

WHO NEEDS HELP?

There's a place in Leigh and it's called ADS,
 And if you ask them for help the answer is Yes.
 No matter your problem, booze or drugs of what kind,
 They'll tell you the truth and help ease your mind.
 A hospital ward this place is not,
 But care, compassion and understanding it's got.
 The counsellors here don't judge or condemn,
 Every last person's important to them.
 They don't bully or badger, you're not made to hurry,
 With support and guidance they help shoulder your worry.
 They show you the path to a much better life,
 Overcoming your problems, your habits and strife.
 And if you should slip along the way,
 They're not there to punish, they don't make you pay.
 But help you to stand upright and brush yourself down,
 Help you to smile and get rid of your frown.
 So if you walk by and look with a sneer,
 Try to remember what's happening in here.
 There are people inside that have been to hell,
 But with counsel and help they are trying to get well!

An ADS client



Designed by Laurie Bullars (ADS) and Image Associates, Manchester T 0161 834 0910
 Printed by APS Print, Cheshire T 01477 571122

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Empower and enable



ANNUAL REVIEW 2004/5

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working to prevent and reduce the harm caused by alcohol and drugs to individuals, their families and the community

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What's that?

- AA** - Alcoholics Anonymous
- Castle Unit** - Residential alcohol detoxification clinic
- CRASH** - Project for stimulant users
- Detox** - Detoxification
- Drug Intervention Programme (DIP)**
- Government initiative under the anti-drugs strategy
- Drug Treatment and Testing Order (DTTO)**
- made by a court as an alternative to prison
- EST** - Electro-stimulation therapy
- Harvey House** - Residential alcohol detox clinic
- Manchester Drugs Service** - NHS provision
- NA** - Narcotics Anonymous
- Rehab** - Rehabilitation following detox
- Smithfield Project** - Detox service
- Wentworth House** - Residential detox clinic



Picture credits

Adrian Pope	Getty Images
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OVER the last 31 years, ADS staff and volunteers have helped more than 250,000 people tackle their difficulties with alcohol and drugs. Our services have developed as levels of harm have increased, gaps in services have been identified, and as new ways of reducing harm have been discovered.

At the heart of ADS lies the philosophy that we enable those we seek to help, we don't control. We seek to empower our clients. If possible, the help we offer is based on their needs and wishes. We involve clients in the planning of provision. We seek to increase choice, and provide routes to other sources of help. Our mission is achieved through professional, caring and motivated staff and volunteers whose individual and collective needs are met within a robust and supportive management structure.

Moving stories

A large part of this Annual Review was written by clients. These stories of how their lives have been turned around are as they told them. Pressure on space limited the number which could be used, and almost all have been reduced in length. Otherwise there has been little editing. The stories are honest, and often moving.

Quality and effectiveness

There is great variety in the size and scope of our centres, services and projects, but we are proud of the fact that quality, effectiveness, and value for money are consistently high. Our monitoring and evaluation is externally validated, and external inspection confirms the rigour of our self-assessment.

Advice and information

We offer walk-in or telephone advice and information, and provide screening, assessment and brief interventions for people in the early stages of dependency. We give a high priority to the needs and wishes of concerned others - relatives, partners and friends of users.

Treatment opportunities

All our centres provide or point clients to a range of treatment opportunities. Some centres offer day care, offering therapeutic, educational and social groups and alternative therapies. Some staff work in GP surgeries. We run two residential homes, and offer intensive outreach support for people with severe and complex needs. We have services which address the specific needs of minority ethnic communities. There are care programmes for people with alcohol or drug dependency who have been arrested or have court convictions, and we help with the resettlement of people leaving prison.

ALCOHOL kills almost three times more people than drugs, yet alcohol services receive just one-fifth of the funding.



IT'S a year since I first walked through the door at Leigh ADS, and today I am a very different person. I can now hold my head high and look people in the eye. I can put my opinions to all who come my way, and found the confidence to tell my story at a Leigh ADS Open Day.

I was abused at a young age, and this put me at a disadvantage. At the time I thought this pattern was normal, and could only bring myself to speak of these events at the age of 26.

When I was 19, I grabbed the chance to move in with my boyfriend. Things were great - I was in love, and I felt wanted. I had made a big mistake. The relationship led to abuse, violence, bullying, and my first experience of drug-taking. With my confidence shattered and the fear of my boyfriend's mood swings, I became withdrawn and lost contact with my family, which eventually led me to self-harm.

During this time, I would get up at 7.00 pm, go off to work a night shift, return by morning to clean the house, cook, and then go in search of drugs for my boyfriend. If none were to be had, the violence would start - any excuse for a beating. He would find fault with the cleaning, or say the cooking was not to his liking. When he asked for cereals, which he ate in bed, if they were soggy they would end up in my face.

My self-esteem hit rock bottom, I didn't care how I looked, I neglected to eat, and went down to a dress size 6. I started to take on extra work to feed my drug habit. I was in a mess, and I started with serious health problems. It took me a long time to realise that I wasn't the weak one in this relationship,

My new flat had been taken over by druggies, so for a second time I just walked out

The story of one ADS client's battle against abuse, violence, drugs and betrayal

but with my lack of confidence I couldn't find a way out. Things got worse over the next four years, and after one particular beating I made the final break and left with just the clothes I stood in.

After a short stay in a refuge I lived with my family for a year, after which I got my own flat. All was fine: I had a good job and my own car, and was enjoying my new-found freedom. Unfortunately I had a car crash, and I lost my job, car, home, and friends. After finding a new flat it was easy to pick up with a bad crowd. Soon the new friends had taken over my home, and drugs were now on the scene. I was soon taking drugs daily. Deep down I knew this was wrong, but it was an easy way out. My problems just melted away, or so I thought. Bills and debts mounted to £5,000, but I just drifted along.

Things eventually came to a head: my home

wasn't my own, it had been taken over by druggies, and I even had to ask if I could make a cup of tea. When I finally asked them to leave they refused. They threatened me, and I was warned not to phone the police. I was told if I didn't like it I should pack my bags and leave, but I just walked out.

Once again I had nothing at all, but I was free and able to make a choice - even though it scared me.

I stayed with friends for a couple of days before I moved to a hostel in Leigh. It

seemed like a new start, and probably my only chance to make something of myself. I cried tears of relief on the bus journey, and once I arrived at the hostel this feeling remained. I made friends and was able to relax, which I hadn't done for a long time.

I enrolled at Leigh College on a performing arts course, as this had been my dream since being young. My ADS worker has been my friend and mentor for nearly 12 months. She has been my guide, helped me realise my self-worth, and given me confidence to believe in myself.

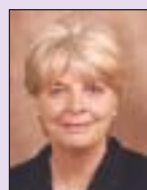
I have been drug-free for more than six months, which gives me a real good buzz. I will soon be starting college to do a National Diploma course. All of these things have become a reality through my attendance at ADS, and I would not have got through without the help and understanding of my friend, who I thank from the bottom of my heart. I look back at the last few years and see what a long road I have travelled. I am proud of what I have achieved, and am proof that even when a person sinks so low, with the right people around to listen and help, you can rise above all the bad things and begin to enjoy life in the right way.

My ADS worker has been my friend and mentor for nearly 12 months. She has been my guide, helped me realise my self-worth, and given me confidence to believe in myself.



Donal Morrissey, Chairman

The year at a glance



Elizabeth Smith, Chief Executive

DURING our 32 year history, the focus of ADS has always resolutely been towards the future: finding solutions to pressing problems through encouraging innovation. Thanks to the support of our commissioners and benefactors, the dedication of our staff and volunteers, and the willingness of our clients to become involved in helping to identify gaps and shape and develop our services, we have had another successful year. We are pleased to give you a sample of their achievements over the last year. - **Chairman Donal Morrissey and Chief Executive Elizabeth Smith**



Community Care award

BRIDGING the Gap proudly took home the top prize in the 2004 Community Care Awards (above). Our innovative project trains unemployed ex drug and alcohol users and their relatives to be job-ready for work in the substance misuse field. The award brought with it £13,000 prize money to spend on new training equipment, extra tutorial staff and marketing. Information on the "staggering" results has fed into

the National Treatment Agency which is a keen supporter of the project because it delivers on two fronts - both as a workforce initiative, and as an extension of people's drug treatment or post-treatment rehabilitation.

New abstinence service

EXPRESSION of need by clients led to the opening of our second abstinence service. In partnership with the Bolton, Salford and Trafford Mental Health

Trust's Substance Misuse Service, the service in Bolton is dedicated to helping people get drug free. Such services for drug users are rare as they are not



Launch of the Higher Bridge Project

included as a mandatory requirement by the NTA, yet when drug users are asked, it is what many of them want. Nurses from the Trust provide home detoxification with ADS providing psychosocial interventions, employment training and social activities.

Fundraising ball

SUPPORTERS were out in force to dig deep at a fundraising Ball in aid of Kids First! our innovative after-school supper club for children aged 9 - 13 whose parents have problems with alcohol or drugs. Organised by Golden Hearts and held in the banqueting suite of Chester Racecourse, the ball raised a staggering £30,000 to develop more Kids First! projects. Children



Golden Hearts Spring Ball Committee

themselves tell us that Kids First! is a place where they can feel safe to express their feelings. We know we can make a difference to the lives of these children and therefore the fundraising goes on to open more Kids First! projects across our heartland.

Tackling re-offending

A MAJOR new day care service for criminal justice clients got off the ground in Manchester. The service, in partnership with Manchester Drugs Service and Beacon Support Housing, aims to provide a one-stop shop for the many needs of its clients and is available at times when they are most at risk of re-offending. At the end of a visit to the project, Home Office Minister Caroline Flint praised the team for the excellent results it was achieving in getting people out of crime and dependency and described ADS as a key player in the treatment of offenders in the city.



Caroline Flint visits the Manchester Criminal Justice Service

Benzo project

AN INNOVATIVE new service which at long last brings hope to people involuntarily dependent on the drug benzodiazepine (BZD) has been set up by ADS in Oldham. It is only one of three in the country. At the official launch, the desperately-needed project - funded by Oldham Primary Care NHS Trust - was hailed as a model by

campaigners and health professionals from many parts of the country. Chief Executive of the NHSTrust, Gail Richards, said: "ADS has a long history of working with substance misuse in Oldham, and their infrastructure supported the model of service which had been identified as the most appropriate way forward."



Launch of the Benzo project

Regional alcohol strategy

IN RESPONSE to publication of the government's Alcohol Harm Reduction Strategy for England in March 2004, the Centre for Public Health at Liverpool John Moores University published

DURING the year, 3,910 drug clients and 5,664 alcohol clients were assessed and actively engaged in our treatment services - a 13.8% increase over the previous year. In addition, our residential services worked with 82 alcohol clients, of whom the majority were discharged successfully.

Taking Measures, a situational analysis of alcohol in the north west. One of its key recommendations was that alcohol's role in harms and problems should be highlighted in regional policy. A strategic group which brings together ADS with regional departments of government and other key agencies has been set up to: support local work and coordination between government departments; share data intelligence and evidence base; collect and disseminate best practice; and identify issues which can only be addressed at regional level.

Other new initiatives

THERE has been significant growth in the Drugs Intervention Programme (DIP) in our centres in Greater Manchester and Lancashire. The programme provides clients with the necessary support from arrest, through court to sentence, and in to treatment. When offenders are released from prison the resources are now in place to support them, with a focus on continued treatment, housing, education and employment. As part of DIP, Widening Horizons - an accredited training programme for volunteers - was launched to

provide Befriending and Mentoring to drug using offenders and a 24/7 Helpline to give support and help day or night. The CRASH project provides a specialist service for users of stimulant drugs like crack, cocaine, amphetamines and ecstasy in five of our centres. Bridging the Gap, which started in Tameside, has now also been launched in Wigan.

A National Enhanced Alcohol Service within primary healthcare in Tameside was set up in partnership with the statutory Substance Misuse Service and the PCT.

WIGAN AND LEIGH ADS

WE have two centres in the Borough of Wigan, in the Wigan and Leigh town centres. Both are five-day centres, running through until 8.00pm on some evenings.

Our **Primary Healthcare** staff work in the Wigan and Leigh centres and GP surgeries and health centres. In the surgeries and centres they offer shared care in assessing, screening and supporting patients with alcohol problems and offer aftercare groups such as relapse prevention and social support. Both centres provide **Structured Day Care** for people concerned about their drug use and concerned relatives and friends. They offer one-to-one counselling, extensive support, links with others services and a wide range of group work. Groups include relapse prevention, social support, acupuncture, and relaxation. We have an innovative **Education Programme** with partners - Adult and Community Learning, Wigan and Leigh College, and Working Wonders - an organisation specialising in raising educational attainment. We offer general interest and preparation for college courses in such subjects as counselling skills, computers, maths and English.

Other staff provide support to people whose trouble with the law is linked to drugs through the **Drug Intervention Programme**. This work takes place in prisons, and the community. We work with prisoners before and after discharge, alongside our community partners. A community-based fun after-school supper club called **Kids First!** gives support to children affected by another person's drug or alcohol use. The clubs provide creative activities and a safe space where the children aged 9-13 can express their thoughts and feelings.



CHILDREN who live with the effects of parents' substance misuse need someone to listen to their story, and a place where they can play and be a child with other children. Kids First! provides those things.

Once when we were doing a group activity around a Valentine's Day theme one of the boys became increasingly disruptive. After he had run off his energy, he slumped into a chair, and I joined him. I asked if he had found the activity upsetting. He said it had, and told me part of his story.

He is 10, and the eldest of four children looked after by their grandmother. He talked of his mum, who he does not really remember. She used drugs, and could not take care of her children. One day, he found an address for his mum and decided to write her a short letter. The reply came from a man he did not know and said: "Your mother does not live here anymore, lad". He sobbed and sobbed for about five minutes. All I did was hold his hand and listen. He also talked of his father, and how he was in prison, and the fact that he always broke the promises he made.

Although the other children could hear him, nobody came to mock. He gave me a hug, and when we rejoined the group activities he was much calmer.

- Kids First! worker

Quote from a child... "Kids First is cool! When I first came here it felt like my birthday and Christmas, and now I wish I could come here for the rest of my life."

...and a carer "They really do enjoy talking to the staff and doing all the activities. They are a lot calmer at home."

Sexual abuse, drugs, drink, tragedy... now I can look forward to the rest of my life

MY FIRST memory is when I was two and my step-dad making me eat my own poo, as I was hungry. My mum and stepdad were violent to each other. My stepdad would also hurt my brother, but he was never violent to me at this age.

When I was 11 my mum had a nervous breakdown. When she was better she moved away with another fella and stayed away for four years. I was then sexually assaulted by my stepdad, and by the age of 14 was having full intercourse. This abuse went on until I left home.

My weekends were spent drinking and taking drugs. I took anything I could get my hands on. I would take off for a couple of days, using. The clubbing continued until I was 18. I met my partner, and had a baby.

Whilst I was pregnant the abuse I had

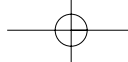
suffered came out, and I had to give evidence in court. I then split with my boyfriend. At this time the baby was smacked. Social Services took the baby from me, and I was only seeing him at weekends. The baby's father got cancer and died. I had Baby Two and was pregnant with Baby Three.

At the age of 23 I split up with my second partner and met someone else. I had three kids, two living with me and one with the granddad. My niece died of meningitis. The next year my granddad died. I had no kids living with me, I only had regular contact.

For three years, I took no drugs - without support. In 2002 my dad died of cancer, and I went back on drugs. In 2003 I set fire to myself. I had a really bad car crash, because I was high on drugs and drink. My mum kicked me out, and I was

looking at being sentenced as I was already disqualified. I took an overdose, and my partner died of natural causes when I was in hospital. I got Community Service, breached, and was put on a DTTO. By then I had stopped taking drugs and started to use alcohol instead. At ADS I've seen a counsellor for support and I have cut down on my drinking. I attend each Friday to be tested. I have regular contact with my kids, unsupervised, and have one child moving back with me.

One day I was about to buy a load of cans, but instead I walked into ADS. I've done a counselling course, numeracy and literacy, a holistic course, and have been accepted for Bridging the Gap. I am really happy with what I have achieved, and look forward to the rest of my life.



TAMESIDE ADS

OUR home is in Good Hope Mill in Bentinck Street, close to the centre of Ashton under Lyne, and is open Monday to Saturday, including an evening session on Wednesday. We cover both Tameside and Glossop, Derbyshire.

Under our **Community Alcohol Service**, we provide advice, information and support. The first step is one-to-one counselling, after which we can offer a number of treatment options if required.

This usually includes elements in our **Structured Integrated Day Care Programme** for people with alcohol or drug problems, and others who are concerned about them. Our **Primary Healthcare** staff work in GP surgeries, and we have teams working with offenders under the **Drug Intervention Programme**. In Tameside, we also operate a **24-hour Helpline**.

We have a specialist **Stimulant Drug User Service**, which gives individual structured counselling and support to users and their friends and families.

Our **Bridging the Gap** training course, which last year won the prestigious Community Care Award, has its third group of students.

Through our **Befriending and Mentoring Scheme**, 20 volunteers underpin the work of the Drug Intervention Programme in Tameside.

THE funding of childcare allowed me to attend the groups I so need, and to continue to learn from, to help me stay sober

My self-esteem had been utterly destroyed, but here I was treated with sensitivity

FROM 1988 until 2002 I served as a fighter pilot in the RAF. It was a career I loved, and in which I and my family were happy. Unfortunately, in 2001 I suffered a severe mental breakdown, which resulted in my drinking becoming an addiction.

I had been a heavy recreational drinker for some years, but became dangerously dependant only after my discharge from the forces.

In less than a year I lost my job, my pension, my family, my house, my friends, my savings and my health. I had a criminal record (for drink driving), a Community Service Order, and a three-year driving ban. I wasted £18,000 on treatment at a private hospital, which left me in debt and drinking even more heavily. I was homeless, and extremely ill. Fortunately, a good friend who is now my partner allowed me to live in her home to qualify for NHS help and state benefits. The GP referred me to Tameside ADS. I had been unable to eat solid

food for months, had lost several stones, and could barely walk. My alcohol consumption was around two bottles of spirits or equivalent in strong cider per day.

The project worker referred me straight back to the GP for medication, and it was arranged for me to visit ADS regularly.

Detox was difficult, but I was given the assistance I needed to make a genuine start at recovery

There, I was treated with a sensitivity I had not previously encountered.

My time at the private hospital was unpleasant and counterproductive, and two months in a military psychiatric hospital was more akin to a custodial sentence. What was left of my self-esteem had been

utterly destroyed. For this reason I initially requested home detox. This was accepted, because at ADS there is no "we know best" attitude. But I failed to attend my first appointment. I decided to make one more attempt at a residential recovery in Wentworth House. My counsellor arranged for a bed as a matter of urgency, and I am convinced this saved my life.

Detox was difficult, but I was given the assistance I needed to make a genuine start at recovery. On leaving Wentworth, the co-operation between hospital, GP and ADS was invaluable.

ADS featured strongly in my early months of recovery. I have now been sober for a year, and consider myself very lucky. My quality of life continues to improve, and at the age of 39 I have much to look forward to.

The help and support I have received from ADS, in conjunction with home and medical help, has given me the chance to rebuild my life.



BOLTON ADS

OUR main centre in Wood Street, in Bolton town centre, is open seven days a week - office hours during the day, and limited hours most evenings and at weekends.

This is the base of our **Community Alcohol Service**, which provides advice, information and support, counselling, and a range of groups and complementary therapies.

We have a **Community Support Service**, which offers drug users day care, counselling and working with groups.

There is also a drop-in, backed up by education, training and job advice, plus social and leisure activities. Services are also offered to people with alcohol problems. People in trouble with the law through drug

or alcohol problems can receive help through our **Criminal Justice Service**. Staff provide assessment, help people break or contain habits, and organise social care for those on Drug Treatment and Testing Orders. They work with prisoners before and after discharge, giving advice on housing, training and seeking work. We also have a **Befriending and Mentoring Scheme**, under which volunteers support clients to underpin the work of the DIP. We have a **Structured Integrated Day Care** programme for people with drug and

alcohol problems and concerned others. Therapeutic, educational and social groups are provided, along with complementary therapies. The **Stimulant Users' Service** offers advice, information, education and harm minimisation.

We have a specialist **Education, Training and Employment Officer**, and liaise closely with other service providers to help clients address problems such as housing and debt.

Our ground-breaking drug abstinence service called the **Higher Bridge Project** has its own building in Higher Bridge Street, also in the town centre.

The project provides help and support for people who have problems with drug misuse and are committed to achieving and maintaining abstinence.

Clients have access to a **Supported Home Detox Service** which is integral to our work and is provided by the statutory Substance Misuse Service. The support comes in various forms, including acupuncture. Day care plays an important part, and incorporates one-to-one counselling, support, advice and information, group activities, and complementary therapies.

Our ground-breaking drug abstinence service called The Higher Bridge Project has its own building in Higher Bridge Street, also in the town centre



I was spoken to like a person instead of 'a smackhead'

I HAD been a user for 10 years, and was sick of it! I had tried to get help, but always met closed doors until I was referred to the Higher Bridge Project in Bolton.

As soon as I walked through the door, the brightness of the place hit me. For the first time in years I was spoken to like a person instead of "a smackhead". I was waiting for only a few minutes when I was called through to be seen.

From walking in, it took just three days and I started my treatment. I was put on a home detox. I had two nurses or support workers come and see me every day. They were brilliant. I'll always remember it was on the seventh day when I was told for the first time in 10 years that my body was free of all drugs. In the third week of the detox I was invited to the centre for a range of different therapies. I like the acupuncture and EST. I also have

counselling with people who really understand what I'm going through, and have been given loads of information.

I felt really involved in my treatment. I was never told what to do but always asked what I wanted to do. Nobody made me feel bad or wrong. I felt able to tell them everything and know they wouldn't judge me but help me and show me real care. They made me feel like I really could do this. On the days I felt down and a bit ill I'd see them, and an hour after talking to them I'd feel back on track and focused.

The Higher Bridge Project is an amazing place. My life was going nowhere fast, and they offered me a lifeline.

Here I am, a month on, feeling great and completely drug free. I wanna wake up in a morning and enjoy every day. I've got dreams and prospects, and now a real chance of realising them.

HERE at the project there is no-one still on drugs. The last thing I want to see is someone off their head. If they are on medication, they are working towards being clean. This has made the centre a safe place for me.

When the detox nurse explained the damage alcohol does, it really frightened me

I USED to work as a sales manager, and am semi-retired. I have drunk red wine for years (everybody knows it is good for you). Suddenly I found my driving was terrible, my concentration was poor, my fingers were tingling, and my hands were shaking. At this point I was drinking two litres a day. That's when I knew I had a problem, so I sought help. I looked for the telephone book for the Oldham Hospital and came across the Oldham Council pages, with the ADS telephone number at the top. I telephoned and made an appointment. I described all the problems affecting me, and was introduced to the detox nurse. It was suggested that I tell my doctor my problem, and he prescribed tablets. I had a blood test, which showed

cholesterol of 9.7 and some other slight discrepancies, but no damage to my liver. My blood pressure was over 200. The nurse came and discussed home detox, and explained the damage that alcohol does. This really frightened me. I felt nothing on the first day, except my hands didn't shake and I didn't crave a glass of wine. The second day when the nurse came I felt very calm and rosy all over. My blood pressure dropped. I drank plenty of water, ate like a horse, and slept like a log. I have had no cravings for wine, my body feels like it did many years ago. Since I stopped drinking, I have taken up walking. My wife and I are very grateful to the nurse and ADS. I thank God I found you, and look forward to the rest of my life.

OLDHAM ADS

A WIDE range of services operates from town centre Greaves Street, from the standard **Community Alcohol Service** to a new and innovative project for people involuntarily addicted to benzodiazepines. It is open five days, plus Tuesday early evening and Saturday afternoon. The centre provides **Structured Integrated Day Care** for people with alcohol or drug problems, with a wide variety of groups and alternative therapies, counselling, and a drop-in. This is backed up by an extensive **Community Support Service**. There is a **Home Detox Service** for alcohol, and an introduction to the 12-step **Abstinence Programme** for people who want to be completely free of alcohol or drugs. The

service has a team of **Primary Healthcare** staff in GP surgeries, and provides specific and targeted support for crack or cocaine users through a dedicated community-based **Stimulant Worker**. People in black and ethnic communities receive encouragement and help to access services through the **Noor Project**, which also provides basic substance misuse education. People in trouble with the law receive help through the **Drug Intervention Project**, which is at work in custody suites, courts, probation offices, prisons and the community. And volunteers who befriend offenders across ADS services receive their training and support through the Oldham centre.



CHORLEY ADS

The **Community Alcohol Service** covers Chorley and Leyland and is based in St Thomas Road in Chorley town centre. It is open Monday to Friday, Saturday morning and Tuesday and Thursday evening. There is also an outreach service at Bamber Bridge on Wednesday and at Chorley General Hospital on Friday morning.

We provide advice, information, support and counselling and a **Structured Groupwork Programme** offering a wide range of therapeutic and social groups in a supportive and comfortable environment. We offer community care assessments, and access and referral to residential and in-patient detoxification services. Clients play an active role in service provision.

I now have the choice to live a more fulfilling life

WHEN I started attending Chorley, my life was in chaos induced by alcohol. What initially struck me was the homely feel. When attending courses, confirmation letters and telephone calls add a real personal touch, and are very encouraging. The joy I find at ADS shows that all it is not doom and gloom, that I now have the choice to live a more fulfilling and joyful life with deeper meaning.

The service offers me a high level of care, and there is good quality care planning. But the most important item is the practitioner and client relationship of respect and honesty. I am very optimistic for the future.

Strategies I learned through ADS helped me cope without reverting to alcohol

I HAD worked in the emergency services for 25 years when I realised that I had become dependent on alcohol. I suffered a nervous breakdown, lost my driving licence, and my career. Leaving a psychiatric ward after 10 weeks as an in-patient, I met my first Chorley ADS counsellor at my local mental health care centre.

I was at a very low ebb, with the prospect of NHS treatment or referral months away. The counsellor listened to my story. He suggested I attend some local group meetings, and my road to recovery began. Since the first dark days, I have been directly involved with the care planning suggested to me and have accessed many courses. With the help of ADS, I was able to deal with a matter that could have resulted in my marriage disintegrating. Chorley ADS is discreetly located, minimising any danger of stigma. It is well furnished and decorated, and exudes a calming atmosphere. I have always felt safe in the knowledge that I could be totally

honest with my peers and counsellors and my privacy would be respected. This extends to all staff, who are friendly and non-judgmental.

I have maintained sobriety for over two years, but recently experienced some dramatic events which in the past would have been my excuse to drink to excess. The knowledge gained in ADS enabled me to recognise the triggers and act promptly to deal with them. I was immediately offered the opportunity to rejoin the relapse prevention group.

The centre has introduced me to alternative therapies, and I recently attended a holistic healing day organised by ADS. This has been of immense benefit to me and my family.

Regular social events organised by ADS provide a safe environment in which a new set of social skills and attitudes can be honed. This has enabled me to develop coping strategies for other such events that revolve around family, friends and work colleagues.

Even if a relapse happens, the seed is planted that things can change

MY DRINKING started when I was 13. By the time I was 15 it was regular, and by somewhere between 17 and 20 every day. After 25 years, I was told I would be dead in five years if I didn't stop drinking. I spent a year or so locked away, avoiding everyone and everything. I had already detoxed once.

I had my assessment for Bennett House, and was accepted on condition that I went for a second detox. I went back to Wentworth House, and this time I went straight from there to Bennett House.

Recovery cannot happen all at once. There are a lot of surprises. Like the first day I passed without thinking once about a drink, or finding you can have a good time without artificial stimuli.

Being in rehab, away from the pressures of everyday life, is not a cop-out. For me it is needed. The people who have come and gone each left in some way different. This is a positive aspect of rehab, because even if a relapse happens the seed is planted that things can change.



BENNETT HOUSE

WE are an **Abstinence-based Residential Service** in Manchester for men whose lives have been severely affected by their misuse of alcohol. Our clients have a wide range of therapeutic opportunities. Alongside intensive one-to-one counselling, we provide social and leisure activities, and residents attend the local college on a variety of courses. Residents are encouraged to take up voluntary work, and - along with staff - are active fundraisers for a children's charity. The project is divided into two stages - the main house where all new residents live and six second-stage bedsits and flats to help them prepare for independent living. In addition we have an **Outreach Worker** who supports ex-residents in the community.

Counsellor gave me hope - and now I'm ready to start a degree course

ON ENTERING Bennett House, I was given trust and respect from staff, which was a big thing for me. Here I do not feel any type of anti-authority behaviour, as it is a very friendly community. I am currently ready for a two-year degree course on fitness studies, for which staff are assuring me I am as good as the next person and worthy of this place.

My counsellor at Preston ADS never gave up on me. She even came to see me in a psychiatric unit. She assured me there was still hope. She even took me to the Castle Unit to be detoxed prior to admission at Bennett House. Without ADS I am convinced I would have been dead or in prison for a long time. With continued support, I am confident I can live a sober life.

Angry, abusive, violent... I had never focused on the positive things in life

WHEN I was first introduced to the ADS Criminal Justice Service, I had been an alcoholic for over 12 years. Constantly battling my addiction with little or no success, I had low confidence, low self-esteem and was angry, abusive and violent - a time bomb waiting to go off. I was very doubtful that I would receive any help, but I knew I had to give it a try.

At my assessment I was quite taken back at the friendliness of the staff and their welcoming and non-judgmental attitude. I took my partner and daughter to the assessment, and they even allowed them to stay. If you have other commitments, as I did, they offer evening and weekend appointments. They also call you and send text messages and letters, which I find very encouraging. If you have other problems or are feeling vulnerable they will call you to make sure you are all right. Even if you miss an appointment and forget to call in they will call you and arrange another appointment.

The staff and the key workers respect and value your opinions and the opinions of partners and relatives. They

let my partner and child attend all my appointments with my key worker, who also offered them help and support.

During my recovery, which is still ongoing, I attended a detox at the Smithfield Project. I received telephone calls and visits every other day from my key worker. The phone calls were crucial - they motivated and inspired me to stick with the programme. Counselling at ADS also inspired and motivated me, and enabled me to change a lot. I had gone through life without ever focusing on the positive things within myself. Now my volatile and violent nature was isolated, and I gained confidence and self-esteem. To a degree it also gave me back my ambitions and aspirations. I was also given help with my housing and benefits problems.

With the help and support of ADS, I am currently a mentor tutor within the Manchester Drugs Service. I am also studying two courses at college re-establishing my education, and I have secured a place for a course to become a volunteer within the Manchester Drugs Service.

MANCHESTER CRIMINAL JUSTICE CENTRE

AT OUR centre in Ardwick Green North, Manchester, we provide **Structured Integrated Day Care** for offending drug and alcohol misusers who have served a prison sentence and are returning to the community. Access is also available to offenders who are on community supervision and have a significant drug or alcohol problem, or are seen as at risk of committing further offences, or are "targeted offenders". The centre is open six days a week, including an evening to 7.00pm (Thursday) and Saturday mornings.

The service's **Housing Project** provides support and advice, and facilitates the securing of accommodation through its own rent deposit scheme. The **Probation Project** provides counselling and mentoring for adult clients with drugs problems currently subject to statutory supervision; or at pre-sentence report stage; or in bail hostels managed by the probation service.

In-depth advice on health is available through a **Health Worker** employed by Manchester Drug Service, who provides speedy assessment and access to the full range of services provided by them.

ARC PROJECT

(Addiction Rehabilitation Centre)

ARC is a 12-step **Abstinence Programme** based in Manchester's Ardwick Green North, but available to clients from the whole of Greater Manchester. The programme is for individuals who have made a decision to abstain from substances. It is provided over eight weeks in the safe and supportive environment of **Structured Day Care** for people with drug and alcohol problems.

The programme consists mainly of group therapy and uses a variety of techniques, including video and discussion. Clients are offered one-to-one counselling and share in planning which groups they will join. Each client leaves the programme with an individual aftercare plan which includes attendance at aftercare groups. ARC enjoys unusual success in attracting women into treatment - an average of five out of eight clients on each programme.

Day care includes social and leisure activities as well as a range of therapeutic and educational opportunities.

MY lovely daughter has been suffering for more than 17 years from addiction to drugs and alcohol. She again went into detox, and shortly afterwards began attending ARC for treatment. Her spirit has lifted and I can see a strength in her that was not there before.

THE two main factors for me checking into ARC were simply that the service is free, and that all the counselling staff members are themselves addicts in recovery.



I've learnt about honesty - about being honest with myself

I'VE BEEN using one thing or another from about the age of 12, and using every day from about the age of 16. I have sold drugs, stolen, lied and cheated to fund my using. I've been sectioned once, and been in normal hospital about 15 to 20 times because of my using. I've put everyone who loves me through hell. Much as I wanted to, I couldn't stop. I bounced in and out of NA for about three years. The last time I wanted to die.

When I came into ARC my head was minced. I had just done a detox and I had a whirlwind of thoughts going round inside my head. With the help of the counsellors and my peers I got better. They made me see that I can do it if I want to. One of the hardest things is the thought that I can't be bothered. It has robbed me of so much in my life. ARC helped me to see this. I learnt about honesty, being honest to myself. I am not a waste of time anymore.

Thanks to ARC, I am a much better dad and husband, a much better member of society. And I am much more happier in my own skin.



I was asked if I'd given myself a pat on the back for staying clean...

TODAY I do some ordinary things such as college and a bit of voluntary work; I'm a wife and mother; but none of it feels ordinary, more like extraordinary. I've got a lot to thank ARC for, not least giving me somewhere to go every day when the temptation to smoke crack was very, very, powerful.

"Why did you go to a treatment centre?" I get asked that a lot by friends, family and people I know from NA and AA. "Why do you need to go through all those things that happened in the past? Just work the programme. That's all I did, and it was enough for me". Well, that's as may be. But I didn't want to take any more chances. I had 21 years of drinking and taking drugs, 11 years in and out of AA, and seven or eight on and off NA. I had bits of recovery, a couple of months here and there, and before the last relapse I'd managed to stay clean and sober for 19 months. I was powerless over drink and drugs. I just couldn't stop. I heard about ARC from a guy at

an NA meeting. He told me it was non-confrontational, which was music to my ears. I gave them a call. I was eight days clean, and I was asked if I'd given myself a pat on the back that day for staying clean.

Well, that was just the kind of thing I needed. It was very, very, hard to not use at first. My worker assured me it would be better this time. He gave me hope. I had my assessment a few days later. They didn't hold my past against me and gave me a chance. I am so very grateful. I did the best that I could, and worked hard, and I'm reaping the benefits today. They helped me and gave me a solid foundation on which to build my recovery. They encouraged me to get a life.

I've made a good start to my recovery, and the ability to turn things round for myself and my family. Benefits? There are so many. I'm just glad I called when I did. This is a killer illness, and I've taken enough chances with it. Now I'm going to give myself a chance to recover.



PRESTON ADS

THE offices are in Fox Street, in Preston city centre, and are open five days a week. This includes 9.00am to 9.00pm on Thursday and an extra evening session on Tuesday.

At the heart of our wide range of provision is the **Community Alcohol Service**, delivered in partnership with Lancashire Care Trust, and we provide a wide range of holistic treatments through groups and alternative therapies. We have **Primary Healthcare** staff in GP surgeries, and offer access to **Home Detox** through community psychiatric nurses. The **EDEN Project** is a culturally-sensitive service for black and minority ethnic communities and provides advice and information in Bangla, Hindi, Punjabi and Urdu.

Staff working in our **Arrest Referral Scheme** are based in the police station and offer drug advice, information and counselling to people who have been arrested. Those with drug dependence receive help to break the habit and can be referred to other agencies. We provide **Day Care** to clients who are drug-free or who have been stabilised by medication. Support groups include social and leisure activities.

The activities give me something to aim for...

I have been on a DTTO, with which I am currently on Methadone. Since I was 16 years old I had been taking Class A drugs. I have 29 convictions, and in that time I have never received any form of help.

When I was released from prison, I understandably had concerns that I would again receive no help with my drug habit, and consequently didn't think the DTTO order would work. But the help I have received has been overwhelming.

Since being on the DTTO my life is finally back on track, and I have the Preston ADS staff to thank for that, as

they have given me so much support. Also since the activity days have been introduced to me I look forward to Wednesdays. I have something to aim for, as not only do I have fun and get out of my flat but it gives me a chance to meet new people and also talk to people who are in the same situation as myself.

Without all the help and support I would most probably be back on drugs, but my DTTO helps me day-by-day to beat drugs, and the activities give me something to aim for - literally, with the archery. Out of activity days I have found a hobby - canoeing. Thanks.

I'm cannabis free and have turned into somebody I like

ROCHDALE ADS

THE project base is in Rochdale town centre on the corner of Drake Street and Moore Street. It is open every day - from 9.00am to 8.00pm Monday to Thursday, until 5.00pm on Friday, and on Saturday on Sunday afternoons.

Treatment available through our **Community Alcohol Service** includes one-to-one counselling, detox, working with groups, and social and leisure activities. We have a **Structured Integrated Day Care** programme for people with alcohol or drug problems and their concerned relatives or friends. Groups and alternative therapies are provided.

Primary healthcare staff are based in Heywood and Middleton GP surgeries. They help those in the early stages of dependence, and if necessary refer patients on for home or in-patient detox. **Home detox** is provided by a specialist nurse, who works closely with the client's GP and visits daily for support and monitoring.

Our **Drug Intervention Project** staff give intensive support to offenders across the criminal justice system, providing reports and working with others to provide treatment packages. We also provide a specialist **Stimulant Users Service** under the CRASH project, including a therapeutic group.

WHEN I went to ADS Rochdale for help I was living with my partner and two of my three children. I was using cannabis daily. I was becoming violent, and the children's basic needs were not being met. Social services put the children in foster care, and I moved into a hostel. With the help of ADS, I cut down on my use of cannabis, and within five months I was completely off it. I started to have some supervised contact with the children, and went to ADS every day for groupwork and complementary therapies. The next

big move was when I left the hostel and went into my own house. I now have daily contact with the children, unsupervised. My attendance at the centre is down to two days a week for groups, and I see my key worker once a month. My worker has always listened to my views. I've been meeting with social services, and I hope soon to have my children with me all the time.

I'm drug free, and have changed into somebody I like. If it hadn't been for ADS, none of this would have happened.

They helped me give up crack and heroin

MY probation officer referred me to ADS because I was using crack and heroin. I had been banned from other services in Rochdale because of my violence. I didn't want any kind of medication to help me detox - I wanted to do it myself. But I needed help.

I was in a real chaotic state. My flat was a crack house. The council were evicting me. I had lost my family and friends in the Asian community, and just had drug associates.

It was great to have an alternative to help me without swapping one drug for

another. I had one-to-one counselling and alternative therapies, and that really helped me give up heroin, bit by bit. I had daily EST therapy to help me cope with my craving for crack.

When I became clean, all the problems I had hidden away with my drug use became very real. I had no family, no home, and a very abusive past. ADS helped me to believe I could change. They referred me to a rehab, and I was offered a place.

At the age of 35, I feel for the first time ever my life is beginning to get in order.



THE people staying at Bridge House speak highly of the staff team and in particular of the individual sessions, the on-call support and the support provided by the Children and Families Worker. *Inspection Report*

I NEEDED to re-learn and start again from scratch. I have been able to build bridges, and now have my family back. The worker and the family group have helped me enormously in my somewhat difficult and emotional times.

BRIDGE HOUSE and the Children and Family Worker helped me to build the trust that I'd never had before with my children. Family group taught me how to communicate better with my children and gave me more understanding about how they felt about the damage I was doing to them with my alcohol misuse.

BRIDGE HOUSE

THIS wonderfully converted church building provides **Abstinence-based Residential Rehab Care** for up to 16 men and women severely affected by their misuse of alcohol. Accommodation includes 10 single bedrooms, six self-contained flats and a range of shared living rooms. Residents participate in a **Structured Therapeutic Group Programme** which provides a wide range of opportunities - therapeutic, educational and social. The current programme includes personal development, parenting skills and groups for relatives and

former residents. Four major annual social events form an important part of Bridge House life - a friends and family afternoon around Easter; a sponsored walk in June; a three-day activity break in the Lake District in August; and a Christmas meal and friends and family afternoon in December. Work with children and families is a major strength. There is a specialist worker, and a small terraced house called Joachim - just 10 minutes away - where residents can spend quality time re-establishing their relationship with their children.

You can work through a lot of problems with respect and confidentiality

BEFORE I came to Bridge House nine months ago, I was mentally and physically wrecked. My soul was broken and I was broken. I had been drinking for about 19 years but the last nine were the worst. My ADS worker brought me straight from Wentworth House. I did not know what to expect, I was scared and frightened. The staff were great, and very welcoming, and I settled in very quickly. The house is lovely and I felt very lucky. You have everything you need, and for the staff nothing is too much trouble. You have 24/7 support - if you are struggling, no matter what time, you can ring up and they are there for you. Most of all they show you respect and so much care. The programme is very interesting and educational, my one-to-one sessions are very good; you can work through a lot of problems

with the utmost respect and confidentiality. The residents have a say in the running of the house, and any ideas we have are welcomed. The cook is great. She puts on a healthy menu with choices, and also helps you to cook for yourself. Again, nothing is too much trouble. I have nothing but admiration for the staff, they are all truly an inspiration and I am forever in their debt. Bridge House saved my life. Nine months on I am happy, healthy, and full of confidence and building for the future. With the help of Bridge, I have built bridges with my family. They have gained so much from the family groups that they have attended every one. My family also have the utmost admiration for Bridge House. It has helped them immensely.

WYRE, FYLDE ADS

OUR service is based in attractively refurbished premises in Dock Street, Fleetwood. It is for people who have problems with alcohol or drug misuse, or are worried about a family member or friend.

We are open six days a week, including Saturday morning and Wednesday evening. A **Structured Integrated Day Care Programme** is available for those with either alcohol or drug problems, and others who are concerned. A wide range of therapeutic, educational and social groups is on offer, and our current programme includes holistic therapy and a women's group.

Our **Pre-Dependent Alcohol Service** provides advice, information and support to clients referred through primary care services. They are offered one-to-one and group work, together with social and leisure activities. Staff visit anyone who is housebound.

The **Arrest Referral Service** screens and refers drug users coming through the police custody suite. Local people returning to the district from prison are supported by the **Prison In-reach Service**. Those clients of the probation service who are subject to Drug Treatment and Testing Orders are supported through both one-to-one and group work.

Drug users in trouble with the law have access to intensive support, and we operate a **24-hour Helpline** and a volunteer-run **Befriending and Mentoring Scheme**.

SALFORD ADS

UNDER-AGE drinking is the main focus of our Alcohol and **Community Safety Project** worker in the Seedley and Langworthy area. She works alongside detached youth workers and intervenes when complaints about young under-age drinkers have been made to the city council. Part of the work involves taking the young people on residential courses focusing on personal development and health education.

BURNLEY, PENDLE, ROSSENDALE ADS

WE run a **Community Alcohol Service** in Bull Street, Burnley, through Monday to Friday, plus Wednesday evening and Saturday morning. Outreach services are available in Colne on Tuesday and Rawtenstall on Thursday.

We offer advice, information, assessment, support and counselling and a structured group work programme. Computer skills and basic English and maths are taught. We provide community care

assessments, and access and referral to residential and in-patient detox. A **Young People's Service** was recently established to give advice and information, counselling and support. In partnership with SureStart, we offer support to parents in Bacup and Stacksteads with at least one child under five and problems with drug or alcohol misuse. This is a five-day service, although flexibility is possible if the need arises.

What the clients say:

COMING to Bull Street is helping me open up and face my fears, even though I find it emotionally hard to cope. I am enjoying the thought that I have somewhere to go, and friendly people to open up to. I have realised that other people are feeling like me, and I am glad I can talk to people who are not judgmental. I don't know how I am going to cope without alcohol, so coming here is keeping me positive and giving me hope for the future.

WE ARE proud of our daughter for saying 'Help!' - and thank goodness there are people out there like you. You do a marvellous job. I am sure she will do us proud, whatever the outcome. Just wish you had known her 15 years ago.

BLACKPOOL ADS

OUR **Community Alcohol Service**, delivered in partnership with Lancashire Care Trust, is based in town centre Cookson Street and covers the Blackpool, Fylde and Wyre areas. We are open five days a week, including Tuesday and Wednesday evenings, providing advice, information and support and a range of groupwork activities.

Our services have established a strong reputation for its work with gay, bi-sexual and trans-sexual people. We have a **Primary Care**

Alcohol Service, which has staff in many GP surgeries providing information, advice and counselling on alcohol misuse.

Our **Drug Misuse Service** is accessed through the criminal justice system and is available to anyone who has been arrested. Our staff offer advice, support, assessment and access to treatment from within custody or court area, and clients awaiting treatment are offered support through a drop-in centre, counselling and help with social care.



In groups I realised I wasn't alone, and met some lovely people on the same journey

I FOUND Blackpool ADS six, maybe seven years ago. Things for me those days were hazy, but I think I self-referred. An appointment duly came, and I presented myself full of shame, despair and low self-worth.

The first person I met was in admin - calm, friendly, and caring. I was taken to meet the lady who was to be my worker. Her room became important to me: soft colours, crystals, dream-catchers, a room of serenity, calmness. It was a perfect backdrop for my worker, who filled me with hope. I have so much respect for this lady - her serenity, her support, her always being there.

The misery, despair, anger, and everything poured out in this first session. We met each week, and after about eight sessions I knew it all (thank you very much, I can do it now).

Of course I fell by the wayside, so went back to ADS even more full of shame.

I had let myself down and my worker down, but she was non-judgmental, supportive, still serene, still caring.

Eventually I graduated to the group setting, and began to realise that far from being on my own with my shameful lifestyle there were lots of people on the same journey. I learnt so much from group work, and met so many lovely people.

Gradually my life came back together, and my health improved. What a day for me when my worker asked how I would feel about volunteering. Several training days, then I was ready to begin. I help run Open Door, a weekly get-together for clients. We play pool, have a computer room, a quiet room, quizzes, music - and how we all talk! Soon I will also be helping with an evening support group. My journey is completed, and in a small way I can do my bit.

Where to find us

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E-mail: blackpool@alcoholanddrugservices.org.uk

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E-mail: burnley@alcoholanddrugservices.org.uk

Bolton
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Bolton
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Tel: 01204 393 660
E-mail: bolton@alcoholanddrugservices.org.uk

Higher Bridge Project
35a Higher Bridge Street
Bolton
BL1 2HE
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E-mail: bolton.cjip@alcoholanddrugservices.org.uk

Chorley
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E-mail: chorley@alcoholanddrugservices.org.uk

Leeds
18 East Parade
Leeds
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E-mail: leeds@alcoholanddrugservices.org.uk

Manchester Addiction Rehabilitation Centre (ARC)
ARC House
29a Ardwick Green North
Manchester
M12 6FZ
Tel: 0161 272 8844
E-mail: arc@alcoholanddrugservices.org.uk

Criminal Justice Service (CJS)
ARC House
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Manchester
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E-mail: cjs@alcoholanddrugservices.org.uk

Bennett House (Residential Rehabilitation)
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Oldham
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Drug Intervention Programme (DIP)
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Preston
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Bridge House (Residential Rehabilitation)
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E-mail: ads@alcoholanddrugservices.org.uk

LEEDS ADS

OUR base in East Parade, in the city centre, is open five days a week - until 7.30 Tuesday to Thursday. It provides individual counselling for users, relatives and partners, and a **Therapeutic Support Programme** which includes creative arts and complementary therapies. We also offer community care assessments, and access and referral to residential and in-patient detoxing. A **Primary Healthcare** team works in GP surgeries offering shared care in assessing, screening and supporting patients with an alcohol problem. Staff also train healthcare teams in assessment, screening and interventions. Service users have their own drop-in room, which is open daily and includes facilities for making drinks and snacks, TV, video, and pool. On Thursdays, an **Information Clinic** is open for two hours in the middle of the day for people wanting to find out about the service or simply look round.

STOCKPORT ADS

WE ARE based in St Thomas's Hospital, Shaw Heath, Stockport, alongside the Community Drug Team. We provide a **Structured Integrated Day Care Programme** in which people can address their drug problems, and in which concerned others can find support. We run a variety of groups and offer alternative therapies. We have a **Befriending and Mentoring Scheme**, under which volunteers support clients to underpin the work of the Drug Intervention Programme. We also provide a specialist **Stimulant Users Service** under the CRASH project.

Counselling has given me the strength to give up cannabis

FOR the last six years, I have had one all-consuming focus: the so-called soft drug cannabis. When I first met my counsellor at Leeds ADS, I often experienced bouts of depression and felt worthless, and was contemplating suicide. Throughout my whole life I have been a target for bullies. At the age of 15 I attempted suicide, and from this point on my daily existence was ruled by when I would get my next spliff. I found myself in a place of constant debt and manipulation of my family so I could continue my habit. Because of counselling, I was really determined to

cut back the weed. I opened myself up to past feelings of rejection and overwhelming rage as I began the process of accepting myself and a life without cannabis. Ten months later, I have a drug-free life and am actively seeking promotion opportunities at work. Structured counselling has given me a greater appreciation of myself and my achievements. I have always been clear in my intended outcomes as I actively developed my therapeutic care plan. ADS has given me the strength to like myself and move on. It's not a miracle - I always knew I had that strength, but I just couldn't find it.

...and has taught me to cope

WHEN you think poly-drug misuse, the first thing that comes to mind is a young 20-something mixing designer drugs with the club scene. I am a poly-drug misuser, but also a mother of four and a grandmother. I have known a lot of pain in my life, and despite my problems carry my whole family. Things came to a head in July 2004, when I decided to attempt suicide. I just wanted everyone to know that I couldn't cope anymore. Things changed for me, and I started to realise how my behaviour affected the ones I love. I

have always wanted to feel more confident, and my counsellor taught me some assertiveness techniques. Now I feel OK about saying No to those people who took advantage of me. I also came to realise I needed some time to myself. I have gone as far as I want to go at the moment. There are issues I still need to work on, but I need time to adjust to the changes I've already made. My counselling has been really powerful, and has given me coping strategies for my day-to-day problems.

People who help us achieve our mission

President Margaret Spriggs OBE, JP

Since Margaret Spriggs became ADS' founding chairman in 1973 and then President in 1981, she has been an inspiration to all those connected with the work of the charity.

The early years were not without their difficulties, mainly financial, and the vision of bringing services to where people lived and worked seemed a daunting task. But, as all who work with her know, the vision of today's modern, enterprising and respected organisation has been directly influenced by her iron determination, warmth of personality and love of new challenges.

She has worked tirelessly alongside ADS' trustees, staff and volunteers to open doors to funding, often opening her home for fundraising events, helped launch new services, and brought her natural empathy to support and help clients of our services.

After 32 years of active and involved service to the charity, Margaret Spriggs has decided to step down as President. But in recognition of all she has done for ADS, we are delighted that she has accepted the honour of becoming Life President in 2005. Mrs Spriggs says: "I have spent 32 wonderful and stimulating years working for ADS. One of the most impressive aspects of the work is the attitude and



professionalism of its trustees, staff and volunteers, and the opportunities it has given me to meet so many people who, with help, have changed their lives for the better. As Life President 'I will continue to watch the organisation's achievements with pride."

Dot Wilkinson Clinical Supervisor and Complementary Therapies Co-ordinator

IT IS 16 years since I initially joined ADS as an alcohol counsellor at Preston, having previously provided counselling and complementary therapies for multiple sclerosis patients. After becoming a manager, I left to gain more experience of counselling and supervision, and worked in the NHS and further and higher education. I returned two years ago as one of three clinical supervisors, and also have responsibility for the co-ordination of complementary therapies.

As a clinical supervisor, I offer personal support, and professional guidance to ADS staff to ensure that all client work is carried out ethically and to the highest possible standards. The skills and experience I gathered in my previous positions have proved invaluable in enabling me to support staff undertaking counselling and counselling-related work in a variety of roles. I cover projects in Lancashire and



Wigan, but enjoy driving and am centrally located. All members of staff attend group supervision monthly, and individual supervision is offered throughout the probationary period and by request.

In group supervision, staff from different projects are brought together to share experience and expertise. Group members also gain personal and professional support from colleagues whose work is, like theirs, challenging as well as rewarding.

Supervision ensures that everyone has the opportunity to develop both personally and professionally for the ultimate benefit of clients. New staff often comment that they feel well supported in their work.

ADS strives to provide a high level of support, and I feel privileged to contribute.

Marie Morter Outreach Worker and Acting Deputy Manager, Bennett House

My first contact with ADS was as a client at Burnley. They got me into rehab straight away, and I spent 10 months at Bridge House. I did a counselling course while I was there and did a year's voluntary work at Bennett while I was doing my counselling diploma course.

I worked in primary healthcare and arrest referral in Preston, but a full-time job came up at Bennett and I came back. I have to admit this is where my heart is. Actually I'm covering two jobs for a time, while we wait for a new member of staff to join us. The outreach work involves helping men prepare to leave us and supporting them during the transition and beyond. To help them prepare, we have a Moving On group, in which we discuss the practicalities and issues which are likely to arise. Afterwards, we support them in every way we can. We have a weekly former



SERVICE USERS often want to put something back into the service for the benefit of others, as well as themselves. Service User Groups organise activities, such as social events, outings, fundraising events. They also participate with staff in User Forums in our centres and services. Ideas which service users feel would improve services are

discussed with staff, and frequently implemented. Likewise staff bring their ideas and seek user comment on them. The event pictured above brought together around 150 service users from across ADS. They discussed how their relationship with the agency could be further enhanced and local activities made more attractive to clients.

residents group, and they know they can pop in at any time. We also encourage them to make contact with us if they're having a bad day. As acting deputy manager, I have a range of duties, including being responsible for the house itself - weekly health and safety checks, that kind of thing. I also have a caseload of four, and am a key worker - which means if someone is in crisis I have to drop whatever else I'm doing and attend to them. Paperwork is important, but at that moment the immediate need of a client is more important. That's what it's all about.

Trustee Brian Harrison

I accepted an invitation to join the trustees because I felt my professional experience as a social services inspector gave me something to contribute. The contact I had had with the agency as an adviser convinced me that it was doing a skilled job in a highly professional manner. I try, as a trustee, to increase my understanding of what ADS is doing and support its work. I sit on the personnel and general purposes committee,

which among other things has responsibility for policies. Clear written policies are very important to give staff guidance as to what is expected of them, based on good practice and the needs of service users, and the ways in which staff can expect help and support. As chair of the professional committee I am able to contribute to advice on matters of professional practice and on ethical issues. It takes time, but I value my role and regard it as time well spent. Every trustee is allocated certain services to look at, and I see my role there as talking with staff and service users, encouraging them, and taking to the board any concerns which arise. I also welcome the opportunity in the board and committees to discuss goals and future plans. Attendance at the ADS residential conferences is a valuable opportunity to talk with staff about their work. I am always impressed by the high quality of ADS staff.



Volunteer Jill

I do voluntary work at an ADS centre and with the Drug Interventions Programme team. I thoroughly enjoy it, as there is a variety of different tasks to be involved with. For example, the centre has a drop-in every day, and I help to run it on a Thursday with another volunteer. We also collect clients for appointments and visit the police station with a DIP worker to see if any of the detainees would like help.

I am currently starting a project with four other volunteers to try and help clients into education. Firstly we find out what level of education they have reached, and then help them to access the various different courses - which we will have read up on and collected the information for. This helps to work out the suitability of the course for each individual client.

I would like eventually to work in this field as a drug worker, as I find it very fulfilling and rewarding to help other people to overcome their problems in this area.

How you can help us achieve our mission

Volunteer - As a befriender, mentor, support worker, group helper or administrator. ADS will provide you with comprehensive training and all the support you need to be an effective volunteer.

Become a trustee - We need trustees with a variety of skills and experience from a range of different backgrounds. It is also an opportunity for you to develop new skills and improve your career prospects.

Make a donation - You can increase the

value of your donation by 28% with Gift Aid at no extra cost to you. As a basic rate taxpayer a donation of £10 will be worth £12.80 to ADS.

Get your company involved - Persuade your employer to set up a Payroll Giving scheme for the whole of your company to donate to ADS. If your company has less than 500 staff then the Government will give a cash incentive of £500 to help set up the scheme AND will match staff donations for six months.

Join the Payroll Giving scheme - If you nominate ADS to receive a regular donation from your salary then, as a basic rate taxpayer, a donation of £1 will only cost you 78p.

Your chosen charity - Get your company involved in fundraising events, making ADS your chosen charity.

Leave a legacy - A gift, however large or small, costs nothing in your lifetime and is free of inheritance tax.

To help in any of these ways, please call **0161 834 9777** or email ads@alcoholanddrugservices.org.uk

Principal funders in 2004/2005

Major benefactors

Blackpool Borough Council
 Blackpool Drug Action Team
 Blackpool Primary Care Trust
 Bolton Metropolitan Borough Council
 Bolton Primary Care Trust
 BUPA
 Burnley Borough Council
 Burnley, Pendle & Rossendale Primary Care Trust
 Bury Community Safety
 Bury Probation Partnership
 Chorley & South Ribble Primary Care Trust
 Fylde Primary Care Trust
 Greater Manchester Learning & Skills Council
 Heywood & Middleton Primary Care Trust
 Lancashire Care NHS Trust
 Lancashire County Council
 Lancashire Constabulary
 Lancashire Drug Action Team
 Lancashire Learning and Skills Council
 Leeds City Council
 Leeds Drug Action Team

Manchester Drug Action Team
 North East Primary Care Trust
 Oldham Drug & Alcohol Action Team
 Oldham Primary Care Trust
 Oldham Metropolitan Borough Council
 Rochdale Primary Care Trust
 Rochdale Social Services
 Salford City Council
 Stockport Community Safety Partnership
 Stockport Drug Action Team
 Tameside & Glossop Primary Care Trust
 Tameside Drug & Alcohol Action Team
 Tameside Metropolitan Borough Council
 West Yorkshire Learning & Skills Council
 Wigan Community Safety Partnership
 Wigan Metropolitan Borough Council
 Wyre Borough Council
 Wyre Primary Care Trust

Donors

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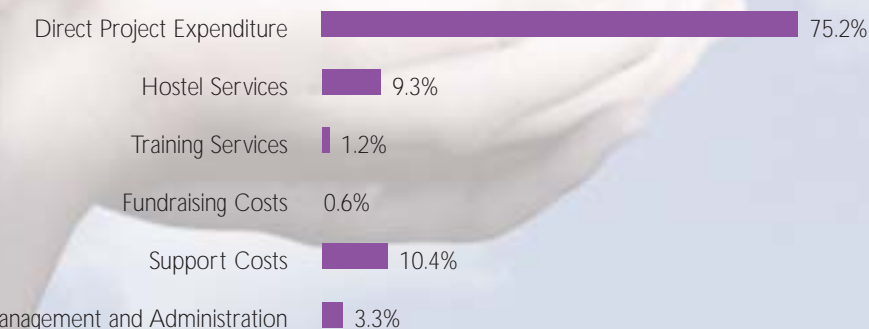
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 Sir James & Lady Scott Trust
 Mrs M P Spriggs
 Stoller Charitable Trust
 Sovereign
 G A Strang
 Swan Mountain Trust
 United Reform Church - Fleetwood
 The Yorkshire Building Society
 Zochonis Charitable Trust

Finances

Our incoming resources come from:-



Our resources are expended on:-



Honourary Treasurer's Report

THE continued expansion of ADS, particularly within Criminal Justice services, is reflected in the Financial Statements. The number of service contracts delivered by the Charity to Health Authorities, Local Authorities, Drug Action Teams and Criminal Justice Agencies has increased to 99. This increase is due to the high quality of the services ADS provides to all its purchasers. The Financial Statements show an increase in incoming resources of 24% in 2004/2005, to £5.2m. The Financial Statements show a surplus of £21,751 and total reserves of £321,737. General reserves amount to £171,445 or approximately 3% of resources expended, there are no anticipated problems in meeting commitments. The charity plans to maintain general reserves at least at this level and ultimately to increase these to a level equivalent to three months expenditure. At this level the charity will have reasonable reserves both to ensure continued delivery of vital services in the event of a short-term setback, and to have the flexibility to provide innovative new services based on client needs which are not funded by the state. Overall, ADS has a sound and efficient financial base, and we continually seek to widen our sources of income so as to provide the best possible service to our clients.

J. Karczewski-Slowikowski
Honourary Treasurer

The figures quoted in this section have been extracted from Alcohol and Drug Services' annual audited Financial Statements on which our auditors have expressed an unqualified report, dated 6th October 2005. A comprehensive understanding of the charity's financial affairs can be obtained from the full Report of the Directors and Trustees and Financial Statements 2004/2005, copies of which are available from the Company Secretary, Alcohol & Drug Services, 87 Oldham Street, Manchester, M4 1LW. Copies have also been delivered to the Registrar of Companies and the Charity Commission.