

# Drug & Alcohol Services

in Tower Hamlets



TOWER HAMLETS

Whether you are looking for advice about your personal drug or alcohol use or concerned about someone else – there are services available in Tower Hamlets.

In this leaflet you will find the local contact details to talk in confidence to specialist staff about drug or alcohol use and how to seek treatment.

These are commissioned by Tower Hamlets Council and are free to all residents of the borough.

There are a wide range of interventions available to drug and alcohol users, their families and carers or others affected by addiction. Some of the interventions offered are listed below:

- Advice and information
- Key working and one-to-one counselling
- Group Programmes
- Blood-borne virus service
- Substitute Prescribing
- Community Alcohol Detoxification
- Family support
- Assessment for residential detoxification and rehabilitation
- Needle exchange
- Benefits advice
- Support and advice on how to access Education, Training and Employment (ETE)

## Reset

### Tower Hamlets Drug & Alcohol Service Adults over 18

An integrated service which provides structured drug and alcohol treatment to Tower Hamlets residents aged 18 or over.



**RESET**  
TOWER HAMLETS

Support offered includes advice and information for substance users (drug & alcohol) and concerned others; substitute medication for heroin addiction; community alcohol detoxification; key work and group work; nurse appointments for healthcare assessments; female only provision; testing for HIV, hepatitis B, C and immunisation; access to needle exchange and other services including assessment for accessing inpatient detoxification and residential rehabilitation services; counselling; advocacy; whole family interventions; support for clients experiencing domestic violence and onward referral to further support services.

Clients will have access to a wide range of additional support including support and advice on how to access education, training and employment (ETE), benefits, day programmes and aftercare.

The service also supports users with complex drug or alcohol related needs. These complex needs may be due to: Physical health, mental health, using a number of drugs including alcohol in a chaotic way and Pregnancy.

Reset is also supported by outreach and recovery support services.

**When:** Monday & Friday 9.30am-5.30pm  
Tuesday & Thursday 9.30am-8pm  
Wednesday 12-5.30pm

**Where:** Beaumont House, Mile End Hospital,  
Bancroft Road, London E1 4DG

**Tel:** 020 8121 5301

**Email:** [elt-tr.reset@nhs.net](mailto:elt-tr.reset@nhs.net)

Additional recovery support services are available outside of these hours at various venues across Tower Hamlets.

# Integrated Young People's Health and Wellbeing Service

## Aged 10 - 19 years

Specialist confidential service for young people using drugs and/or alcohol. The services offered are:

- Free confidential services, anyone can refer
- Personalised assessment, planning and review
- Therapeutic interventions around drug/alcohol use related issues through 121s
- Specialist support for pregnant clients
- A named key worker
- Partnership working with other services to support wider needs
- Access to activities/resources to meet personal goals
- 121 meetings held at a location to suit you
- Supporting other agencies around substance misuse learning
- Harm reduction advice and access to further support
- Awareness raising and education for young people
- Sexual Health screening, testing and treatment

All referrals must have the young person's consent.

### **For further information about the service and contact details please visit:**

[www.compass-uk.org/tower-hamlets/](http://www.compass-uk.org/tower-hamlets/)

## Friends and Family Members

Family based programmes and activities will be developed and delivered around whole family needs. Couples counselling will also be offered.

### **Referral information**

The Reset Treatment Service will accept self-referrals and referrals from family and friends, and referrals from professionals and other services, such as GPs, Probation, Children's Social Care, hospital teams or hostels.

## Needle exchange and harm reduction services in Tower Hamlets

There are lots of centres in Tower Hamlets that provide sterile needles and other injecting equipment as well as advice on safer injecting, health screening, immunisation and sexual health services.

### Harm reduction and needle exchange services:

#### Reset Treatment Service Beaumont House

Mon & Fri  
9.30am-5.30pm  
Tues & Thur  
9.30am-8pm  
Wed 12-5.30pm  
Mile End Hospital  
Bancroft Road, E1 4DG  
T: 020 8121 5301

#### Reset Outreach and Referral Service Providence Row

Mon-Fri  
9.30am-12.30pm,  
1.30pm-3.30pm  
The Dellow Centre  
82 Wentworth Street,  
E1 7SA  
T: 0800 802 1860

### Needle exchange is also available at:

#### Lincoln Pharmacy

Mon-Wed 9am-8pm,  
Thur-Fri 8am- 8pm,  
Sat 9am-5pm  
60 St Paul's Way,  
E3 4AL  
T: 020 7538 0817

#### Rigcharm Pharmacy

Mon-Fri 9am-7pm,  
Sat 10am-5pm  
Sun 10am-2pm  
93 Watney Street,  
E1 2QE  
T: 020 7790 9150

#### Cubitt Town Pharmacy

Mon-Fri 9am-6pm,  
Sat 9am-12.30pm  
143 Manchester Road,  
E14 3DN  
T: 020 7987 1487

#### Bell Pharmacy

Mon-Sat 7am-11pm  
Sun 10am-12pm  
534 Roman Road,  
E3 5ES  
T: 020 8980 8853

### FOIL

Did you know that our NEx services now supply foil?

- Using foil to smoke drugs can be a safer alternative to injecting.
- Smoking can reduce the risk of contractive

BBVs such as Hepatitis B, Hepatitis C and HIV.

- It can stop vein damage and reduce risk of infections
- It can reduce the risk of overdose in comparison to injecting (but not eliminate it!)
- It can reduce litter

## **Harm reduction advice – Drugs**

Harm reduction promotes 'safer' drug use. There are now a number of services in Tower Hamlets that provide sterile needles and syringes as well as providing advice on safer injecting and a full range of harm reduction advice and support including access to health screening, immunisation and sexual health services.

You can protect yourself (and others) from serious infections if you:

### **Use new sterile injecting equipment every time, and never share:**

- needles and syringes
- spoon or cookers
- water
- filters
- acids

### **Create a 'safe space' for preparing your hit**

You can do this by getting it together on a surface that you can throw away afterwards (like a newspaper or magazine).

### **Always dispose of used injecting equipment safely**

Use a sharps bin to store used equipment until you can take it back to the needle exchange.

### **Always wash your hands and the injecting site**

If you inject drugs you will always inject some bacteria as well. Your immune system will usually find the bacteria and kill them. But sometimes they will cause an infection.

This is usually because it is a powerful infection or you have injected a lot of bacteria or your body can't fight off the infection because you are unwell or your circulation isn't very good.

If you are prone to infections then take extra care washing your hands and keep your injecting sites clean.

## **Hepatitis B: get vaccinated**

There is a vaccination against Hepatitis B. All drug users and their close families should have it. If you have been vaccinated, you can't catch Hepatitis B (but you could still catch Hepatitis C or HIV).

## **Blood Borne Virus (BBV)**

Testing for Hepatitis B, C and HIV is simple and can be accessed via our BBV team.

## **Harm reduction advice – Alcohol**

The alcohol limit for men has been lowered to be the same as for women. The UK's Chief Medical Officer (CMO) guideline for both men and women is that:

- You are safest not to drink regularly more than 14 units per week. This is to keep health risks from drinking alcohol to a low level
- If you do drink as much as 14 units it is best to spread this evenly across the week

## **Understanding units**

One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour.

The number of units in a drink is based on the size of the drink, as well as its alcohol strength.

For example, a pint of strong lager contains 3 units of alcohol, whereas the same volume of low-strength lager has just over 2 units.

Knowing your units will help you stay in control of your drinking.

Alcohol concern has a free online unit calculator: <https://www.alcoholconcern.org.uk/unit-calculator>

## **Tips for reducing alcohol intake**

- Have at least 2 alcohol free days per week
- Keep a drink diary
- Identify different ways of relaxing – these can include exercising
- If you are anticipating a heavy evening, avoid drinking on an empty stomach and do not drive.

## External links

For more information on substance misuse issues visit websites of the following national organisations:

### Talk to Frank

[www.talktofrank.com](http://www.talktofrank.com)

### About Alcohol

[www.nhs.uk/alcohol](http://www.nhs.uk/alcohol)

### Drug Scope

[www.drugscope.org.uk](http://www.drugscope.org.uk)

### Home Office

[www.homeoffice.gov.uk/drugs](http://www.homeoffice.gov.uk/drugs)

### Alcoholics Anonymous

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### Narcotics Anonymous

[www.ukna.org](http://www.ukna.org)

### Cocaine Anonymous

[www.cauk.org.uk](http://www.cauk.org.uk)

### Families Anonymous

[www.famanon.org.uk/meetings](http://www.famanon.org.uk/meetings)

### Adfam

[www.adfam.org.uk](http://www.adfam.org.uk)

### Drink Aware

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

### Alcohol Concern

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

### SMART Recovery

[www.smartrecovery.org.uk/meetings](http://www.smartrecovery.org.uk/meetings)

### Al-Anon Family Groups

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

