

Equal opportunities

We always work to the principles of fairness and equality of opportunity in all our recruitment processes. Contact us for more details of our equal opportunities policy.

Diversity

We are committed to creating a diverse, inclusive environment which celebrates difference and allows our staff and service users to flourish.

Confidentiality

Our services are confidential and we have an open access policy. However, situations may arise where we will be obliged to notify the relevant authority. We will also share information with other treatment providers if we refer you on.

Statement of purpose

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.

Registration and Referrals

If you would like to speak to somebody about your alcohol or drug use you can contact the service directly by phone or email.

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

“

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.

Service user

”

Find out more

Call our Freephone number below for confidential advice, information or to make a referral.

Alternatively, please email Obehi Alofoje, Family & Carer Service Coordinator, at thealcoholservice.info@cgl.org.uk

Contact us

T: 0800 014 7440

E: thealcoholservice.info@cgl.org.uk

Facebook: facebook.com/changegrowlive

Twitter: [@changegrowlive](https://twitter.com/changegrowlive)

This leaflet is available in other languages on request.

For more information visit www.changegrowlive.org

This service is part of the charity:



Change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327). Company Registration Number 3861209 (England and Wales).



The Alcohol Service @

Hammersmith & Fulham
Kensington and Chelsea
Westminster



Family and Carer Support

T: 0800 014 7440

This service is part of the charity:



For more information visit www.changegrowlive.org

Who we are

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.

Our Family & Carer Service provides advice and support to family members, friends, and carers and also seeks to involve family members in their loved one's treatment journey.

The service is free and confidential for anyone living in any of the following boroughs Hammersmith & Fulham | Kensington and Chelsea | Westminster.

Who we support

The Family & Carer service can support any family member or individual aged 18 and over who are affected by a loved ones' alcohol problem, whether currently or in the past. We understand that families are made up in a varieties of ways and we welcome everyone.

The individual with the alcohol problem must be living in one of the following boroughs Hammersmith & Fulham | Kensington and Chelsea | Westminster.

About change, grow, live

Change, grow, live is a social care and health charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Our services will encourage you to find your inner strength and resources to bring about the life and behavioural changes you wish to achieve.

Our goal is to help you change your life, grow as a person and live life to its full potential.

Where we work

Our main office is based at The Alcohol Service, 2 – 4 Old Queen Street, Westminster SW1H 9HP. However, we can arrange to meet you at a venue close to your home, such as your GP practice or an appropriate venue that is local to you. Some of our support groups will also run from various venues such as Community Centres, GP surgeries, and Children Centres, amongst other suitable venues.

How to access the service

You can refer yourself to the service by calling us on 0800 014 7440 (Freephone). We also accept referrals from other agencies across the three boroughs.

Useful contacts

Adfam: www.adfam.org.uk | 020 7553 7640

Al-Anon Family Groups: www.al-anonuk.org.uk

Carers Network: www.carers-network.org.uk
020 8960 3033 | 020 7386 9417

Carers UK: www.carersuk.org | 0808 080 7777

CNWL Crisis Line: 0800 0234 650

Families Anonymous: www.famanon.org.uk

Mind: www.mind.org.uk | 0300 123 2320

NHS: www.nhs.uk | 111 | Emergency 999

Relate: www.relate.org.uk | 0300 100 1234

What we offer

- Assessment of your specific needs
- Advice and information about alcohol
- 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
- Support groups to meet, befriend and learn from others in similar situations
- Counselling to discuss issues that have affected your life
- Practical support to develop the '5 ways to Wellbeing'
- Workshops to increase knowledge and confidence around specialist subjects such as stress management and conflict resolution
- Partnership working with Children & Family services
- Access to Education, Training & Employment to learn new skills, share skills and increase confidence
- Referrals to other services

