



HAMPSHIRE & ISLE of WIGHT SUBSTANCE MISUSE TREATMENT SERVICES DIRECTORY

SOUTHAMPTON SERVICES

NAVIGATION TIPS:

1. Use the links in the Contents table (page 2) to go directly to a service or section, then use the green back button in the bar at the bottom of the screen to return to the Contents, OR
2. Open the Bookmarks tab to the left of the screen and use the links in that panel to go to any page.

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Using Substance Misuse Treatment Services in Hampshire & the Isle of Wight

This directory is designed to inform the general public and service providers about what services are available in their area and to describe what each service offers. The full directory is divided into the four areas of **Hampshire** (coordinated by the Hampshire Drug & Alcohol Action Team), the **Isle of Wight** (the Isle of Wight Safer Community Partnership), **Portsmouth** (the Safer Portsmouth Partnership) and **Southampton** (the Substance Misuse Action Group Southampton City Council). These coordinating organisations are responsible for commissioning the services in each area. Referral systems vary by area and contacting an Open Access Service is usually best. **This version contains the Southampton services only.**

For each geographic area the directory is divided into two sections, **Open Access Services** and **Specialist Services**.

Open Access Services: These services can accept referrals or self referral. Some services may prefer a telephone contact first (see contact details). By their nature they are open access so that people can gain advice, information, support or access to other's services quickly and confidentially.

Specialist Services: These agencies will require referral and assessment prior to anyone receiving a service. Local arrangements are in place for accessing specialist services through a triage assessment, which is designed to give quick access to an appointment and assist people to receive services based on

individual needs. Contact the local Open Access Services or ring the Specialist Service for further details.

The two, county-wide, **Mobile Needle Exchange Services** are listed at the beginning of the **Hampshire** section.

The final sections in the full directory are for **Residential Services** and **Young People's Services**.





Residential Services often have a broader catchment area than other local services. These cover two types of service:

In-patient detoxification services: These can be stand alone services or part of a service that also offers rehabilitation programmes. All in-patient detox facilities require a comprehensive assessment and a referral, from a Specialist Service and/or the in-patient service. Access is also dependent on eligibility criteria and funding.

Residential rehabilitation programmes: These services offer intensive and structured treatment programmes, based on different philosophies. All require referral and assessment. Local authority social services departments currently initiate access to residential rehabilitation programmes. Treatment is paid for by community care funding and supplemented by other funding. Private in-patient and rehabilitation services accept self referral and treatment for those self funding or using private medical insurance.

Young People's Services are generally open to young people aged between 12 and 18, although some services will accept people upto the age of 25. No referral is needed to attend these services unless otherwise noted in their entry.

Key to Services (4 pages)

	<p>Aftercare Activities</p>		<p>Assessment & Care Planning</p>
<p>Aftercare is a package of support that is put in place for clients when they leave structured treatment (after the end of their care plan), or for offenders when they leave or complete community sentences, or are released from prison (remand or sentenced). The aim of aftercare is to sustain treatment gains and further develop community reintegration. Aftercare may include drug-related interventions, open access relapse prevention or harm reduction. It may also include non-drug related support such as housing, access to education, generic health and social care.</p>		<p>A two-way process between a service user and an assessor to establish immediate and longer terms needs, and develop a care plan of actions to meet those needs. Comprehensive assessment aims to determine the exact nature of the client's drug and alcohol problems, and co-existing problems in the other domains of health (mental and physical), social functioning and offending. Assessment may be conducted by more than one member of a multidisciplinary team, because different competencies may be necessary to assess different areas of client need. Assessment should be an ongoing process rather than a single event.</p>	
	<p>Community Prescribing</p>		<p>Complementary Therapy</p>
<p>This involves the provision of care-planned specialised drug treatment, which includes the prescribing of drugs to treat drug misuse. The range of community prescribing interventions can include:</p> <ul style="list-style-type: none"> • Stabilisation on substitute opioids, including dose titration • Prescribing for a sustained period to substitute illicit drugs (maintenance prescribing) • Prescribing for withdrawal from opioids (community detoxification) • Prescribing to prevent relapse • Stabilisation and withdrawal from sedatives • Detoxification from alcohol where appropriate • Treatment for stimulant users, which may include symptomatic prescribing 		<p>Offered in both community-based and residential drug services providing a range of complementary therapies including: auricular acupuncture, homeopathic medicines and teas, visualisation, shiatsu and reflexology. Therapies are reported to help with the withdrawal and relieve stress. Staff providing these therapies should hold appropriate qualifications.</p>	

Key to Services (continued)



Counselling

Counselling is defined by the British Association of Counselling as “providing an opportunity for the service user to work towards living in a way he or she experiences as more satisfying and resourceful”. This activity takes place within a deliberately undertaken contract with clearly agreed boundaries and commitment to privacy and confidentiality. It requires explicit and informed agreement. Staff should be adequately trained and hold qualifications to provide counselling. It is important that people requesting counselling should find out about the philosophy/approach being offered as counselling can vary depending on a person's training. Counselling services usually offer service users a choice of counsellor. The assessment interview is a good time for service users to check out what counselling involves prior to starting.



Drug Intervention Programmes

Drug Intervention Programmes provide an end-to-end service (enhanced Tier 2) for drug users who are within the criminal justice system. The DIP teams provide a range of support services through the various stages of the justice system and beyond:

- police custody
- courts and probation
- prison
- referral to treatment
- throughcare and aftercare

Special measures for children and young people are also being implemented.



Hepatitis B Vaccinations

Preventing the spread of blood-borne diseases is a major goal of drug treatment services and a major contribution to individual and public health. A range of services which may be offered, including some or all of the following:





- health screening for blood-borne infections to identify needs and problems
- explore issues relating to health resulting from substance use/misuse and identify ways of achieving a healthier lifestyle
- assess risk behaviours associated with drug and alcohol use and provide interventions that will help prevent further harms and consequences, eg. advice and education on hepatitis B & C and HIV
- provide access to testing for hepatitis B & C and HIV
- provide access to hepatitis B vaccination
- provide a comprehensive pathway of care for those who require healthcare relating to blood-borne diseases



Housing Support

Whereas, many services will provide basic information and referral for housing issues, full housing support is a specialised service to provide or identify suitable living accommodation for people with a history of drug or alcohol misuse. Housing may be provided within a hostel, through supported accommodation or within a residential treatment setting.

Key to Services (continued)

	<p>Information & Support</p>		<p>In-patient Detox</p>
<p>Drug and alcohol (substance misuse) related advice and information interventions should provide appropriate advice and accurate, up-to-date information on a range of substance misuse related issues, including:</p> <ul style="list-style-type: none"> • information about different drugs and their effects • advice about stopping misuse of drugs and alcohol • information on how to reduce the potential harm from drug misuse (eg. safer injecting, reducing overdose risks, etc) • how and where to access help for drug problems • how and where to access help for other problems (eg. housing, sexual health) 		<p>Inpatient interventions usually involve short episodes of hospital based (or equivalent) drug and alcohol medical treatment. This normally includes 24-hour medical cover and multidisciplinary team support for treatment such as:</p> <ul style="list-style-type: none"> • Medically supervised assessment • Stabilisation on substitute medication • Detoxification from illegal and substitute drugs • Specialist inpatient treatments for stimulant users • Emergency medical care for drug users in crisis <p>Inpatient drug treatment should be provided within a care plan with an identified keyworker. The care plan should address drug and alcohol misuse, health needs, offending behaviour and social functioning where appropriate.</p>	
	<p>Needle Exchange</p>		<p>One to One Work</p>
<p>Needle exchange facilities are located in open access (Tier 2 services), or community pharmacies (Tier 1). Sometimes needle and syringe exchange services are also provided in mobile vans, especially in rural places. Needle and syringe exchange schemes offer a range of injecting equipment as well as a service for the disposal of used equipment. In addition, staff offer harm minimisation or risk reduction advice and information. Some needle exchange service also offer on-site vaccination programmes for Hepatitis B. The service can also act as a point of referral into other services.</p>		<p>One to one work can have a different interpretation between services, so it is important that service users clarify what is being offered. Generally one-to-one is not counselling. It usually involves a member of staff being allocated as a key worker. Their role is to meet with the service user regularly, check progress against the care plan, provide advice and information; and give general support e.g. letters to housing etc. In some services staff may also be expected to do all the therapeutic work, this could include; motivational work, lapse/relapse prevention, coping skills and behaviour change work. Some services may also work within a philosophy, eg. harm reduction or abstinence, this is important to check when engaging with a service.</p>	

Key to Services (continued)



Outreach Programmes

Outreach work is a method of delivering interventions in settings external to a service's usual site. The aims of outreach work are:

- to provide services to those unable or unwilling to access site-based services, including 'hard to reach' groups such as young people, black and minority ethnic communities, women, the housebound (eg. because of physical or psychological illness) and those living at distance from services (eg. in rural areas)
- to provide health education opportunities for drug misusers not currently accessing site-based services
- to provide harm minimisation/risk reduction services to drug misusers not currently accessing site-based services (eg. needle exchange, provision of condoms)
- to make initial contact with drug misusers to facilitate referral to site-based services















Services can include the provision of advice and information, brief interventions, sterile injecting equipment and, in some instances, care-planned counselling.



Structured Group Work

Usually offered as part of a programme of defined activities for a fixed period of time. Service users usually attend the programme according to specified attendance criteria, and follow a set timetable that will include group work, covering psychosocial interventions, educational and life skills activities. Some service users may attend as a follow-on or precursor to other treatment types, or may be attending as part of a criminal justice programme supervised by the probation service, or community rehabilitation. Group work is normally run in community based services, set in centres that have been specifically designated for the programme (purpose-built or converted) and have rooms designated for specific parts of the programme (eg. group work, life skills etc).

Key to Logos

	Aftercare Activities		Housing Support
	Assessment & Care Planning		Information & Support
	Community Prescribing		In-Patient Detox
	Complementary Therapy		Needle Exchange
	Counselling		One to One Work
	Drug Intervention Programme		Outreach Programmes
	Hepatitis B Vaccinations		Structured Group Work

SOUTHAMPTON OPEN ACCESS SERVICES

3D



AIMS

The 3D project is a support service for vulnerable women in Southampton, particularly street sex workers and female offenders. We work on a 1-1 basis and offer group work, on a variety of needs from housing/ benefits/ substance misuse/ domestic violence etc. We can assist women to access relevant agencies. We seek to empower women and assist them to reduce the chaos in their lives.

STATUS

Voluntary

TARGET GROUP

Sex workers and female offenders.

MODELS OF PRACTICE

- Holistic (considering physical, mental and emotional needs)
- Client focused
- Motivational enhancement
- Signposting to appropriate agencies, but managing care pathway
- Engaging multi-agency problem solving approach

OPEN ACCESS SERVICE SOUTHAMPTON

(Anyone can call or attend this service)

OPENING HOURS

Office hours:

Monday - Friday

9.00am - 5.00pm

Drop-in:

Call office for details

CATCHMENT AREA

Southampton

CONTACT DETAILS

Catch 22 3D Project, 1A Bevois Hill,
Southampton, SO14 0SJ

Tel: 023 8022 7704

Fax: 023 8022 7709

Harm Reduction Unit & Mobile Needle Exchange Outreach Services



AIMS

To deliver injectable equipment, harm reduction tools and advice to intravenous drug users with blood borne viruses. Through the mobile needle exchange unit and the static unit we hope to engage with the hard to reach in the drug using community.

STATUS

NHS Trust (Hampshire Partnership NHS Trust)

TARGET GROUP

18+ intravenous drug users, however access for under 18 year olds is possible pending an assessment.

MODELS OF PRACTICE

- Nurse-led team delivering syringes, full range of Gauged and colour coded needles, cookers, filters, vitamin c, citric acid, water amps, alcohol gel, condoms etc to IV users
- Management and access of pharmacy based needle exchange

OPEN ACCESS SERVICE SOUTHAMPTON

(Anyone can call or attend this service)

- Management of the custody suite needle exchange
- Wound care
- Secondary needle exchange
- Management of clinical waste in various settings
- Specialist outreach work in partnership with the working women's project
- Specialised literature
- Harm Reduction advice
- Harm Reduction consultancy
- Signposting to treatment
- Blood Borne Virus advice
- Testing for HIV/Hepatitis B & C
- Vaccination for Hep A & B
- Provide training to other professionals
- Referral to other services

**See following page for Catchment Area, Opening
Hours & Contact Details**

Harm Reduction Unit & Mobile Needle Exchange Outreach Services



**OPEN ACCESS SERVICE
SOUTHAMPTON**
(Anyone can call or attend this service)

OPENING HOURS

Monday – Friday 9:00am - 5:00pm
Thursday evenings 8:30pm - 10:30pm

In addition to the opening times, individuals can access a needle and syringe vending machine at the Bridge Centre during their opening times ([see separate listing](#))

CATCHMENT AREA

Southampton City and suburbs.

CONTACT DETAILS

Harm Reduction Unit & Mobile Needle Exchange
Outreach Service
The Bridge, 14-18 College Street
Southampton, SO14 3EJ

Tel: 023 8023 7540 (mobile unit)
Fax: 023 8088 1400 (The Bridge, static unit)

M.O.R.P.H.



AIMS

Started in January 2004 by ex- and on-going drug users/addicts to help improve waiting times for those wanting help in stabilising or stopping drug use. By 'drugs' we mean any substance taken to alter users' perception of reality, including alcohol, glue/solvents, prescription medication, cigarettes, etc.

STATUS

Voluntary

TARGET GROUP

Ex- and on-going drug/users/addicts wanting help.

MODELS OF PRACTICE

- Latest information relating to drugs, their (side) effects and treatment
- Advocacy services for those not happy with their treatment
- Resource base of related information, including national detox and rehab directories
- Support from people who've "been there"
- A cuppa and a chat
- Prisoner support

OPEN ACCESS SERVICE SOUTHAMPTON

(Anyone can call or attend this service)

- Produce 'Morphin' – our regular newsletter
- Online directory of local treatment/support services in printer friendly format; discussion forum; links to other related sites

Get in touch for some help, to get involved or to submit an article, etc. for the newsletter

OPENING HOURS

Drop-in: Monday 1.00pm – 4.00pm
(meeting 1.00pm – 3.00pm)

CATCHMENT AREA

Southampton

CONTACT DETAILS

Southampton Voluntary Services Action Centre,
Kingsland Square, St. Mary's,
Southampton SO14 1NW

Tel: 023 8021 6009

Mobile: 07977 984133

Email: morphin@southamptonvs.org.uk

Website: www.morph-uk.org

Parent Support Link



AIMS

To support and inform people affected by someone else's drug use. To interact at a community level with people affected in the wider sense by drug use.

STATUS

Voluntary (Registered Charity)

TARGET GROUP

Adults who are concerned about/affected by a family member's, or another person's, drug use.

MODELS OF PRACTICE

- Intervention as appropriate to the needs of the service user
- Person centred
- Solution focused
- Not time limited

**OPEN ACCESS SERVICE
SOUTHAMPTON**
(Anyone can call or attend this service)

OPENING HOURS

24 hour contact line.

Counselling/listening service by appointment.

Local support group meetings every two weeks.

CATCHMENT AREA

Focuses on Southampton City.

Telephone support for any area

CONTACT DETAILS

Parent Support Link, 48-50 Vespasian Road,
Southampton, SO18 1AX

Tel: 023 8039 9764 Contact Line 24/7
Calls are not charged
Tel: 023 8023 0645 Administration
Fax: 023 8023 0645

Email: p.s.l@btconnect.com
Website: www.parentsupportlink.org.uk

Society of St James SMSS

Substance Misuse Support Service



AIMS

To assist people who are vulnerable to homelessness and substance misuse by offering tenancy support, social emotional and practical support, acupuncture and advice regarding diet, health and substance use.

STATUS

Voluntary

TARGET GROUP

People with a substance use problem and a history of street sleeping or vulnerable housing – particularly if there is a danger of re-occurrence.

MODELS OF PRACTICE

- Harm reduction

Other Services:

- Direct Access Hostel
- 3 hostels for Chronic Heavy Drinkers
- CBT supported flats
- Mental Health Supported Houses
- Homeless Move on Supported Houses
- Supported Flats Rough Sleepers

OPEN ACCESS SERVICE SOUTHAMPTON

(Anyone can call or attend this service)

- Supported Flats Mental Health
- Home Support
- Substance Misuse Support Service
- Computer Club – providing training and occupation for service users

OPENING HOURS

Office hours:

Monday - Thursday 9.00am - 5.00pm

Friday 9.00am - 4.00pm

CATCHMENT AREA

Southampton only

CONTACT DETAILS

Society of St. James
Substance Misuse Support Service,
Fairways House, Mount Pleasant Industrial Estate,
Mount Pleasant Road, Southampton, SO14 0QB

Tel: 023 8063 4596

Fax: 023 8033 9026

Email: info@societyofstjames.org.uk

Website: www.ssj.org.uk

Southampton Drugs Outreach Team (SDOT)



AIMS

To assist and support drug users in accessing tier 2 & 3 Southampton drug services by offering advice and information. The outreach team are able to go to service users in their own communities and support them. They also provide harm reduction advice to service users in their own communities. The service is a free, independent and rapid access service.

STATUS

Voluntary (partnership between Cranstoun drug services and the Society of St James)

TARGET GROUP

18 plus

MODELS OF PRACTICE

- Engagement
- Motivational interviewing
- Advice and information
- Drug education

**OPEN ACCESS SERVICE
SOUTHAMPTON**
(Anyone can call or attend this service)

OPENING HOURS

Mondays, Wednesdays & Fridays	9.00am – 5.00pm
Tuesdays & Thursdays	9.30am - 8.00pm
Saturdays	10.00am – 4.00pm

CATCHMENT AREA

Southampton SO14-SO19

CONTACT DETAILS

Outreach (SDOT) team members are able to go to individuals in their own communities. This can be their own home or a mutually suitable venue, for example a local café. They can provide advice and information and work with people to ease the anxiety of accessing drug services. They also provide harm reduction advice and information.

A single point of contact phone is available where any referrals or contact with the SDOT team can be made, this is **07527 026 316**.

Southampton Working Women's Project



AIMS

To provide opportunities for women in the sex industry to improve their health, well-being and life-chances. To promote and increase the uptake of sexual health and other health services by targeting the range of sex work activity through community-based outreach, needle exchange, phone contact, project clinics and newsletter.

STATUS

Statutory

TARGET GROUP

18+ women who work, or have ever worked, in any sector of the sex industry.

MODELS OF PRACTICE

- Client centred
- Holistic approach to health care
- Flexible

**OPEN ACCESS SERVICE
SOUTHAMPTON**
(Anyone can call or attend this service)

OPENING HOURS

Monday	Evening Outreach	9.30pm - 11.30pm
Tuesday	Office	10.00am - 4.30pm
	Community Clinic (1A Bevois Hill, Portswood)	5.00pm - 7.00pm
	Evening Outreach	9.30pm - 11.30pm
Wednesday	Office	9.30am - 6.00pm
	Clinic (GUM Clinic, Royal South Hants Hospital)	12.30pm - 2.00pm
Thursday	Office	9.30am - 5.30pm
	Evening Outreach	9.30pm - 11.30pm
Friday	Office	9.30am - 1.00pm

Street Outreach: Ring for a one-to-one appointment with a project worker.

CATCHMENT AREA

Southampton and South West Hampshire

CONTACT DETAILS

Emily or Sue, Dept. of GU Medicine,
Royal South Hants Hospital,
Brintons Terrace, Southampton, SO14 0YG
Tel: 023 8063 1112
Fax: 023 8082 5122 (mark for attn. of SWWP)
Email: SWWP@scpct.nhs.uk

Street Homeless Prevention Team



AIMS

To meet and support individuals in Southampton who are street homeless or are at risk of street homelessness. To assist people sleeping rough to exit a street lifestyle by accessing appropriate services to meet their needs. To support individuals in the positive choices they make to prevent them from returning to the street.

STATUS

Voluntary

TARGET GROUP

18+ street homeless.

MODELS OF PRACTICE

- Generic and risk assessment
- Referral to other services
- Assertively seek accommodation
- Pragmatic and robust approach to supporting client group

**OPEN ACCESS SERVICE
SOUTHAMPTON**
(Anyone can call or attend this service)

OPENING HOURS

Monday	9.00am - 5.00pm
Tuesday	9.00am - 5.00pm
Wednesday	7.00am - 5.00pm
Thursday	9.00am - 5.00pm
Friday	9.00am - 4.30pm
Administration:	
Monday - Friday	9.00am - 5.00pm

CATCHMENT AREA

Southampton

CONTACT DETAILS

Street Homeless Prevention Team,
Southampton Voluntary Services,
Voluntary Action Centre, Kingsland Square,
St. Mary Street, Southampton, SO14 1NW
Tel: 023 8021 6000
Fax: 023 8022 2929
Website: www.southamptonvs.org.uk

SOUTHAMPTON SPECIALIST SERVICES

Counselling at Southampton CDA



AIMS

To give the service user the opportunity to explore issues of concern regarding drug or life choices, thereby enabling them to experience life as more satisfying and resourceful.

STATUS

Voluntary (partnership between Cranstoun drug services and City Counselling)

TARGET GROUP

18 plus

MODELS OF PRACTICE

We are a client-centred counselling service which means that all counselling will be delivered in a non-directive manner, without judgment or criticism. Counsellors will not assume they know best about a client's situation but will respect, support & facilitate exploration & awareness allowing the client to then make decisions & choices which are uniquely best for them. Clients will not be told what to do. Although sometimes there may be no definite answers, counselling can be a way forward in self-understanding & in finding out what is individually best for each of us.

SPECIALIST SERVICE SOUTHAMPTON

(Self-referral welcomed or from a GP or other service)

We have the ability to offer short term (6 week) interventions as well as longer term (12 weeks+). All counselling offered is done under the umbrella of the BACP guidelines for ethical practice. Counselling is a confidential activity undertaken with clear boundaries and guidelines. All counsellors attached to the service are members of the BACP with indemnity insurance and supervision in place. The approach offered to clients is client-centred and all service users are given an initial assessment appointment so that they can decide if what is being offered is an activity that they wish to pursue.

OPENING HOURS

Monday - Friday 9.00am - 5.00pm

CATCHMENT AREA

Southampton SO14-SO19

CONTACT DETAILS

Southampton CDA, 118 St. Mary's Road,
Southampton, SO14 0BL

Tel: 023 8063 1527

Fax: 023 8022 4428

Website: www.cranstoun.org

New Road Centre Community Alcohol Service



AIMS

To provide effective treatment for people with problematic alcohol use in Southampton and the Southern Parishes of Eastleigh. The service focuses on the ever-changing local needs reflecting the diversity of the community it serves.

STATUS

Statutory – NHS & Local Authority

TARGET GROUP

People with severe alcohol dependence and complex needs who need treatment aged 18+.

MODELS OF PRACTICE

The team offers a multi-disciplinary service with experienced staff working to offer a broad range of community-based treatment options such as:

- Community detoxification
- 1:1 key working
- Relapse prevention
- Testing for Hepatitis B & C
- Vaccination for Hepatitis A & B
- Service for women & pregnant users
- Referral for in-patient detoxification
- Care management & access to residential treatment
- Liaison with, and referral to, other services

SPECIALIST SERVICE SOUTHAMPTON

(Referral from a GP or other service needed)

- Support and information for other professionals

OPENING HOURS

Appointments:

Monday - Friday 9.00am - 5.00pm

Duty service for existing clients:

Monday - Friday 12.00am - 5.00pm

REFERRALS

Clients of GPs within Southampton City boundaries:
Options, 147 Shirley Road, Southampton, SO15 3FH
Tel: 023 8063 0219

Clients of GPs in southern parishes of Eastleigh:
Direct to New Road or via the [Bridge Centre](#)

CATCHMENT AREA

Southampton City and Eastleigh Southern Parishes

CONTACT DETAILS

New Road Centre
Community Drug & Alcohol Service,
2 The Carronades, New Road,
Southampton, SO14 0AA
Tel: 023 8071 7171
Fax: 023 8022 0995

New Road Centre Community Drug Service



AIMS

To provide effective treatment for people with problematic drug use in Southampton and the Southern Parishes of Eastleigh. The service focuses on the ever-changing local needs reflecting the diversity of the community it serves. To meet these needs, the broad range of community treatments and care interventions is constantly under review.

STATUS

Statutory – NHS & Local Authority

TARGET GROUP

People with problematic drug use who need treatment aged 18+.

MODELS OF PRACTICE

The team offers a multi-disciplinary service with experienced staff working to offer a broad range of community-based treatment options such as:

- Community Prescribing
- Care planning and co-provision of individually agreed treatment packages
- Motivational interviewing
- Relapse prevention
- Counselling information & testing for HIV/Hepatitis B & C
- Vaccination for Hepatitis A & B

SPECIALIST SERVICE SOUTHAMPTON

(Referral from a GP or other service needed)

- Harm reduction
- Referral to other services
- Referral to residential rehabilitation & detoxification

OPENING HOURS

Appointments:

Monday - Thursday 9.00am - 5.00pm

Friday 9.00am - 4.30pm

Duty service for existing clients only - 9.00am – 5.00pm

REFERRALS

Associated open access services are the [Southampton Bridge Centre](#) and the Southampton Drug Intervention Programme.

CATCHMENT AREA

Southampton City and Eastleigh Southern Parishes

CONTACT DETAILS

New Road Centre
Community Drug & Alcohol Service,
2 The Carronades, New Road,
Southampton, SO14 0AA
Tel: 023 8071 7171
Fax: 023 8022 0995

Society of St James – The BRIDGE

Tier 2 Drugs Service



AIMS

To provide easy access for drug users to drug treatment and to reduce drug-related harm

STATUS

Tier 2 drugs service provided by The Society of St James, a voluntary sector organisation

TARGET GROUP

People who are over 18 years old and who have drug use problems* and/or are currently vulnerable to relapse

* Drug use refers to legally or illegally obtained volatile solvents, illicit class A, B or C drugs or medications obtained without prescription and which are used on a regular basis to the extent that they are affecting that individuals life chances and likely to significantly impair their social, emotional or health functioning. 18+ problematic drug users who could benefit from a structured day service and want to change their drug using behaviour.

MODELS OF PRACTICE

- Harm Minimisation: Client Led services
- Non assessed open access services to encourage engagement

SPECIALIST SERVICE SOUTHAMPTON

(Self-referral welcomed or from a GP or other service)

- Volunteer and Peer support
- A range of services after triage assessment plus referral on
- Hosted health services including Needle Exchange & Rapid Response Prescribing

OPENING HOURS

Office hours:

Monday – Friday 10.00am - 6.00pm
Tuesday & Thursday late night opening until 8.00pm
Saturday 10.00am - 4.00pm

CATCHMENT AREA

Resident in the Southampton Area or with a “significant connection”. Consideration given to people re-settling following a custodial prison stay on a case by case basis.

CONTACT DETAILS

The Society of St. James: Tier 2 Drug Service -
The BRIDGE, 14-18 College Street,
Southampton, SO14 3EJ

Tel: 023 8088 1400 Fax: 023 8063 3574

Email: enquiries@bridge.ssj.org.uk

Website: www.ssj.org.uk

Southampton CDA Structured Day Service



AIMS

To reduce the harm caused by drugs to individuals and communities. This is via the provision of a day service that supports change through group work and non drug using activities.

STATUS

Voluntary (part of Cranstoun Drug Services)

TARGET GROUP

18+ problematic drug users who could benefit from a structured day service and want to change their drug using behaviour.

MODELS OF PRACTICE

- Modular group programmes that cover assertiveness, decision-making, drug and alcohol awareness, diversity, relapse prevention, relaxation and motivational enhancement. Other areas are also covered as the need dictates

SPECIALIST SERVICE SOUTHAMPTON

(Self-referral welcomed or from a GP or other service)

- To promote and support non-drug using activities via the use of sport and introduction to computing. Shiatsu massage and auricular acupuncture also available within the day service.
- Trans Theoretical Model
- CBT
- Solution Focus
- Action Based Learning

OPENING HOURS

Monday - Friday 9.00am - 5.00pm

CATCHMENT AREA

Southampton

CONTACT DETAILS

Southampton CDA, 118 St. Mary's Road, Southampton,
SO14 0BL

Tel: 023 8063 1527

Fax: 023 8022 4428

Website: www.cranstoun.org

OTHER USEFUL CONTACTS

ADFAM

Adfam exists to raise the awareness about, and take actions to alleviate, problems faced by families dealing with drugs and alcohol. They provide a range of information on their website on these issues and where to get help for them.

Tel: 020 7928 8898

Website: www.adfam.org.uk

Al-Anon

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking. Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience in order to solve their common problems.

Tel: 020 7403 0888

Website: www.al-anonuk.org.uk

Alcohol Concern

Alcohol Concern works to reduce alcohol related harm, and to increase the range and quality of services available to people with alcohol related problems. A range of information on alcohol related topics is available on their website.

Tel: 020 7928 7377

Website: www.alcoholconcern.org.uk

Alcoholics Anonymous (AA)

AA is an informal society that offers self-help groups across the country. Members will share their experiences and help other group members to recover from alcohol dependence. A 12-step approach is used.

Helpline: 0845 7697 555 or 020 7833 0022

Website: www.alcoholics-anonymous.org.uk

Cocaine Anonymous (CA)

CA is an association of men and women who share their experiences to help solve problems and to recover from addiction. Group meetings are organised and a helpline is also provided. A 12-step approach is used.

Helpline: 020 7284 1123

Email: info@cauk.org.uk

Website: www.cauk.org.uk

DrugScope

DrugScope is an independent centre of expertise on drugs with an aim to inform policy development and reduce drug-related risk. Their

website contains comprehensive access and library services for both the general public and professionals seeking drug-related information.

Tel: 020 79281211

Email: info@drugscope.org.uk

Website: www.drugscope.org.uk

FRANK (formerly the National Drugs Helpline)

FRANK aims to reduce the harm caused by drugs & operates at a national & local level. FRANK offers information, advice & tips, & can direct you to local services, drop-in centres & groups. Will also provide advice & information to drug users, their friends and families.

Helpline: 0800 77 66 00

Website: www.talktofrank.com

Hampshire Users Forum (HUF)

HUF is an independent group of ex- and on-going drug users who meet every three months. Membership is drawn from the Hants & IoW area. The group was set up to allow people involved in similar activities a regular opportunity to get together and share experiences, good practice and learn from each others' mistakes in what is a relatively new thing to most of us. New members are always welcome.

Tel: 023 8021 6009 (ask for Si)

Email: morphin@southamptonvs.org.uk

Methadone Alliance

Provides information and advice to people about methadone and other prescribing treatments. Also provides advocacy and representation to clients where appropriate.

Tel: 020 8374 4395

Website: www.methadone.org.uk

Narcotics Anonymous (NA)

NA is an informal society that offers self-help groups for men and women where drugs have become a major problem. Members meet regularly to help each other stay clean.

Helpline: 020 7730 0009

Website: www.ukna.org

Release

Release provides a range of advice and information services in response to people requiring assistance with matters to do with drugs and the law and human rights. They will also work with professionals and the general public and deliver training.

Helpline: 020 7749 4034

Email: info@release.org.uk

Website: www.release.org.uk