

Change and be happy. We believe in a society free from problem alcohol and drug use.

Swanswell Alcohol and drug recovery service

get

information

Word cloud containing phrases such as: 'Guidance and support', 'Vital part of my recovery', 'Keep going', 'Change', 'Helping hand', 'Bright future', 'Second to none', 'Can't praise my worker enough', 'Supportive', 'Owe so much to you', 'Great', 'Break through in my life', 'Going the extra mile', 'Always there', 'Supportive', 'Thank you', 'Encourage', 'Helping hand', 'Motivate me', 'Always there', 'Bright future', 'I feel like someone cares', 'Guidance and support'.

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alcohol

?

drugs

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need a change?

For more information  
Please contact us.  
Call: **0300 303 8200**  
(03 numbers cost the same rate as a local call)

Email: [worcsadmin@swanswell.org](mailto:worcsadmin@swanswell.org)  
[worcsref@swanswell.org.cjsm.net](mailto:worcsref@swanswell.org.cjsm.net)  
(secure email for partners)

Visit our website [www.swanswell.org](http://www.swanswell.org)  
Like our Facebook page [SwanswellUK](https://www.facebook.com/SwanswellUK)  
Follow us on Twitter [@swanswell](https://twitter.com/swanswell)

**Swanswell**  
Alcohol and drug recovery service  
Worcester  
14 Castle House, Castle Street, Worcester, WR1 3AD

Kidderminster  
109 - 111 Coventry Street, Kidderminster, DY10 2BH

Redditch  
15 Alcester Street, Redditch, B98 8AE

[www.swanswell.org](http://www.swanswell.org)  
Registered charity number: 1074891

SwanswellUK [www.swanswell.org](http://www.swanswell.org) @Swanswell

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Delivering services as part of  
Worcestershire Recovery Partnership

Are you worried about your own or someone else's alcohol and/or drug use? Swanswell can offer free, confidential help.

We know alcohol and/or drug use can quickly move from being an enjoyable activity to something that can damage your health and happiness. It can also affect friends, family and the local community.

We understand people need different support to change. If you want help with cutting down, giving up, staying safe, or are concerned about someone else, we can offer you help and advice.

We'll support you on a one-to-one or group basis and decide together how to help you.

We can provide medical support directly or in partnership with your GP.



### Getting started

Please contact us and we'll help you decide what you need to do and what support you may need to do this.

### Where to find us

We work from community locations and GP surgeries across Worcestershire, so coming to see us is as convenient as possible. We're available Monday to Friday 9am – 5pm. We offer evening appointments, or you can come along to one of our drop-in sessions.

To find out our drop-in times or to make an appointment, contact us using the details over the page, or ask a friend or your GP to contact us for you.

### Confidentiality

Swanswell respects your right to privacy. When you have your first meeting with a Swanswell worker, they will explain to you how we keep things confidential.

### Who we help

We can work with you if you want to change your alcohol and/or drug use, and live in Worcestershire.

### Further support from Swanswell

This could involve:

- drug and/or alcohol treatment
- access to substitute prescribing/anti-craving medication
- access to community/inpatient detoxification
- harm reduction advice/needle syringe programme
- referral for residential rehabilitation
- healthcare advice and information
- access to information on housing, employment, training and benefits
- service user/peer mentor groups you may find it helpful to attend
- individual peer support
- access to sexual health screening and testing
- structured group work
- carers and families group
- drop-in clinics
- contact with other agencies who may be able to offer services you need

# Drug Diary



<b>Day/date</b>	<b>Time</b>	<b>Where</b>	<b>Who with</b>	<b>Type of drug</b>	<b>Amount of Drug</b>	<b>Money Spent</b>	<b>Remarks: e.g. Feelings, any particular reason for using, any other substances taken?</b>
Monday ...../...../.....							
Tuesday ...../...../.....							
Wednesday ...../...../.....							
Thursday ...../...../.....							
Friday ...../...../.....							
Saturday ...../...../.....							
Sunday ...../...../.....							