



Drug and Alcohol Services in Gloucestershire

2007 - 2009

This Service Directory is produced by Gloucestershire Drug and Alcohol Team in consultation with service users, families, carers and service providers.

If you would like further copies of the Service Directory, please call 01242 548836.

Design by Gloucestershire County Council Publications Team.

translations

告羅士打郡毒品及酒精服務名錄

如果你希望得到這份名錄的中文本，請致電達意處 01452-396926

دليل خدمات المخدرات والكحول في مقاطعة جلوسشير
إذا كنت ترغب في ترجمة هذا الدليل إلى العربية رجاء الاتصال بتبستري على الهاتف
رقم ٠١٤٥٢-٣٩٦٩٠٩

Répertoire des services de drogue et d'alcool à Gloucestershire
Si vous voulez une traduction française de ce répertoire, veuillez contacter Tapestry au 01452 396909

ગ્લોસ્ટરશાયરમાં દુગ અને આલ્કોહોલ સર્વીસીસની ડિરેક્ટરી
તમોને જો આ ડિરેક્ટરી ગુજરાતીમાં જોઈતી હોય તો, મહેરબાની કરીને ટેલિફોન ૦૧૪૫૨
૩૯૬૯૦૯ નંબર પર ફોન કરશો.

Seznam služeb pro narkomany a alkoholiky v hrabství
Gloucestershire

Pokud byste si přáli přetlumočení tohoto seznamu do
češtiny, zavolejte laskavě Tapestry na 01452 396909.

গ্লস্টারশায়ার-এর ড্রাগ (মাদকদ্রব্য) ও মদ সংক্রান্ত সার্ভিসগুলির ডাইরেক্টরী (নির্দেশক)

আপনি যদি এই ডাইরেক্টরীর একটা বাংলা অনুবাদ চান, তাহলে দয়া করে ০১৪৫২ ৩৯৬৯০৯ নম্বরে
ট্যাপেস্ট্রীর সাথে যোগাযোগ করবেন।

Dosje Informacioni mbi Shërbimet Kundër Drogës dhe Alkolit në
Gloucestershire

Nëse doni një përkthim të kësaj dosje ne Shqip, ju lutemi telefononi
Tapestry në numrin 01452 396909

گلوسترشائر میں ڈرگ اور الکوحل سروسز کیلئے ڈائریکٹری
اگر آپ کو اس ڈائریکٹری کا اردو ترجمہ درکار ہے تو براہ مہربانی ٹاپسٹری سے 01452 396928 پر رابطہ قائم کریں۔

SS00095 02/07

information

what you will find in this directory

This directory provides information on drug and alcohol services in Gloucestershire ('drug' means both prescribed and illegal drugs). You will find information on who the service is for, what is on offer and how to access the service. If you have any questions you can contact the services listed.

You can also discuss with staff your specific needs. These could include difficulties with travelling, access, childcare, reading or writing, hearing or sight. Maybe you have a request regarding your language, religion or culture? All of the services welcome service users from any background and will do their best to accommodate you.

All of the services listed are confidential. This means that information about you will be stored safely and not shared outside the staff team unless:

- You agree to share information with others
- There is a serious risk of harm to you or to others (especially children)
- A Court Order is made

Service feedback

If you have a comment, praise or a complaint to make about the drug or alcohol services in Gloucestershire, please let the service know or inform the Drug and Alcohol Team on:

☎ 01242 548836

Or contact the Service User Co-ordinator on:

☎ 01452 543546

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GDAS (Gloucestershire Drug and Alcohol Service)

GDAS is a non-statutory service for people with a drug or alcohol problem, for their families and carers, for professionals and for concerned others. GDAS is an 'open access' service so you can phone or drop-in during opening hours, or book an appointment if you prefer.

GDAS can work with you if you are still using drugs and alcohol, or if you are trying to become or stay drug and alcohol free. You will be offered support with other problems related to your drug and alcohol use. GDAS is mostly for adults aged 19 and over.
(See 'Services for Young People' on page 30 if you are 18 or under).

GDAS provides:

- Advice and information on drugs and alcohol, communicable diseases, overdose, sexual health, drug and alcohol treatment services and safer drug use
- Needle exchange and disposal (see also pharmacies which provide this service on page 32)
- Short-term one-to-one support for users, families and carers
- Longer-term counselling with qualified counsellors
- Assessment for residential treatment (rehab)
- Support to access medical and prescribing services both with CSSMS (on page 8) or with a GP in a 'shared care' scheme
- Help in accessing other services which you may need
- Auricular acupuncture (acupuncture in the ear)
- Housing Support Workers
- 'Outreach' services for people who live away from services or who cannot travel

- Arrest referral - support for people who have been arrested and held in Police custody
- Community Integration Service - Comprising the best elements of a harm minimisation day programme and reintegration services, CIS engages with clients throughout their journey through treatment. The three phases of the programme incorporate group work, one-to-one support, therapeutic activities, complementary therapies, and progress into educational and vocational opportunities

For more information about any of these services please contact us at info@gdas.co.uk, quoting the reference 'service directory 07/09'

Gloucester	Cheltenham
98 - 100 Eastgate Street Gloucester GL1 1QN ☎ 01452 381166	24 Cambray Place Cheltenham GL50 1JN ☎ 01242 584881
Forest of Dean	Stroud
3 Victoria Street, Cinderford GL14 2ET ☎ 01594 825656	23 King Street Stroud, GL5 3BX ☎ 01453 755711
Opening hours for Gloucester, Cheltenham, Forest of Dean and Stroud: Monday to Thursday 9 - 5. Friday 9 - 4.30 Check with local office for evening opening times.	
Cirencester	Tewkesbury
33 Querns Lane Cirencester GL7 1RL ☎ Contact: Stroud Office Opening Hours: Monday and Friday 10.00 - 4.30	Above 128 High Street, Tewkesbury (entrance in Old Post Office Alley) ☎ 01684 291391 Opening hours: Tuesday and Thursday 9.30 - 4.00

GDAS Structured Daycare Programme

See CIS entry above

CSSMS (Countywide Specialist Substance Misuse Service)

CSSMS is a statutory service (part of the NHS/Social Services) for adults with a drug or alcohol problem who need treatment. CSSMS can also work with families and partners, non-statutory services and other professionals.

You will need a written referral to CSSMS. This means that your GP, doctor, health worker, midwife or GDAS worker can contact CSSMS on your behalf to ask for an assessment. See page 7 for details of GDAS.

(See 'Services for Young People' on page 30 if you are 18 or under).

CSSMS provides:

- Medical treatment (prescribing) where necessary
- Assessment for treatment with a GP, including ongoing support from CSSMS (this is called 'shared care' and sometimes includes prescribing)
- One-to-one support with drugs, alcohol and related problems such as mental health, physical health, housing, relationships and work
- Groupwork (based in Gloucester)
- Therapy for service users and their families (based in Gloucester)
- Complementary therapies such as acupuncture
- Detox from drugs or alcohol at home or in hospital
- A special service for pregnant women
- Arrangements to get people into rehab (often residential) and reviews of progress

- Support to access other services
- Local appointments
- Specialist clinics where you can take prescribed medication, for example methadone

Contact details for CSSMS

Gloucester & Forest of Dean	Cheltenham & Tewkesbury
44 London Road Gloucester, GL1 3NZ ☎ 01452 891260	Lexham Lodge Resource Centre Copt Elm Road, Charlton Kings Cheltenham, GL53 8AG ☎ 01242 274838
Stroud & Cotswold	
44 London Road Gloucester, GL1 3NZ ☎ 01453 769260 01452 891260	Opening hours: Monday to Friday 9.00 - 5.00

Sezincote Ward at Charlton Lane Centre is used for in-patient detox. Admission is by referral only and referrals can only be taken from within CSSMS or the Criminal Justice Drugs Team.
 ☎ 01242 272212

Drug Rehabilitation Requirements (DRR)

These are the updated versions of the Drug Treatment and Testing Orders. The requirements are for people who have been offending to support their drug use. They are a form of sentence issued by the Courts so that a person may receive structured treatment for their drug problems. A referral is made to the treatment team by the Probation Service and a specialist assessment is conducted. The aim of a DRR is to enable the individual to stop using drugs, to stop offending and to lead a healthier life.

DRRs involve:

- Individual structured treatment plans
- Referral to other specialist agencies
- Health screening
- Drug testing
- Court reviews
- Support from nurses and doctors
- Weekly contact from a specialist Probation Officer

DRRs offer:

- A chance to change
- A chance to stop using drugs
- Support in addressing problems
- An opportunity to be referred on for treatment once the requirement ends

Contact details for DRRs

CSSMS - Criminal Justice Team

1 Spa Road
Gloucester
GL1 1UY

☎ 01452 545779

Opening hours: Monday to Friday 9 - 5

Drug Intervention Programme (DIP)

The Drug Intervention Programme provides rapid access to drug treatment for those who are 18 or over who are in the criminal justice system. This includes people who have been arrested, appeared in Court, been sentenced or completed a sentence. DIP is also for people who used to have a drug problem and need help starting a new life. You can contact the DIP directly or ask your Probation Officer, CARAT worker, Arrest Referral worker or other support worker to do this for you.

DIP provides:

- Case management/keyworking
- Advice and information
- Support to access treatment
- Support with housing, education and work
- Out of hours service

Contact details for DIP

Drug Intervention Programme

4 Whitfield Street

Gloucester

GL1 1NA

☎ 01452 545769

Out of hours service

Fax: 01452 545763

The Nelson Trust

The Nelson Trust, based in Stroud, is a non-statutory organisation which provides support for people who have drug and alcohol problems. The programme is both residential, and daycare. The Nelson Trust works with people who are committed to living a drug free life. The service is for people aged 17 or over. There is also an abstinent day programme.

Most people stay in treatment for between six weeks and six months. The Nelson Trust offers further support for up to two years after treatment and encourages clients to attend 12 Step meetings (A.A. / N.A.).

You will need to be assessed to see that you qualify for statutory funding. Nelson Trust can help you arrange this.

The Nelson Trust offers:

- An individual care plan designed with your collaboration to help you achieve the goals in your care plan
- One-to-one counselling, group therapy and workshops
- Auricular acupuncture (acupuncture in the ear)
- Health and Nutrition advice
- One-to-one support with education, training and finding work
- Skills workshops
- Sport and leisure activities
- An opportunity to rebuild relationships with family and friends; this could include meetings with a counsellor

- Family services include an addiction family therapist who is available for advice, support and designing help and treatment. If a Gloucestershire resident comes into daycare or residential the family therapist can support the family with a raft of services. He is also open to calls from struggling family members
- A service for women with visiting facilities for children
- Help with housing including The Nelson Trust's own supported housing in Stroud and Gloucester
- Advice on managing debt
- Ongoing support as you move on and build a new life

Contact details for The Nelson Trust

The Nelson Trust

Admin Office

Port Lane

Brimscombe Hill

Stroud

GL5 2QP

☎ 01453 885633

Opening hours: Monday to Friday 9.00 - 5.00

website: www.nelsontrust.com

Stepps Treatment Centre

Stepps is a non-statutory detoxification and residential treatment facility for adults who have problems with addiction and depression. Stepps is based in beautiful countryside near Minsterworth in Gloucestershire and offers a four to six week programme which is roughly based around the 12 steps of AA/NA, but which also uses specific complementary therapies to enhance treatment and to support recovery. Stepps also offers aftercare following completion of the programme, but will support move-on plans to secondary treatment with other service providers if required.

Stepps accepts referrals and self-referrals for men and women aged 18 and over. Stepps is a privately funded treatment service. However, a contribution towards the cost may be available from statutory funding. You can contact GDAS (see p6) for an assessment for statutory funding.

Stepps Treatment Centre offers:

- Modern and comfortable detoxification techniques
- Individualised care-plans with realistic and achievable goals
- 24 hour nursing cover
- Full medical examination and care during your stay
- Professionally qualified and experienced nursing and counselling staff
- Group therapy and one-to-one counselling if required
- Lectures and workshops
- Family work



- Equine Assisted Psychotherapy which involves contact with horses in order to help access feelings
- Psychodrama
- Art therapy
- Music therapy
- Acupuncture
- Relaxation/Massage

Contact details for Stepps Treatment Centre

☎ 24 hour phone line: 01452 750599

Inishfree

Inishfree is a charity set up to provide accommodation and support for people overcoming addiction, offering an alternative approach to recovery. Its programme of structured activities addresses the needs of individuals who have lost their bearings and need help with developing a healthy lifestyle as well as meaning and purpose in life. Inishfree encourages personal development and initiative-taking in a rural community setting. The programme will provide you with experiences and skills in DIY/building, gardening, catering, landscaping and the care of animals.

To be eligible you need to be 18 or over, have completed the first stage of rehabilitation and detoxification and show commitment to your recovery. Inishfree takes referrals from Probation, prisons, GPs, Social Services, substance misuse services and self-referrals.

To access Inishfree you do not need to have funding from the Local Authority. You will need to pay your rent and your living expenses (usually covered by Housing Benefit and Income Support). The support costs are covered by Supporting People.

Inishfree offers:

- Accommodation for six people for up to one year in a small family like setting
- Structured daily activities in the house and garden
- Artistic activities
- An opportunity to make friends and repair past relationships with family
- Individual support plans
- An opportunity to address emotional issues with the support of experienced project workers/therapists
- Complementary therapies (massage, art therapy, movement therapy and drama)
- Ongoing support after leaving (help with housing, benefits, emotional issues etc)

Contact details for Inishfree

Inishfree

142 Slad Road
Stroud
GL5 1RE

☎ 0845 458 9904

e-mail: enquiries@inishfree.org.uk

Opening hours: Monday to Friday 9.15 - 5.00
answerphone weekends

Air Service

The AIR service is a free community service provided by the Coney Hill Neighbourhood Project. The service provides support to assist people who have had, or who are currently experiencing, problematic drug and/or alcohol use back into the community. The service is available to anyone over 18 and resident within the Gloucester area.

Air Service offers:

- One-to-one support to include initial assessment in service users home/supported housing project or if this presents a problem in alternative premises
- Confidential advice and information service on a range of issues, including: welfare benefits, debt, employment, housing and form filling etc
- Advocacy, including support attending meetings/reviews etc
- Individual support planning to meet needs and goals
- Regular group meetings/workshops covering: relapse prevention, arts/crafts, healthy living skills, sports and outdoor activities and the opportunity to develop/enhance employment skills
- Social interaction, relationship building and personal development
- A safe, supportive and friendly environment
- Weekly structure
- Access to accredited courses

Contact details for Air Service

Ring for an informal chat with Carolyn on:
☎ 07815 555794

Or contact the Coney Hill Neighbourhood Project
1a Stanway Road, Coney Hill, Gloucester GL4 4RE
☎ 01452 380116

The Marah Trust

The Marah Trust, based in central Stroud is a Christian charity set up to support the growing number of Stroud's men and women marginalised by society. Marah runs 3 'drop-in' sessions each week where volunteers work alongside ex-offenders and people who are homeless, coping with addiction, suffering with physical or mental health problems or who have any other special needs. It is a place where all are welcomed in a non-judgemental way. The service is for people aged 16 or over.

The drop-in offers a first point of call and provides a place where people can meet and talk amongst themselves, and with Marah staff, in a relaxed, non-threatening environment. There is no charge for any of Marah's services.

It is planned that during 2007 The Marah Trust will set up a Day Centre opening for 5 days a week, incorporating a structured day programme, relapse-prevention programme and a long term reintegration programme with a series of client led vocational and work skills projects.

Marah offers:

- Free nutritious hot meals
- A listening ear
- Friendship and support when wanted
- Help with form filling and letter writing
- Support with housing applications
- Support with accessing treatment
- Art, craft and music activities

Contact details for The Marah Trust

The Marah Trust Office

Stroud Congregational Church
Bedford Street
Stroud
GL5 1AY

☎ 01453 767655 - please leave a message

Emergency Tel: 07967 480575

e-mail: info@marah.org.uk

web: www.marah.org.uk

Drop-in opening hours:
Monday, Wednesday & Saturday 1.30 - 4.30 pm

The GPwSI Primary Care Substance Misuse Service

The GPwSI Primary Care Substance Misuse Service provides a tier 3 community prescribing service that meets the needs of people over 18 years who are affected by substance misuse within the county of Gloucestershire. The service provides a medically supervised treatment in conjunction with psycho-social interventions, care co-ordination including key working. It is provided by a multi disciplinary and multi agency community team with specialist knowledge of substance misuse.

Referrals are accepted from:

- Homeless Project
- GPs and Primary Care staff
- Criminal Justice Drug Team
- Drug Intervention Programme
- CSSMS - County-Wide Specialist Substance Misuse Service
- External drug agencies

GPwSI provides

- Triage Assessments
- Substitute prescribing
- Health care assessments
- Viral testing
- Comprehensive assessments
- Psycho social interventions, relapse preventions and motivated enhancements
- Complementary therapies such as Acudox, hypnotherapy
- Stress management
- Healthy eating and sleep hygiene
- Help with educational and housing needs, benefit problems
- Home visit supports
- Referral to Community Integration Service
- Clinic in GP surgeries

GPwSI Primary Care Substance Misuse Service

1 Spa Road, Gloucester, GL1 1UY

☎ Tel: 01452 545774

Fax: 01452 545761

St Saviours Alcohol Rehabilitation Centre

St Saviours Alcohol Rehabilitation Centre provides individual and group therapy for alcohol misusing clients. Also group therapy for family members. Those undertaking the programme agree to remain alcohol free, to allow their significant others to freely access the programme, and their GP must agree to their attendance and be informed of their treatment. Clients are expected to contribute what they can to their treatment. St Saviours accept referrals from other agencies or self-referrals.

Contact details for St Saviours Alcohol Rehabilitation Centre

St Saviours Alcohol Rehabilitation Centre
PO Box 27, Chipping Campden
Gloucestershire. GL55 6YD
☎ 01386 841456
Mobile: 07779 432963

County HIV and Hepatitis Service

The county HIV/Hepatitis Service is a statutory organisation (part of the NHS). It provides support to people with HIV and/or Hepatitis infection, their families and others, as well as providing information and education. If you have a concern about HIV, Hepatitis B or Hepatitis C, or would like to consider a blood test for these viruses, you can telephone and make an appointment yourself or ask the staff at GDAS, CSSMS or DRRs (see p10) and they will be able to arrange it for you. Anyone of any age can use the service, which is completely confidential. This means that no information will be passed on without your permission.

The County HIV and Hepatitis Service provides:

- Discussion before and after testing
- Ongoing support for people infected with, or affected by, HIV, Hepatitis B or Hepatitis C
- Referral for medical help and treatment, if required
- Support with medical care and treatment for HIV, Hepatitis B and Hepatitis C
- Welfare and housing support
- 'Outreach' service for people unable to travel or those living at a distance

Contact details for the HIV and Hepatitis Service

CSSMS (Basement)
44 London Road
Gloucester GL1 3NZ
☎ 01452 311744

Appointments for testing can also be made by calling:
☎ 01242 224666

Gloucestershire Reintegration Service

For services previously provided by GRS see the entry under GDAS Community Integration Service



The Young People's Substance Misuse Service

The Young People's Substance Misuse Service (YPSMS) is a treatment and support service for young people under the age of 18 who are experiencing problems with their drug or alcohol use. The service has a medical team who provide assessments of young people's needs and are able to provide medical help to reduce and stop using addictive drugs such as heroin and alcohol.

There is also a team of outreach drugs workers known as the Gini Team who provide one-to-one community based support for young people in environments in which they feel comfortable.

There is a website for young people and parents at www.webgini.com. This website contains basic information about drugs, a referral form, a screening tool for young people to work out if their substance use is a problem and an 'ask Gini' function where you can submit anonymous questions to the team.

Anyone can refer to the Gini team, young people, parents or professionals. The team are there to provide support for any young person whose drug or alcohol use is impacting upon their lives.

Needle exchange for young people is available at GDAS (see page 6).

Contact details for YPSMS

YPSMS

40B London Road
Gloucester
GL1 3NU

☎ 01452 503186

Opening hours: Monday to Thursday 9.00 - 5.00,
Friday 9.00 - 4.00

website: www.webgini.com

pharmacies providing needle exchange and disposal	
Badhams Chemist	Badhams Chemist
6 Prestbury Road, Cheltenham, GL51 2PW	33 Morley Avenue Churchdown, Gloucester
Barkey Chemist	A D Byers
110 Tredworth High St, Gloucester GL1 4TA	The Pharmacy, High Street, Moreton-in-Marsh, Glos, GL56 0AL
Cinderford Pharmacy	Drybrook Pharmacy
19 Market Street, Cinderford, GL14 2RT	Drybrook Road, Drybrook, Glos, GL17 9JA
Lloyds Pharmacy	Lloyds Pharmacy
Locking Hill Stroud, GL5 1QN	27 May Lane Dursley, GL11 4JN
Martins Chemist	Matson Pharmacy
St Marks Pharmacy 80 Tennyson Road, Cheltenham, GL51 7BD	87 Matson Avenue, Gloucester, GL4 6LL
Northway Pharmacy	The Spa Pharmacy
Northway Shopping Centre Tewkesbury	12 Rotunda Terrace Cheltenham, GL50 1SW
The Stonehouse Pharmacy	Tesco Pharmacy
High Street Medical Practice Stonehouse, GL10 2NG	Collets Drive, Cheltenham GL51 8JQ

other useful contact numbers
Alcoholics Anonymous
Mutual support for people with an alcohol problem ☎ 08457 697 555 (national) 01452 418515 (local) e-mail: newcomer@runbox.com website: www.alcoholics-anonymous.org.uk
Narcotics Anonymous
Mutual support for people with a drug problem ☎ 0207 730 0009 (national) 0781 475 5451 (local) e-mail: gloucestershire@ukna.org website: www.ukna.org
Families Anonymous
Mutual support for families and friends of drug users ☎ 0845 1200 660 e-mail: office@famanon.org.uk website: www.famanon.org.uk
Release
Advice on drug use and legal issues ☎ 0845 4500 215 e-mail: ask@release.org.uk website: www.release.org.uk
Parents Against Drug Abuse (PADA)
Support for parents concerned about drug use ☎ 0845 7023 867 website: www.pada.org.uk
National Drugs Helpline
24 hour information service ☎ 0800 776 600 website: www.ndh.org.uk
Methadone Alliance
Support for people using prescribed drugs for treatment of drug dependency ☎ Helpline 0845 122 8608 website: www.m-alliance.org.uk

other useful contact numbers

Drugscope

Information on drugs problems and policy

☎ 0207 928 1211

website: www.drugscope.org.uk

Adfam

Information for families affected by substance misuse

☎ 0207 928 8898

e-mail: admin@adfam.org.uk

website: www.adfam.org.uk

NHS Direct

Health and health service information and advice

☎ 0845 46 47

website: www.nhsdirect.nhs.uk

Addaction

Advice and information on drugs

☎ 0207 251 5860

e-mail: info@addaction.org.uk

website: www.addaction.org.uk

National Drinkline

Support with alcohol problems

☎ 0800 917 8282

Alcohol Concern

Help and information on alcohol

☎ 0207 928 7377

e-mail: contact@alcoholconcern.org.uk

website: www.alcoholconcern.org.uk

useful contact numbers - young people

FRANK

Information on drugs and drug use

☎ 0800 776 600

e-mail: frank@talktofrank.com

website: www.talktofrank.com

local service user groups

Service User Support Team

Unit 6 City Works
Alfred Street
Gloucester GL1 4DF

- Peer support
- Support with accessing services
- Information
- An opportunity to convey service users' thoughts and ideas to the people who make decisions and fund services

☎ 01452 543546

A service user co-ordinator employed by the NHS is also based at the SUST office with responsibility for ensuring that all service users in the county are able to access support and services and to comment on and influence decision making and funding processes.

local family and carer groups

Footprints

Support group for families and carers of people dependent on alcohol and drugs who meet regularly in Gloucester.

2 Cecil Road, Gloucester, GL1 5HQ

☎ 01452 539595

e-mail: carolsfootprints@hotmail.com

website: www.footprints-support.org.uk

Cheltenham Parent Support Group

Telephone helpline and website for carers and parents across the county. Also offer one-to-one meetings with individuals and could provide group meetings if required.

30 Pentathlon Way, Cheltenham, GL50 4SE

☎ 01242 222872

e-mail: help@cpsg.org.uk

website: www.cpsg.org.uk

The DAAT lead for Service Users and Carers is Alison Hustwitt (DAAT Communities Manager)

☎ 01242 548832 **e-mail:** Alison.Hustwitt@glos.nhs.uk