

## 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.

## 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

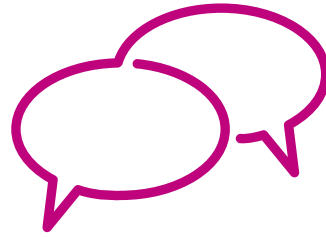
We are committed to creating a diverse, inclusive environment which celebrates difference and allows our staff and service users to flourish.

## 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 change your life, grow as a person and live life to its full potential.



### Get in touch

If you would like to talk in confidence about your situation or are worried about someone else, please get in touch to find out more:

Email: Cambridge1@cgl.cjsm.net

Email: Ely@cgl.cjsm.net

Email: Huntingdon@cgl.cjsm.net

Email: Wisbech@cgl.cjsm.net

T: 0300 555 0101

This leaflet is available in other languages upon request.

**For more information visit**  
**[www.changegrowlive.org](http://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) and in Scotland (SCO39861). Company Registration Number 3861209 (England and Wales).



**Cambridgeshire**

Drug and Alcohol Service



This service  
is part of  
the charity:



## We believe that everyone has the ability to change

Anybody can be affected by drug and/or alcohol use, regardless of their ethnicity, religion, beliefs, class, age, sexuality, disability or lifestyle.

If you have concerns about drugs and alcohol we can help.

We provide confidential information, advice, treatment options and support for all children, young people, families, adults and communities across Cambridgeshire.

We meet people in a range of venues, including GP surgeries, pharmacies and other local community venues.

We are led by the national charity change, grow, live.

## How we can help

**We can support you with any questions, worries or concerns you might have about:**

- Prescription medications
- Alcohol
- Over-the-counter medication use
- Illegal/legal drugs
- 'Dual diagnosis' and mental health
- Steroid use, and more



## What we offer

- Advice and support, whatever your level of use.
- An experienced team of health and care staff, nurses and doctors.
- Employment and training support.
- Peer support
- Support for families and carers
- Outreach support in remote areas across the County
- Holistic care planning
- Signposting to other support services where needed
- Needle exchange and Naloxone
- Psycho-social interventions

## Ongoing support

There are a number of options for ongoing support including: brief information and advice, one to one key-work, groups, relapse prevention, post treatment check-ups, mutual aid, substitute prescribing, volunteering and peer mentoring opportunities.

## Opening hours

Offices are open Monday to Friday 9am to 5pm  
Saturday 9am to 12 noon  
Ely: Tuesdays and Thursdays ONLY

Late night opening times - Please call the service to confirm on 0300 555 0101

## Where to find us

Mill Road, Cambridge CB1 3DF  
Fortescue Road, Cambridge CB4 2JS  
Huntingdon, Market Hill PE29 3NR  
Wisbech, Church Terrace PE13 1BW  
Ely, Market Street CB7 4LS  
Tel : 0300 555 0101

