

Extract from the 2005 Edition of the Southwark Mind Services Directory

Published by Southwark Mind ©2005

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Visit the fully searchable online version of this directory at
<http://www.southwarkmind.org.uk/searchframe.html>
where you can search by Category, by Keyword and by Postcode

To add details of your project to our database for inclusion in any
future updates phone or email us and ask for a questionnaire form.

Compiled and produced by Alex Clark



CHAPTER 9: DRUG AND ALCOHOL SERVICES

The projects in this chapter provide a variety of services ranging from user-led support groups and specialist counselling services to acupuncture and other alternative therapies. All provide information and advice on finding ways to manage and control your drug or alcohol use. All are open access or accept self-referrals. You may have to fill in a form or attend an informal interview.

Look in the main **Description** or in **Special Interest Activities** for various specialist services. For example the **Community Drug Project** office at the **Old Kent Road** run a needle exchange, a pregnant drug users clinic and various health clinics, while **Turning Point ACAPS** is a drug and alcohol service for young people in Southwark, Lambeth and Lewisham.

Adfam

Address1: Waterbridge House
Address2: 32/36 Loman St
Town/City: London
Postcode: SE1 0EH

Phone: 0207 928 8898
Other Numbers: Fax: 0207 928 8923
Email: admin@adfam.org.uk
Website: <http://www.adfam.org.uk>

Description: Adfam is a national charity working with families affected by drugs and alcohol and undertakes substance related family work. Range of publications for families about substance misuse and the criminal justice system. Online message board and database of local support groups that helps families contact and talk to people who understand their situation. Phone or see their website for further details.

Special Interest Activities: Direct support services at London prisons for families of prisoners with drug problems. Some language services available by arrangement.

Opening Hours: Mon-Fri: Office hours

Travel: Tube: Southwark / Buses: Any bus to Blackfriars Road

Referral: Self or any other source

Criteria/Catchment: National organisation for families and friends of drug users

Disabled Access - ramps, wide doorways, disabled toilet

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Al-Anon Family Groups

Address1: 61 Great Dover Street
Town/City: London
Postcode: SE1 4YF

Phone: Helpline: 0207 403 0888
Other Numbers: Fax: 0207 378 9910
Email: alanonuk@aol.com
Website: <http://www.alanonuk.org.uk>

Description: Worldwide network offering understanding and support to families and friends of problem drinkers, whether the drinker is still drinking or not. For details of local meetings throughout the UK and Ireland phone the main Helpline number which is a confidential service.

Special Interest Activities: Ring the Helpline to check how easily meeting venues allow disabled access

Additional Info: Also see Alateen in Youth Services section

Opening Hours: Helpline daily 10am-10pm 0207 403 0888

Referral: Self or any other source

Criteria/Catchment: Families and friends of problem drinkers

Alcohol Recovery Project - Head Office

Address1: 68 Newington Causeway

Address2: Elephant and Castle

Town/City: London

Postcode: SE1 6DF

Phone: 0207 403 3369

Other Numbers: Fax: 0207 357 6712

Email: info@arp-uk.org

Website: <http://www.arp-uk.org>

Description: Head office of organisation running a range of services for people with alcohol related problems including direct access centres, counselling, group programmes, supported housing, tenancy support and a therapeutic community day programme.

Special Interest Activities: Specialist services for Black and Asian people and ethnic minorities

Additional Info: See entries for various ARP projects in Drug and Alcohol section

Opening Hours: Head Office: 9am-5pm

Travel: BR, Tube and Bus: Elephant and Castle

Referral: Self via drop-in or through agencies

Criteria/Catchment: Over 18 with alcohol related problems

Black and Asian sessions/services

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Alcohol Recovery Project - Camberwell

Address1: 8 Camberwell Green

Town/City: London

Postcode: SE5 7AF

Phone: 0207 708 2865

Other Numbers: Fax: 0207 252 5357

Description: Open access centre for people presenting with alcohol and drug misuse problems and other related issues. Initial assessment to build care plan for individual client needs. Counselling, day programme, individual keyworking and drop-in facilities are available as a part of a planned support package. Onward referral to detox, ARP Housing and specialist services within the partnership organisation are made according to individual need, including women's and family services. Phone for further details.

Special Interest Activities: Ear Acupuncture, Indian Head Massage, Shiatsu, Evening Group, Women's Group, evening counselling sessions, Walk-about group in Summer. Therapy group via assessment by counselling team. Client Involvement worker, Substance Misuse worker. Phone for details.

Additional Info: Limited disabled access to some services, but drop-in OK. Loop system in assessment room, drop-in and group room and for counselling sessions. Access to volunteering and work schemes when appropriate.

Opening Hours: Office: Mon-Fri 9:30am-5pm Drop-in times: Mon, Tues, Thurs 10am-12:45pm and 1:45pm-3:30pm Wed & Fri 10am-12:30pm and Friday afternoons appointments only.

Travel: BR: Denmark Hill / Tube: Oval or Elephant & Castle then bus / Buses: 12, 35, 36, 40, 42, 45, 68, 171, 176, 185, 468

Referral: Self via drop-in or through agencies

Criteria/Catchment: Must be resident of Southwark, Lambeth or Lewisham

Women Only sessions/services

Alcohol Recovery Project - Choices

Address1: 140 Stockwell Rd

Town/City: London

Postcode: SW9 9TQ

Phone: 0207 737 3363

Other Numbers: Fax: 0207 737 5755

Website: <http://www.arp-uk.org>

Description: Alcohol counselling, housing outreach, tenancy support service, Complementary Therapies, various group work etc. Specialist service for black and ethnic minority groups. Phone for further details.

Special Interest Activities: Peer support group Wednesday mornings, Art group, Building Self-Esteem, Equality and Diversity etc.

Additional Info: Full disabled access

Opening Hours: Mon-Fri 9:30am-5pm, Wednesdays till 8pm

Travel: BR: Brixton / Tube: Stockwell / Buses 2, 345, 355

Referral: Self or other agencies

Criteria/Catchment: Must have substance or alcohol misuse problem and be living in Lambeth, Southwark or Lewisham

Black and Asian sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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Alcohol Recovery Project - Kennington

Address1: 174 Kennington Park Road
Town/City: London
Postcode: SE11 4BT

Phone: 0207 735 6217
Other Numbers: Fax: 0207 793 7357

Description: Open access drop-in for people with alcohol and alcohol-related problems, offering assessment, counselling, individual and group therapy programmes etc. Open access drop-in service from 9:30am till 1pm then appointments only. Phone for further details.

Special Interest Activities: Various special interest groups throughout the week including Alcohol and Anxiety, Alcohol and Anger etc. Also Meditation and Shiatsu sessions by arrangement.

Opening Hours: Drop-in sessions every morning from 9:30am-1pm then appointments only. General office hours 9:30am-1pm and 2-5pm

Travel: BR: Elephant and Castle / Tube: Kennington / Buses: 133, 155

Referral: Self or any other source

Alcohol Recovery Project - New Cross

Address1: 318 New Cross Road
Town/City: London
Postcode: SE14 6AF

Phone: 0208 691 2886
Other Numbers: Fax: 0208 694 2081
Email: ajawara@arp-uk.org
Website: <http://www.arp-uk.org>

Description: Open access drop-in for people with alcohol related problems. Support for all issues concerning alcohol misuse. Information, advice, care planning, social skills, various groups etc. Can refer to other services such as detox, rehab, counselling etc as required.

Special Interest Activities: 8 week day programme, Complementary Therapies including Shiatsu and reflexology, Meditation and Yoga classes, Film Club etc

Opening Hours: Mon-Fri 9:30am-12:30pm open access and 2-5pm appointments only, Tuesdays till 12:30pm only

Travel: BR and Tube: New Cross or New Cross Gate / Buses: 36, 53, 136, 171, 172

Alcohol Recovery Project Women's Alcohol Centre

Address1: 66A Drayton Park
Town/City: London
Postcode: N5 1ND

Phone: 0207 226 4581
Other Numbers: Fax: 0207 354 8134
Website: <http://www.arp-uk.org>

Description: Women only alcohol service offering group support, one to one keyworking, morning drop-in, complementary therapies, referral to detox and residential services etc

Special Interest Activities: Daily drop-in for women only Tues-Thurs 9:30am-12:30pm, access to complementary therapies etc

Opening Hours: Office: Tues-Thurs 9:30am-4:45pm. Leave message at other times.

Travel: BR: Drayton Park / Tube: Arsenal, Highbury and Islington or Holloway

Referral: Self or other agencies

Criteria/Catchment: Londonwide project for women who want to change their patterns of alcohol use

Women Only sessions/services

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Alcoholics Anonymous - Head Office

Address1: PO Box 1, Stonebow House

Address2: Stonebow

Town/City: York

Postcode: YO1 7NJ

Phone: National helpline: 0845 769 7555

Other Numbers: Admin: 01904 644026

Website: <http://www.alcoholics-anonymous.org.uk>

Description: Head office of national network of self-help groups offering group meetings and peer support to help members give up drinking. For London enquiries see entry for Southern Service Office, or phone Head Office for details of services outside London.

Special Interest Activities: Have 3,500 local groups in UK, of which over 600 are in the Greater London area. For London Helpline see entry for Southern Service Office.

Additional Info: Foreign languages available by arrangement. Phone the Helpline for details.

Opening Hours: Office: Mon-Thurs 9am-5pm, Fri 9am-4:30pm

Alcoholics Anonymous - Southern Service Office

Address1: 2nd floor, Jacob House

Address2: 3/5 Cynthia Street

Town/City: London

Postcode: N1 9JE

Phone: London helpline: 0207 833 0022 National helpline: 0845 769 7555

Other Numbers: Fax: 0207 837 0540

Website: <http://www.alcoholics-anonymous.org.uk>

Description: Free confidential helpline running 365 days a year, can provide help to people over 16 who want to stop drinking. Can give details of local groups in your area, can also arrange for you to be accompanied to your first meeting. Phone for further details.

Special Interest Activities: Have 3,500 local groups in UK, of which over 600 are in the Greater London area.

Additional Info: Foreign languages available by arrangement. Phone the Helpline for details.

Opening Hours: London Helpline: 10am-10pm every day including weekends, National Helpline 24 hours

Blackfriars Road Community Drug and Alcohol Team (Formerly DUAL Team)

Address1: 151 Blackfriars Rd
Town/City: London
Postcode: SE1 8EL

Phone: 0207 620 6500 or 620 1888
Other Numbers: Fax: 0207 620 0540
Email: suzanne.noot@slam.nhs.uk

Description: For people with drug and/or alcohol problems. Information and advice, counselling, needle exchange, care management etc. Drop-in health clinic. Can refer to residential care and detox services.

Special Interest Activities: Open access assessment clinic every Monday afternoon from 2-4pm. Auricular (ear) acupuncture also available on Monday afternoons

Opening Hours: Mon-Fri 9:30am-4:30pm except Tues closed from 12:30-4pm the open Tues evening from 4-7pm

Travel: BR: Waterloo / Tube: Waterloo or Southwark / Buses: 45, 63, 100

Referral: Self referrals via Assessment Clinic every Monday afternoon from 2-4pm or via other agencies

Criteria/Catchment: Residents of North Southwark. Other DUAL teams cover other areas. Phone for details

Disabled Access - ramps, wide doorways, disabled toilet

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Community Drug Education Project - Head Office

Address1: Mornington Centre
Address2: Stanley Street
Town/City: London
Postcode: SE8 4BL

Phone: 0208 691 0550
Other Numbers: Fax: 0208 694 6723
Email: info@cdep.demon.co.uk
Website: <http://www.drugsinfo.org.uk>

Description: Head office of CDEP which runs drug advice centres in and around South London. Can also provide training courses on drug issues to other organisations. Phone for further details.

Special Interest Activities: Drugs awareness training in Southwark, Lambeth and Lewisham

Opening Hours: Mon-Fri 9am-5pm

Travel: BR and Bus: New Cross

Community Drug Education Project - Kennington (drugsinfo@248)

Address1: 248 Kennington Park Road
Town/City: London
Postcode: SE11 4DA

Phone: 0207 582 2262
Other Numbers: Fax: 0207 820 0085
Email: kennington248@hotmail.com
Website: <http://www.drugsinfo.org.uk>

Description: Public library and resource centre for information on drugs and related issues. Info and advice, leaflets, booklets, video library etc. Drop-in sessions, appointments by arrangement. Training for professionals and other organisations. Phone for details.

Additional Info: Drug Education Training for professionals and community groups in Lambeth.

Opening Hours: Tues-Fri 12noon-4:30pm

Travel: Tube: Oval / Buses: 3, 36, 59, 109, 133, 155, 159, 185, 333, 436

Referral: Open access

Disabled Access - ramps, wide doorways, disabled toilet

Community Drug Project - Camberwell

Address1: 146 Camberwell Road

Town/City: London

Postcode: SE5 0EE

Phone: 0207 277 4580

Other Numbers: Fax: 0207 277 4590

Email: b.mcgrath@communitydrugproject.org.uk

Website: <http://www.communitydrugproject.org.uk>

Description: Services for crack cocaine users. Daily drop-in Mon-Fri 2-5pm offering one to one support, advice, complementary therapies, professional liaison, onward referrals etc.

Special Interest Activities: Women Only space Thursdays 10:30am-12:15pm, specialist Training and Education advice Tuesdays 2pm-3:30pm, Hepatitis A and B vaccinations Fridays 2pm-4pm

Opening Hours: Office: Mon-Fri 9:30am-5pm, Drop-In: Mon-Fri 2-5pm

Travel: BR: Elephant and Castle or Denmark Hill / Buses: 12, 35, 40, 42, 45, 68, 171, 176, 468

Referral: Open access

Criteria/Catchment: Living in Southwark, Lambeth or Lewisham, will refer on people from other areas

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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Community Drug Project - Old Kent Road

Address1: 231 Old Kent Road

Town/City: London

Postcode: SE1 5LU

Phone: 0207 237 7000

Other Numbers: Fax: 0207 394 9314

Website: <http://www.communitydrugproject.org>

Description: Services for opiate users. Daily drop-in offering one to one support, needle exchange, complementary therapies, pregnant drug users clinic, substitute prescriptions, specialist clinic for polydrug users, weekly GP and probation satellite clinics etc.

Special Interest Activities: Weekly well users clinic, HIV and Hepatitis testing and Hep B vaccination

Opening Hours: Office: Mon-Fri 9:30am-5pm Drop-in: Mon-Fri 2-5pm

Travel: BR and Tube: Elephant and Castle then bus / Buses: 21, 42, 53, 63, 172, 363, 453

Referral: Open access

Criteria/Catchment: Living in Southwark, Lambeth and Lewisham, will refer on people from other areas

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Croydon Alcohol Counselling Service

Address1: 3rd floor, 28 Wellesley Road
Town/City: Croydon
Postcode: CR0 2AD

Phone: 0208 667 9500
Email: cacs@cacs.croydonymca.org

Description: Offer counselling to individuals and couples affected by their own or someone else's drinking. Phone for further details.

Opening Hours: Mon/Tues/Weds 9am-8pm, Thurs 9am-7:30pm, Fri 9am-4:30pm

Travel: BR: East Croydon

Referral: Self or any other source

Criteria/Catchment: Mainly for people from the Croydon area

Drinkline

Address1: Freepost, PO Box 4000
Town/City: Glasgow
Postcode: G3 8XX

Phone: 0800 917 8282
Other Numbers: Admin: 0141 568 4000 Minicom: 0800 227 4114

Description: Drinkline is a government sponsored helpline providing information and advice to people concerned about sensible drinking habits. For people with an alcohol problem, their carers, friends and families.

Additional Info: Range of info leaflets and posters available

Opening Hours: Tues-Thurs 9am-11pm and over weekend from 9am Friday to 11pm Monday

Referral: Open access

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Families Anonymous

Address1: c/o Duddington and Rollo Community Association

Address2: Charlotte Despard Avenue

Town/City: London

Postcode: SW11 5HD

Phone: 0845 1200 660

Other Numbers: Fax: 0207 498 4680

Email: office@famanon.org.uk

Website: <http://www.famanon.org.uk>

Description: National network offering support for partners, friends and families of people with a drug problem. Regular weekly meetings held across the UK. Groups usually meet weekday evenings. Phone for details of your local group.

Additional Info: Free voluntary service based on the 12 Step programme pioneered by Alcoholics Anonymous.

Opening Hours: Office: Mon-Fri 1-4pm. Answerphone with contact numbers at other times.

Travel: Groups held at various locations in London and the UK.

Referral: Open access

Criteria/Catchment: National network

Frank (Formerly the National Drugs Helpline)

Address1: c/o Fishburn Hedges

Address2: 77 Kingsway

Town/City: London

Postcode: WC2B 6ST

Phone: Helpline: 0800 776600

Other Numbers: Press Office: 0207 544 3111

Campaigns Office: 0207 273 3833

Website: <http://www.talktofrank.com>

Description: Newly renamed national drugs helpline offering information and advice to anybody concerned about drug and substance misuse, including users, their friends and families.

Opening Hours: 24 hours

Referral: Open access

Marina House Addictions Resource Centre

Address1: 63/65 Denmark Hill
Town/City: London
Postcode: SE5 8RS

Phone: Referrals: 0207 740 5720
Other Numbers: Dispensing Service: 0207 740 5710 Fax: 0207 740 5730

Description: Supervised dispensing service providing access to Methadone Maintenance Clinic, Community Alcohol and Community Drug Team services. Drug counselling, health education, assessment and brief intervention team, relapse prevention services etc. Can refer to accommodation services when available. Language services by arrangement. Phone for further details.

Special Interest Activities: Drop-In service Mon, Weds and Thurs 2pm-4pm

Opening Hours: Mon, Weds, Thurs, Fri 9am-12:30pm and 2:30-5:30pm, Tuesdays 9am-12:30pm and 5pm-7pm, Saturdays 9am-12:30pm and 2pm-4pm

Travel: BR: Denmark Hill / Buses: Any bus to Camberwell Green

Referral: Self or any other source

Criteria/Catchment: Must live in South Southwark or Lambeth

Disabled Access - ramps, wide doorways, disabled toilet

Narcotics Anonymous

Phone: Helpline: 10am-10pm 0207 730 0009
Other Numbers: UK Service Office: 0207 251 4007
Website: <http://www.ukna.org>

Description: Fellowship of men and women who help each other to stay off drugs. Phone for details of meetings in your local area.

Additional Info: UK Service Office deals with enquiries from outside organisations and distributes publicity material. Phone during office hours.

Opening Hours: 10am-10pm every day including weekends. Answerphone if nobody immediately available

Referral: Open access

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St Lukes Centre

Address1: 25A Wincott St
Town/City: London
Postcode: SE11 4NT

Phone: 0207 587 5255
Other Numbers: Fax: 0207 587 5390
Email: heatherclaxton@hotmail.com
Website: <http://www.wlm.org.uk>

Description: Three month residential care programme for people with drug and alcohol problems offering individual counselling, group therapy, resettlement worker, general advice and peer support.

Special Interest Activities: Men and Women's support groups, Yoga, Aerobics, Art and Drama Therapy groups etc

Additional Info: The organisation's primary aim is to help people experience life free from dependency

Opening Hours: Office: Mon-Fri 9:30am-5pm

Travel: Tube: Kennington or Lambeth North / Buses: 3, 109, 159

Referral: Self or via Social Services Drug and Alcohol Teams. Self referrals must have some source of funding

Criteria/Catchment: Live in London

Disabled Access - ramps, wide doorways, disabled toilet

The Sanctuary Club

Address1: The Old Library Centre

Address2: 14-16 Knights Hill

Town/City: London

Postcode: SE27 0HY

Phone: 0207 233 0504

Other Numbers: 0207 231 6669 or 0208 761 0751

Email: twaiyaki@hotmail.com

Description: User-run social club for substance misuse service users. Modern premises with pool table, table tennis, TV and Video room, use of computers/Internet and large kitchen area. There is also a crèche on the premises. The club is open to all regardless of age, race, religion, sexual orientation or cultural background. Phone or email for further details.

Special Interest Activities: Crèche on premises.

Additional Info: Apart from the use of prescribed medication attenders are expected to be clean when on the premises.

Opening Hours: Every Monday evening from 6pm-9pm

Travel: BR: West Norwood / Buses: 2, 68, 196, 322, 468

Referral: Self or any other source

Criteria/Catchment: For substance misuse service users

Disabled Access - ramps, wide doorways, disabled toilet

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Turning Point ACAPS

Address1: 34 Electric Lane

Address2: Brixton

Town/City: London

Postcode: SW9 8JT

Phone: 0207 737 3579

Other Numbers: Fax: 0207 737 2719

Email: acaps@turningpoint.co.uk

Website: <http://www.acaps.co.uk>

Description: Drug and alcohol agency for young people aged 10-25 in Lambeth, Southwark and Lewisham. Information, advice, counselling, sexual health, life skills, employment opportunities, drop-in, legal and housing issues, recreational activities etc. Consultation and training on drug/alcohol issues for professionals. Different catchment criteria for different services, phone for details.

Special Interest Activities: Access to complementary therapies, basic literacy and numeracy training etc. Phone for details.

Additional Info: Youth Offending Team worker and Community Outreach Drug Team

Opening Hours: Mon-Fri 9:30am-5:30pm

Travel: Different services held at various locations. Phone for details

Referral: Self or any other source

Criteria/Catchment: Residents of Lambeth, Southwark and Lewisham