

Harm Reduction

You do not have to access any of our other services in order to attend this part of the service but we will encourage and support you to do so, if it is a choice you make.

If you are using drugs and require injecting equipment, we offer needle exchange facilities in the centre. We can give you advice on ensuring that you stay safe if you do continue to use substances and will ensure you are provided with clean equipment.

We offer vaccinations against Hepatitis B, which can be passed on through needle sharing, as well as testing for other blood borne viruses. You will be given a confidential and supportive service during the whole process.



Further Information

You can contact us by calling
03000 266 666
and choosing the Recovery Centre for the area you live.

Durham: Centre for Change, DH1 3BQ
Telephone Option 1

Consett: Eden House, DH8 5RL
Telephone Option 2

Bishop Auckland: Saddler House, DL14 7BH
Telephone Option 3

Horden: Horden Recovery Centre, SR8 4NU
Telephone Option 5

We are open **Monday - Friday 9am to 5pm** with late night appointments also available.

We now have a range of access options, including telephone/online groups and appointments in community venues to help make your recovery as straightforward as possible.

Many of our assessments are over the phone and take approximately 45 minutes. You will be appointed a named worker after your assessment who will help you on your journey to reach your goals.

Visit codurhamdrugalcoholrecovery.co.uk for info, or search for us on Facebook and Twitter.



We use drinkcoach.org.uk to help our clients reach their goals.



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Basement Project



A brief guide to our services

Each one of our Recovery Centres have a number of specialist services that work together to help support individuals and families with drug and/or alcohol problems, including:

Open Access to Assessment
Medical Interventions
Harm Reduction Service
Psychosocial Interventions
Mutual Aid and Ambassadors

Our services can support you to achieve your own personal recovery goals

This leaflet will help you understand more about the services available to you and how we can support you in your recovery.

Assessment

We operate a drop in service between 10 - 4 every day where you can be assessed. We will discuss how long your treatment should be at this point.

Recovery Co-ordination

You and your recovery worker will complete recovery plans to identify your strengths and ongoing needs. This will ensure you get the correct support. Recovery coordination work with clients that need substitute prescribing for opiates and clients that have more intensive support needs.

Clinical Worker

Your clinical worker will help you address your physical and mental health needs related to drug/alcohol dependency. You may attend (depending on your score and drug) a health assessment and be given a further appointment with the prescribing nurse to discuss and agree the treatment options to help your recovery.

Criminal Justice Team

The Criminal Justice Team work intensively with those clients who have received a court order such as a DRR or an ATR. Prison link worker visits HMP Low Newton, Durham and Holme House.

Volunteers & Ambassadors

Our volunteers and ambassadors can support you throughout your recovery journey, making your first steps into the centre easier all the way through to the day you feel confident enough to sustain your own recovery. They have their own experiences to draw from to enhance the support you receive.

HOPE Team

The HOPE team are the first point of contact in hospitals in County Durham. We will assess the client and refer to the appropriate team within the service.

We also work collaboratively with service trainers to deliver education and awareness-raising activities for stakeholders and communities, as well as providing holistic and structured recovery coordination and psychosocial interventions to service clients, their families and carers.

Aftercare Recovery Co-ordinators

We can provide you with support throughout your recovery journey, helping you build links and activities within the community to enhance your recovery.

We run a timetable of groups: Here and Now, Motivation, SMART, Pre recovery and Abstinence

Young Persons Worker

If you are under 21 years of age, our specialist Young People's Service can support you, this is to give you general advice about the effects and risks of drinking alcohol or using drugs .

We will arrange appointments at a place you feel comfortable; this may be at your home or somewhere in the community. We will work together to create a plan that best suits your individual needs, offering support until you feel you have reached your goals.

Recovery Academy Durham

Based across the service, we offer:
1:1 support, Workshops, Mutual aid support (NA, AA, SMART), Aftercare Volunteering/ Ambassador course, Daycare

Women's Recovery Academy Durham

Based in Consett, we offer a 12 week community programme for women who are no longer taking illicit substances or drinking alcohol and want to gain the skills and knowledge to maintain their recovery in the community.