



Somerset Drug and Alcohol Service Directory

**A guide to drug and alcohol services
in Somerset for users and professionals**



Introduction

“ I have been in treatment successfully for nearly three years. This has made such a difference to my life, being involved in my treatment and using services to help me reach goals I never thought I would achieve.

Take it from someone who knows – the people and the agencies will make a difference to your life, if you want them to.

Go in to your nearest service and speak to someone today. All you need is there. People will listen to you, groups will help you work your way out of addiction and workers will help you back in to the real world.

Go on, start to grab your life back now! ”

Shayne Hayes Service User

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Turning Point Services for Adults aged 18 years & over

Advice and Information

Turning Point's Drug and Alcohol Services in Somerset offer free, confidential advice and support to anyone whose life is being adversely affected by drug and/or alcohol use.

We offer help to people aged 18 years and over, as well as their partners, other family members and friends.

Our service operates from four venues throughout the county, which are open from 9am until 5pm, Monday to Friday, and later on some nights.

Bridgwater: Southwood House,
2-4 Taunton Road, Bridgwater, TA6 3LS
Tel: 01278 456 561

Taunton: Unity House, 10 Canon Street,
Taunton, TA1 1SN Tel: 01823 328 463

Wells: Beckynton Place, Priory Health Park,
Glastonbury Road, Wells, BA5 1XJ
Tel: 01749 836 660

Yeovil: 3rd Floor Maltravers House, Petters
Way, Yeovil, BA20 1SP Tel: 01935 383 360

Open Access / Drop-In service

Turning Point offers an open access service for anyone needing advice, information or treatment in relation to problematic drug and/or alcohol use.

No appointment is necessary and you can be seen without a referral. This service is informal and only minimal information is taken at this stage.

You can self-refer by dropping in or phoning your local Turning Point office.

A duty worker will be available to give advice and information, if necessary spending some one-to-one time with you, and signposting you onto other support and information if appropriate.

For example, you can self-refer for a methadone prescription, advice on supporting a loved one who is experiencing problems with a drug and/or alcohol, or for information on drug effects.

We also offer needle exchange through the open access service.

Needle Exchange

Turning Point offers free and confidential needle exchange services in all office bases and satellites across Somerset.

Needle exchange is based on a harm reduction philosophy and aims to minimise the risk of:

- > BBV (Blood Borne Virus) infection such as HIV, Hepatitis B and Hepatitis C
- > injecting injuries
- > overdose.

We take minimal personal details and offer an assessment of risk, so that the best advice and information (verbal and written) can be given to you.

You can pick up a range of sterile injecting

equipment, including different size needles, syringes and acidifiers, to reduce harm while continuing to inject. Used equipment can be returned to be disposed of safely.

Foil is available if you smoke drugs. This is to encourage early treatment, prevent moving on to injecting, or to reduce/stop injecting.

You may also be referred to other services such as BBV (Blood Borne Virus) screening and vaccination.

Complementary Therapies

Turning Point offers complementary therapies as an add-on to treatment, group work and one-to-one support.

The main therapies we offer are: auricular (ear) acupuncture, Reiki.

Auricular acupuncture and Reiki have successfully been used to relieve many of the symptoms of substance withdrawal. Service users report feelings of relaxation and improvements in sleep pattern, reduction in cravings, muscle pain and other symptoms.

The Well Being Group focuses on “body talk” relaxation techniques, relaxed awareness

(meditation) and a healthy diet. We also look at other complementary therapies that may be beneficial for you.

All therapies are included in your care plan, following discussion with your care co-ordinator.

Specialist Prescribing

Turning Point offers specialist prescribing services via doctors and registered nurse prescribers.

This service works to help reduce the harm from total reliance on illicit drugs, by offering substitute medication such as methadone or buprenorphine.

Medication, such as naltrexone for opiate users and antabuse for alcohol users, can be prescribed to prevent relapse.

If you use stimulants you may be prescribed medication which is not a 'substitute' but which 'cushions' your withdrawal symptoms.

It is important to be open about your drug and alcohol use to make sure you receive the best prescribing options.

We appreciate how difficult it can be to remain completely free of illegal drugs and will not 'punish' you for 'using on top'.

Shared Care

The 'Shared Care Model' involves your GP, Turning Point worker and pharmacist working together for your clinical care. This will usually involve substitute prescribing of either methadone or buprenorphine.

Turning Point takes responsibility for your assessment, key working, substance-specific clinical advice and gives regular feedback to your prescribing GP.

Many service users prefer this approach as it is more normalising, less conspicuous and reduces the feelings of stigmatisation. This model of care is proving very successful in making treatment both accessible and safe.

Community Detoxification (Detox)

Detoxification (detox) is the medically assisted withdrawal of a substance of dependence. The treatment aims to reduce the discomfort and risks associated with 'coming off' drugs or alcohol. Detoxification is normally offered as part of your planned package of care.

You will be supported before, during and after the treatment. The preparation time will depend on

your needs and the actual detoxification will last between three and ten days.

Turning Point has two experienced detox nurses who can assist and supervise detox in your own home. There is also access to a limited number of beds in local hospitals. Treatment can also be carried out as part of a residential programme in a specialist drug and alcohol rehabilitation clinic.

Inpatient Detoxification

Inpatient detoxification (detox) can help you to become free of drugs and/or alcohol in a safe, supportive environment, and supports you to remain abstinent with a relapse prevention plan agreed prior to the start of your detox.

To access inpatient detox, you must be referred to Turning Point, either by your GP or by 'dropping in'.

A key worker will be allocated to you who will assess your needs, motivation and level of drug and/or alcohol dependency.

If you misuse alcohol, you will be given a drinks diary to fill in for several weeks. This will be discussed at the following appointment. If detox is required, you will meet with the Turning Point

doctor, who will refer you to a separate unit requesting an alcohol in-patient detox.

BBV (Blood Borne Virus) Screening and Vaccination

This nurse-led service is aimed at clients using the needle exchange service and those currently in drug misuse treatment.

We offer BBV education, counselling and testing at any stage in your treatment.

The tests are for HIV, Hepatitis B and Hepatitis C with onward referral to a specialist if necessary. It may be necessary to repeat the tests.

We offer all drug-using clients a course of Hepatitis A and Hepatitis B vaccinations.

If you have a positive test result, we will offer advice and support, and will liaise with other agencies to reduce harm to any close contacts and family.

Group Work Programme

Turning Point offers a range of groups to suit individual service users. Attendance is determined by your care plan.

The Introduction to Treatment Group is for new service users. It offers a range of groups that reflect your journey through treatment.

The Support Group is a structured meeting where staff and peers work together to help you consider your progress.

The Intensive Day Programme will support you to address underlying issues in a supportive environment.

Relapse Prevention Groups are supplementary to the Intensive Day Programme. These are available twice a week, if you are unable to commit to the daily programme.

The Well Being Group helps you develop a healthy lifestyle, receive complementary therapies and to relax through recreation in an Art Group.

The Moving On Group will support you to start a new fulfilled life.

Counselling

Counselling is normally accessed when you are stable and abstinent from your drug of choice, and when you wish to look at personal issues on a deeper level.

The counselling is currently provided by a mixture of trainees and professionals, both voluntary and paid.

If further in-depth counselling is needed, you may be referred to your GP or other local counselling services.

Residential Rehabilitation

Residential treatment provides a period away from your normal routines and environment.

It is an intense programme of care and support for people who are not suited to treatment within a community setting, but are motivated to change their substance misuse. Generally this treatment lasts between three and twelve months.

This treatment can be of huge benefit, but does not suit everyone. You will need an understanding of the nature of the rehabilitation programme, and be nearing the resolution phase of addiction, usually having made previous meaningful attempts to address your problem.

Access to this service is through your Turning Point key worker or probation or prison CARAT worker, who along with the Turning Point community care link worker, will talk through this option with you,

before approaching the rehabilitation panel on your behalf.

More information about different residential services is available on the National Treatment Agency's website: **www.nta.nhs.uk**

Support for Carers, Families and Friends

Turning Point can offer help, advice and support for family members, carers and friends of those with problematic drug and/or alcohol use, regardless of whether or not the person is in treatment.

We can offer telephone advice and information on drugs and alcohol. If you are a carer, we can provide an assessment to identify your needs and discuss how you could receive support around these.

We also provide Family Support Groups across Somerset, which provide an opportunity for you to meet others who share similar experiences, to share strategies and to receive support in a safe environment. Details of your local group can be obtained from your nearest Turning Point office.

We value the contribution that carers, family and friends make to effective drug and alcohol

treatment. We aim to continue to develop our services, and to work with other family support networks to assist you in getting the help, information and advice that you need.

Community Access Programme (CAP)

The Community Access Programme team provides support to drug and/or alcohol users across Somerset in their efforts to gain access to education and employment, vocational training, and recreational activities. It complements other drug and alcohol treatment services.

You are encouraged to develop practical life skills, from dealing with social situations to working towards a qualification.

We will work with you to deliver programmes designed to suit you. For example, supporting you to get on a course of study at your local college, do some training or use facilities at your local leisure centre. You could benefit from in-house cookery, art and gardening groups, joining a conservation work project, doing some football coaching, or going fishing.

We are confident that you will be able to achieve the goals you have set yourself and be ready to move on within six months.

If you would like to be referred to CAP please speak to your Turning Point key worker or contact our main office:

**3rd Floor, Maltravers House, Yeovil, BA20 1SH
Tel: 01935 383 376**

On The Level

Services for Young People aged 17 years & under

On The Level is the drug and alcohol treatment service in Somerset for young people aged 17 years and under

The service is free and confidential, but there may be circumstances, when in the interest of safety, other professionals must be informed.

Our small, but dedicated team of experienced workers will work with you in a supportive relationship to reduce the harm being caused by your use of substances.

We accept referrals from a wide variety of sources, and you are encouraged to refer yourself.

Various methods are used to help you to change your use, including counselling, psychological and psychiatric treatment, and advocating on your behalf with other adults and organisations in your life.

You will be encouraged, where appropriate, to talk to your parents, other adults and friends about your use, and that you are seeking help for this. But this remains your choice.

Substance misuse can often result from difficulties encountered by you in your life. We work actively to assist you in overcoming these difficulties, with more specialist help or by referrals to other organisations that can help you with particular issues, such as housing, school, mental or physical ill health, or social needs.

You can make initial contact via the On The Level office. A worker, based in your area will then contact you.

**The Bridge, Priory Park Health Site,
Glastonbury Road, Wells, BA5 1TJ
Tel: 01749 836 727**

Opening hours: Monday - Friday, 9am - 6pm

Advice and Information

On The Level workers are widely experienced and knowledgeable about the potential effects of drugs and alcohol on young people, both physically and emotionally.

The advice and information we offer is practical and realistic. It is based on reducing harm from substances and the methods that best achieve this goal.

Individual enquires that cannot be dealt with by us, will be 'signposted' to the relevant organisation.

Open Access

We will meet you at a time and in a location of your choice. This may be at home, school, coffee shop or in an anonymous environment to protect your confidentiality and offer you the chance to talk openly.

Needle Exchange

On the Level has an arrangement with Turning Point that allows young people under the age of 18 to access injecting materials from their premises.

You will be assessed by Turning Point and encouraged to access support from us. This will include advice and information about the risks involved with injecting drugs; not sharing injecting materials; safer injecting practices and sites.

BBV (Blood Borne Virus) Screening and Vaccination

We work with Turning Point's specialist nurses to offer screening and vaccination for HIV, Hepatitis B and Hepatitis C for any young person who has injected at any time. If you have a positive test result you will be offered advice and support and onward referral to a specialist if necessary.

Counselling

You will be seen on a one-to-one basis with a specialist worker, unless you ask for a different arrangement. Sometimes bringing a friend to an initial session helps to ease anxiety, and this is fine.

'Talking therapies', are used to build trust, understand the reasons for your substance use, reduce substance use, and to find ways for you to cope with stress, difficult situations and

relationships. A psychologist is part of the team that can offer more specialist help if needed.

Family Support

We will always try to liaise closely with your family and/or carers when you use our service. With your permission, appointments can be offered to discuss ways of achieving positive change through improving the family relationships.

If appropriate, families can be referred to the local CAMHS (Child and Adolescent Mental Health Services) team for more specialist work. A joint approach of continuing specific work on your substance use alongside family work is usually very effective.

Prescribing, Detoxification and Rehabilitation

We can help you to stop using substances such as heroin and alcohol.

Following an assessment by your worker, a joint meeting is held with a psychiatrist, who can prescribe medication for you to replace drugs or alcohol.

Intensive support is offered during detoxification to enable you to remain in your local community.

We prefer to work with young people in their own community but on the rare occasion that a young person is assessed as needing the more structured input of specialist residential rehabilitation, we will support you to access this. Following a residential placement, you will be offered continuing support, relapse prevention advice and guidance, with an emphasis on increasing social, employment and training opportunities.

General Advice and Information

Overdose Are you at risk?

People who inject are much more likely to overdose – often because they gradually use larger and larger amounts. Smoking or chasing is a much safer bet.

If you want to reduce your risk of overdose, the following three points can help:

- > Don't inject, or if you do, then don't do it alone
- > Don't mix depressants
- > Go easy after a break

What to do if someone overdoses:

If someone is UNCONSCIOUS AFTER AN OVERDOSE, there is nothing you can do to wake

them up. The best hope of saving their life is to **DIAL 999 AND ASK FOR AN AMBULANCE.**

If you see some one overdose:

- > Put them in the recovery position
- > Dial 999 and ask for an ambulance

Remember:

- > The police are no longer routinely contacted or involved when you call for an ambulance
- > All paramedics carry Naloxone, a substance that can bring someone round from a heroin or methadone overdose

Drugs, Alcohol and Driving

As a driver you have a legal responsibility to inform the DVLA (Driver and Vehicle Licensing Agency) of any condition (including substance misuse) that might affect your ability to drive.

Contact the Drivers Medical Unit, DVLA, Swansea, SA99 1TU.

You are also required to inform your car insurance company.

Continued alcohol misuse may lead to your driving licence being revoked.

Being stable on prescribed methadone or buprenorphine will not normally lead to your driving licence being revoked, unless you continue to use drugs (including benzodiazepines or alcohol) on top of your prescription.

If services are aware that you are continuing to drive under the influence of drugs or alcohol, they may be obliged to inform the statutory authorities.

Please speak to Turning Point/On the Level, if you have any queries.

Drugs on Holiday

Drug laws are different in every country, with penalties ranging from heavy fines and imprisonment to the death penalty.

You should always take care when packing your luggage and do not accept gifts to take home from new friends. Do not offer to take luggage on behalf of someone else. If you are convicted abroad, this will be recorded in the UK and will affect your employment and travel prospects.

If you need to take medication of any description on holiday with you, please ensure you also have with a covering letter from your doctor.

If you are taking a controlled drug as part of your treatment, your doctor may need to apply for a Home Office Licence for you. Speak to the doctor who gave you the prescription, as early as possible before you plan to travel, because at least two weeks notice is needed for a Home Office Licence. Your doctor will provide a covering letter, containing details about your medical history, medication details and emergency contact numbers.

Carry your medication in its original packaging, fully labelled in your hand luggage, with your doctor's covering letter and, if applicable, your Home Office Licence. You will be asked to provide this information at Customs.

Drugs, Alcohol and Pregnancy

Turning Point & On the Level recognise the need for support for pregnant service users, who may not access general health services until late into pregnancy.

Both services offer a fast-track service for pregnant drug and/or alcohol users, who are not in treatment, and will work closely with hospitals, midwives, doctors and social services to ensure that you receive an effective and supportive service throughout pregnancy and beyond.

We work closely with the specialist substance misuse midwives based at Musgrove Park Hospital, Taunton, and Yeovil District Hospital.

We understand that accessing drug and alcohol services when you are pregnant can be frightening. We will work with you in a non-judgmental way, and with the other professionals involved in the care of you and your baby, to minimise harm to you both.

You should not stop using drugs or alcohol without first discussing this with your midwife, as the immediate withdrawal of drugs or alcohol could result in serious complications with your pregnancy.

We encourage drug-using partners to seek treatment to enable pregnant women to achieve progress at the early stage of pregnancy.

For further details contact the Substance Misuse Midwives:

**June Grant, Musgrove Park Hospital,
Taunton Tel: 01823 333 444**

(for Taunton, Bridgwater, West Somerset and surrounding areas)

**Joanne Hayward, Yeovil District Hospital
Tel: 01935 475 122**

(for Yeovil, Glastonbury and surrounding areas)

Drugs and Offending

If you are aged 18 and over

Turning Point services are fully available to people involved in the criminal justice system.

If you have been involved with the police, prison or probation service within the last two years, the Drug Intervention Programme can help you to break out of the drugs/crime cycle.

We liaise with drugs workers in prisons and **Drug Intervention Programmes** in other areas, to ensure continuity of care for people transferring in and out of the area. We also work jointly with local probation staff.

The **Arrest Referral Service** is offered in police custody suites and magistrates' courts from Monday to Saturday. This provides assessment, information, advice and access to services, plus liaison with court and probation staff.

If you are aged 17 and under

The Youth Offending Team (YOT) has drug & alcohol workers that will support you if you need information, advice and help with your drug or alcohol use. On the Level works closely with the YOT and Turning Point to ensure you get the services you need.

Carers, Families and Friends

“ Unless you have been close to someone using drugs or alcohol, it is very difficult to imagine just how painful it can be, and that loving someone is not enough to make them stop. This was the case for me with my son’s drinking.

It’s often difficult to accept that when a person gets treatment they may choose not to involve their family member, however, it does not stop us getting help for ourselves. Learning to understand and often having to change what we ourselves do, can sometimes help the other person.

After a very long and difficult journey, I now realise there are two very important things that a family member can do: one is to learn how to get help and support for yourself, which may help with communication and relationships within the family; the other is to learn how to understand and support the other person in a way that does not help them continue with the drug/alcohol use.

None of this is easy, and in itself can be a long process, but....

‘I found a group, my very own group
Of people that never stare
Of people that never whisper, only people that
always care.

They don't point the finger they help me along
At the end of the phone they are always there.”

Sue Holmes

A family member

General Information

If you are the carer, family member or friend of someone affected by drug and/or alcohol misuse, you can access help and support from a range of organisations across Somerset.

Support is offered by specialist drug and alcohol services such as Turning Point and On the Level (see pages 16 & 23)

There are a range of national and local helplines which may help you (see page 56 to 59) or you may wish to contact local voluntary support groups.

The In Touch Project

In touch with a service – in touch with each other

The In Touch Project was set up in 2007 by a small group of volunteers affected by someone else's drug or alcohol use, and who wanted to 'reach out' to others in need. We hope to uncover many of the people feeling isolated and alone, and not knowing where to go for help.

Our aim is to provide a confidential, informative, supportive and therapeutic range of services for carers, family members or friends over the age of 18 years.

If you are affected by someone else's drug or alcohol use, In Touch offers you the choice to:

- > meet, have a coffee and chat
- > talk through your options
- > access information
- > find support in your area
- > link up and gain hope from others who understand.

To find out more:

Tel: 01749 670 244

Monday 10am - 8pm; Thursday 10am - 8pm;

Sunday 9am - 1pm

Occasionally we may have to leave an answerphone message but if you feel comfortable leaving your first name and telephone number, we will get back to you as soon as possible.

Email: enquiries@intouchproject.org.uk

Website: www.intouchproject.org.uk

Young Carers

If you are under 18 and look after someone in your family then you are a young carer.

It may be difficult for you to cope with studying, getting to school or college on time, or meeting friends because you are a carer.

In Somerset there is a [Young Carers Support Service](#) to give support, advice, and breaks to Young Carers.

The Young Carers Project can help you in a number of ways:

- > They can answer your questions and give you advice on anything you need to know.
- > They can give you useful information, which can help you and your family.
- > They can introduce you to other young people who are in similar situations to you.
- > They can speak out for you, making sure that your feelings and ideas are heard.
- > They run regular groups, where you can take part in exciting and new activities, have a break from home life, and have fun with friends.
- > They can talk to your school about what being a young carer means for you
- > Give you support and help you get information.

There are Young Carers Coordinators who understand how difficult it can be for you, and can help you work things out.

To find out more:

Tel: Somerset Direct on 0845 345 9122.

They will direct you to Young Carers support in your area **Website: www.somersetyc.org.uk**

The Shaw Trust - Making it Work Project

The Making it Work Project is open to people who are economically inactive and whose partner or other family member is in prison.

They can offer you:

- > confidential impartial advice from a qualified adviser
- > access to training and work placements
- > help with job searching, CV writing, application forms, interview techniques
- > courses to build your confidence & motivation
- > a small job start grant when you become employed for 16 hours.

For further information contact:

Your local support centre Tel: 0808 180 2005

Shaw Trust Employment:

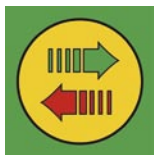
40 Eastover, Bridgwater, TA6 5AR

Tel: 01278 437 190

www.shaw-trust.org.uk/making_it_work

Pharmacy Needle Exchange

A number of pharmacies across Somerset provide free and confidential needle exchange services, including provision of sterile injecting equipment for all injecting drug users.



Look out for this sign in the pharmacy window – this indicates they are part of the needle exchange scheme in Somerset.

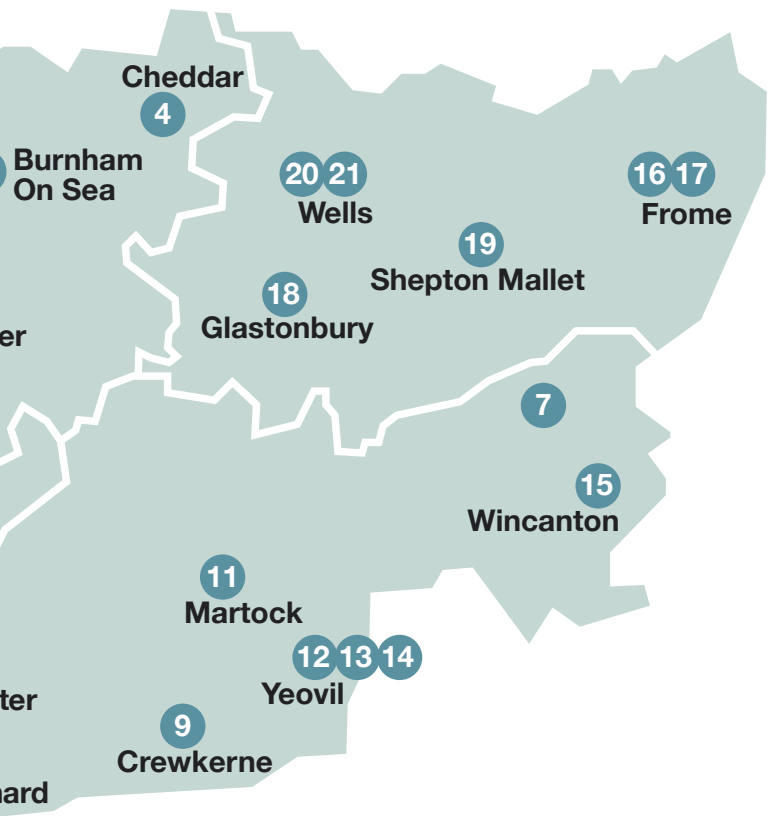
You will find pharmacy staff keen to provide you with packs of sterile equipment. All we ask in return is that you bring back your used works to us for safe disposal. This would be much appreciated. Please remember that you will still be able to get sterile injecting equipment from your pharmacy, even if you have not brought back your old equipment.

Turning Point also provides needle exchange. See page 8.

The map shows you where the pharmacy and Turning Point needle exchanges are in Somerset.

Full address details are listed overleaf.





SEDGEMOOR

1 Boots the Chemists Ltd

34-38 Fore Street
Bridgwater TA6 3NG
01278 422 011

2 Turning Point

Southwood House
2-4 Taunton Road
Bridgwater TA6 3LS
01278 456 561

3 Day Lewis Ltd

1 Regent Street
Burnham-on-Sea TA8 1AX
01278 783 079

4 Lloyds Pharmacy

The Cross Pharmacy
Church Street
Cheddar BS27 3RA
01934 742 208

5 Lloyds Pharmacy

Highbridge Medical Centre
Pepperall Road
Highbridge TA9 3YA
01278 795 001

6 Lloyds Pharmacy

105 Fore Street
North Petherton TA6 6RY
01278 662 288

SOUTH SOMERSET

7 Bruton Pharmacy

3 High Street
Bruton BA10 0AB
01749 812 342

8 Lloyds Pharmacy

Somerfield Store
Holyrood Street
Chard TA20 2DN
01460 63089

9 Boots the Chemists Ltd

8-10 Market Street
Crewkerne TA18 7JY
01460 72310

10 Boots the Chemists Ltd

6 East Street
Ilminster TA19 0AJ
01460 52648

11 National Co-operative
Chemists Ltd

The Chantry
Church Street
Martock TA12 6JL
01935 822554

12 Day Lewis Ltd

Abbey Pharmacy
5a The Forum
Yeovil BA21 3TL
01935 478243

13 Lloyds Pharmacy

72 Hendford
Yeovil BA20 1UY
01935 423393

14 Turning Point

Maltravers House
Petters Way
Yeovil BA20 1SP
01935 383 360

15 Alliance Pharmacy

13 Market Place
Wincanton BA9 9LA
01963 33235

MENDIP

16 Alliance Pharmacy

Health Centre Pharmacy
Park Road
Frome BA11 1EU
01373 462616

17 National Co-op
Chemists Ltd

Locks Hill Surgery
95 Lockshill
Frome BA11 1LU
01373 473693

18 Alliance Pharmacy

2 High Street
Glastonbury BA6 9DU
01458 832182

19 Boots the Chemists Ltd

The Park Medical Practice
Cannards Grave Road
Shepton Mallet
BA4 5RT
01749 346 982

MENDIP continued

20 Boots the Chemists Ltd

Priory Health Park
Glastonbury Road
Wells BA5 1XJ
01749 675 508

21 Turning Point

Bekynton Place
Priory Health Park
Glastonbury Road
Wells BA5 1XJ
01749 836 660

WEST SOMERSET

22 Boots the Chemists Ltd

14-16 The Parade
Minehead TA24 5UG
01643 702 004

23 John Ware Ltd

Porlock Pharmacy
21 High Street
Porlock TA24 8PT
01643 862455

24 Lloyds Pharmacy

Williton Surgery
Robert Street
Williton TA4 4QE
01984 632512

TAUNTON DEANE

25 Alliance Pharmacy

St. James Medical Centre
St. James Street
Taunton TA1 1JP
01823 251 683

26 Boots Pharmacy

Upper Holway Road
Taunton TA1 2QA
01823 284 529

27 Sainsbury's Pharmacy

Sainsbury's
Hankridge Farm
Hankridge Way
Taunton TA1 2LR
01823 442 883

28 Turning Point

10 Canon Street
Taunton TA1 1SN
01823 328 463

29 Boots the Chemists Ltd

6 High Street
Wellington TA21 8RA
01823 662 170

30 Day Lewis Ltd

The Pharmacy
1 The Square
Wiveliscombe TA4 2JT
01984 623 284

The McGarvey Fellowship

The McGarvey Fellowship is a long established, independent voluntary organisation, led and staffed by volunteers who are all in recovery from addiction. We provide support and advice to people who are seeking an abstinence-based approach to their drug and/or alcohol problems.

Our approach to drug and alcohol dependence or addiction is based on the principle of total abstinence, using the “12 Steps” of Alcoholics Anonymous and Narcotics Anonymous. This well established approach encourages the individual to take personal responsibility for recovery, by gaining support from those who have had similar problems, through attendance at regular group meetings.

We work in partnership with Turning Point, providing input to the Turning Point group work programme across Somerset.

We also provides out of hours telephone support.

**The McGarvey Fellowship,
c/o Turning Point, Bekynton Place, Priory
Health Park, Glastonbury Road,
Wells BA5 1XJ**

Tel: 01749 836 670

Email: mccgarvey942@btinternet.com

Contraceptive and Sexual Health Services

You can access free and confidential contraceptive and sexual health services from your GP. In addition there are dedicated contraception and sexual health clinics across the county. These clinics are open to all ages, including under 16 years. They all offer confidential information and advice on sexual health and relationship issues. Additional services vary, but will include all or some of the following free and confidential services:

- > The full range of contraception
- > Emergency contraception
- > Pregnancy testing and advice
- > Condoms (C Card)
- > Chlamydia screening
- > Sexually transmitted infections testing and treatment.

For further details on these services in your area:

- > Visit www.somersetpct.nhs.uk.
- > Ask your local drug and/or alcohol service
- > Phone 01823 364 940 to find out the location of your nearest Contraceptive and Sexual Health (CASH) clinic.

Genito-Urinary Medicine (GUM) clinics specialise in testing and treatment of sexually transmitted infections including HIV.

For GUM appointments contact:

Bridgwater: 01823 252 222 or 01823 342 623

Taunton: 01823 252 222 or 01823 342 623

Yeovil: 01935 384 705

The Bridge

The Bridge is an integrated, comprehensive, sexual assault support service for men, women and children in the Avon and Somerset area.

At The Bridge, they have specially trained, experienced professionals who can provide you with:

- > sexual health information and referral services
- > information about reporting to the police and judicial processes
- > forensic medical facilities
- > counselling
- > post-sexual assault follow-up care
- > support through the criminal justice system
- > practical support and referrals to other community services
- > consultation services to other professionals.

The Bridge aims to empower and support you following a sexual assault, inform you of your options and assist you in making your own decisions about your care. They can offer you a place of safety and support you in your recovery.

The Bridge has been established through a partnership between the police, the NHS and relevant charities.

If you have been sexually assaulted recently or in the past, you can refer yourself at any time to The Bridge if you wish to report to the Police, or if you wish to leave this open as an option for the future. Either way, The Bridge can make all necessary arrangements 24 hours a day. Alternatively, you can contact the police directly to activate this same service.

If you do not want police involvement, but require urgent or non urgent medical attention due to being recently sexually assaulted, they can refer you to other appropriate medical and sexual health services and arrange for the client to receive follow up support.

For counselling services, you can refer yourself by contacting The Bridge by telephone during office hours. However, you can also be referred for all services at The Bridge by other professionals by simply phoning them.

Contact details:

**The Bridge, 2nd Floor, Central Health Clinic
Tower Hill, Bristol BS2 0JD**

Tel: 0117 342 6999

Email: turntothebridge@uhbristol.nhs.uk

Website: www.turntothebridge.org

Opening hours:

24 hours - Telephone information and forensic medical services with police involvement.

Monday to Friday 9.00am to 5.00pm for:

- > Information and referral services
- > Counselling
- > Forensic medical services without police involvement
- > Consultation

Mental Health Services

If you are experiencing any long term or serious mental health problems, alongside your drug or alcohol use, you can get support from one of the community mental health teams. These teams are part of Somerset Partnership NHS Foundation Trust

You will first receive an assessment and if you require treatment, you will be involved in developing a care plan to suit your needs. These services can be provided in a variety of settings, such as your GP surgery, an educational establishment or employment setting, or could involve a stay in hospital.

For further information on these services contact:

Bridgwater: Broadway Park, Barclay Street, Bridgwater, TA6 5YA **Tel:** 01278 720 220

Taunton: Park Gate House, East Reach, Taunton, TA1 3ES **Tel:** 01823 330 502

Wells: The Bridge, Priors Health Park, Glastonbury Road, Wells, BA5 1TJ **Tel:** 01749 836 601

Yeovil: Holly Court, Summerlands, Preston Road, Yeovil, BA20 2BX **Tel:** 01935 330 502

Accommodation and Housing

Useful Housing Contacts

To get advice and help from your local district council regarding general and emergency housing, contact the housing department on the following numbers:

Mendip area: 01749 648 999

Sedgemoor area: 0845 408 2547

South Somerset area: 01935 462 462

Taunton Deane area: 01823 356 356

West Somerset area: 01643 703 704

Shelterline: 0808 800 4444

This is a free 24 hour phonenumber for people with any housing queries, including people who may be facing homelessness.

Supported Housing

The aim of supported housing is to help you to live more independently. Areas of support are varied but could include support for you to take part in training, managing finances or health issues, such as drug and alcohol use.

In Somerset there are two types of housing related support:

1. Accommodation-Based Support is attached to where you live. It is usually provided for up to two years. During this time, we will help you to achieve agreed goals. Once your goals have been achieved, it is expected that you will move on to new accommodation.
2. Floating Support is not attached to where you live and can be provided regardless of the type of accommodation you live in. If you move, the support can follow you. This type of support is usually provided for up to two years. During this time we support you to achieve agreed goals. Once your goals have been achieved, it is expected that our support will end.

For information on accessing housing support services in Somerset there are number of contacts that can help you:

Look on the web **www.spdirectory.org.uk**

Phone Somerset Direct on **Tel: 0845 345 9133**

Speak to your key worker in **Turning Point or On the Level**. Or speak to your local district housing office on one of the numbers above.

National / Local Helplines and Websites

Information about Drugs and Alcohol

Alcoholics Anonymous 0845 769 7555

www.alcoholics-anonymous.org.uk

Alcohol Units – Know Your Limits

www.units.nhs.uk

Drinkline 0800 917 8282 www.patient.co.uk

The Drink Aware Trust no helpline

www.drinkaware.co.uk

Lifeline Drugs no helpline

www.lifeline.org.uk

Narcotics Anonymous 0845 373 3366

www.ukna.org

Release 0845 4500 215 www.release.org.uk

Talk to Frank 0800 776 600 www.talktofrank.com

Carer & Family Support

In Touch Project 01749 670 244

www.intouchproject.org.uk

Relate 0300 100 1234 www.relate.org.uk

Runaway Helpline 0808 800 7070

www.missingpeople.org.uk/runaways

The Shaw Trust 1808 180 2005

www.shaw-trust.org.uk/making_it_work

Families Anonymous 0845 1200 660

www.famanon.org.uk

Al-Anon Family Groups 0207 403 0888

www.al-anonuk.org.uk

Parents Against Drug Abuse 0845 702 3867

www.pada.org.uk

Prisoners' Families and Friends Service

0808 808 3444

www.prisonersfamiliesandfriends.org.uk

Young Carers of parents using drugs or alcohol

Somerset Young Carers Project 0845 345 9122

www.somersetyc.org.uk

National Association for the Children of

Alcoholics 0800 358 3456 www.nacao.org.uk

ChildLine 0800 1111 www.childline.org.uk

The Princess Royal Trust for Carers YCNet
www.youngcarers.net

The Children's Society – STARS
www.parentsusingdrugsorg.uk

Crime

Crime Stoppers 0845 555 111
www.crimestoppers-uk.org

Victim Supportline 0845 303 0900
www.victimsupport.org.uk

Debt

Consumer Credit Counselling Service
0800 138 1111 www.cccs.co.uk

The National Debtline 0808 808 4000
www.nationaldebtline.co.uk

Domestic Violence

Refuge 0808 2000 247 www.refuge.org.uk

Women's Aid 0808 2000 247
www.womensaid.org.uk

Emergency Accommodation

Crisis 0844 251 0111 www.crisis.org.uk

Shelter 0808 800 4444 www.shelter.org.uk

Mental Health Mind 0845 766 0163
www.mind.org.uk

Saneline 0845 767 8000 www.sane.org.uk

Samaritans Taunton: 16 Wood Street, Taunton, TA1 1UN Tel: 01823 288 998 **Yeovil:** 25 The Park, Yeovil, BA20 1DG Tel: 01935 476 455

National: (24 hour service) 0845 790 9090
www.samaritans.org

General information & advice

NHS Direct 0845 4647 www.nhsdirect.nhs.uk

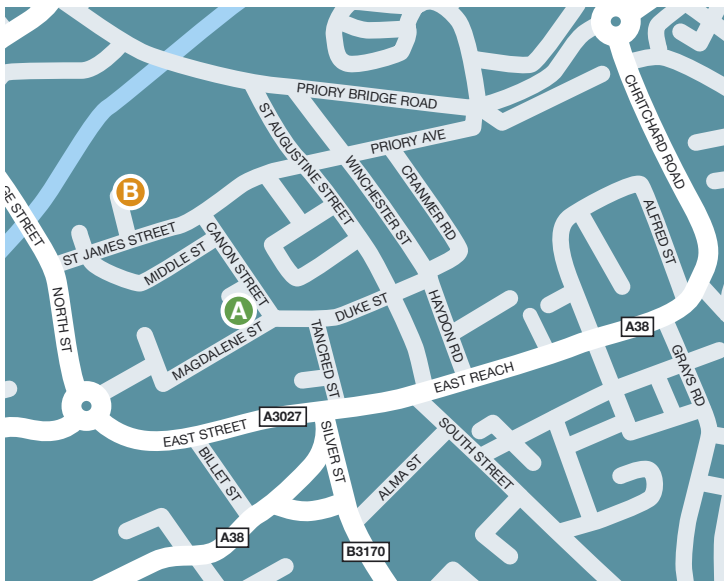
Somerset Direct www.somerset.gov.uk

> **General enquiries** 0845 345 9166

> **Community Services for Adults and Older People** 0845 345 9133

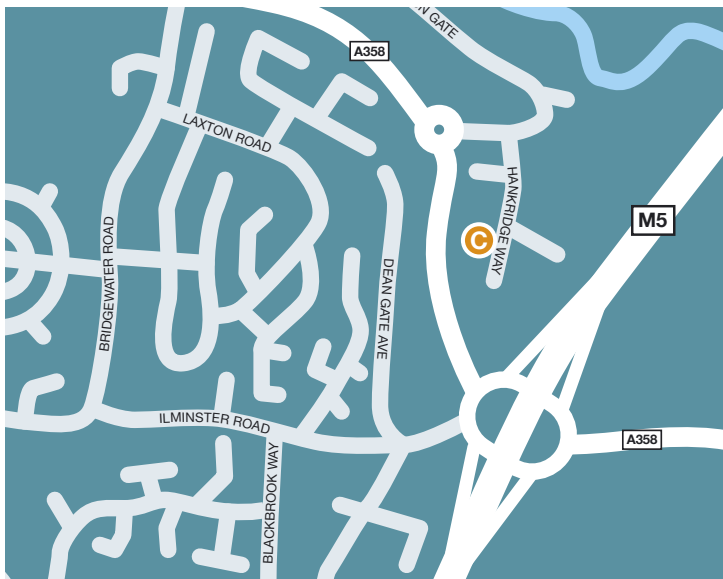
> **Children/Young People/Learning**
0845 345 9122

> **Out of Hours Social Care Emergency Services** 01458 253 241



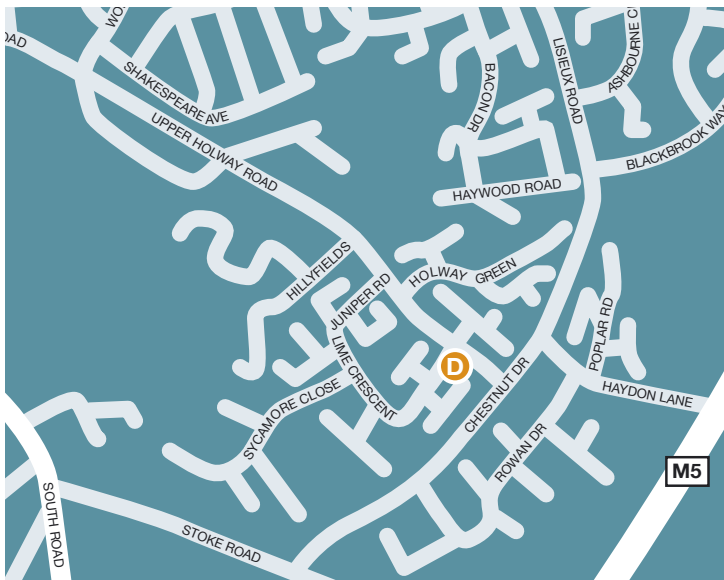
A Turning Point
10 Canon Street
Taunton TA1 1SN
01823 328 463

B Alliance Pharmacy
St. James Medical Centre
St. James Street
Taunton TA1 1JP
01823 251 683



G Sainsbury's Pharmacy

Sainsbury's
Hankridge Farm
Hankridge Way
Taunton TA1 2LR
01823 442 883

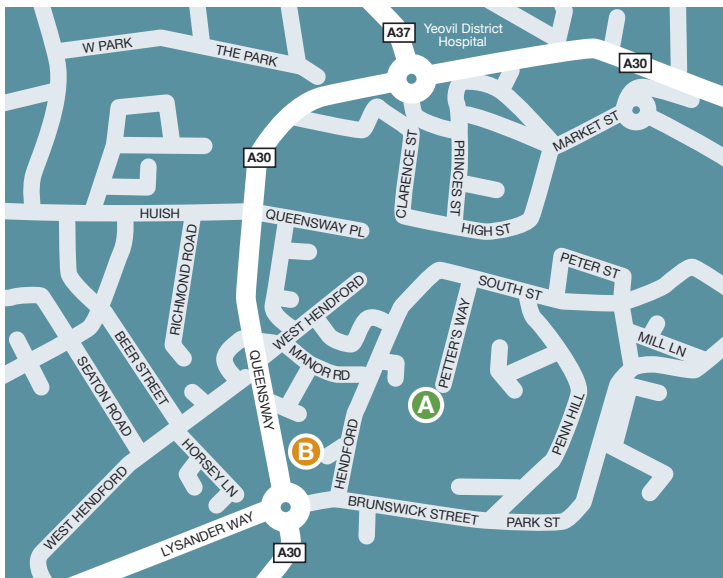


D Boots Pharmacy

Upper Holway Road

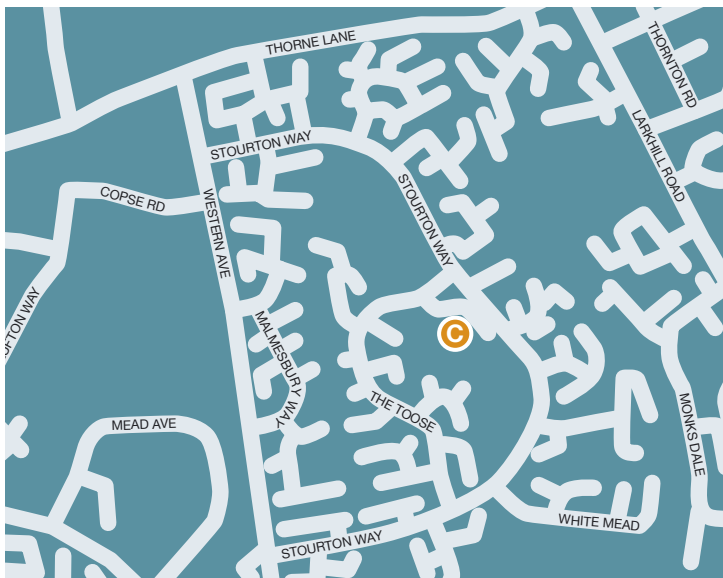
Taunton TA1 2QA

01823 284 529



A Turning Point
Maltravers House
Petters Way
Yeovil BA20 1SP
01935 383 360

B Lloyds Pharmacy
72 Hendford
Yeovil BA20 1UY
01935 423393



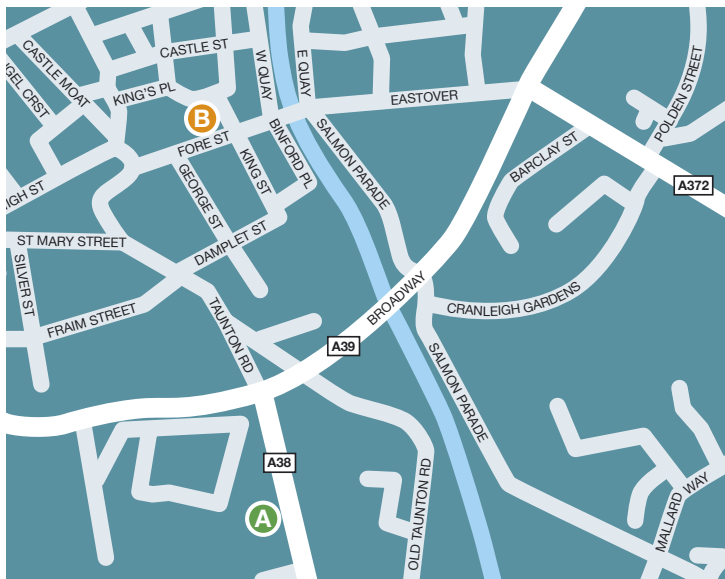
C Day Lewis Ltd

Abbey Pharmacy

5a The Forum

Yeovil BA21 3TL

01935 478243



A Turning Point
Southwood House
2-4 Taunton Road
Bridgwater TA6 3LS
01278 456 561

B Boots the Chemists Ltd
34-38 Fore Street
Bridgwater TA6 3NG
01278 422 011

Comments and Feedback for the Next Edition

This directory has been produced by the Somerset Drug and Alcohol Action Team (DAAT). The DAAT is a partnership of public sector agencies responsible for implementing the national drug & alcohol strategies in Somerset.

If you have any comments, want to suggest we add an entry to the next edition or notice any inaccuracies, please contact the DAAT to tell us.

If you have any comments, want to suggest we add an entry to the next edition or notice any inaccuracies, please contact the DAAT by calling the DAAT on 01460 238 608 or write to us at:

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