

# DRUG AND ALCOHOL SUPPORT AND TREATMENT

## HARINGEY SERVICE DIRECTORY



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## INTRODUCTION

This booklet lists drug and alcohol support and treatment services in Haringey. All services are confidential and free of charge for Haringey residents.

There are several treatment and support options available. This booklet should help identify the best options for you or someone close to you. Details for each service include a short description of who the service is for, the services offered, how to access them, contact details and opening times.

A table on pages 4-5 shows the list of the main options available in each service. From page 22 onwards you can find telephone numbers for other organisations that you may find useful. Further copies of this booklet and information about other services such as Haringey Council or health services can be found at [www.haringey.gov.uk](http://www.haringey.gov.uk) and [www.haringey.nhs.uk](http://www.haringey.nhs.uk)

### Feedback and involvement in services

Views from service users, as well as from those who are close to them, are important to us as they help shape our services. For more information about how to get involved in helping us plan services please contact the individual agencies listed here.

*Published in September 2010 by Haringey Drug and Alcohol Action Team (DAAT). The services listed on pages 4-17 are fully or partly funded by the DAAT.*

## OVERVIEW OF SERVICES

This table provides a quick reference to the main services and support on offer. Please refer to each agency's individual page for a full listing.

Service need	BUBIC	DASH	Dual	Eban	Haringey Aftercare	WDP Structured Day Programme	HAGA	Involve	SHOC	RISE	COSMIC	Chrysalis
Access to GP prescribing		●										
Access to rehab and detox		●					●	●				
Advice and information	●	●	●	●	●	●	●	●	●	●	●	●
Alcohol support							●	●				
Children and young people (up to age 21)								●			●	
Complementary therapies		●		●	●			●		●		
Counselling				●			●					
Crack specialist support	●			●								
Domestic violence support							●		●			
Employment and training support	●				●					●		
Ex-users peer support	●						●			●		
Group work	●	●	●	●	●	●	●	●		●		●
Hepatitis B and C and HIV testing and Hep C immunisation		●	●	●	●				●			
Needle exchange		●		●	●			●	●			
One-to-one support	●	●	●	●	●	●	●	●	●	●		
Open access support (no referral needed)	●	●		●			●	●	●		●	●
Overdose advice	●	●	●	●		●	●	●	●			
Substitute prescribing for heroin or opiate users		●										
Counselling for family and friends				●								
Advice and info for family and friends	●	●	●	●	●	●	●	●	●	●	●	●
Women only groups		●		●	●		●		●		●	

## BUBIC (BRINGING UNITY BACK INTO THE COMMUNITY)

### Contact details

First floor  
9 Bruce Grove  
Tottenham  
London N17 6RA  
  
www.bubic.org.uk  
Email: info@bubic.org.uk

Tel: 020 8808 6550

### Description

BUBIC is a community organisation that provides support for drug users, ex drug users and their family and friends.

### Services offered

- Peer support group sessions
- One-to-one support
- Information and advice on drug treatment
- Educational talks and lectures
- Assertive and satellite outreach
- Volunteer training programme
- Work placements
- Hope – a service to re-engage those who have dropped out of treatment

### How to access

BUBIC holds open access sessions across the borough. Drop in to any of the sessions listed below.

### Group sessions

Mon 6pm - 8pm social and leisure evening:  
The Bell  
676 High Road  
Tottenham  
London N17 0AE

### Support sessions

Wed 2pm - 4pm:  
WDP (Westminster Drug Project)  
Structured Day Programme  
9 Bruce Grove  
London N17 6RA

Thurs 6pm - 9pm:  
Sky City Community Centre  
The Mall  
65 Penwortham Court  
Mayes Road  
Wood Green  
London N22 6SR

## DASH (DRUG ADVISORY SERVICE HARINGEY)

<b>Contact details</b>	Orchard House St Ann's Hospital St Ann's Road London N15 3TH	Tel: 020 8826 2400 Fax: 020 8826 2424
<b>Description</b>	DASH is for people aged 18 and over who are having problems with drugs. Support is also available for family and friends.	
<b>Services offered</b>	<ul style="list-style-type: none"> <li>■ Advice and information</li> <li>■ One-to-one keyworking</li> <li>■ Structured group work</li> <li>■ Substitute prescribing</li> <li>■ Access to residential detox and rehab</li> <li>■ Mental and physical health assessments</li> <li>■ Hep B/C &amp; HIV testing and Hep B immunisation</li> <li>■ Complementary therapies</li> <li>■ Access to GP prescribing</li> <li>■ Legal, benefits and housing advice</li> <li>■ Needle exchange</li> <li>■ Women only group</li> <li>■ Support group for cannabis users</li> </ul>	
<b>How to access</b>	You can drop in any time during opening hours to find out more about the service.	
<b>Opening times</b>	Mon 9.30am - 5pm Tues 9.30am - 5pm Thurs 9.30am - 5pm Fri 9.30am - 5pm	Wed 9.30am - 7.30pm

## DUAL DIAGNOSIS NETWORK

<b>Contact details</b>	Orchard House St Ann's Hospital St Ann's Road London N15 3TH	Tel: 020 8826 2400 Fax: 020 8826 2424
<b>Description</b>	Service for people aged 18 and over who have both a serious mental health problem and a problematic drug and/or alcohol issue.	
<b>Services offered</b>	<ul style="list-style-type: none"> <li>■ Dual diagnosis link keyworkers</li> <li>■ Specialist dual diagnosis assessments</li> <li>■ Motivational interviewing</li> <li>■ Access to community and specialist teams in relapse prevention</li> <li>■ Harm reduction</li> <li>■ Group work</li> <li>■ Teaching and training for professionals</li> </ul>	
<b>How to access</b>	By referral from mental health teams and wards, DASH, HAGA, CRI, Eban and Probation Service.	
<b>Opening times</b>	Mon 9am - 5pm Tues 9am - 5pm Weds 9am - 5pm Thurs 9am - 5pm Fri 9am - 5pm	

## EBAN

### Contact details

9 Bruce Grove  
1st Floor  
Tottenham  
London N17 6RA

Tel: 020 8365 9032  
Fax: 020 8801 0428

Email: eban@blenheimcdp.org.uk  
www.blenheimcdp.org.uk

### Description

Service for drug users over the age of 18. Support is also available for family and friends, including one-to-one counselling.

### Services offered

- Showers and laundry facilities
- Hot meals
- Complementary therapies
- One-to-one counselling
- Structured groups
- Keyworking sessions
- Registered nurse on site
- Needle exchange (packs only)
- Hep B/C & HIV testing and Hep B immunisation
- Women only space
- Life skills
- Counselling for family and friends

### How to access

You can contact the service directly. Referrals from professionals are also welcome.

### Opening times

Mon	2pm - 4.30pm	Fri	2pm - 4.30pm
Tues	2pm - 4.30pm	Sat	10am - 2pm
	6pm - 9pm		
Weds	2pm - 4.30pm	Women's group:	
Thurs	2pm - 4.30pm	Tues	10.30am - 12.30pm

## WDP (WESTMINSTER DRUG PROJECT) STRUCTURED DAY PROGRAMME

### Contact details

9 Bruce Grove  
Tottenham  
London N17 6RA

Tel: 020 8885 0111  
Fax: 020 8801 0663

### Description

Service offers high level support for people aged 18 and over experiencing problems related to drug use.

### Services offered

- One-to-one support
- Structured group work programme incorporating of goal setting, personal development, acupuncture, peer support, life skills and relapse prevention and other aspects.

### How to access

By referral from Probation Service and Haringey based drug treatment services.

### Opening times

Mon	9am - 5pm
Tues	9am - 5pm
Weds	9am - 5pm
Thurs	9am - 5pm
Fri	9am - 5pm

## HAGA (HARINGEY ADVISORY GROUP ON ALCOHOL)

<b>Contact details</b>	590 Seven Sisters Rd Tottenham London N15 6HR  www.haga.co.uk	Tel: 020 8800 6999
<b>Description</b>	An alcohol treatment and advice service for alcohol misusers, their families and friends.	
<b>Services offered</b>	<ul style="list-style-type: none"> <li>■ Day treatment service</li> <li>■ Home detox</li> <li>■ Counselling</li> <li>■ Outreach and home support</li> <li>■ Training for professionals</li> <li>■ Domestic violence support</li> <li>■ Access to residential detox and rehab</li> </ul>	
<b>How to access</b>	Please phone for appointment or walk-in assessment is available Monday to Thursday 10.15am - 1.15pm.	
<b>Opening times</b>	Mon 9am - 5.30pm Tues 9am - 8pm Weds 9am - 5.30pm Thurs 9am - 8pm Fri 9am - 5pm	Sat 10am - 4.30pm

## RISE (AN UMBRELLA ORGANISATION WHICH COMBINES THE KINESIS AND WESTMINSTER DRUG PROJECT AFTERCARE SERVICES)

<b>Contact details</b>	Rothbury Walk 171 Park Lane London N17 6OJ	Tel: 020 8801 3999 Fax: 020 8885 8680
<b>Description</b>	Service for people aged 18 and over who are working towards being drug and alcohol free after treatment and looking for meaningful activity.  Also provides access to social and vocational, training and volunteering opportunities.	
<b>Services offered</b>	<ul style="list-style-type: none"> <li>■ Peer support</li> <li>■ One-to-one keyworking and coaching</li> <li>■ Complementary therapies (including acupuncture and shiatsu)</li> <li>■ Relapse prevention</li> <li>■ Debt management</li> <li>■ Support into education, training and employment</li> <li>■ Housing advice</li> <li>■ Life skills</li> <li>■ Workshops</li> </ul>	
<b>How to access</b>	You can contact the service directly. Referrals from professionals are also welcome.	
<b>Opening times</b>	Mon 9.30am - 5pm Tues 9.30am - 5pm Weds 9.30am - 5pm	Thurs 9.30am - 5pm Fri 9.30am - 5pm

**IN-VOLVE****Contact details**

In-volve Haringey  
40 Bromley Road  
Tottenham  
London N17 0AW

Tel: 020 8493 8525  
Fax: 020 8493 8318

Email: [office@haringey.in-volve.org.uk](mailto:office@haringey.in-volve.org.uk)  
[www.in-volve.org.uk](http://www.in-volve.org.uk)

**Description**

Service for young people aged 13 to 21 affected by drug or alcohol use. Support is also available for family and friends.

**Services offered**

- Full assessment of needs
- Individual care programme
- One-to-one keyworking
- Information, education and training
- Open access drop-in
- Complementary therapies
- Access to suitable medical and prescribing options
- Specialist assessment for multi-agency care plans
- Parent/family support

Appointments are available off-site by arrangement

**How to access**

Both open access and referral. Young people are encouraged to access the service directly. Referral form and screening tools are available on the website.

**Opening times**

Mon	10am - 5.30pm	Appointments are available outside these times by arrangement
Tues	10am - 5.30pm	
Weds	10am - 8pm	
Thurs	10am - 5.30pm	
Fri	10am - 5.30pm	

**SHOC  
(SEXUAL HEALTH ON CALL)****Contact details**

Stroud Green Clinic  
12-14 Upper Tollington  
Park  
London N4 3EL

Tel: 020 7281 9988  
Tel: 07852 383438  
Tel: 07976 566537  
Fax: 020 7281 9326

Email: [michelle.shoc@virgin.net](mailto:michelle.shoc@virgin.net)

**Description**

Service for female sex workers who live or work in Haringey and Enfield, in both on and off street environments.

**Services offered**

- Sexual health screening and treatment
- Family planning
- Testing for blood borne viruses
- Hepatitis B and A vaccinations
- Drop-ins
- Food and shower facilities
- Creative workshops
- On and off street outreach
- Needle exchange
- Training and awareness raising for professionals
- Alternative therapies

**How to access**

Open access - no referral required. Please telephone for further details.

**Opening times**

Mon	7pm - 11pm	Office hours: Mon - Thurs 11am - 6pm
Tues	2pm - 5pm	
Wed	2pm - 5pm	
Thurs	2pm - 6pm	
Fri	7pm - 11pm	

## COSMIC

<b>Contact details</b>	COSMIC 590 Seven Sisters Road Tottenham London N15 6HR	Tel: 020 8800 6999
<b>Description</b>	This service offers support for parents with drug or alcohol issues and for children who are affected by substance misuse, either by a family member or through their own use.	
<b>Services offered</b>	<ul style="list-style-type: none"> <li>■ Parenting workshops and support groups</li> <li>■ One-to-one keyworking for parents</li> <li>■ Family learning and fun activity sessions</li> <li>■ Support to young people aged 11 to 16 years who have or are likely to develop an alcohol problem</li> <li>■ Support to children under 12 years who have or are likely to develop a drug or alcohol problem</li> <li>■ Direct work sessions for children and young people about the effects of drug and alcohol misuse</li> <li>■ Preventative work and education</li> </ul>	
<b>How to access</b>	Referrals from professionals and/or self referrals by calling 020 8800 6999. Young people can refer by calling the free phone line on 0800 389 5257.	
<b>Opening times</b>	Mon 10am - 5.30pm Tues 10am - 6.30pm Weds 10am - 5.30pm Thurs 10am - 6.30pm Fri 10am - 5pm	Sat 10.30am - 3.30pm

## CHRYSALIS SERVICE

<b>Contact details</b>	BUBIC First floor 9 Bruce Grove Tottenham London N17 6RA	Tel: 0208 808 6550 Email: Chrysalis@bubic.org.uk Web: www.bubic.org.uk
<b>Description</b>	This is a service for family and friends of drug and alcohol users. Chrysalis is a rolling programme of educational workshops designed to help people cope better. Each workshop is followed by facilitated discussion.	
<b>Workshops offered</b>	<ul style="list-style-type: none"> <li>■ Confidence building</li> <li>■ Understanding treatment</li> <li>■ Understanding family dynamics</li> <li>■ Understanding addiction</li> <li>■ Understanding the effects of different drugs and alcohol</li> <li>■ Health issues and other risks</li> <li>■ Overdose training</li> <li>■ Domestic violence and abuse</li> <li>■ Confidence, assertiveness and self-esteem</li> <li>■ Self-help and introduction to the principles of peer support</li> </ul>	
<b>How to access</b>	For the workshop prospectus and to enrol, please call us or send an email.	
<b>Opening times</b>	Every Monday 6.30pm - 8.30pm St. Raphael Centre, Behind St. Michaels Church Corner of Bounds Green Road and High Road (nr Civic Centre) London N22	

## PHARMACY NEEDLE EXCHANGE

Injecting equipment is available at the following pharmacies. Pharmacy needle exchange is a free and confidential service.

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**Hornsey** Coral Pharmacy  
312 Park Road  
London N8 8LA Tel: 020 8340 6734

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**Tottenham** Beautychem  
11 Great Cambridge Road  
London N17 7LH Tel: 020 8808 4015

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Boots  
Unit 2a Tottenham Hale  
Retail Park Broad Lane  
London N15 4QD Tel: 020 8801 7243

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Cadge Pharmacy  
105 Philip Lane  
London N15 4JR Tel: 020 8808 2740

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Coopers Pharmacy  
59 Broad Lane  
London N15 4DJ Tel: 020 8808 0422

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Dowsett Pharmacy  
70 Dowsett Road  
London N17 9DD Tel: 020 8808 1088

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Porter Pharmacy  
48-50 Gt Cambridge Road  
London N17 7BU Tel: 020 8808 7031

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Safedale Pharmacy  
491-493 Seven Sisters Road  
London N15 6EP Tel: 020 8800 4876

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### Wood Green

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Cross Chemist  
471 Lordship Lane  
London N22 5DJ Tel: 020 8888 4166

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Pharmacy Express  
214 High Road  
London N22 8HH Tel: 020 8888 1669

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Morrisons Pharmacy  
High Road  
London N22 6BH Tel: 020 8881 4841

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Savemore Pharmacy  
67 Westbury Avenue  
London N22 6SA Tel: 020 8888 5360

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## TERMS USED IN THIS DIRECTORY

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<b>Aftercare</b>	Ongoing support after drug treatment – usually includes relapse prevention and housing, employment and training support.
<b>Blood borne viruses</b>	Viruses carried in the bloodstream: hepatitis B, hepatitis C and HIV. Transmitted by infected body fluids. Needle sharers are at particular risk.
<b>Complementary (alternative) therapies</b>	Treatments like acupuncture, reiki and massage which help with relaxing and coping with the everyday stresses more effectively.
<b>Detox</b>	A form of treatment where the aim is to withdraw from addictive drugs (eg. opiates) or alcohol in such a way that minimises the symptoms of withdrawal and risk of harm.
<b>Dual diagnosis</b>	Term used in health services to describe people with mental health problems who also misuse drugs and/or alcohol.
<b>GP prescribing</b>	Treatment for stable opiate users where prescribing of methadone or buprenorphine is given by a GP with support from drug treatment services.
<b>Harm reduction</b>	Activities and services (eg. needle exchange, overdose training) that seek to minimise the harm that drug or alcohol using behaviour causes.
<b>Keyworking</b>	Support which includes care planning, drug-related advice and information, interventions to reduce harm, motivational interventions, addressing social issues and offending, and relapse prevention.

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<b>Life skills</b>	Life skills is the term used to cover a wide range of skills, from personal hygiene, shopping for food, cleaning your home to handling money.
<b>Motivational interviewing</b>	A client centred counselling method which helps in thinking differently about behavioural patterns and what might be gained through change.
<b>Opiate</b>	A category for sedative drugs (eg. heroin, opium, codeine) that depress the central nervous system. These drugs can induce analgesia, euphoria, and in higher doses, stupor, coma, respiratory depression and ultimately death.
<b>Peer support</b>	Support from ex drug or alcohol users.
<b>Poly drug user</b>	Refers to someone who uses two or more drugs (including alcohol).
<b>Rehab</b>	Residential treatment programmes for drug and/or alcohol users who are trying to give up use. Programmes usually last between 3 and 6 months.
<b>Substitute prescribing</b>	A form of treatment where the aim is not to eliminate drug use in the short term but to stabilise the use by prescribing a substitute for heroin, eg. methadone.

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## OTHER USEFUL NUMBERS

### Adult alcohol and drug services

Alcoholics Anonymous – a self support group 0845 769 7555

Drug Interventions Programme for offenders 020 8885 6195

Narcotics Anonymous Helpline 020 7730 0009

### Emotional support

Samaritans 0845 790 9090

### Employment

Job Centre Plus 0845 604 3719

Employment Action Network 020 8489 2384

NHS Haringey: Working for Health 020 8442 6081

Positive Employment: Positive Futures 020 8375 3460

Working Links: Altogether Better 020 8275 4200

### Family support

Adfam – national agency for families affected by drugs 020 7553 7640

Famanon – for families and friends affected by drugs 0845 120 0660

HARTS – practical and emotional advice and support for vulnerable families in Haringey 0845 303 2350

PADA – national helpline for families of drug and/or alcohol users 0845 702 3867

### Health advice

HIV/AIDS advice and support – Haringey Adult Physical Disabilities Team 020 8489 5970

Locate a local GP or dentist 020 8370 8100

NHS Direct – health advice 0845 4647

Sexual health – general enquiries 020 8442 6536

### Help and advice

Age Concern Haringey 020 8801 2444

Asylum seekers and immigration – Haringey Council No Recourse to Public Funds (NRPF) Team 020 8489 3210

Benefits services – Haringey Council housing and council tax benefits call centre 020 8489 2800

Citizens Advice Bureau 0844 826 9715

Domestic violence – Hearthstone Advice and Support Centre 020 8888 5362

Family Planning – general enquiries 020 8442 6810

Housing Advice and Options Team 020 8489 4309

Haringey Race Equality Council 020 8889 6871

Rights of Women – legal advice line for women 020 7251 6577

Victim Support Haringey 020 8888 9878

### Young people

4YP Sexual Health Service 020 8442 6890

Connexions – career and education advice 020 8489 1410

FRANK – national drug info and advice 0800 776 600

This document lists services for Haringey residents with alcohol or drug issues. If you would like to get a copy in your own language please tick the box, fill in your name, address and send it to the freepost address below.

Shqip

Ky dokument radhit shërbimet për rezidentët e Haringejit që kanë çështje alkooli apo droge. Nëse e doni në gjuhën tuaj një kopje, ju lutem shënjoni ✓ kutinë, plotësoni emrin dhe adresën tuaj dhe dërgojeni në adresën e mëposhtme me postim falas.

Kurdî Kurmancî

Ev dokument lista xizmetên bo niştetiyên Haringey ên ku pirsên wan ên alkool û narkotikê hene dide. Heke hun kopîyekê bi zimanê xwe dixwazin, ji kerema xwe qutikê îşaret bikin, nav û navnîşana xwe binivîsin û ji navnîşana jêrin a posta bêpere re bişînin.

Polski

Dokument ten zawiera szczegóły dot. usług dla mieszkańców Haringey mających problemy z alkoholem lub narkotykami. Aby otrzymać jego kopię w swoim języku należy zaznaczyć odpowiednie miejsce fajką, wpisać swoje dane oraz adres i odesłać formularz na bezpłatny adres znajdujący się poniżej.

Soomaali

Qoraalkan waxuu liisgaraynayaa adeegyo dadka degan degmada Haringey kuwaasoo dhibaato ka haysato khamri isticmaalid iyo maandooriyaal kale. Hadaad rabto in qoraalka lagugu tarjumo luuqadaada, sax mari sanduukha, soo buuxi foomka kuna soo dir ciwaanka hoose ee boosto u diristu bilaash tahay.

Français

Ce document donne la liste des services destinés aux habitants de Haringey qui ont des problèmes concernant l'alcool ou la drogue. Pour en obtenir un exemplaire dans votre langue, cochez la case, écrivez votre nom et adresse et renvoyez à l'adresse ci-dessous (timbre inutile).

Türkçe

Bu belgede, alkool ve uyuşturucu sorunları olan Haringey sakinleri için hizmetler yer almaktadır. Belgeyi kendi dilinizde isterseniz lütfen kutuyu işaretleyip, adınızı ve adresinizi yazarak, ücretsiz olarak aşağıdaki 'freepost' adresine gönderin.

Please tell us if you would like a copy of this document in another language that is not listed above or in any of the following formats, and send the form to the Freepost address below.

In large print

On audio tape

In Braille

In another language, please state:



Name:

Tel:

Address:

Email:

Please return to: Freepost RLXS-XZGT-UGRJ, Haringey Council, Translation and Interpretation Services, 8th Floor, River Park House, 225 High Road, London N22 8HQ

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