

Your guide to adult drug and alcohol services in Poole

Smart ideas for a better quality of life

# Recovery

**TACKLING  
DRUGS  
CHANGING  
LIVES**

Issue 3 2011



## DRUGS & ALCOHOL

Are they costing you more than money?

**REAL LIFE  
STORIES**

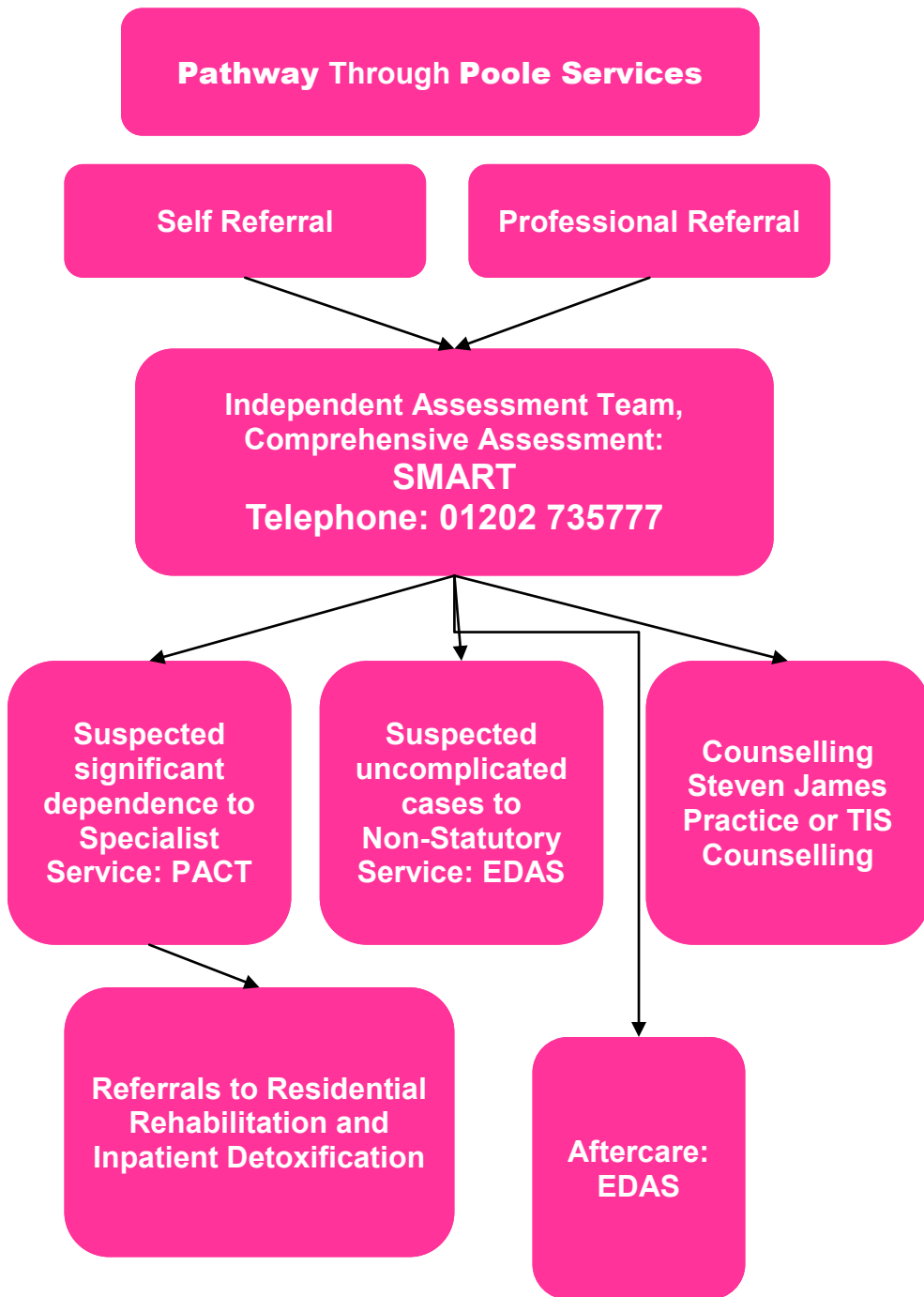
How I found freedom  
My recovery  
Independent living



The  
missing  
peace

**£- FREE**





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## **Introduction**

This booklet is aimed at people, in Poole, who are experiencing problems with drugs and/or alcohol, including carers. We want it to be useful to you in your recovery, whatever that word means to you. Although we use the word “*recovery*” at various places in the booklet, we recognise that for some people it means living a life free from drugs and/or alcohol; for others, it means making smaller, but positive changes. Some people want their recovery to happen quickly; others, in their own time. There is no wrong or right: *it is your recovery*.

The aim of this booklet is, of course, to provide information about what help is available in Poole, but it goes further than this; we want you to know what you can expect from treatment providers. More importantly, we would like you to decide what you want from treatment and your own recovery journey.

*This is all about enabling you to live independently again!*

However, we want you to know that you are not alone. Positive support is very important in people’s recovery from drug and/or alcohol problems, especially when they are thinking about how they can cross the bridge to normal living - whatever that means to you. It can include support with family life, housing, education and employment, as all of these things can contribute to successful treatment outcomes.

You will also find some examples of service users talking about their own recovery in this booklet. This is intended to give you hope from people who have been where you are.

**Read on!!**

Poole Treatment Providers and Service User Forum

**Poole Service Users Forum**

**07779 880221**

## **My Recovery**



I am a Poole resident and have been for 47 years. I am also a member of the Poole Service Users Forum that has helped in putting this booklet together. I became addicted to alcohol over 25 years ago and never realised I had had a problem, even though I had lost everything and everyone in my life.

I finally accepted I had this illness and decided to seek help for it. I was amazed that this help could be so easily accessed in Poole. Not only was it helpful, it was completely free.

I ask that every person affected or involved with alcohol or drug issues has a copy of this booklet, and when that sufferer needs help, the answer I am sure, is here in this booklet.

We at Poole Users Forum are also unpaid ex-addicts who will be glad to point anyone in the right direction, for any of the services in this booklet.

**Poole Service Users Forum**  
**07779 880221**

## Recovery in Poole 2011

The new Government Drug Strategy 2010, is recovery focused and aims to move people from harm reduction to freedom from dependence. The strategy states that, *“Recovery is an Individual, Person Centred Journey. Substitute prescribing continues to have a role to play in the treatment of heroin dependence, both in stabilising drug use and supporting detoxification. Medically-assisted recovery can, and does, happen. However, for too many people currently on a substitute prescription, what should be the first step on the journey to recovery risks ending there.”*

In support of the national strategy, the Bournemouth, Poole and Dorset DAATs’ definition of recovery is: *“The ambition for all clients with a therapeutic need, which is marked out by progress towards, and achieving, freedom from clinical dependency, achieving employment, living in secure accommodation, free of crime with improved health.”*

In Poole, it is our ambition and hope that all drug and alcohol clients become free of their dependence, including substitute medications, within 2 years of them beginning treatment. This is a hope and the aspiration for the vast majority of clients who enter our treatment system and services will provide a range of support to clients, in addition to recognised medical treatment to reduce the risk of relapse. However, we are also mindful that for a minority of clients, long-term prescribing may continue to be appropriate.

Our intention in Poole is to make our system more vibrant. Clinicians, service users and commissioners will work to ensure that clients do not drift into long-term maintenance prescribing.

The National Treatment Agency (NTA) 2010-11 Business Plan states that *“no single form of drug treatment is effective for all people – there is no ‘one size fits all’ solution, no ‘magic bullets’”*. and it also argues that *“too many people in treatment find themselves unquestioningly maintained for a long time on opiate substitutes.”*

We understand that when people come into treatment in Poole, they want to get better and beat their addiction and we will react to that aspiration by creating treatment pathways that are secure, evidence-based, clinically effective, sustainable and that take full account of the views of service users.

**Substance Misuse  
Assessment  
Referral Team  
(SMART)**



SMART is the single point of access for anyone who is a Poole resident and over 18 years old, with a drug or alcohol problem. Referrals can be made by service users, GPs , Poole General Hospital, other services, providers and community agencies.

Service users can expect professional staff to help them complete a detailed comprehensive assessment. All the information shared at SMART is confidential and guidelines are followed to ensure this is maintained. Any service user accessing SMART will be given an appointment and be seen in a timely manner.

As care co-ordinators, the SMART assessors will devise an individual care plan in agreement with the service user to include aftercare support. Staff will then follow the service user's journey, ensuring any changes are made as required and support them in achieving a positive outcome with their treatment and focusing on a clear exit strategy from treatment into education/training/employment.

**SMART: 01202 735777**



**Opening times:**  
**Mon-Fri 9.00am–4.30pm**  
**(Evening appointments available.)**

**Tel: 01202 735777**

**3, Park Place,  
6 North Road,  
Poole,  
Dorset, BH14 OLY**

(Opposite the Civic Centre, near the lower end of North Road.)



**Young Adults Drug & Alcohol Service  
(YADAS)**

**Tel: 01202 741414**

**54a Ashley Road, Parkstone, Poole, Dorset BH14 9BN**

YADAS is a service for people under 18 years old and you may refer direct to them on the above number.

**SMART: 01202 735777**

## **POOLE ADDICTIONS COMMUNITY TEAM (PACT)**



The Poole Addictions Community Team provides treatment to people, in Poole, who have problems with drugs and alcohol that need medication to stop using or drinking. Within the team, there is a criminal justice service for clients who are awaiting a court appearance, are on bail or have been released from prison, but PACT also works with a wide range of people, with different circumstances, who have nothing to do with the criminal justice system.

They also have a harm reduction clinic, see page 20 for details.

**Drug Treatment** For opiate using clients (drugs such as street heroin and methadone, or other opiates) and poly-drug users, treatment begins with substitute medication. The main aim, at this stage of treatment, is to achieve the correct dose of medication; one that enables people to be stabilised. However, this is just the first stage of treatment as clients are supported in their recovery which includes detoxification and an agreed, planned exit from specialist treatment in the weeks that follow.

Although medication helps people to stop using opiates, PACT believes that treatment is also about helping them to make other, positive changes in their lives. This is a very important part of recovery from drug and alcohol problems. A range of treatments are available for individuals at different stages in the process of change, in order to help them achieve their full potential. These include harm reduction, opiate substitution therapy 'psycho-social treatments' (talking therapies) and detoxification. Those clients that want or need additional support can also be referred to the other

**SMART: 01202 735777**

treatment services that are described in this booklet.

*"Staff have always been friendly and helpful to me and I feel comfortable speaking honestly to them."*

Clients who are stable in treatment can also be referred to the 'GP shared care scheme', under which, they are seen less frequently at satellite clinics by a GP and/or dedicated nurse. Such clients are normally encouraged and are often willing to start reducing their substitute medication and where appropriate, look at opportunities for training and employment.

**Alcohol Treatment** People with alcohol problems are also seen at PACT after being assessed by the SMART. It is often necessary for people who are dependent on alcohol, to be referred to the Flaghead Unit, in Christchurch, for an in-patient detoxification. Some preparation is needed in the early stages of treatment and time is spent with clients discussing what support is available and necessary after people leave Flaghead, in order that they can remain alcohol-free.

As with drug-using clients, an important aspect of alcohol treatment, lies in the work done to support change and recovery. The same access to other treatment agencies is, therefore, available, as it is to a Clinical Psychologist, who can offer 'talking-therapies' to people who have made progress with their addiction. Access is also available to a floating support service for clients who are experiencing problems with accommodation or independent living. There is also access to help for clients children to ensure that they are safeguarded and all of the family is offered support by a Family Project Worker.

**PACT is committed to delivering a high quality and responsive service to substance using clients in the Poole Borough. They will support you in your recovery in whatever way they can.**

*"The service they provided has helped me get clean."*

*"PACT feels safe and comfortable"*

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## Essential Drug & Alcohol Service (EDAS)



### What can you expect from your treatment at EDAS?

On offer is a combination of programmes for drug and alcohol service users. These include complimentary therapy, one to one care planned support, structured groups and workshops. Clients can be in the programme between 12-28 weeks depending on their bespoke care planned treatment journey.

#### Phase I: Motivational group - pre-treatment group

Supporting people who are still feeling ambivalent around their goals, this group will work to identify individual strengths and areas for development to support and change behaviour patterns.

*"I learnt how to control myself and deal with problems without the aid of alcohol."*

*"All the staff I have spoken to or been in contact with have been friendly, helpful, kind and approachable."*

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### **Phase II: Introduction sessions - moving into action**

Phase II prepares you for the Life Skills Group. Service users have started to talk about what has been happening to them and how they have coped. Clients and mentors will talk about their treatment journey and about their experience at the next stage

### **Phase III: Life skills group - action**

EDAS aims to provide a programme, that offers the client a way of understanding life substance free. EDAS will offer an understanding of addiction and look at cues and triggers to relapse. All the therapies aim to treat the client as a whole person, rather than treating a specific symptom or symptoms.

### **Phase IIII: Discussion group - maintenance and moving on**

Clients have the opportunity to talk in an open and confidential, non-judgemental environment about their progress and any difficulties. They can also access Job Centre Plus, EDAS Learning Centre and college. They can also join family groups at the weekends which allow service users to maintain ongoing positive support. Phase 4 is about moving on and helping to prepare for the future.

*"I love the interaction I get from other clients and feel very supported in group sessions."*

*"Helpful from the start and excellent ongoing support."*

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## Steven James Counselling



Steven James Counselling has a team of fully qualified, British Association for Counselling and Psychotherapy (BACP) accredited counsellors offering 1 to 1 counselling. Counselling at Steven James will provide an opportunity to talk about worries, problems, either current or historic, in a relaxed and supportive environment. The team has extensive experience of counselling clients across a range of issues including: bereavement, anxiety, depression, phobias, self-harm, abuse, eating disorders, relationships, blood borne viruses (BBV), addiction and stress.

Steven James Counselling compliments other care programmes such as drug and alcohol rehabilitation and is part of a multi-agency support for all clients.

Referral for BBV, alcohol and drugs can be made through SMART for Poole clients. However, self-referrals can be made by anyone in Dorset concerned about gambling problems.

*"Consistent; professional; well-structured, but flexible."*

*"From the start I felt safe, understood and feel I was offered every support available."*

**SMART: 01202 735777**

**Tom Smith**  
**TIS Counselling**



Tom Smith offers one to one professional, confidential and individual generic and addiction counselling using an integrative approach including Cognitive Behavioural Therapy (CBT).

He is a member of the British Association for Counselling and Psychotherapy (BACP) and has many years experience helping people with all kinds of problems such as depression, anxiety, bereavement, low self-esteem, relationships, stress, anger and various addictions.

*"Intuitive and knowledgeable  
counsellor."*

*"Always care. Always listen. Never  
judge."*

**SMART: 01202 735777**

## **Poole Service Users Forum**

**PSUF meet Thursday mornings at EDAS, 54a Ashley Road, Parkstone, Poole BH14 9BN**

**www.poolesuf.org.uk, email: poolesuf@hotmail.com  
telephone: 07779 880221  
Facebook 'Poole SUF'**

We are a voluntary impartial service made up of a diverse group of current and ex-clients of the Poole treatment process.

Most members have personal experience of both drug addiction & alcohol misuse.

We meet each Thursday to discuss a range of topics around the Poole treatment process - and anyone who has experience of the alcohol or drug treatment in Poole is welcome to attend and contribute.

PSUF is a voluntary, impartial service - anything discussed with our members is in strict confidence.

### **Our Agenda**

To be a voice for the still suffering addict and alcoholic.

To offer advice and support for those in the treatment process.

To advise local and national treatment agencies.

**Poole Service Users Forum  
07779 880221**

## Join Us .....

I have been part of the PSUF now since we got together a few years back now. There are several of us, all in recovery. We vary from years of clean time, to a few including myself, who are still in touch with PACT and Shared Care. We go along to meetings and give input on behalf of the Poole Service Users.

No matter how long clean or stable from drugs or alcohol you are you would be most welcome to come along on a Thursday morning to give your views on your treatment. Are you happy with the services offered? No? If you feel you have not been treated fairly, then come along on a Thursday, phone or email us on the contact number below.

There has been a vast improvement in the treatment services offered, but there is always room for input from you to help make further changes. Please let us know how we can help, even if it is only to offer some support or advice. We can't cure the problem, but we know a few services that are there to help you through difficult times.

We are here not only for the Service User. Maybe you are family, a friend or carer of someone struggling with alcohol or drug use or both? We are here and we want to hear from you...

**Poole Service Users Forum**  
**07779 880221**

## **The Alcohol Brief Intervention Team (BIT)**

**How does alcohol affect you?** We are here to give you advice and information to enable you to make informed choices about your drinking.

CRI works with people who are drinking in a harmful way at an early stage, and provides them with advice and support.

The Brief Intervention Team operates mainly in Poole Hospital; although members of the community can self-refer to the service and SMART can also refer clients.

### **The Department of Health guidelines for drinking state:**

Men: should not regularly exceed 3-4 units per day  
Women: should not regularly exceed 2-3 units per day

**Higher risk for men 8 or more units per day on a regular basis or 50+ units per week**

**Higher risk for women 6 or more units per day on a regular basis or 35+ units per week**

### **Alcohol Use Disorders Identification Test (AUDIT)**

#### **Scoring:**

- 0-7 Lower Risk
- 8-15 Increasing Risk
- 16-19 Higher Risk
- 20+ Possible Dependence

If you try the AUDIT (opposite) yourself you may want to consider phoning BIT for advice on 01202 203101.

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<b>AUDIT</b>	0	1	2	3	4	Your Score
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected of from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year.		Yes, during the last year.	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year.		Yes, during the last year.	
<b>Your Score:</b>						

## Carers Service

EDAS, 56 Ashley Road, Parkstone, Poole, BH14 9BN  
Tel: 01202 733322  
Mobile: 07921 471611  
Out of Office Hours: 07977 908899

Dealing with the problems that drugs and alcohol can cause within a family is extremely difficult. Learning to accept that a loved one has a substance misuse problem is even harder. Commonly asked questions:

“How can I cope with their behaviour?”  
“Is it my fault?”                      “How can I stop the using?”  
“Where do I get help and support?”

As a community service, EDAS can support and guide you and give **you** the best advice we can to help explore the questions above. EDAS also can help with referrals to other generic carers' services.

There is also a young people's project, “Care About Us”, and this runs every Tuesday 6.35-8.30 pm; have fun with arts and crafts, music and games, games in the sports hall, pool and much more.

You are not alone as EDAS have family and friends outreach services in Rossmore, Oakdale, Hamworthy and Poole.

Referrals are accepted from GPs, statutory and non-statutory services, schools and self.

*“A very good supportive service that is helping me to help my husband.”*

*“Shirley made me very welcome with a cup of tea. I felt very at ease and was able to talk about my son.”*

## **Yoga Classes with Dr Val Goodier**



Tel: Val on 07902 532903  
every Tuesday 3.15-4.45 pm  
at EDAS, 54 a Ashley Road, Parkstone, Poole, BH14 9BN

Who is eligible? All Poole residents “in recovery” including those who are stable on methadone.

It is non-competitive: everyone works to his or her own ability.

### **What happens during a class?**

Stretching postures to release tensions and improve flexibility.  
Strengthening postures to tone the body and increase stamina  
Breathing techniques to help balance the body and mind and bring harmony.  
Relaxation techniques to calm the body and the mind.

### **Benefits**

Yoga has been shown to improve many aspects of physical , mental and emotional wellbeing.

Some specific benefits include:

- reducing anxiety & panic disorder
- reducing depression
- increasing concentration, attention & motivation
- increasing self-awareness & self-esteem
- increasing feelings of well-being is based on integration, wholeness, balance, peace & serenity.

**The benefits increase as one practices on a regular basis.**

*“Definitely improves calmness and relaxation and reduces cravings.”*

## **Harm Minimisation Service**

Poole Addictions Community Team (PACT)  
Poole Civic Centre Annexe, Sandbanks Road, Poole  
BH15 2RT  
Tel: 01202 633821 or 01202 633534

The Harm Minimisation Clinic at PACT is a Specialist Service for those people who are actively using drugs or alcohol. It is a completely free and confidential service (no referral required).

Opening times are 9.00 am-5.00 pm Monday to Thursday and 9.00 am- 4.45 pm on Fridays.

This is a 'no questions asked' service where staff are able to focus on providing evidenced based information and advice to service users, to help reduce the harm that their substance misuse may be causing themselves or their families.

The Harm Minimisation Clinic offers a full needle exchange service:

- a wide range of needles and syringes of different sizes to suit individual service users
- sterile spoons
- sterile water ampoules
- sharps boxes of various sizes
- citric acid and Vitamin C
- alcohol wipes
- condoms and lubricant

It encourages the return of used needles and paraphernalia as well as displaying up-to-date information on drug alerts.

The clinic staff provide advice around safer injecting, overdose awareness, blood borne viruses (BBVs), routes of transmission and sexual health. Pregnancy testing is available on request.

The Harm Minimisation Clinic also offers basic health checks, including:

- blood pressure
- temperature
- pulse
- body mass index
- injecting sites
- one to one advice.

Vaccination for Hepatitis A and B is also available to clients.

Screening for the blood borne viruses HIV and Hepatitis C, including pre and post test counselling can also be arranged.

Referral to SMART, general health and the other treatment services can be made from the Harm Minimisation Clinic.

The clinic staff work with the pharmacies who provide a needle exchange and can hold clinics at pharmacies for service users or their families.

## Needle Exchange Pharmacies



Pharmacy Needle Exchanges are in place to support the work of the Harm Minimisation Clinic by providing basic needle packs.

Each participating pharmacy provides an accessible and user-friendly service for injecting drug users in Poole.

Participating pharmacies, where you can join the scheme, collect new needle packs and dispose of used needles safely are listed below.

### **Bryants**

462 Ashley Road  
Parkstone  
Poole  
BH14 0AD

Tel: 01202 740176

### **Rowlands**

14 Parkstone Road  
Poole  
BH15 2PG

Tel: 01202 677932

### **Rowlands**

315 Wimborne Road  
Oakdale  
Poole  
BH15 3DH

Tel: 01202 675329

**ASDA**

West Quay Road  
Poole  
BH15 1JQ

Tel: 01202 207010

**Boots**

3 Adastral Square  
Adastral Road  
Canford Heath  
Poole  
BH17 8SA

Tel: 01202 676889

**Boots**

300 Blandford Road  
Hamworthy, Poole  
BH15 4JQ

Tel: 01202 678001

**Boots**

4 The Commerce Centre  
Branksome  
Poole  
BH12 1DN

Tel: 01202 769838

Tesco Pharmacy  
Tower Park  
Yarrow Road  
Mannings Heath  
Poole  
BH12 4NX

Tel: 01202 367447

## **Criminal Justice Intervention Programme**

Both PACT and EDAS, although based in separate locations, form a virtual integrated multi-agency team for the Criminal Justice Intervention Programme in Poole supporting those who are or have recently been involved in the criminal justice system and have an alcohol or drug misuse problem.

### **EDAS**

EDAS works in conjunction with the Poole DIP (Drug Intervention Programme) and SMART, to ensure that this client group receives as much support as they feel they require. EDAS provides a range of interventions which include a six day per week programme, covering psychosocial & psycho-educational, as well as one to one support.

EDAS CJIT service also tailors specific court ordered requirements such as Drug Rehabilitation Requirements (DRR) and Alcohol Treatment Requirements (ATR). This entails clients attending from one hour per week, up-to eight hours per week, where a structured programme is agreed with the client, probation and EDAS. Attendance is compulsory as agreed through a court order.

All criminal justice clients are also encouraged to attend EDAS Learning Academy where, possibly for the first time in their lives, they can achieve a nationally recognised qualification, which they can then use to help them access future college training and or employment. EDAS CJIT can help motivate clients towards achieving a new goal away from crime and drug abuse and will often work alongside other agencies such as local colleges, housing, probation, voluntary organisations and Job Centres.

**SMART: 01202 735777**

## **PACT**

The Drug Interventions Programme (DIP), which was introduced in 2003, remains a priority of the Government's strategy for dealing with substance misuse within our communities and the harm that stems from it.

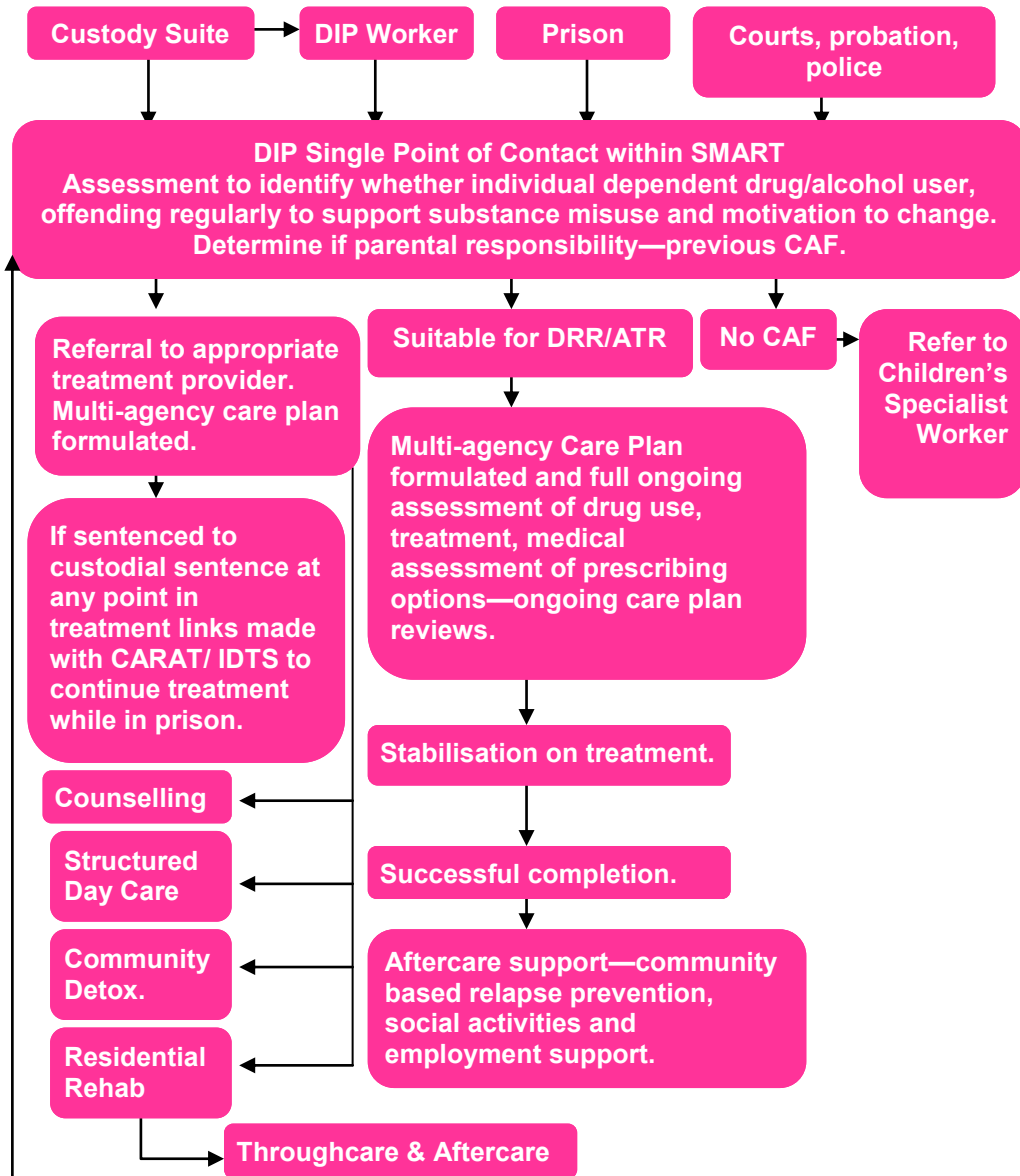
The Poole Criminal Justice Interventions Team (CJIT), which is located within and forms part of the Poole Addictions Community Team (PACT), delivers the DIP locally by working closely with a number of other partnership agencies, including; SMART, EDAS, Police, Probation, Courts, Prisons, etc.

The CJIT has two principle objectives. Firstly, to engage and maintain, in effective treatment, those individuals whose offending is directly related to their substance misuse and as a result may find themselves subject to court orders or licence conditions. Secondly, to reduce the actual and perceived harm individuals experience due to their substance misuse.

The overall aim of the CJIT and its partner agencies, which is entirely consistent with the Government's *recovery agenda*, is to provide ongoing support to substance misusing offenders in their ongoing attempts to address their addiction problems in order to lead more productive lives.

**SMART: 01202 735777**

## Criminal Justice Care Pathway



**SMART: 01202 735777**

## **Dialogue Group**

This group takes place every Thursday from 3-4.30 pm at Skinner Street United Reform Church in Poole. The group is jointly run by the local police and ex-offenders and looks at trust issues, managing anger, relationship problems, employment and other issues.

## **Jobcentre Plus**

Substance misuse can be a significant barrier to feeling ready and able to work. If you are not currently engaging in treatment, a referral can be made by the Jobcentre and an appointment arranged for a voluntary, initial assessment. When engaging in treatment, a new protocol will allow key workers (with your consent) to share details of your education, training and employment needs with your Jobcentre Adviser. Three way reviews are encouraged and you can be offered guidance about employment options.

The role of securing employment, in recovery, is recognised to be an important step. For many, this can be daunting, can cause fear about the type of work that is available and the financial implications. New Work Clubs will help you to prepare for this journey and help to search for jobs available locally. Volunteering is always encouraged as a way of both preserving and gaining new skills. If you want to find out more about the support available, speak to your key worker about arranging an appointment with a Jobcentre adviser or pop into your local office to speak to someone.

## **Routes to Roots**

### Christian Action on Homelessness

#### Outreach Workers:

- Katrina Knight 0796 680 8802
- Liz Bailey 0794 840 9197

This service seeks to inspire, encourage and motivate the Vulnerable Homeless and Hidden Homeless in the Poole area. It aims to do this by responding to the needs of each individual and to encourage participation rather than dependence it aims to:

- provide a place of security and warmth, where there is immediate social and spiritual support as well as the basic necessities for life; food, clothing, a place to wash and a place to rest.
- provide opportunities that inspire creativity and alleviates boredom.
- rebuild self-worth and self-confidence.

#### Evening Drop-ins are on:

Tuesday Evenings 7.30-9.00 pm at Baptist Church, Hill Street, Poole

Friday Evenings 7.30-9.00 pm at United Reform Church, Skinner Street, Poole.

#### Soup Runs—under the flyover on Vanguard Road, Poole

Monday, Wednesday, Saturday and Sunday at 8.30 pm  
Thursday at 9.30 pm.

#### Afternoon Creative Drop-ins:

Monday and Thursday 1.30-3.30 at United Reform Church, Skinner Street, Poole.

**Twice weekly afternoon Motivational Drop-in Sessions** are run by volunteers and provide an environment for creative projects, guidance and support. The aim of these drop-in sessions is to help the participants move on from meeting their most basic needs to social inclusion. This includes housing and independent living. The Support Manager is available to meet with participants and arrange further support. Various activities are offered, such as cookery, pottery, sewing, art and craft, photography and sports. These activities have had real value and Routes to Roots would like to develop this further.

**Brownsea Island Conservation Project:** Routes to Roots works, in partnership, with Dorset Wildlife Trust on a conservation project on Brownsea Island. The project runs one day each week, for six weeks, throughout the summer.

**Befriending Teams Pilot Project:** The project was designed to assist those who are placed in accommodation to remain in their tenancy, by giving them individual befriending support to become more rooted in the local community. The Befriending Teams Pilot Project includes eighteen, trained volunteers working in six teams, with participants who were formerly homeless.

**BCHA POST (Poole Outreach Support Team)**

Bournemouth Churches Housing Association (BCHA), in partnership with Routes to Roots, delivers an assertive outreach service to individuals sleeping rough in the Borough of Poole, as part of the Poole Outreach Support Team. The purpose of this work is to reduce the number of people rough sleeping and to work with partner agencies to provide sustainable housing and support packages for such individuals.

## **Alcoholics Anonymous**

To confirm these Poole based meetings and get details of the meeting type or those in neighbouring areas please telephone: 01202 296000 or 0845 769 7555

### **Sunday**

At 7.45 pm  
United Reform Church,  
Skinner Street, Poole BH15 1RQ

### **Monday**

At 7.45 pm  
Fourways, Constitution Hill Road, Poole BH14 0QA  
  
At 7.45 pm  
Our Lady of Fatima Church, Brixey Road, Poole  
BH12 3PB

### **Tuesday**

At 7.45 pm  
Poole Day Centre, 12a Commercial Road, Parkstone, Poole BH14  
0JN  
  
At 7.45 pm  
St Antony's Church Hall, York Road, Broadstone,  
BH18 8ER

### **Wednesday**

At 7.45 pm  
Church of the Transfiguration, Chaddesley Glen,  
Canford Cliffs, Poole BH13 7JW

### **Thursday**

At 7.30 pm  
St Ann's Hospital, Chaddesley Pines, Canford Cliffs, Poole BH13  
7LN  
  
At 7.45 pm  
Fourways, Constitution Hill Road, Poole BH14 0QA

**Friday**

At 7.45 pm

The last Friday of the month is open to family, friends and interested professionals.

Poole Day Centre, 12a Commercial Road, Parkstone, Poole BH14 0JN

**Saturday**

7.45 pm

Poole Day Centre, 12 a Commercial Road, Parkstone, Poole BH14 0JN

**AL-Anon Meetings**

**Monday** at 7.45 pm

Poole Day Centre, 12 a Commercial Road, Parkstone, Poole BH14 0JN

**Cocaine Anonymous**

To confirm these meetings please telephone: 0800 612 0225 or 07826 504 947

**Mondays** at 7.30 pm

Longfleet Baptist Church, 138 Wimborne Road, Poole, BH15 2EX

**Thursdays** at 7.30 pm

Talbot View Community Centre, 3 Aldey Park, Alder Hills, Poole, Bh12 4AY

**Narcotics Anonymous**

To confirm these meetings please telephone: 07041 580 050 or 07828 5600994

**Thursdays** at 7.30 pm

St John's Church Hall, Ashley Road, Parkstone, Poole BH14 0AA

**Fridays** at 8.00 pm

Rubicon St Paul's Church, Culliford Crescent, Canford Heath, Poole BH17 9DY

### **Directory of Poole Services**

#### **Brief Intervention Therapy (BIT)**

2<sup>nd</sup> Floor, Regency House, 10 – 12 Lansdowne Road,  
Bournemouth, BH1 3SD  
Tel: 01202 203101  
Email: cri.biteam@cri.org.uk  
[www.cri.org.uk/project/312](http://www.cri.org.uk/project/312)

#### **Carers Service at EDAS**

56 Ashley Road, Parkstone, Poole, BH14 9BN  
Tel: 01202 733322  
Mobile: 07921 471611  
Out of Office Hours: 07977 908899

#### **Dialogue Group**

United Reform Church, Skinner Street, Poole , BH15 1RQ

#### **Dorset Healthcare University NHS Foundation Trust (DHUFT)**

##### **Flaghead Unit** (referral via SMART/PACT)

Fairmile House, Tasman Close, Jumpers Road, Christchurch  
BH23 2JT  
Tel: 01202 484250  
[www.dorsethealthcare.nhs.uk](http://www.dorsethealthcare.nhs.uk)

#### **Essential Drug & Alcohol Service (EDAS)**

56 Ashley Road, Parkstone, Poole, BH14 9BN  
Tel: 01202 733332  
Email: [admin.poole@eddaas.org.uk](mailto:admin.poole@eddaas.org.uk)  
[www.edasuk.org.uk](http://www.edasuk.org.uk)

#### **Harm Minimisation Clinic**

Poole Civic Centre Annexe, Sandbanks Road, Poole  
BH15 2RT  
Tel: 01202 633821 or 01202 633534

### Poole Jobcentre Plus

Old Town Market, Dearhay Lane, Poole, Dorset, BH15 1NZ  
Tel: 01202 333003

### Poole Addictions Community Team (PACT)

Poole Civic Centre Annexe, Sandbanks Road, Poole  
BH15 2RT  
Tel: 01202 633875

### Poole Service Users Forum (PSUF)

Tel: 07779 880221  
[www.poolesuf.org](http://www.poolesuf.org)  
email: [poolesuf@hotmail.com](mailto:poolesuf@hotmail.com)  
Facebook: Poole SUF

### Routes to Roots

c/o Skinner Street URC, Skinner Street, Poole, BH15 1RQ  
Tel: 01202 667880  
Outreach Workers:  
Katrina Knight: 0796 680 8802  
Liz Bailey: 0794 840 9197

### Steven James Counselling

9 Park Place, 6 North Road, Poole, BH14 0LY  
Tel: 01202 740044  
[www.sjcounselling.co.uk](http://www.sjcounselling.co.uk)  
Email: [info@sjcounselling.co.uk](mailto:info@sjcounselling.co.uk)

### Substance Misuse Assessment & Referral Team (SMART)

3, Park Place, 6 North Road, Poole  
BH14 0LY  
Email: [smartadmin@eddaas.org.uk](mailto:smartadmin@eddaas.org.uk)  
Tel: 01202 735777  
[www.edasuk.org.uk](http://www.edasuk.org.uk)

Tom Smith

Tel: 07738 380146

Email: [tom@tiscounselling.co.uk](mailto:tom@tiscounselling.co.uk)

Young Adults Drug & Alcohol Service (YADAS)

**Tel: 01202 741414**

**54a Ashley Road, Parkstone, Poole BH14 9BN**

[www.edasuk.org.uk](http://www.edasuk.org.uk)

YOGA with Dr Val Goodier

Tel: 07902 532903

### **Other Useful Services**

Adfam

[www.adfam.org.uk](http://www.adfam.org.uk)

Al Anon/Alateen

Tel: 020 7403 0888

Alcohol Services Directory

Tel: 020 7928 7377

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

Alcoholics Anonymous

Local Tel: 01202 296000

National tel: 0845 769 7555

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Body Positive Dorset

Tel: 01202 529777

Email: [mail@bodypositivedorset.org](mailto:mail@bodypositivedorset.org)

**Borough of Poole Housing**

Tel: 01202 633805

Email: [housingadvice@poole.gov.uk](mailto:housingadvice@poole.gov.uk)

**Borough of Poole Social Services Helpdesk**

Tel: 01202 633902

Email: [sshelpdesk@poole.gov.uk](mailto:sshelpdesk@poole.gov.uk)

**Bournemouth & Poole College**

Tel: 01202 205205

[www.thecollege.co.uk](http://www.thecollege.co.uk)

**British Liver Trust**

Tel: 0800 652 7330 Mon-Fri 9 am to 5 pm

[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

**Cocaine Anonymous**

Tel: 0800 612 0225

[Www.cauk.org.uk](http://Www.cauk.org.uk)

**Drugscope**

Tel: 08707 743 682

[www.drugscope.org.uk](http://www.drugscope.org.uk)

Comprehensive information on drugs and a local service finder.

**Gamblers Anonymous (Gam-Anon)**

Tel: 08700 508880

**Genito Urinary Medicine (GUM Clinics)**

Located in Poole Hospital

Tel: 01202 704644

**Home Office Drugs Information**

[www.drugs.gov.uk](http://www.drugs.gov.uk)

**Narcotics Anonymous (Dorset Area)**

Local Tel: 07041 580050 (Helpline)  
National Helpline Tel: 0300 999 1212  
email: NAHelpline@ukna.org  
www.danac.co.uk

**National Drugs and Legal Helpline:**

Tel: 0207 729 9904

**National Drugs Helpline**

Tel: 0800 776600  
(This service is also available in several languages.)  
www.ndh.org.uk

**NHS Direct**

Tel: 0845 4647

**Poole Hospital NHS Foundation Trust**

Tel: 01202 665511

**Samaritans**

Tel: 01202 551999

**“Talk to Frank”**

Tel: 0800 77 66 00  
www.talktofrank.com

**The National Treatment Agency**

www.nta.nhs.uk

**This booklet has been produced by  
Poole Drug & Alcohol Action Team (DAAT), in  
partnership with Poole Service Users Forum  
and Poole Service Providers.**

**Poole DAAT Support Team:**

01202 633635 for the co-ordinator  
01202 633065 for  
treatment effectiveness, workforce & alcohol  
01202 261037 contracts  
01202261085 governance  
012102 261016 administration

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[www.pooledat.com](http://www.pooledat.com)



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**[www.boroughofpoole.com/accessibility](http://www.boroughofpoole.com/accessibility)**



**Text relay  
18001 01202 261016**

**TACKLING  
DRUGS  
CHANGING  
LIVES**

Note:

Quotes used in this booklet are taken from confidential  
Drug and Alcohol Action Team service user  
questionnaires for each service in 2009 and 2010.

## SMART

(Substance Misuse Assessment & Referral Team)

is open Monday to Friday 9.00 am to 4.30 pm  
(evening appointments by arrangement)

Tel: 01202 735777

Back cover artwork courtesy of an EDAS Service User.

