



**DRUG AND ALCOHOL SERVICE
GLOUCESTERSHIRE**

Spring 2022

**Drug and Alcohol Recovery
Service**

Gloucester Hub

Imperial Chambers
41-43 Longsmith Street
Gloucester
GL1 2HT

Cheltenham Hub

Bramery House
Alstone Lane
Cheltenham
GL51 8HE

Stroud Hub

Bankfield House
13 Wallbridge
Bath Road
Stroud
GL5 3JG

01452 223014

Gloucestershire.info@cgl.org.uk



Welcome to our Spring edition newsletter!

All of our staff are now back in the hubs and continue to work hard to ensure that we are providing a comprehensive service and seeing a return to pre pandemic face to face provision in a Covid secure environment.

If you have any questions about the following information, please do not hesitate to contact us.

Service Users and partners are still advised to contact us by phone using our single point of contact number 01452 223 014. We are operating an appointment system for assessments and reviews. Our informal Service user drop in's have started and the details for these are listed separately. Standard opening times for all hubs is **9am-5pm weekdays except Wednesday when it is 1:30pm-5pm.**

The Cinderford hub is currently open on **Tuesdays and Thursdays 9am-5pm-** Please contact us through the main number **01452 223014.**

Medical Appointments/Navigator Reviews are taking place face to face by appointment. Ambulatory detoxes (face to face) have been reinstated countywide.

Medically Assisted Treatment (MAT) Prescriptions - Prescriptions/treatment will depend on where service users are in their recovery journey. It is best to contact us directly to discuss. Pharmacies are offering supervised consumption – collection is discussed with a prescriber and a decision is made based on risk. The contact regime is discussed with either a manager or a prescriber to explore the risks and make a decision.

Group provision - Groups are all running. Cheltenham & Gloucester are running face to face/hybrid groups & please check with the hubs if you need more information. Stroud are running virtual groups at present but are looking at reinstating face to face asap. Recovery community activities and mutual aid - SMART recovery is taking place face to face and online. Please ask the hubs for more information on joining instructions.

Needle exchange Needle exchange can be accessed at the hubs or via a pharmacy. There are no known problems with pharmacies, please check opening times.

Naloxone Provision

We are pleased to be able to offer the provision of Naloxone and each of our hubs will be able to assist. If you or your organisation would like to hold Naloxone please let us know and we can give you more information, training and a supply.



Make a referral into our services:

By Phone

01452 223014

By Email

Gloucestershire.info@cgl.org.uk

Online

[Referrals - Drug and Alcohol Recovery Service - Gloucestershire \(changegrowlive.org\)](#)

If you would like to talk to us before making a referral or would like some support to find out what we do, please contact us or pop in to one of our drop in's and we will be pleased to help.

Referrals

Making a referral into Change Grow Live services is straightforward and we try and we try and make the process as easy as possible, however, before we are able to contact someone, we require the correct information.

Anyone can refer in as long as they have the permission of the person that they are referring and consent is asked for at point of referral.

We welcome self referrals and our team are happy to support people through the process.

When making a referral please include as much information as possible as we are unable to make contact without it:

We require as a minimum:

Name

Contact Details or best mechanism for contact

Details about drug or alcohol usage

Safeguarding or relevant information

Please make sure that you fill in as much as the referral form as possible. Some of the fields are mandatory. If you are unsure or would like to speak to someone before/whilst you fill out the form, please do not hesitate to contact us. 01452 223014.

Once a referral has been received, we will allocate it to the relevant hub.

If you would like us to come and talk to your teams about making a referral into CGL please contact Kate Darch kate.darch@cgl.org.uk and we will be pleased to arrange a session and answer any questions that you may have.

**Working
together**





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Drop in Sessions at Change Grow Live Gloucestershire

Our informal drop in sessions are for service users and for people who would like to find out more about our services, anyone is welcome. Refreshments are available. Come along and chat to our volunteers, other service users and join in with our recovery community.

If you are worried about a family member or friend, please come along for free confidential advice and support. We will be happy to help.

Cheltenham Hub

Tuesday 12-2pm and a Thursday afternoon 2-4pm.

Gloucester Hub

Wednesday 11am-1pm

Tewkesbury (Watson Hall)

Friday 11am-1pm

Staff Updates

We have had several new members of staff start with us over the past few months. Lynsey Tomlin as Criminal Justice Lead under Universal Allocation, Bonnie Hudson as Navigator in Gloucester and Annie Webb, Volunteer Lead for the county, welcome to all of them!

Annie: "I have recently come into post to support and develop the volunteer workforce at CGL. The volunteering umbrella encompasses those with lived experience (peer mentors), service user reps and other volunteers, and we are aiming to develop the volunteering service to introduce an array of new roles and opportunities. This is an exciting part of service development to be involved with and there is an enormous pool of talent both from existing and ex-service users, as well as those outside of CGL. We are hoping to encourage anyone who might want to work as a volunteer to get in touch about some of the upcoming roles. For any further information please contact me on 07552866013"

Volunteer Vacancies go live this week - please check our website for further details.

Staff Vacancies

We are still recruiting. If you would like to help people make positive changes, grow as individuals and live life to its full potential, we would love to hear from you. We have a number of vacancies, including Locality Lead - Please use this link to our website to find out more and join our brilliant team. https://careers-changegrowlive.icims.com/jobs/search?ss=1&searchRelation=keyword_all&searchLocation=-13746-



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**Telling
our story**



Listen to Cat and Mike from our Cheltenham team talk to Rob, our Digital Engagement Worker about their work at CGL, and how we support people to overcome their addictions. Our podcasts will be recorded regularly and cover lots of different subjects and topics, they will be available via the website and social media. Please share!

<https://changegrowlivegloucestershirepodcast.podbean.com/>

Other News



We've enjoyed getting out and about again and talking to lots of people about our services. Many thanks to the Independence Trust for a brilliant networking experience at their Multi agency event in Stroud, lots of connections made and future working scoped out. We had some great conversations at the 29 Regiment Wellbeing Day at the Duke of Gloucester Barracks in Cirencester which links in with our work with the Army, veterans and an ongoing relationships. Thanks also to SAFFA for their input into our own team meeting, coming along to talk to staff about the support that can be offered to veterans and how we can link in.

Operation Scorpion has been a high profile Police operation taking place across the South West to interrupt drug activity in the region. In support of this we have been offering information and assistance to those who require it or would like more information about certain drugs, family support, and where to go to for information. To access information please come to one of our drop in's or call us on 01452 223014. We also regularly accompany the Police Neighbourhood Engagement Vehicle, over the last few weeks in Bourton and Sedbury to talk to communities about what we do.



Thanks to Cotswold Neighbourhood Policing Team for the invite to talk to their 'On My Patch' meeting, we're looking forward to working together in the future to raise awareness of how we can help those who may be struggling with drugs or alcohol.



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If you would like to find out about aftercare provision which is available for our service users please do not hesitate to contact our colleagues at Emerging Futures or come along and talk to the Recovery Care Coaches, Simon, Sarah, Bryan and Craig who are supporting our drop in's.



Follow us on Twitter

@CGLglouces

We will share our stories, advice and campaigns as well as national initiatives on our Twitter and Facebook pages, we would love to hear from you and look forward to sharing your news with our networks.

Service User Involvement

Our Service User Council is now up and running and working hard on their terms of reference, membership and plans for the future. Representatives from each district will look at the views and needs of service users at a local level. The county body will collate results and work with CGL staff and commissioners. They will initiate activities to enhance the CGL offer and create a supportive recovery community. We'll look forward to sharing the news from this exciting new initiative!

For more information contact Kate Darch kate.darch@cgl.org.uk

What's coming up...

April and May

26th and 27th Opiate Events Cheltenham and Tewkesbury.

We will be running two events at the end of April, centred around opiate use. We will offer advice and support from our staff who will be on hand all day. BBV testing will be available, access into treatment and support information for friends, family members and carers. We will be launching our new incentives scheme and seeking the views of attendees about how we can meet the needs of our service users.

Join us on 26th April at our Cheltenham hub and on the 27th April in Tewkesbury (location to be confirmed) from 10.30am until 2.30pm each day.

Drop in's continue throughout April and May - Everyone welcome

Anybody can be affected by drug and/or alcohol use, regardless of their ethnicity, religion, beliefs, class, age, sexuality, disability or lifestyle. If you have concerns about drugs and alcohol we can help. We provide confidential information, advice, treatment options, and support all adults, families and communities across Gloucestershire.