

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

If you would like to speak to somebody about the alcohol use of a friend or family member you can contact the service directly by phone, email or by dropping in yourself.

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.thealcoholservice.london.org

 CglTas

 Alcohol_Service

For more information visit:
www.changegrowlive.org

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

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



**Family & Carer
Support, 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 understand the impact that alcohol misuse can have on families, friends and loved ones and we know the struggles faced by those caring for a loved one who is dependent on alcohol or drugs. We recognise that in order to help people in their recovery from alcohol it is vital to also support the people around them.

How we help

Our Family and Carer Service provides advice and support to family members, friends and carers and also seeks to involve them in their loved ones treatment journey.

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

Hammersmith & Fulham| Kensington & Chelsea |Westminster.

- "Attending the service gave me the tools and belief that helped me change. It built up my confidence and made me realise I am not alone"

What we offer

- One-to-one support sessions to explore the impact someone else's alcohol use may be having on your own life and to develop strategies to manage this
- Partnership working with Children and Family services
- Counselling
- Links to recovery coaches, community fellowships and support from people who share similar life experiences
- Access to SMART family and friends groups
- Connections to a range of local partners in the care sector, and the NHS
- Workshops to increase knowledge and confidence around specialist subjects such as stress management and conflict resolution

Ongoing support

You can get lots of ongoing support, including: 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 Rd. W11 4TX
- Elgin Resource Centre, 3 Elgin Close, Shepherds Bush. W12 9NH