



The Hebron Trust FAQ's

How soon can I start the programme?

If you are privately funding your rehab it can be as soon as two weeks depending on your current situation. If you are funded by your local drug and alcohol team, they will advise how long you will need to attend day services before you are eligible for rehab.

How long does the programme last?

Our programme lasts a minimum of 3 months. However, there are options to stay as long as 6 months if that is appropriate for you and your recovery.

Will I be able to contact my family?

The simple answer is yes, although not straight away. You can write letters after 2 weeks and make phone calls after 4 weeks. However, if you have young children, you are able to speak to them from when you arrive.

Can I have visitors?

Visitors happen after you have completed phase one. This happens at 6 weeks and visitors can come after week 7 at a pre-arranged time.

Am I permitted to leave Hebron House during my programme?

Yes! In the first 6 weeks a member of staff will be with you when you go out but after that there are lots of opportunities to get out into the community and use your new recovery skills.

Am I allowed out at all for walks?

In the first phase lasting 6 weeks there are walks on Wednesday, Friday, Saturday and Sunday. If you feel you need another walk just ask a member of staff and we will organise this

What are the costs?

Our rehab programme costs £10, 500 for 3 months. However, please note that this does not include detox costs. We can direct you to an excellent detox facility nearby.



Will I have to share a room?

We have two shared rooms and we move people around the house according to their stage in recovery. So you may well find yourself with a roommate, but it may not be for long and before you leave you may be in one of our en-suite bedrooms.

Can you cater for specific dietary requirements?

Absolutely. Our Housekeeper purchases all the food for the house and can cater for any specific requirements. Our menus are also decided as a community, so you will be able to input into the weekly menus.

What does a typical day look like?

Very busy and we ensure that every day is well structured. We start each day getting together for some inspirational recovery readings and listening to music. Then the work begins! There are workshops and counselling sessions as well as written work. In addition, there are fun activities throughout the week including, art, swimming, shopping and keep fit.

What leisure activities are there?

You will be able to go on outings at the weekend to local places of beauty or interest. There are options for swimming and walking and every year we have a sailing course on the Norfolk broads. We also have activity days every 8 weeks in nearby Thetford Forest involving team activities and rafting!

What happens after my programme is finished?

We offer a full aftercare package which can be discussed at any point on your journey. We make sure that everyone goes home to a safe environment. You will be given timetables for the first month and we will link you with local Alcoholics or Narcotics Anonymous. There is also the option to relocate to our move-on house in Norwich.

If you are in doubt about any of the above please pick up the phone and have a chat with us!

We don't mind the questions, however small you think they are. Going to rehab is a lifechanging experience and you will be living here for at least 3 months. It is important that you feel happy and comfortable with your choice. We offer informal Zoom chats before any application is made.

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www.hebrontrust.org.uk