

NEW DIRECTIONS

Integrated Recovery Services

Drugs

Have you used drugs other than those required for medical reasons?

Do you abuse more than one drug at a time?

Have you ever felt physically ill, anxious or sick after stopping taking drugs?

- YES
 NO

- YES
 NO

- YES
 NO

If you answered **yes** to any of these questions you may wish to contact our 24/7 helpline on **0115 896 0798** or email at **notts@cri.org.uk**

Alcohol

Take this simple assessment to see what you score:

How often do you have a drink containing alcohol?

How many units of alcohol do you drink on a typical day when you are drinking?

How often have you had more than 6 or more units if female or 8 or more if male on a single occasion in the last year?

- 0 Never
 1 Monthly or less
 2 2-4 times per month
 3 2-3 times per week
 4 4+ times per week

- 0 1-2 units
 1 3-4 units
 2 5-6 units
 3 7-9 units
 4 10+ units

- 0 Never
 1 Monthly or less
 2 2-4 times per month
 3 2-3 times per week
 4 4+ times per week

Your score:

If you scored **5 or more** and want to know more about units and measures, contact our 24/7 helpline on **0115 896 0798** or email at **notts@cri.org.uk**

Contact us:

Newark

Rufford House
Sherwood Avenue
Newark
Nottinghamshire
NG24 1QF
T: 0115 896 0798

Open:

9:30am – 5pm
Mon, Wed, Thurs and Fri
Tues: 9:30 – 8pm

Open Access Times:

1:30pm – 3:30pm
Mon to Fri

Worksop

Ground Floor
Crown House
Newcastle Avenue
Worksop
Nottinghamshire
S80 1ET
T: 0115 896 0798

Open:

9:30am – 5pm
Mon to Fri

Open Access Times:

10am – 12pm
Mon, Tues, Thurs and Fri

Ashfield

Ashfield Medical Centre
King Street
Sutton-in-Ashfield
NG17 1AT
T: 0115 896 0798

Open:

9:30am – 5pm
Mon, Wed, Thurs and Fri
Tues: 9:30am – 8pm
(every 3rd Tues)

Open Access Times:

9:30am – 12:30pm
Wed

Mansfield

Unit 2 & 3 Sherwood Court
Sherwood Street
Mansfield
Nottinghamshire
NG18 1ER
T: 0115 896 0798

Open:

9:30am – 5pm
Mon, Wed, Thurs and Fri
Tues: 9:30am – 8pm

Open Access Times:

10am – 12pm
Mon, Tues, Wed and Fri
Thurs: 1pm – 2pm

Stapleford

4-16 Church Street
Stapleford
Nottinghamshire
NG9 8DB
T: 0115 896 0798

Open:

9am – 5pm
Mon to Fri

Open Access Times:

Please contact the service

funded by



In partnership with:



NEW DIRECTIONS

Nottinghamshire

Integrated Recovery Services



Our county wide services are designed to meet the needs of people who use drugs or alcohol, or are affected by the use of those around them.

We empower people to regain control of their lives, and help motivate them to tackle their problems.

safer communities, healthier lives

www.cri.org.uk





NEW DIRECTIONS

Integrated Recovery Services

Who we are

We have recovery services across Nottinghamshire. Each service has a recovery team which includes doctors, recovery coordinators, nurses, recovery champions, peer mentors and volunteers.

What we do

Nottinghamshire Integrated Recovery Service works with people over 18 who would like to access support for their drug and alcohol misuse.

Our services help people to make and sustain the changes they need to reduce and, ultimately, stop their drug and alcohol use. We aim to empower service users to identify and realise their goals throughout their recovery journey to healthier, safer lifestyle.

What we offer:

Our services include:

Healthcare Clinics

Healthcare advice, screening and vaccinations for blood borne viruses, such as Hepatitis B or C.

Medically Assisted Recovery

Medication to reduce the use of some illegal drugs. Medical interventions targeted at reducing or ceasing drug dependence.

Assessments and Goal Setting

A structured, holistic recovery plan that is regularly reviewed and addresses additional support needs, such as housing.

Advice, guidance and support

Access to a Recovery Worker on a one to one basis and/or therapeutic and educational group sessions.

Community and Inpatient Detoxification

We offer access to both community and inpatient detoxification for both drugs and alcohol.

Needle Exchange

Provision of safe equipment and harm reduction advice for injecting drug users.

Families, friends and carers

We understand that it can be very difficult to deal with the behaviour of someone close to you who misuses drugs and/or alcohol, and we will support you to have a voice and a role in supporting your loved one.

Professionals

We accept referrals from all professionals including GP's and Social Workers.

If you have a client who you feel would benefit from accessing our services, please send us an e-mail via our secure e-mail address to:

Nottinghamshire.secure@cri.cjsm.net

(Please note that we are unable to accept referrals if they are not sent via secure mail)

Accessing our service

People who would like to speak to somebody about their drug and/or alcohol use can contact the service directly by phone, e-mail or in person by dropping into any of the services during the Open Access times.

Our services are free and confidential. It is available to all residents of Nottinghamshire who are over the age of 18.

To help maintain your recovery we offer ongoing support including:

- ▶ Rehabilitation support
- ▶ Assertive linkage to mutual aid groups
- ▶ Joint working with mental health services
- ▶ Breaking Free Online

Call: 0115 896 0798

Email: notts@cri.org.uk

Although we are not an emergency service, our phone number is available 24/7 for advice and guidance (please note that calls are not free from a mobile).

Registering with Nottinghamshire Integrated Recovery Service is easy, you can do so by accessing our services during the Open Access times listed on the back cover of this leaflet, to meet with a Recovery Coordinator to discuss the appropriate options available to you.

Follow us on Twitter: [#CRI_notts](https://twitter.com/CRI_notts)

