

We want everyone to feel at home at Change Grow Live

We work with people from all backgrounds and walks of life, including some of the most vulnerable people in our communities. We are working together to make our society more equal and inclusive.

We are committed to always improving the way that we help and support our communities. You can find out more about our approach to equality, diversity and inclusion on our website at www.changegrowlive.org.

Confidentiality

We will always ask you what we can do with any information we have about you. The only time we would break this confidentiality would be if we were worried about your or someone else's safety. We would always try and talk to you about this before it happens.

To find out more about how we use your data, please visit: www.changegrowlive.org/privacy-notice.

Consent

We never want you to feel under pressure at our services. We will always make sure that we have your consent before we give you any medical treatment or support packages. We'll chat with you to make sure that you have all the information and time you need to make any decisions about your care.

Registration and Referrals

GPs, family members, carers and friends, or any other agency, such as social services, can refer someone into the service.

Get in touch

If you would like to talk in confidence about your situation or are worried about someone else, please get in touch to find out more:

T: 0800 014 7440

E: thealcoholservice.info@cgl.org.uk

W: www.thealcohol servicelondon.org

 CglTas

 Alcohol_Service

For more information visit:
www.changegrowlive.org



Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).



The Alcohol
Service @

Hammersmith and Fulham
Kensington and Chelsea
Westminster



Worried about
your alcohol
use? **We're
here to help**



We're part of
**Change
Grow
Live**

We can help you to change your direction, grow as a person, and live life to its full potential.

We can meet with you at an appropriate venue close to your

home. We will discuss your needs with you and together develop a tailored care plan to help you progress towards your individual goals.

You will be able to select from a menu of treatment options and we will support you to choose the appropriate level and type of support for your needs. The length, frequency and intensity of your treatment will be agreed as part of your personalised plan.

Whether you have recently become concerned about your alcohol use, or you have been drinking for many years, we can support you to make healthier choices and improve your lifestyle.

How we help

The service is free and confidential to anyone living in any of the following boroughs; Westminster|Kensington

& Chelsea|Hammersmith & Fulham.

We are a welcoming service for people experiencing difficulty with alcohol use or who are affected by alcohol use issues.

- Meet with a member of our multidisciplinary team which includes Alcohol Practitioners, Counsellors, Doctors, Nurses, Psychologists, in a range of settings throughout your community including GP surgeries, hostels, day centres or other suitable venue. — Explore the impact alcohol may be having on your life. — Work with us to set goals aimed at supporting a reduction in alcohol use, or abstinence from alcohol. — Learn skills for managing cravings and relapse prevention techniques. — Improve your health and wellbeing.

What we offer

- Advice and support
- Access to in-patient/community detoxification and residential rehab
- Assessment, referral, advice and information – Blood Borne Virus
- Links to recovery coaches, community fellowships and support from people who share similar life experiences
- A specialist family service
- Connections to a range of local partners in the care sector, and the NHS
- Hospital Alcohol Liaison Older Peoples Service Counselling Health and Wellbeing checks

Ongoing support

You can get lots of ongoing support, including: relapse prevention, wellbeing and support groups, post treatment check-ups, volunteering and mentoring opportunities.

Opening hours

Weekdays:

Monday 09:00 - 20:00

Tuesday 09:00 - 20:00

Wednesday 09:00 - 20:00

Thursday 09:00 - 20:00

Friday 09:00 - 17:00

Late opening:

Monday - Thursday till 20:00

Where to find us

- 66 Lupus Street, Pimlico. SW1V 3EQ
- Edward Woods Community Centre, 60 Norlands Road, W11 4TX
- Elgin Close Resource Centre, 3 Elgin Close, Shepherds Bush, W12 9NH

