

Rochdale Borough's Drug and Alcohol Treatment Services Service Directory



Introduction

This directory includes contact information on drug and alcohol treatment services in Rochdale borough.

There's lots of help available for drug and alcohol users and also plenty of support for family, friends and loved ones who are concerned about a person's substance misuse.

In this directory you will find information about the many types of help, support, treatments and therapies as well as needle exchange locations.

Thousands of people enter into treatment in Rochdale borough.

Getting users into treatment, assisting them on the route to recovery is the best way to save their lives and reduce the harm they cause to people around them and to wider society.

Dedicated workers in Rochdale are a real lifeline to the town's drug and/or alcohol dependent.

A substance user can access non-judgmental assistance that can be tailored to their individual needs.

As well as medical care, advice and counselling on substance misuse and detoxification treatments, clients can access many different motivational programmes and complimentary treatments including reiki, acupuncture and massage which are proving successful in relieving withdrawal symptoms. Clients are also directed to other support services to help them with housing or training and employment needs

Needle exchanges operate in the borough and play a crucial part in reducing the risk of Blood Borne Viruses and in protecting communities by providing a means for the safe disposal of used needles.

All these services are designed to give people in the borough the best chance to turn their lives around.



“20 years wasted - life has just begun”

“I consider myself living proof that a drug user is not a hopeless case. With a lot of help and support, determination and slip-ups, stress and tears; I have managed to turn my back on a 20 year drug binge. I owe my life to the amazing people who work for the local drug treatment and support services in Rochdale.

“At 15 all I wanted to do was spend my days with my mates smoking cannabis. I guess you could say I got in with the wrong crowd. At 21 I fell in love – with crack cocaine. It soon got to the point where I needed crack every morning and a lot of it. When my dealer didn’t have enough crack to feed my habit, I resorted to heroin. I was now a heroin addict and I had become a thief.

“The kids on the street would call me ‘smackhead’, ‘junkie’ – my appearance gave me away, my weight had plummeted and I was unkempt. I was ashamed. I lived this selfish existence for 20 years! Then one day I realised I had had enough. I needed my mum.



"Out came the yellow pages, my mum contacted the Community Drugs Outreach Team, and the next thing I knew they were at my house enrolling me into rehab.

"I tried all types of holistic therapies including Reiki and Indian Head Massage that were great for relieving the painful symptoms linked with taking methadone. I took a relapse avoidance course which taught me how to cope with my cravings and my person centred counselling helped to improve my mental well-being. But it was my volunteer work that provided me with the most motivation. All of a sudden I had a purpose in my life, something to occupy my mind from 9am 'til 5pm. Combined with my new thirst for learning, I realised that there was more to life than drugs.

"But I didn't recover overnight. It has taken me four gruelling years where I have to admit there have been relapses. But I made it and now - I am proud to say I'M CLEAN.

"I am proud
to say I'M
CLEAN"

"I have returned to education and have got some qualifications in counselling. I work part time and think I am lucky to have one of the most rewarding jobs in the world – I help people to tackle drugs!"



Services at a glance

	page number	Drop in	Referral to other services	Drugs/alcohol awareness training to groups/ communities/organisations	Advice/support for clients and concerned others	Alternative treatments/therapies e.g. reiki, acupuncture, massage etc	Counselling/treatment for young U18s	1 to 1 key working	Group programmes	Peer mentoring	Referral to detox/rehabilitation services	Blood tests and vaccinations	Training, education and employment support	Abstinence services
Abstinence Service (ADS)	8	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓
Adelaide Street	9	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Alcohol Services (ADS)	10	✓	✓	✓	✓	✓		✓			✓		✓	✓
Community Drugs Outreach Team (CDOT)	7	✓	✓	✓	✓			✓			✓		✓	
Community Drugs Team	11	✓	✓	✓	✓			✓			✓	✓	✓	
Early Break	12	✓	✓	✓	✓	✓	✓	✓	✓		✓			
Harm Minimisation Service	15	✓	✓		✓							✓		
High Level	16	✓	✓		✓	✓		✓	✓		✓		✓	✓
Intuitive Recovery	17		✓						✓					✓
RAMP	20		✓		✓				✓		✓		✓	✓
REACH	21		✓		✓			✓	✓	✓	✓		✓	

Community Drug Outreach Team (CDOT)

The Community Drug Outreach Team (CDOT), work with a wide variety of organisations, to support individuals and communities to cope with the effects and influences of drug and alcohol misuse.

We can provide the initial point of contact for anyone who either has a substance misuse problem themselves or wants to help a friend/ relative. If you are uncertain as to which service would best meet your needs, then we can advise you of the options available in Rochdale borough and assist you to find the best treatment for you.

We have dedicated workers in every area and weekly drop-in sessions throughout the borough, which offer advice and information and sign posting to other services. We also offer basic drugs awareness training to groups, organisations and communities. Team members speak some community languages.

If you or someone close to you is affected by drug or alcohol problems why not contact CDOT today?

We will try to contact you within 48 hours of referral, to arrange an assessment, usually within 5 working days. This will help us to understand your problems and ensure we refer you to the services most appropriate for your needs.

Services available include:

- Referral into treatment services appropriate to your needs
- Referral to other support service (eg Housing, benefits, employment, training etc)
- Advice and information on drug and alcohol issues
- Access to in-patient detoxification and residential rehabilitation.
- We can accompany you to appointments (if necessary) to act as advocate and for moral support
- Advice and information with day to day living issues which are effected by drug /alcohol use
- You will be treated with respect and dignity.

Contact details

Office hours: Monday - Thursday 9am to 5pm, Friday - 9am to 4pm.

(An answer machine is available outside of office hours)

Drop in Mon - Fri 10am - 3pm for advice or assessment

Tel: 01706 924883 or 924984 or 924690

CDOT, Renaissance House, 72 Drake Street, Rochdale OL16 1PA

'The next steps on the journey of recovery'

Abstinence Service (Addiction Dependency Solutions)

We offer a safe and supportive environment to maintain your achievements and enrich your life.

Services available include:

- One to one support
- Daily workshops to enhance personal development and communication skills
- Peer support
- Complementary therapies
- Social and leisure activities
- Evening sessions
- Drop in sessions
- Housing support
- Working together with other drug-free individuals
- After care help and support
- Stroll - outdoor personal development program

Contact:

ADS Rochdale,
132 Drake Street
Rochdale OL16 1PN

Tel: 01706 860 033

Fax: 01706 719626

Email: rochdale@adsolutions.org.uk

www.adsolutions.org.uk

Opening times:

Monday to Thursday:

9.00am - 7.30pm

Friday: 9.00am - 5.00pm

Saturday and Sunday:

1.00pm - 4.00pm



Adelaide Street Addiction Services

Adelaide Street will see anyone with problems of drug or alcohol addiction. You do not have to be registered with this practice but need to live in Heywood, Middleton or Rochdale. You do not need an appointment. You can be seen by a nurse, GP or any of the services listed below within 24 hours or sooner.

Services available include:

- GP for advice and prescribing
- Practice Nurse providing wound care, Hepatitis B, Hepatitis C & HIV testing, pregnancy testing and general health care advice
- Monthly Hepatitis C clinic provided by consultant from North Manchester General Hospital
- Weekly Narcotics Anonymous meeting on Wednesdays at 7pm (front entrance at 19 York Street)
- Recovery Group meetings for those abstinent from illicit drugs but in receipt of Methadone or Subutex prescription
- The following agencies also provide sessions at Adelaide Street: ADS Alcohol, ADS Abstinence (drugs), Mind, Reach, High Level, Community Drugs Outreach Team, Community Drug Team and RAMP.

Contact:

Adelaide Street Addiction Services
94 Adelaide Street
Heywood OL10 4HE
Tel. 01706 362536

Opening Times:

Monday to Thursday: 9am - 12pm and 2pm - 5pm
Friday: 9am - 12pm and 1.30pm - 5pm

Alcohol Service (Addiction Dependency Solutions)

Addiction Dependency Solutions (ADS) provide the following services for all adult (18 and over) alcohol users as appropriate. This also incorporates the provision of additional satellite alcohol services, hospital liaison, screening and brief intervention services for pre-dependent drinkers in primary care.

Services available include:

- Advice and information
- Structured psycho social interventions (Incorporating; Cognitive Behavioural Therapy, Motivational Enhancement Therapy and ITEP principals i.e. NODE link mapping)
- Structured day programme
- Solution focused work shops
- Social and leisure activities
- Access to in patient detoxification and residential rehabilitation
- Primary health care detoxification
- Complimentary therapies
- Ongoing women's group
- Concerned others group
- Counselling, advice and guidance to relatives and friends via the 'concerned others group'
- Satellite services in Heywood and Middleton
- Offering GP shared care in assessing, screening and supporting patients with alcohol problems
- Providing help to those in the early stages of dependence
- Twice weekly information sessions (open access)

Contact:

132 Drake Street, Rochdale OL16 1PN
Tel: 01706 860033
Fax: 01706 719626
Email: rochdale@adsolutions.org.uk
www.adsolutions.org.uk

Opening times:

Monday to Thursday: 9.00am - 7.30pm
Friday: 9.00am - 5.00pm, Saturday and
Sunday: 1.00pm - 4.00pm



Community Drug Team – Rochdale (Pennine Care NHS Foundation Trust)

Rochdale Community Drug Treatment Services provide the following services for all adult drug users as appropriate (18 and over).

Services available include:

- Assessment and care management services
- Substitute prescribing services
- Access to in-patient detoxification and residential rehabilitation
- Community detox & relapse prevention (or referral on as appropriate)
- Blood tests and vaccinations
- Swab analysis & drug testing
- Satellite services in Kirkholt, Middleton and Heywood
- Titration clinic
- Support and advice for individuals involved in street prostitution within the Borough
- Referrals to other treatment services for complimentary therapies, psycho-social interventions, motivational programmes, group work, alcohol interventions and abstinence services
- Appropriate counselling or other treatment as specified by clinical guidelines
- Structured key worker sessions
- Sign posting to self help groups
- Sign posting to all wrap around services whilst offering continued support as part of care planned treatment

Contact:

13 St Chads Court
Rochdale OL16 1QU
Tel: 01706 711355

Opening Times:

Monday to Friday: 9am - 5pm
(Wednesday open until 7pm)

Drop In is available daily for
assessment and referral advice.
10am - 12pm and 2pm - 4pm

Early Break (Young People's Drug and Alcohol Service)

Early Break offers a FREE counselling, treatment, information and support service about drugs and alcohol use for young people aged under 19 years.

4U18 is our alternative treatment centre for young people in Rochdale where we offer a variety of therapies to help with drugs/alcohol use.

Services available include:

- Presentations and information to vulnerable young people
- Training and information to professionals
- Advice and information
- One to one counselling
- Advice, information and brief interventions to young people who live with other drug and alcohol misusing individuals
- Non-prescribing treatment interventions
- Complimentary and sports therapies
- Support to into prescribing service if appropriate.

Contact:

Senator House
7-11 Bury Road, Radcliffe M26 2UG
0161 723 3880

Email: info@earlybreak.co.uk
www.earlybreak.co.uk

4U18 is based on Water Street in Rochdale

steroids

cannabis

lsd

alcohol

speed

ecstasy

Helplines - talking about drugs and drink

This topic is often considered taboo in many households and it can be uncomfortable to raise the subject. But often people need someone to talk to, and above all, to listen.

It makes sense to know the facts about drugs so that you are less likely to believe dangerous myths or stereotypes about drug taking and drug users.

FRANK

0800 77 66 00

Text: 82111

www.talktofrank.com

Talk about drink

DRINKLINE UK: 0800 917 8282

Alcoholics Anonymous helpline:

0845 7697555

www.alcoholics-anonymous.org.uk

Narcotics Anonymous helpline:

0845 3733366

www.ukna.org

crack

cocaine

heroin



GP – Shared Care Prescribing Service (Pennine Care NHS Foundation Trust)

Rochdale Community Drug Team also provide 'Shared Care' services within local GP practices. This means that when appropriate clients can access prescribing services without attending the central treatment centre

Services available include:

- Assessment and care management services
- Access to prescribing services
- Advice and information
- Structured key worker sessions
- Access to in patient detoxification and residential rehabilitation
- Access to community detoxification for adult substance misusers either through the Shared Care team or through the GP as appropriate
- Referrals to other treatment services for complimentary therapies, psycho-social interventions, motivational programmes, group work, alcohol interventions and abstinence services
- Generic referral on as appropriate to other health or social care agencies

Contact:

Community Drug Team
13 St Chads Court
Rochdale, OL16 1QU
Tel: 01706 711355

Opening hours:

Monday to Friday 9am – 5pm
(Wednesdays open until 7pm)



Harm Minimisation Service (Pennine Care NHS Foundation Trust)

Rochdale Community Drug Team also provide harm minimisation services. The aim is to improve the overall health of Rochdale residents who are either still using illicit substances, have done in the past or are receiving treatment.

Services available include:

- Nursing cover at satellite services throughout the borough
- Needle Exchange Service (more details page ?)
- Blood borne virus screening and pre and post test information
- Hepatitis A & B vaccinations
- BBV, HIV and Hepatitis C Screening and clinical care pathway into Hepatitis C Treatment Services
- General health checks
- Advice and information
- Referrals to other wrap around services
- Sexual health advice
- Condom distribution
- Wound care and specific leg ulcer treatment within local/national clinical guidelines
- Pregnancy testing
- Access to StAR worker – support, treatment and recovery

Contact:

Rochdale Community Drug Team
13 St Chads Court
Rochdale, OL16 1QU
Tel: 01706 714693

Opening hours:

Monday to Friday 9.00am – 4.30pm
Wednesdays until 7pm



High Level Northern Trust

High Level provide the following services for all adult (18 and over) drug and/or alcohol users or dual substance misusers.

- Advice and information
- Open access / drop-in treatment service
- Referrals to wrap around services as appropriate
- Assessment and care planned treatment service
- 1-1 Key working
- Provision of complimentary and holistic therapies on a daily basis
- Crisis intervention and advocacy for clients when appropriate
- User involvement in the form of a service user group set up specifically for High level clients
- Group work including relapse avoidance, assertiveness, personal development and anger management
- Access to vocational skills training
- Provide advice and information to concerned others and appropriate signposting to the Carers Resource Centre
- Person centred counselling service
- Smoking cessation
- Music, drama and sport
- Provision of satellite services at Heywood and Middleton

Contact:

Great George Street
Drake Street, Rochdale
OL16 1PQ
Tel: 01706 860247

Alcoholics Anonymous meetings
Tuesday and Sunday
at 7.30pm-9.00pm

Narcotics Anonymous meeting
Thursday at 7.30pm-9.00pm



Intuitive Recovery

Intuitive Recovery is an abstinence based methodology for complete recovery from serious addiction to any substance. Drawing upon work within the self-recovery field, the aim is to give clients a choice when seeking help gaining and maintaining abstinence from drugs or alcohol.

This is an alternative to Narcotics Anonymous and Alcoholics Anonymous and aims to provide clients with a solution to their addictive behaviour. Above all, they see themselves as “the door out of services” in that they provide the tools for clients to stand on their own two feet, able to remain abstinent without the need for endless support groups, able at last to redefine themselves as ex-users, as opposed to “addicts in recovery”.

Our graduates do not need to continue attending services with others “in-recovery”, as they are free to make their own choices as to their futures and what they wish to do.

The programme is delivered as a course of four 2 ½ hour sessions, generally held in one week and at different venues in Rochdale.

Contact:

Tel: 0161 223 1094

For more info visit www.intuitiverecovery.com



Needle Exchanges

Needle exchanges are free, anonymous and confidential services that give out sterile injecting equipment and provide a safe place to dispose of used needles. It is requested that used needles are returned in the sharp safe container provided at the needle exchange rather than disposing of them in public places.

Advice on injecting behaviour and other health concerns can be sought from a health professional at the needle exchange.

Rochdale Needle Exchange

01706 714693

11-13 St Chads Court, Church Lane, Rochdale

Open: Monday to Friday 9.00am - 4.30pm, Wednesdays until 7pm

Brentwood Needle Exchange

Brentwood Centre, Rochdale Road, Middleton

0161 643 5437

Open: Monday 9.30am - 4.30pm, Tuesday 1.30pm - 4.30pm,
Wednesday to Friday 9.30am - 12.30pm

Adelaide Street Needle Exchange

94 Adelaide Street, Heywood, OL10 4HE

01706 362536

Open: Monday to Friday 9am - 12noon and 2pm - 5pm

Kirkholt Needle Exchange

Flat 12 The Strand, Kirkholt, Rochdale

01706 648575

Open: Monday -1.30pm - 4pm, Wednesday 9am - 4pm,
Friday 9am - 12noon



Needle Exchange Services are also available from the following local Chemists:

Boots the Chemist

01706 653225

Exchange Shopping Centre 50 Market Way, Rochdale, OL16 1EA

Lloyds Pharmacy

01706 860732

79 Yorkshire Street, Rochdale, OL16 1JX

Lloyds Pharmacy

01706 644994

5-7 Halifax Road, Rochdale, OL12 9DB

Lloyds Pharmacy

01706 376962

Littleborough Health Centre, Featherstall Road, Littleborough, OL15 8HF

Cohens Chemist

01706 646380

Milkstone Road, Rochdale, OL11 1NT

L Rowlands

0161 6435454

3A Lakeland Court, Middleton, M24 5QJ

Bury Pharmacy

01706 360034

38 Market Place, Heywood, OL10 4NL

Lloyds Pharmacy

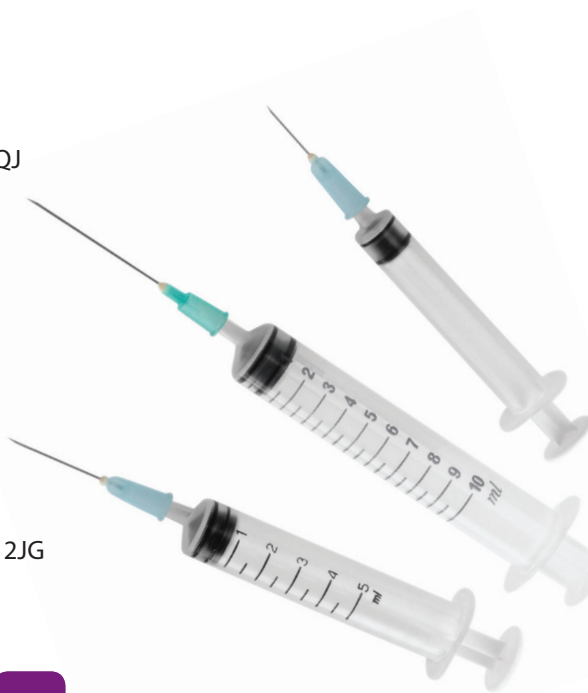
01706 360787

Argyle Parade, Darnhill, OL10 3RY

Strand Pharmacy, Kirkholt

01706 649874

29 The Strand Kirholt, Rochdale, OL11 2JG



R.A.M.P. (Reduction and Motivational Programme) - (Acorn Treatment and Housing)

The Reduction and Motivational Programme (RAMP) is provided by Acorn Treatment & Housing. It is a 12 week rolling programme open to all individuals 18 years and older, delivered in informal group settings for around 15 clients who are motivated to change.

The aim of the programme is to encourage clients to reduce and/or abstain from drugs and/or alcohol and make informed choices around treatment options available to them. Participants are expected to attend the programme twice weekly over the course of the 12 weeks. The programme is offered in venues in Rochdale.

Services available include:

- Advice and information
- Comprehensive assessments
- Referrals to other appropriate Rochdale treatment providers
- Advice, information and referral to family members and concerned others
- Referrals to the Carers Resource Centre
- Referrals to the Supporting People services
- Referrals to education, training and employment services
- Encouraging clients to access inpatient detoxification and residential rehabilitation
- Ongoing support and aftercare

Contact:

Tel: 0161 622 1577

www.acorntreatment.org

Acorn Treatment & Housing - Redwood House, Rochdale

The Recovery Communities Programme is a partnership between Rochdale Supporting People Team, Adult Care and the Drug & Alcohol Action Team. The service provides staffed accommodation to complement existing treatment methods, focussing on service users wishing to achieve and maintain drug and alcohol free lives within their own community. The aim of the service is to provide a holistic approach to recovery by integrating supported accommodation, the 12 step recovery model, peer-support networks, education, training and employment opportunities.

REACH Project (CRI)

REACH is available to anyone 18 years and older, who live in the Rochdale, Heywood and Middleton area and wish to make changes to their drug use. REACH offers support to individuals who are using a range of drugs including cannabis, powder cocaine, heroin and crack. People using the service can benefit from one to one work and a combination of groups designed to support change. REACH also offers a peer mentoring programme that allows people who are coming to the end of their work with service to gain an accredited qualification and a work placement.

Services available include:

- Advice and information
- Pre-contemplative support and motivational work
- Comprehensive assessments
- Individual care planning
- Structured interventions
- Psycho social interventions
- Community based aftercare services
- Crack cocaine/stimulant interventions
- Alternative therapies
- Group work
- A Volunteering and peer mentoring programme
- Access to education, training and employment services and referrals to other services
- Referrals to inpatient detoxification and residential rehabilitation

Contact:

REACH Project (CRI)
109 Drake Street
Rochdale
OL16 1PZ

Tel: 01706 640870

Fax: 01706 641785

www.cri.org.uk

Open: Monday to Friday 9am - 5pm
(late appointments available)

Rochdale Boroughwide Service User Group

12.00-2.00pm

1st Wednesday of every month

**At Rochdale Town Hall
The Esplanade
Rochdale
OL16 1AB**

Lunch provided

Our aim is to ensure the best possible services to tackle drug and alcohol misuse in the Rochdale borough

**Concerned Others Group
Every Tues 5.30-7.15pm
ADS, Drake Street, Rochdale**

www.rochdale.gov.uk



**ROCHDALE
METROPOLITAN BOROUGH
COUNCIL**

**Are you concerned about
hepatitis C?**

**Worried about testing,
treatment, employment
issues or telling people?**

**Want to meet others who
are going through the
same thing?**

Come and join us...

**There is a new support meeting for anyone 18+ years, affected
by substance misuse and Hepatitis C living in Rochdale**

Rochdale Hepatitis C Support Group

For further information please contact
Rochdale Community Drug Team on
01706 711355

Pennine Care 
NHS Foundation Trust

 **ROCHDALE
METROPOLITAN BOROUGH
COUNCIL**


Hepatitis C
Greater Manchester Hepatitis C Strategy

Rochdale Drug & Alcohol Action Team (DAAT)

The DAAT is responsible for the development and implementation of drug and alcohol strategies across the borough ensuring the achievement of a range of national and local targets.

The DAAT do not actually work with individual clients, but commission other organisations to meet the needs of local drug and alcohol users. They are responsible for policy, service development performance and financial management across the drugs and alcohol agenda.

Contact:

Town Hall
The Esplanade
Rochdale
OL16 1AB
Tel: 01706 924905/ 924901



Where to get more information and help

www.drugscope.org.uk

www.alcoholconcern.org.uk

www.talktofrank.com

www.alcohollearningcentre.org.uk

www.drugline.org.uk

www.drinkaware.co.uk

www.nhs.uk/livewell/drugs

www.units.nhs.uk

www.homeoffice.gov.uk/drugs

www.drinkwithcharlie.co.uk

www.urban75.com/drugs

www.drinkanddrugsnews.com



This booklet contains information about the many different drug and alcohol services that are available in Rochdale borough. If you would like a copy in a different language or an alternative format, please telephone 01706 925645.

رچڈیل باراتے ڈراگ (مادکدربیا) اےبے اےلکوهل سمسپرکیت نانا ڈرنےر ےو سارٹیسگولو آھے اےہ پوسٹیکاٹیتے سےگولو سمسپرکے تھیا رےوےھے۔ یادی آپانی بیلن اذایا اٹھاا ماٹھامے اےر اےکاتیکسپی پےتے اان تاهلے انوگرھ ککے **01706 925645** نھڑے فون ککن۔

اس بکلیٹ یعنی کتا بچے میں راجڈیل براڈیل نسا آدر چیزوں اور شراب نوشی سے متعلقہ دستیاب مختلف سروسز (خدمات) کے بارے میں معلومات دی گئی ہیں۔ اگر آپ کو اس کی ایک کاپی کسی اور زبان میں یا کسی اور شکل میں چاہئے ہے تو براہ مہربانی 01706 925645 پر فون کریں۔

