug or alcohol services, it can be very frightening, uncertain and a very confusing place to be.

You are making some big changes to your life and you are being asked to make choices about the treatment you want.

B.I.G. can help support you and your family through this time of uncertainty **under a strict code of confidentiality**.

You can gain peer support at the Life Changes Group where members help each other through their recovery.

