

DDN



RESIDENTIAL TREATMENT DIRECTORY

An at-a-glance listing for both statutory referrers and those seeking treatment

Supported by

CHOIC  **S** Rehabs

www.addictionrehabuk.org



Your life wants you back.

We help rebuild lives and families effected by alcohol/drug addiction.

Call us today for more information on :

- > Residential Treatment
- > Recovery Day Programme
- > Secondary Care Programme
- > Family Programme
- > Aftercare Programme
- > Education Programme



for a future with hope
contact us today

Call 01534 729060

 silkworthlodge
www.silkworthlodge.co.uk



WELCOME

to the 2017 DDN Residential Treatment Directory

We have tried to create as comprehensive a directory as possible, and have offered all services a free listing. Many services have also included a short

description providing more details on the services they offer, which hopefully will help decide where is best for you, or your client or loved one.

Knowing which service is right is not an easy decision and Hannah Shead from The Choices Group has provided some practical advice to help make that decision. By using the directory and the web links available you can view the range of facilities on offer around the country.

DDN magazine cannot recommend one facility over another, but the one piece of advice we can offer is to contact them directly and talk to the people who work there – many of whom can speak from personal experience. They will be more than willing to answer any questions you may have, and help you make the best decision for you.

We are extremely grateful to The Choices Group for sponsoring this resource, and all the other organisations who have taken additional advertising or featured listings. Without this support we would be unable to produce both the free directory and magazine.

While we have worked to make this directory as comprehensive as possible, services change, new services open, and some services will close. **This directory will be regularly updated online on www.drinkanddrugsnews.com**

If you would like to change a listing or add a service please contact ian@cjewellings.com

DDN magazine cannot recommend one facility over another, but the one piece of advice we can offer is to contact them directly and talk to the people who work there...

ESH Community Residential Treatment Centre



Fully residential single site peer led and supported rehab facility

The property is a smallholding set in 4 acres of grounds located in the beautiful countryside of Warwickshire in the Heart of England.



The centre was purposely established as a small recovery community for a maximum of eleven residents to ensure we provide the best possible support with the right amount of personal dedicated time from our experienced staff.

- Central accommodation and activities
- 24/7 on-site support staff
- 7 day week structured program
- Regular one-to-one counselling
- Introduction to 12 Step AA/NA fellowships
- Meals freshly prepared on site
- Male only centre



Safe and supported - Residents are encouraged to explore and understand the underlying causes of their addictive behaviour away from everyday distractions with professional and peer support to help develop confidence and self-belief to achieve an abstinent life.

Family Support - This is provided separately but in parallel with resident placements. The structured sessions are a safe place for families to explore their own circumstances gaining the skills and insight to support themselves and their loved one's sustained recovery when they leave the rehab centre.

Aftercare - Regular groups are supported by staff and mentors as part of our approved peer mentoring program.

Contact us for more information about our program of recovery and peer led activities



Phone: 01926 811 702
Web: www.eshworks.org
Email: community@eshworks.org



Acer Detoxification Unit Bristol



Over 10 years' experience of delivering high quality drug and alcohol detoxification and stabilisation

Can manage high-complex needs for the full range of drugs & alcohol as well as many physical and non-acute mental health conditions

Led by a highly skilled team of psychiatric consultants, speciality doctors, nurses, HCAs and peer mentors

We work with commissioners, providers and individuals looking to detox and develop innovative packages of care to suit individual and local treatment system needs



"I'd like to thank you for your unstinting care and kindness in the last 2 weeks. Your patience with us and the fact you always treat us with dignity make you a great credit to the NHS"
Acer service user feedback

Please call or email for a brochure and/or to arrange a visit to the unit,
Tel: 0117 378 7980 Email: awp.AcerUnitReferrals@nhs.net



Acorn Recovery Projects

www.acornrecovery.org.uk • 0161 484 0000
NorthWest, Eclectic

Our innovative recovery services enable individuals and their families to break free from drug, alcohol and other addictions. We support people throughout their recovery journey in a compassionate way, focussing on the long term solution, even beyond treatment. Clients can live in our supported housing for a temporary time with full support for a move back into the community for independent living. We also run a thriving volunteer community with in-house training schemes also on offer.

Abbeycare

www.abbeycare.co.uk
Lanarkshire & Cambridgeshire, 12-Step



Addaction Chy

www.chy.addaction.org.uk • 01872 262414
Cornwall, Eclectic

'Life-changing' are words shared by people who spend time recovering from a dependency at Addaction Chy, a 17-bed residential centre in Cornwall. Here people relearn how to positively look after themselves mentally and physically. While behaviours change, skills are developed through courses and volunteering. Dogs welcome. Move-on flats available.



ANA Treatment Centres

www.anatreatmentcentres.com • 02392 373433
Portsmouth, Eclectic

Set by the Solent in Portsmouth, Hampshire, ANA offers residential treatment for drug and alcohol addictions and associated disorders. We provide excellent, accredited, caring, tailored programmes for men and women who want a life free from addiction and we also work closely with families. We offer three stands of services; therapy, health & well-being & life skills.



Bosence Farm Community Ltd

www.bosencefarm.com • 01736 850006
Cornwall, 12-Step

Bosence Farm is a CQC registered charity providing residential treatment from three distinct services:

1. Detox and stabilisation for adults and 17 year olds who are in need of a medically led detoxification or stabilisation from illicit drugs, alcohol or prescribed medications.
2. Rehabilitation for adults who wish to address their drug and alcohol misuse utilising the 12-step model.
3. Young People offers a bespoke treatment programme for young people experiencing issues with substance misuse and related needs

Acer Unit

www.awp.nhs.uk/services/sdas/detoxification-stabilisation
Bristol, Detox Centre

Acquiesce

www.acquiesce.org.uk
Bolton, Supported Housing

Action on Addiction

www.actiononaddiction.org.uk
Wiltshire, Detox Centre

Alexander Clinic

www.alexanderclinic.co.uk
Aberdeen, Detox Centre

Amber Foundation

www.amberweb.org
England, Supported Housing



Broadreach

www.broadreach-house.org.uk • 01752 790000
Plymouth, Eclectic

Broadreach offer three houses providing everything that is required to enable lasting recovery for our clients. Our commitment to clinical excellence, our dedicated staff and our holistic, evidence-based approach to treatment create an environment that promotes positive, lasting change.



Broadway Lodge

www.broadwaylodge.org.uk • 020 8399 6555
Weston-Super-Mare, 12-Step

Established in 1974 Broadway Lodge provides 12-step abstinence based treatment supporting people into recovery from a wide range of addictive behaviours including substance misuse, sex, co-dependency, gambling and gaming; also supporting clients with secondary issues such as self-harm and eating disorders

Detoxification can be provided for alcohol, illicit drugs, novel psychoactive substances and prescribed medication including pain relief and benzodiazepines.

ARK House

www.arkhouserehab.co.uk
Scarborough, Detox Centre

Assisi Community Care Francis House

www.alcoholrehabservices.co.uk
North Devon, Therapeutic Community

BAC O'Connor

www.bacandoconnor.co.uk
Staffordshire, Eclectic

Birchwood Residential Treatment

www.kaleidoscopeproject.org.uk
Merseyside, Detox Centre

Bosence Farm Community Ltd

www.bosencefarm.com
Cornwall, 12-Step

Castle Craig

www.castlecraig.co.uk
Edinburgh, 12-Step



CGL Park House

www.changegrowlive.org • 0121 523 5940
Birmingham, Detox Centre

Park House is an 18-bed unit staffed by an experienced team of specialist doctors, nurses, healthcare assistants and group work specialists. The detox centre is staffed 24 hours a day, 7 days a week and supported by clinical and operational on-call systems. Park House has beds allocated to both Birmingham residents and non-Birmingham residents.

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CGL St Thomas Fund

www.changegrowlive.org • 01273 823762
Brighton, Eclectic

St Thomas Fund is a residential rehabilitation service based in Brighton and Hove that offers a safe place for adults wanting to become free of drugs and alcohol, and make positive steps towards recovery. It is a free service for adults over the age of 18 with a local connection to Brighton and Hove; places are agreed with all parties following referral and assessment.

Chandos House Addiction Treatment Centre

www.chandos.org
Bristol, Eclectic

Changes UK

www.changesuk.org
West Midlands, Birmingham & Solihull, Eclectic

Charterhouse Clinic Flore

www.charterhouseclinicflore.com
Northamptonshire, Eclectic

City Roads

www.cranstoun.org/cityroads
London, Detox Centre

East Coast Recovery Ltd

www.eastcoastrecovery.co.uk
Lowestoft, 12-Step

ESH Community

www.eshworks.org
Midlands, Eclectic

Freedom Recovery Centre

www.freedomrecoverycentre.co.uk
Catford, 12-Step



Equinox Brook Drive

www.equinoxcare.org.uk • 020 7820 9924
London, Detox Centre

In partnership with The South London and Maudsley Hospital we provide clinical, medically managed detoxification programmes for adults over 18 who require assisted withdrawal from addictive substances from any combination of alcohol, heroin, recreational drugs, prescription drugs, stimulants such as cocaine and crack cocaine, solvents and cannabis.



Focus12

www.focus12.co.uk • 01284 701702
Bury St Edmunds, Detox Centre

Focus12 is a community based residential treatment centre offering intensive primary treatment of alcoholism and addiction. We offer a safe, supportive environment to explore and practice recovery with the goal of living an abstinent lifestyle. We boast impressive success rates and competitive prices. Contact us for a free assessment.

Littledale Hall Therapeutic Community

www.littledalehalltc.co.uk
Lancaster, Therapeutic Community

Livingstone House

www.livingstonehouseuk.org
Birmingham, 12-Step



Gilead Foundations

www.gilead.org.uk • 01837 851240
Okehampton, Eclectic

Gilead Foundations Charity provides accommodation for people who require support to overcome their compulsive behaviours through learning Christian principles and basic work ethics. Gilead is based on a working dairy & egg production farm which gives opportunity for a variety of agricultural work experience to equip them with work ethics.



Hebron Trust

www.hebrontrust.org.uk • 01603 439905
Norwich, 12-Step

Hebron House has been changing lives for 30 years. We are situated in Norwich, Norfolk in two beautiful houses. We offer a 12-step programme including: a tailored care plan; therapeutic key worker; two, one to one counselling sessions per week; group therapy; CBT; sport, leisure and gardening activities; assistance to address financial/debt problems; move on house.

GLOUCESTER HOUSE REHABILITATION CENTRE

Gloucester House

www.gloucesterhouse.org.uk • 01793 762365
Highworth, 12-Step

Gloucester House recognises the damaging effects caused to individuals, families and communities through substance misuse, and our holistic, integrated 12-step programme is designed to empower and support every individual to attain a life free from dependency, to look beyond their issues and to explore ways of changing their lives.



Kenward Trust

www.kenwardtrust.org.uk • 01622 814187
Yalding, 12-Step

Kenward Trust is a charity, helping people to transform their lives for nearly 50 years, from the misery of addiction, homelessness and crime.

The Trust offers people the opportunity to change their lives and reach their full potential. We help address substance misuse and homelessness issues, bringing hope, help and support, for both men and women.



Ley Community

www.leycommunity.co.uk • 01865 371777
Oxfordshire, Therapeutic Community

The Ley Community makes recovery real by providing the ideal therapeutic environment for lasting change. Everyone leaves us with everything they need to succeed first time; employment, accommodation, extended aftercare, and well established peer networks. We don't just point them in the right direction, we ensure they reach their destination

Nehemiah Project

www.tnp.org.uk
London, Supported Housing

Oxygen Recovery Services

www.oxygenrecovery.co.uk
Hertfordshire, Therapeutic community

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Mount Carmel

www.mountcarmel.org.uk • 020 8769 7674
London, 12-Step

A centre of excellence for alcohol treatment, Mount Carmel delivers safe, supportive, and non-judgemental help, offering both residential and day programmes.

Our prices are very affordable, we have more than 30 years' experience of providing treatment, and our many successful clients not only stop drinking - they change their lives.

PCP

www.rehabtoday.com
Nationwide, 12-Step



THE NELSON TRUST

The Nelson Trust

01453 885633
Gloucestershire, Eclectic

Providing both a mixed sex house and a women's only service The Nelson Trust offers abstinence based treatment utilising a holistic package incorporating the development of recovery capital alongside relapse prevention with a trauma informed, gender responsive individualised package of care.



Notaro ARBD Care

www.arbdcare.co.uk • 01934 422 822
Weston-super-Mare, 12-Step

Notaro ARBD Care provides individualised support and care to people living with the effects of alcohol abuse, such as Korsakoff's Syndrome or alcohol related brain damage, within 3 residential settings. Each person follows our 3-step enablement programme, to help regain basic living skills and help them to live independently. For some conditions, we provide a home for life. Referrals are accepted from across the UK.

Phoenix Futures

Ending dependency, transforming lives

Phoenix Futures – Grace House

www.phoenix-futures.org.uk/grace-house-female-only-residential-service • 0207 916 5013
London, Eclectic

Grace House is a specialist female-only residential service in a quiet area in North London. The service provides trauma informed treatment for women with substance misuse problems and complex needs, including domestic violence, offending behaviour, sexual exploitation, homelessness and eating disorders.

Treatment: Biopsychosocial model • Full substance misuse group work programme • Specialist group programme including domestic and sexual violence • Cognitive Behavioural Therapy • Complementary therapies • Recovery through nature

Pierpoint Addiction Services

www.pierpoint.co.uk
Blackpool, 12-Step

Priory Group

www.priorygroup.com
Nationwide, Eclectic

Promis

www.promis.co.uk
London, Eclectic

Recovery Hub Ipswich

www.recoveryhubipswich.com
Ipswich, 12-Step

Silkworth Lodge

www.silkworthlodge.co.uk
Jersey, 12-Step



PROVIDENCE PROJECTS

HELPING YOU FIND THE WAY

Providence

www.providenceproject.org • 0800 9550945
Bournemouth, Eclectic

The Providence Projects, established in 1996 and based just a few hundred yards from the beach in Bournemouth, is one of the leading addiction treatment facilities in the UK. The Providence Projects offer affordable programmes and a range of comprehensive options including detox, primary treatment, secondary treatment and aftercare.

Phoenix Futures

Ending dependency, transforming lives

Phoenix Futures – Scottish Residential Service

www.phoenix-futures.org.uk/scottish-residential-service • 0141 332 0121
Glasgow, Therapeutic Community

Phoenix Futures Scottish Residential Service offers abstinence based treatment for males or females over 18. The service is in a purpose built centre on the outskirts of Glasgow and benefits from strong links with the local recovery community.

Treatment: Therapeutic Community model • Behavioural role play therapy • Life story work • Full group work programme • Complementary therapies • Recovery through nature

Somewhere House

www.somewherehouse.com
Brunham on Sea, Therapeutic Community

Step by Step Recovery

www.stepbysteprecovery.co.uk
Essex, Therapeutic Community

Steps Together Rehab

www.stepstogether.rehab
Nottinghamshire, Detox Centre

T.H.O.M.A.S.

www.thomasonline.org.uk
Blackburn, 12-Step



Sefton Park

www.sefton-park.com • 01934 626371
Weston-super-Mare, Therapeutic Community

Sefton Park is a private residential rehab located in a Grade II listed building near to the sea front. Our clients are treated with courtesy, empathy, honesty and respect. Our clients experience high quality care and the personalised support they need to work through their issues.

Our treatment is person-centred, structured, supportive, challenging and personalised to the specific needs of each client. Our treatment helps our clients to gain an understanding of the causes of their addiction and how to live their life free from substance misuse.

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Phoenix Futures – National Specialist Family Service

www.phoenix-futures.org.uk/national-specialist-family-service • 0114 268 5131
Sheffield, Therapeutic Community

Phoenix Futures National Specialist Family Service is a unique service offering residential treatment for mums and dads to address their drug and alcohol issues whilst remaining the primary carers for their children.

Positive parenting programme • Life story work • Full group work programme • Complementary therapies • Ofsted registered crèche • Family focused interventions



Phoenix Futures – Sheffield

www.phoenix-futures.org.uk/sheffield-residential-service • 0114 230 8230
Sheffield, Therapeutic Community

Phoenix Futures Sheffield Residential Service offers abstinence based treatment for males or females over 18. The service is based in a large Victorian house in tranquil and beautiful grounds in a leafy, suburban area of Sheffield.

Therapeutic community model • Behavioural role play therapy • Life story work • Full group work programme • Complementary therapies • Recovery through nature



Phoenix Futures – Wirral

www.phoenix-futures.org.uk/wirral-residential-service
0151 652 2667
Wirral, Therapeutic Community

Phoenix Futures Wirral Residential Service offers abstinence based treatment for males or females over 18. The service is a haven for animal lovers with chickens, rabbits, guinea pigs and cats. Uniquely residents are also able to bring their dogs (provided they are neutered), to live in the on-site kennels.

Therapeutic community model • Behavioural role play therapy • Life story work • Full group work programme • Complementary therapies • Recovery through nature



Steps Together

www.stepstogether.rehab • 0800 385 585
Nottinghamshire, Eclectic

Steps Together Rehab is an exclusive private residential clinic, set in a beautiful tranquil location in Nottinghamshire. It is the perfect place for detox, alcohol and drug addiction rehabilitation and aftercare. Our team consists of some of the UK's most experienced and qualified practitioners. Interventions available.

Talitha Koum

www.talithakoum.org.uk
Suffolk, Therapeutic Community



Trevi House

www.trevihouse.org • 01752 255758
Plymouth

Trevi House is a truly unique mother and child rehab. We have 25 years experience of helping families to recover from drug and alcohol addiction. Based in Plymouth, we can accommodate mothers with their children from babies through to school age. We are also able to support pregnant women. Our new extensive free aftercare service is able to offer support with relocation

Secure site, CCTV monitored • High quality accommodation • 24 staff hour cover • Maternal detox (drugs & alcohol) • Therapeutic groupwork programme • Input from clinical psychologist • Specialist on site nursery with sensory room (Ofsted registered) • Comprehensive progress reports • Individually tailored packages of care.

Turning Point

www.wellbeing.turning-point.co.uk/residential
Workington, Therapeutic Community

UK Addiction Treatment Centres

www.ukat.co.uk
Nationwide, 12-Step



Western Counselling

www.westerncounselling.com • 0800 849 9257
Bristol, 12-Step

Western Counselling offers a structured, abstinence-based, 12-step residential treatment programme. Our professional services include alcohol detox, drug detox, and a programme of rehabilitation and aftercare, to give you the best possible chance of achieving and sustaining long-term recovery from addiction.

If you are seeking addiction treatment yourself or for a family member, Western Counselling Bristol provides a safe, secure, supportive environment to start the recovery journey.



Smithfield Detox Service

www.wellbeing.turning-point.co.uk/residential
0161 827 8570
Manchester, Detox

Smithfield Detox Service is a purpose built 22 bed specialist in-patient detoxification unit, located in Manchester City Centre, for adults of 18 years and over who wish to address their substance misuse and recovery within a specialist safe and supportive environment.



Yeldall Manor

www.yeldall.org.uk
Bristol, 12-Step

For 40 years Yeldall Manor has helped men overcome their drug and alcohol addictions. We facilitate constructive change in a supportive residential environment through structured therapeutic programmes led by highly trained staff.

Yeldall offers: Detoxification • Rehabilitation • Resettlement • Work & training • Move-on housing • Aftercare

Going to rehab should be an informed decision, not a blind date.

Hannah Shead suggests ways to achieve a good match

THE RIGHT CHOICE

I can still recall the first time that a client told me he wanted to go to rehab. I was working in a community drug service and my client was using heroin chaotically. He had lost his job and his family and was on the cusp of becoming homeless. Yes, rehab seemed the perfect solution. I told my colleague, who promptly advised me which rehab to send him to.

So, off my client went. He did extremely well and it turns out that the rehab, Sefton Park, was a good match for his needs. However, when I look back I shudder that this successful match of need to placement was more a matter of luck than clinical judgement.

This was 17 years ago, and things have come a long way. Many drug and alcohol teams have 'approved providers lists' and have a system for placing clients according to their treatment needs.

It should be remembered however, that going to rehab is quite literally a life-changing decision and the importance of choosing the right provider cannot be overstated.

So, what sort of questions might you want to ask your client – or be asking yourself, if you are the potential resident?

SINGLE SEX OR MIXED?

Some women I talk to are very vocal about their need to be in an all-female environment, as the issues underlying their addiction are not ones that they would wish to work through in mixed groups. Some people recognise the potential distraction of the opposite sex and identify single sex rehabs as providing the best opportunity to focus on recovery.

Equally, there will be those that want the opportunity to work on their relationships with both men and women, and welcome the diversity that a mixed rehab can offer.

There is no right or wrong – only what is right for the individual.

TREATMENT PHILOSOPHY

This is an important part of the decision-making process. People all too often think that rehab is either 12-step or not, but there



'It should be remembered that going to rehab is quite literally a life-changing decision and the importance of choosing the right provider cannot be overstated.'



is a huge scope of choice within the different 12-step programmes on offer so this is not always a helpful distinction to make.

Treatment centres throughout the UK offer a rich variety of programmes, with a wide range of interventions such as CBT, person centred counselling, family work, education and training, couples therapy, outdoor pursuits and volunteering, to name but a few.

HOME OR AWAY?

For some people, rehab will offer the opportunity to make a fresh start elsewhere, however, for others it is important to stay close to their home environment and community.

LENGTH OF PROGRAMME

There are different lengths of programme on offer, according to need.

MAKING THE CHOICE

I am pleased to know that my service is a member of Choices, a group of independent rehabs that have come together to share best practice and make the options easier to understand. Representatives of our 16 rehabs meet every two months to explore

ways that we can work together to improve the resident's experience.

One of the greatest perks of being a Choices member has been the opportunity to visit the other centres. The experience of walking into a rehab and quite simply getting a 'feel' for it is unrivalled and we would encourage anyone considering going into rehab to go and visit at least one possible unit. You can also use resources such as the DDN listing, Public Health England's Rehab Online (www.rehab-online.org.uk) and the Choices website (www.addictionrehabuk.org) to compare the different centres.

We invite you to look beyond our leaflets and referral paperwork and visit us. Come and meet our current residents – you can be sure that they will tell it as it is! Stay for lunch; check out our hospitality, our food and drinks.

Come and get to know how we tick. Don't just let us assess you or your client – come and assess us!

*Hannah Shead is chief executive of Trevi House
Choices website is at
www.addictionrehabuk.org*



‘Supporting you towards independence’

Notaro ARBD Care has over 30 years experience of providing individualised support for people living with Korsakoff’s Syndrome or other alcohol related brain damage from across the UK.

Following our successful 3-step enablement programme, our goal is to assist the person back into community living having regained basic living skills, dignity and structure. For those with a more serious diagnosis, we do provide a home for life. Fees are reduced as the person steps through the programme.

We have been working with local authorities across the UK, providing what most see as the missing piece to aiding a successful recovery.

Come and chat to us at the forthcoming DDN Conference to find out more, just look out for our colourful stand.

I had been in and out of rehab and hospitals many times, nothing worked until coming to Serenita. I have been able to get better by on-going support, personal development and guidance. I feel very comfortable here and am looking forward to walking out one day, not running.

- Martin, ARBD Resident

If you would like to request a brochure or to arrange a free assessment,

please contact:
01278 557091

or email:
enquiry@arbdcare.co.uk
www.arbdcare.co.uk

notaro 
ARBD CARE

For further information visit:
www.arbdcare.co.uk

N. Notaro Homes Ltd, Top Floor Office, 25-31
Boulevard, Weston-super-Mare BS23 1NX



Sefton Park bases its personalised treatment on the belief that no two clients' treatment needs are the same

A PERSONAL TOUCH

SEFTON PARK IS A RESIDENTIAL ADDICTIONS TREATMENT CENTRE located by the beach in the seaside town of Weston-super-Mare. This year the service is celebrating 25 years of helping people become free from addiction.

Our shared belief is that every individual has the right to care, respect, autonomy and choice, and that every individual should also have the opportunity to change the way they live. We provide that opportunity by helping the client to understand the causes of their addiction and gain more control over their lives.

OUR TREATMENT APPROACH

As an alternative to 12-step, the treatment we provide takes a self-empowerment approach, helping the client to gain a better understanding of their underlying issues, attitudes and behaviours.

The qualified and experienced team deploy a wide range of cognitive and person-centred interventions within the caring and supportive environment of the therapeutic community. In this way, we help our clients to better understand their underlying feelings and anxieties within a person-centred ethos.

The detox facility is now in its second year and has had an excellent response and very good outcomes. We also partner with other units in the South West to provide full medically assisted detoxes.

WORKING WITH THE FAMILY AND SIGNIFICANT OTHERS

We recognise that addiction is something that affects the whole family. If requested by the client we will facilitate family conferences in the interest of establishing dialogue and mutual understanding around the impact that substance misuse has on the family. This can also prove to be a good opportunity for the client and their family to consider the choices open to them for the near and more distant future. Staff encourage family visits at weekends as we understand the importance of the family unit and the support that can be provided through social visits.

HEALTHY LIVING AND MINDFULNESS

We support the client in building confidence by helping them develop their potential.

We provide a 'Discovery Day' in a rural environment that promotes new experiences through risk taking and team building. These are outdoors activities such as falconry, rope climbing, orienteering, bushcraft and woodland cooking – lots of team-based exercises and having fun in the outdoors.

Fortnightly, our staff organise a 'Mindfulness Day', with the opportunity to experience a whole raft of mindfulness activities – acupuncture, meditation,



poetry, music and artwork, depending on what's available on that particular day. The client selects their own choice from the activities. It's about relaxing, learning, experiencing new things and self-expression through art and poetry – doing things that allow people to reconnect with themselves. It's about re-finding your inner self.

FOOD IS A LARGE PART OF RECOVERY.

We focus on a healthy lifestyle and our kitchen team ensure that all dietary requirements and preferences are catered for. We bake our own bread each day and our clients enjoy a varied diet and healthy range of meals. We have considerable experience of supporting clients with food issues and a well-developed understanding of the support required.

Exercise is also encouraged – there are opportunities to access a local gym and the two miles of sandy beach on our doorstep create the opportunity for walks, running and bike rides. Bikes are provided!

ACCESS TO STRUCTURED AFTERCARE AND SUPPORTED HOUSING

Having access to aftercare support is a very important element of the treatment journey, so aftercare services are available to all Sefton Park clients. If you're in recovery and you've completed Sefton Park then our aftercare support is available for as long as it's needed. We also offer aftercare support via Skype.

We offer support with housing via our experienced aftercare and resettlement worker and enjoy strong connections with a range of supported housing providers in the local area and across the country. Each client who completes treatment at Sefton Park will normally have access to supported housing locally.

During the latest CQC inspection the clients said to the Inspectors:

“...the care they received was individualised”

“...found the staff working for the service to be exceptionally kind, caring and supportive”

“...appreciated how staff encouraged them to take responsibility for their recovery”

“...staff treating them as individuals, respecting their individual needs”

“...supporting them to make the choices that were important to them”

A WHOLE TEAM APPROACH TO CLIENT CARE

The whole team at Sefton Park take pride in supporting each individual client in achieving a successful treatment outcome, with the client's needs at the core of what they do. The work is intensive, and it's very much client-centred which means it's personalised to the needs of each client.

You can put any four clients in a room together and it will soon be obvious that they are not the same.

Each client is different and has different issues to address. Each client is on a different journey.

So, each client needs an individualised approach that recognises their differences.



addaction Chy
Residential Rehabilitation Centre

Our residential rehabilitation centre supports people with addiction issues.

Located in Truro, Cornwall, our centre is set in an historic building and beautiful gardens.

Our dedicated and experienced team will offer you guidance, support and encouragement as soon as you step through the door.

With 17 beds for men and women, expert support is available 24 hours a day. Dogs are also welcome!



Visit us at chy.addaction.org.uk

Addaction Chy | Rosewyn House | Alverton Terrace | Truro | TR1 1JE
chy@addaction.org.uk | 01872 262414




equinox

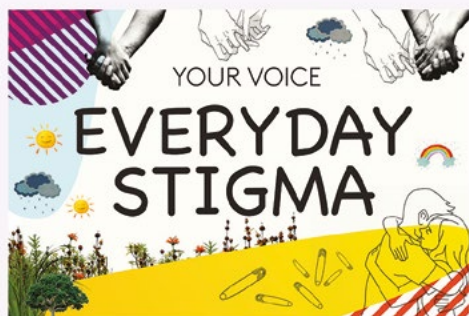
We're here to help turn your life around

At Equinox we offer comprehensive, integrated detoxification and psycho-social services for adults who require medically assisted withdrawal from drugs and alcohol. This includes clients with multiple and complex needs.

In collaboration with SLAM, we combine two specialist teams to provide a full range of end to end care in the initial stages of a clients' recovery programme. Based in a comfortable and relaxed 26 bed residential unit located in Central London, Equinox Brook Drive is an established and trusted service provider with over 27 years' experience in this field.

**To find out more call us today on 020 7820 9924
or email us at admin.brookdrive@equinoxcare.org.uk
Visit us at www.equinoxcare.org.uk**

Equinox is part of the Social Interest Group (SIG). SIG provides a range of support services for small and medium sized charities to help them thrive. www.socialinterestgroup.org.uk



We're planning a range of projects to help bring together the voices of people affected by addiction and those working towards a more recovery friendly society. Join us to look at what's working and what needs to change.

 @phoenixfutures1

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Phoenix Futures is a registered charity in England and Wales (No 284880) and in Scotland (No SC039008)

Phoenix Futures
The charity that is confident about recovery

www.phoenix-futures.org.uk

FOUNDATION66

part of the Phoenix Futures Group

Experts in recovery for more than 45 years

At **FOUNDATION66** everything they are and everything they do is channelled into helping people affected by drug and alcohol problems to make positive changes in their lives. **Grace House** is **FOUNDATION66**'s female-only residential service providing drug and alcohol free support for women with substance misuse problems and complex needs, including domestic violence, offending behaviour, sexual exploitation, homelessness and eating disorders. Amy's story is typical of the opportunities offered at **Grace House**

LIFE CHANGE

'It has been life-changing. I have been given the chance to build the future I deserve'

These are the words of Amy Munford, 27, after she spent nine months at Grace House, Foundation66's all-female rehab in Camden, North London.

Amy had been a heavy drinker and had suffered from an eating disorder since her teenage years, which became progressively worse through her time at university and into employment. Getting into an abusive relationship and surrounding herself with people who aided her addiction made matters worse and it wasn't long before Amy had deteriorated to the point where she was just surviving on drinking all day – her friends had deserted her and her family had no idea what more they could do.

With her health suffering to the point where she was unable to walk, Amy was referred by Westminster Drug and Alcohol Project to Grace House, where an all-female team provides friendly support to women with substance misuse problems and complex needs, including domestic violence, offending behaviour, sexual exploitation, homelessness and eating disorders.

Amy moved into the house, where she was assessed and given a personalised treatment and counselling programme that gradually helped her turn her life around. Looking back on her time there, Amy reflects: 'It was a wonderful



'Amy's story shows how the philosophy behind Grace House really works.'

BEA WHEELER,
LOCALITY MANAGER

community to recover in. I had enough freedom to grow and rebuild as a person and was able to input into my own recovery. Thanks to Grace House, I now have my health back, have been able to re-connect with my family and have built lasting friendships.'

Since leaving Grace House, Amy now has her own flat, at 'Amy's Place' (provided through the Amy Winehouse Foundation), is attending college and continues to have treatment for her eating disorder. She is now looking

positively to the future, with plans to study further, move in to her own property and start a new career.

'Amy's story shows how the philosophy behind Grace House really works.' says Bea Wheeler, Foundation66's Locality Manager, 'A stable home is the basis for a successful and sustained recovery and Grace House provides women, like Amy, with the time, space and support to address their substance misuse and complex needs, to help them take the next step to a brighter future.'

If you would like further details on the **Grace House** service, either to refer, or self-refer, then please call on **020 7916 5013** or email **GraceHouse.Referrals@foundation66.org.uk**