

## Find out more

Please contact us for free confidential advice, information or to make a referral.

## Call our advice and referral line

T: 01158 960798

E: [notts@cgl.org.uk](mailto:notts@cgl.org.uk)

GPs, family members, carers and friends, or any other agency, such as social services, can refer someone into the service.

## Useful contacts

Alcoholics Anonymous: 0800 917 7650

Refuge (domestic abuse): 0808 200 0247

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*With support from the staff I achieved my goals, I have not had a drink for 30 days.*

Service user

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## About CGL

Change, grow, live is a social care and health charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Our services will encourage you to find your inner strength and resources to bring about the life and behavioural changes they wish to achieve.

### Equal opportunities

We always work to the principles of fairness and equality of opportunity in all our recruitment processes. Contact us for more details of our equal opportunities policy.

### Diversity

We are committed to creating a diverse, inclusive environment which celebrates difference and allows our staff and service users to flourish.

### Confidentiality

Our services are confidential and we have an open access policy. However, situations may arise where we will be obliged to notify the relevant authority. We will also share information with other treatment providers if we refer you on.

### Statement of purpose

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.

This leaflet is available in other languages on request.

## For more information visit

[www.changegrowlive.org](http://www.changegrowlive.org)

This service is part of the charity:



Change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327). Company Registration Number 3861209 (England and Wales).



New Directions

Workshop



For free, confidential support for anyone worried about their alcohol use call:

T: 01158 960798

E: [notts@cgl.org.uk](mailto:notts@cgl.org.uk)

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# We believe that everyone has the ability to change

## How we can help

We can meet with you at a venue close to your home, such as your GP practice or an appropriate venue that is local to you. We will discuss your needs with you and together develop a tailored care plan to help you progress towards your individual goals.

You will be able to select from a menu of treatment options and we will support you to choose the appropriate level and type of support for your needs. The length, frequency and intensity of your treatment will be agreed as part of your personalised plan.

Whether you have recently become concerned about your alcohol use, or you have been drinking for many years, we can support you to make healthier choices and improve your lifestyle.

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*Meeting others in a similar situation really helped build my confidence and made me realise I am not alone.*

Service user

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## What the service does

We are a welcoming service for people experiencing difficulty with alcohol use or who are affected by alcohol use issues.

## How you will benefit

- Meet with a member of our multidisciplinary team which includes Alcohol Practitioners, Counsellors, Doctors, Nurses, Psychologists, in a range of settings throughout your community including GP surgeries, hostels, day centres or other suitable venue.
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- Work with us to set goals aimed at supporting a reduction in alcohol use, or abstinence from alcohol. Develop a support network - make new friends and improve your relationships.
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- Learn skills for managing cravings and relapse prevention techniques.
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- Find out about a range of other support services in your local area, including mutual aid.

## Ongoing support

There are a number of options for ongoing support including; relapse prevention, 5 ways to wellbeing, post treatment check ups, mutual aid, volunteering and peer mentoring opportunities.

## Where to find us

Ground Floor  
Crown House  
Newcastle Avenue  
Worksop  
Nottinghamshire  
S80 1ET

## Our services include:

- Access to in-patient detoxification and residential rehab
- Assessment, referral, advice and information
- Blood Borne Virus screening and vaccination
- Clinically assisted reduction plans
- Community detoxification
- Counselling
- Extended brief interventions
- Health and Wellbeing checks
- Hospital Alcohol Liaison
- Custody based services
- Older People's Team
- Outreach / Satellites
- Specialist key work sessions
- Specialist support; domestic abuse, LGBT, women, parents/carers and homelessness

