

Open Hands is situated in a quiet suburb of Coventry, near the city centre and railway station. It provides single bedroom accommodation for up to eleven males with a lounge / quiet room, sitting room, shared bath and shower rooms, a fully equipped kitchen and an extensive, peaceful garden.



Those seeking help for themselves or on behalf of their clients can obtain more information on referrals (assessment procedure and costs) by contacting:

Open Hands Coventry
16 Stoney Road
Coventry
CV1 2NP
Telephone: 024 7613 0409

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Open Hands Coventry



Open Hands Coventry is a residential recovery house offering a stable and supportive environment for alcoholic men who have stopped drinking and wish to stay stopped. The philosophy of the 12-step recovery model is the basis of the house programme. Residents stay for nine to twelve months. They attend a minimum of two external AA meetings each week and undertake an intensive, in-house study of the twelve steps of recovery, participating in group discussions and one to one sessions.

The ethos of the house is total abstinence: residents are regularly and randomly tested for alcohol and drugs. Those who drink alcohol or use non-prescribed medication whilst living with us must leave immediately.



From personal experience, we have found that sharing our stories with a group of people with the same problem provides great emotional support:

particularly for men who have little or no family contact. The peace of our house helps reduce feelings of isolation and loneliness: with a consequent reduction in stress, anxiety and fear. Open Hands gives residents personal time and space to reflect on the changes they must make in their lives, if they wish to achieve long-term sobriety.

Residents are encouraged to take an active role in their own health and well-being; they register with our local GP, dentist and optician and undergo a full health check.

The residents formulate their own support plan. Their goals might be obtaining the right level of benefit and managing



finances; developing domestic and vocational skills; gaining legal advice and advocacy; establishing links with family; mending

fences with employers, gaining access to other services - education, training and employment. All of which underpins their overall goal, which is long-term sobriety.

Open Hands encourages residents to gain new skills. Learning or developing computer skills is important; consequently, there is a computer in each room with an Internet facility and everyone has access to in-house and external computer training.

Recent refurbishment includes decorating and re-carpeting throughout, installing a fire protection system (hard-wired fire alarm and fire doors), expanding and upgrading kitchen and laundry facility and providing new toilet / shower facilities.

