

Alcohol factfile

Manchester 
North, Central and South
Primary Care Trusts

Updated 7 April 2006 Liz Burns

Manchester Public Health Development Service

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About this resource

This factfile is aimed at a wide range of people who may not be alcohol specialists, but will be involved with providing general health care advice across a range of health issues. This will include for example:

- GPs, practice nurses and other primary health care staff
- Accident and Emergency staff
- Occupational health staff
- Staff on hospital wards
- Health promotion staff
- Criminal justice staff
- Connexions staff
- Sure Start workers
- Housing workers
- Women's Refuge workers
- Social workers

It aims to support individuals who have an opportunity to recognise and discuss risky or harmful drinking behaviour and provide support and guidance as requested by the person or group.

It includes up-to-date information on local alcohol services as well as where to find information on local mental health services and local drug services.

The factfile is updated on a regular basis by Manchester Public Health Development Service. Please forward any amendments or suggestions to Liz Burns 0161 882 2300 or email elizabeth.burns@northpct.manchester.nhs.uk

Sensible drinking levels

- A woman will be drinking sensibly if she drinks within the limits of 2-3 units per day with two alcohol free days a week
- A man will be drinking sensibly if he drinks within the limits of 3-4 units per day with two alcohol free days per week

Some people knowingly take risks by drinking more than these levels. Some people are at risk when they think they are drinking safely. Some people need clearer advice to drink less or not drink at all:

- During pregnancy, and when thinking about conceiving, no alcohol = no risk
- Women who are breastfeeding
- Young people
- Older people
- Before and during driving
- Before, during and after active physical sport
- Before using machinery, ladders, fireworks
- Before and during work
- During a period of ill health (physical or mental health)
- While taking certain prescribed medications
- Before, during and after illicit drug use

The recommended sensible drinking levels are a guide to prevent harm to one self or to others, both in the short term and in the long term*.

Definitions of units:

- One unit = 8g or 10ml of alcohol
- The number of units are calculated using the amount and strength of the drink
- This calculation of units has been around for more than 20 years

ABV multiplied by *ml* divided by 1000 = units

It is common practice for the drinks industry to round up to one decimal point

Example of 12% wine 250ml glass

$12 \times 250 = 3000$, divided by 1000, = 3 (units)

Some common drinks:

35ml measure of vodka	40% abv	1.4 units
275ml bottle of Bacardi Breezer	5% abv	1.4 units
125ml glass of wine	12% abv	1.5 units
1 pint of Fosters	4% abv	2.3 units
1 pint of Stella	5.2% abv	3 units
500ml can of super strength lager	9% abv	4.5 units
750ml bottle of wine	12% abv	9 units
3 litres of strong cider	7.5% abv	22.5 units
70cl bottle of vodka	40% abv	28 units

Signs of drinking above sensible drinking levels

Common signs of drinking above sensible drinking levels:

- Regularly missing work or appointments
- Regularly complaining of stomach problems, high blood pressure, back and abdomen aches and pains, bowel problems, anxiety, sleeplessness, depression, mood swings
- Regularly putting one self in vulnerable and unprotected situations
- Repeated injuries or falls
- Getting arrested after drinking
- Financial problems
- Finding it hard to manage worries or unhappiness without drinking
- Finding it hard to manage physically without drinking or needing a drink to feel better

Definitions of drinking patterns by the Department of Health:

(Source: Alcohol Needs Assessment Research Project DoH 2005)

- Measures of binge drinking – drinking more than 8 units in one day for men, and drinking more than 6 units in one day for women (who are not pregnant).
- Hazardous drinking – drinking between 22 and 50 units per week for men and 15 and 35 units per week for women.
- Harmful drinking – drinking more than 50 units per week for men and 35 units per week for women.
- Hazardous and harmful drinking AUDIT score 8-15 and alcohol dependence (moderate to severe dependency) AUDIT score 16 +

Definitions of drinking patterns according to the World Health Organisation:

(Source: Brief Intervention for Hazardous and Harmful Drinking WHO 2001)

- Hazardous drinkers – people drinking above recognised sensible drinking levels but not yet experiencing harm
- Harmful drinkers – people drinking above sensible drinking levels and experiencing harm
- Dependent drinkers – people drinking above sensible drinking levels and experiencing harm and symptoms of alcohol dependence

*The recommended sensible drinking levels are a guide to prevent harm to one self or to others, both in the short term and in the long term. Some people want to drink above the recommended sensible drinking levels whilst at the same time have a desire to reduce the risks of harm. Small changes can significantly reduce the overall risk. Some examples are listed below:

- Eating before drinking or whilst drinking
- Avoiding caffeinated mixer drinks
- Alternating alcoholic drinks with soft drinks
- Topping up own drinks and not leaving drinks unattended
- Planning how to get home safely
- Spreading alcohol use across 7 days with 2 alcohol free days
- Switching to lower strength brands to reduce overall unit intake

It is important to acknowledge and respect the process of behavioural and personal change

Which service suits my needs at this present time?
(Contacts for all these services are listed on pages 8-11)

If my goal is to reduce drinking or I want to explore goals:

<i>Prefers 1:1 contact</i>	<i>Prefers group contact</i>	<i>Does not want referral at this time</i>
Community Alcohol Team A.D.S	Zion Alcohol group Frank Cohen support group	Use of drinks diary Use of bibliotherapy Practitioner accesses telephone advice

If my goal is to abstain from drinking:

! Consider detox assessment first (it may be dangerous for the person to suddenly stop drinking or suddenly reduce without an alcohol detoxification with medication)! You can seek telephone advice from an alcohol service provider. If you meet a person who appears to be at risk to themselves or others, you should consider referral for medical assessment ASAP.

<i>Community detox</i>	<i>Residential detox</i>
Community Alcohol Team	Smithfield Project

If my goal is to maintain abstinence:

<i>Prefers 1:1 contact</i>	<i>Prefers group contact</i>	<i>Does not want referral at this time</i>
Community Alcohol Team A.D.S	Brian Hore Unit Alcoholics Anonymous Zion Alcohol Group Outlook (East Manchester) Frank Cohen support group A.R.C A.D.A.S (requires community care assessment for funding)	Use of bibliotherapy Practitioner accesses telephone advice

If I am affected by someone else's drinking behaviour eg. partner, friend, relative:

<i>Prefers 1:1 contact</i>	<i>Prefers group contact</i>	<i>Requires carer's assessment</i>
Community Alcohol Team	Manchester Carers' Centre Al-Anon Adfam National Association of Adult Children of Alcoholics	Alcohol Care Managers (drinker is aged 18-64) Older People's Adult Social Care team (drinker is aged 65+)

If I need a specialist service:

(Contacts for all these services are listed on pages 8-11)

<i>Identified need</i>	<i>Service</i>
Under 19 years of age	Eclipse
Requires detox assessment	Community Alcohol Team or Smithfield Project
Pregnant or thinking about conceiving	Specialist midwifery service
Co-existing mental health or illicit drug problem	<p>Consultation with relevant service and communication between keyworkers</p> <p>For example: Community Alcohol Team, Brian Hore Unit, Manchester Drugs Service, Manchester Stimulant Service, relevant mental health team</p>
Suspected cognitive impairment	<p>Refer to GP for assessment ASAP. Assess immediate risk and consider referral for community care assessment. Community care assessments are carried out by the Alcohol Care Managers from Adult Social Care (18-64) or Older People's Adult Social Care team (65+). GP can refer to the Brian Hore Unit's consultant psychiatrist to be seen in the out-patient clinic or by home visit where necessary.</p>
Seeking dry accommodation or residential rehabilitation	<p>Smithfield Men's House, Smithfield Mixed House, Newbury House, Wilson Carlisle.</p> <p>All assessments for residential rehabilitation (eg. Bennett House) and the Minimum Support Network are carried out by the Alcohol Care Managers from Adult Social Care (all adults 18+).</p>
Currently in custody HMP and seeks follow-up support on release	To confirm –Prison Resettlement Team / Community Alcohol Team
Seeking support to remain at home eg. Home care	Assessments carried out by the Alcohol Care Managers from Adult Social Care (18-64) or Older People's Adult Social Care team (65+)
Seeking support to reduce harm whilst continuing to drink	Drop-in "Booth Centre", Drop-in "Cornerstones", Supported accommodation "Heavy Drinkers Project"
Requires long term residential care	Mary and Joseph House (requires community care assessment for funding)
Homeless outreach work whilst continuing to drink	Counted-In
Homeless and needing temporary accommodation	Morning Star Hostel
Suffering from domestic violence	"Assess, engage, invite referral" - consider risk assessment and safety plan (refer to city wide domestic violence protocol)
Access to telephone advice (referrer)	<p>Community Alcohol Team (Mon-Fri, 9am-4pm)</p> <p>Alcohol Care Managers from Adult Social Care (Mon-Fri, 9am – 4pm)</p> <p>Brian Hore Unit (Mon-Fri 9am-8pm, Sat and Sun 9am-3pm)</p> <p>Smithfield Project (24 hours)</p>
Public access to telephone advice is available through the Community Alcohol Team, the Brian Hore Unit, and the Smithfield Project	

Citywide alcohol services

(All telephone numbers have public access. Public enquiries and referrals for the Alcohol Assessment and Care Management Team are managed through the Contact Centre 0161 255 8250)

Manchester City Wide NHS Community Alcohol Team Beswick District Office, 1 Campion Walk, Beswick, Manchester M11 3RS. Telephone 0161 223 9641. Fax 0161 230 7811. Alcohol linkworkers are accessible city wide offering weekly/fortnightly clinics in GP surgeries or at nearby health centres. Confidential service on a 1:1 basis, ages 16+, 6-8 sessions. This service will see individuals who want to explore their goals, support people who want to cut down or give up drinking, and can advise people who are affected by other people's drinking. Manchester residents who may require a detox will be seen by the Community Alcohol Team for assessment. A duty officer is available Monday – Friday, 9am - 4pm to take referrals, enquiries, and offer telephone consultation to staff from other agencies. *Telephone, fax or post referral*

Manchester Specialist Midwifery Service Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester M15 5FQ. Fax Referrals 0161 226 7126. Office hours are Monday – Friday, 9am - 5pm The Manchester Specialist Midwifery Service are a team of midwives who provide specialist support to women and their families around issues of drugs, alcohol, and HIV. They offer advice regarding the effects of drugs and alcohol on mother and baby and on sexual health issues. *Fax referral only (you can confirm receipt of fax by ringing the office 0161 226 6669)*

Brian Hore Unit – Alcohol Day Treatment Service Elizabeth Slinger Road, Withington, Manchester M20 2LR. Nurses Tel: 0161 217 4435 Reception Tel: 0161 217 4166 Fax: 0161 217 2936. NHS service open to Manchester residents. Opening times are Monday – Friday 9am – 8pm, Saturday – Sunday 9am – 3.30pm (open every day of the year). Self-referral to nurse clinic. The service supports individuals who are maintaining long term abstinence or who are working towards long term abstinence. The unit provides daily support groups, a structured programme, one-on-one counselling, drop-in centre, out-patient detoxification, specialist prescribing, and supervision of Antabuse. Individuals experiencing both alcohol problems and co-existing mental health problems can be referred to the Brian Hore Unit's consultant psychiatrist and seen in the out-patient clinic (referral by health professional or GP). *Telephone referral*

Turning Point Manchester Smithfield Project Thomson Street, Manchester. Referral line and 24 hour telephone helpline 0161 839 8829. The Smithfield Project is the residential detox unit in Manchester (staffed 24 hours). When a person has been drinking regularly, it can be dangerous to suddenly stop drinking or suddenly reduce their drinking due to the onset of symptoms of alcohol withdrawal. To relieve symptoms and avoid escalation to dangerous withdrawal states, alcohol detox involves a reducing regime of medication (a structured course of benzodiazepines). Sudden cessation should not be considered without detox assessment and treatment planning. Symptoms of alcohol withdrawal can vary from involuntary hand tremors to involuntary body tremors. Symptoms can include profuse sweating, insomnia, palpitations, nausea and dry vomiting. Auditory, visual, and tactile hallucinations are a severe sign of alcohol withdrawal as well as seizures (like epileptic fits). *Can I detox at home or do I need a residential setting? A risk assessment considers all these factors along with other personal circumstances. Telephone referral*

Alcohol Assessment and Care Management Team Adult Social Care, 1 Campion Walk, Beswick, Manchester M11 3RS. Telephone 0161 223 9641. Any one can refer including self-referrals through the Contact Centre 0161 255 8250. Office hours are Monday – Friday 9am – 4.30pm. The team offer assessment to adults 18-64 who have alcohol problems and they commission social care services to meet assessed needs. Also they will see carers of problem drinkers to complete carers' needs assessments. The team also has management responsibility for a "dry" dispersed minimal support housing network for men. *Telephone referral through Contact Centre*

Eclipse - Lifeline for young people Advice, Information, Support and Treatment for drugs and alcohol. For anyone under 19 in Manchester. Opening times Monday – Friday, 9.30am – 5pm. Tel: 0161 273 6686

Alcohol and Drug Services (A.D.S.) 87 Oldham Street, Manchester M4 1LW. Telephone 0161 834 9777. Offers confidential service providing information, advice and counselling for drinkers, family members and concerned others. Signposting to other services. Opening times Monday – Friday, 9.15am – 5pm

Wentworth House, 8 Westminster Road, Ellesmere Park, Manchester M30 9HF. Telephone 0161 707 7366. Telephone service Monday – Friday, 9am-5pm. Wentworth House is a unit designed for individuals with alcohol dependency and complex needs offering in-patient and out-patient services. For both in-patient and out-patient groups, the service offers mental health assessments, a care programme approach, one to one counselling, men & women's groups and family/carer through groups and clinics. Referrals are accepted from specialist services, consultant psychiatrist, and Community Mental Health Teams.

Frank Cohen Support Group 233 Moston Lane, Moston, Manchester M9 4HE. Telephone 0161 205 7508. Opening times are Monday – Friday, 9am-12.30pm. Offers drop-in, non-judgemental support help and advice to people with dependency problems and signposting to other services.

Zion Alcohol Group, Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester M15 4ZY. Helpline 0161 226 5412 www.zioncentre.org.uk Referrals are accepted by agencies and by self-referrals.

Addiction Rehabilitation Centre (A.R.C.) ARC House, 29a Ardwick Green North, Manchester M12 6FZ. Telephone 0161 272 8844. Monday – Friday, 9.15am - 5pm. The service is designed for alcohol and drug misusers who wish to remain abstinent. A pre-programme of motivational support and counselling is available. Family involvement where appropriate. The 12 Step-based abstinence structured day care treatment lasts for 8 weeks (Monday - Friday, 9.15am-5pm). Aftercare service for up to 12 months.

Alcohol and Drug Abstinence Service (A.D.A.S.) 483 Buxton Road, Stockport SK2 7HQ. Telephone 0161 484 0000. www.adas-uk.org Monday – Friday, 9am-4pm, Saturday 10am - 12pm. ADAS offers reduction and motivation counselling (RAMP), working with people still using alcohol but with a clear desire to stop, structured day programme, 6-week family therapy programme. At *Acorn House* A.D.A.S. provide a supported housing project for those that are homeless when starting the treatment programme. The abstinence day care treatment programme last for 8 weeks (Monday – Friday, 9am-4pm). Aftercare service for up to 12 weeks. Applicants would require assessment for funding through the Alcohol Care Managers Team (referrals through the Contact Centre 0161 255 8250).

Alcoholics Anonymous, Suite A, 4th Floor, St Margarets Chambers, 5 Newton Street, Manchester M1 1HL. Telephone 0161 236 6569. Telephone Helpline open 11am - 11pm, 7 days a week. Answerphone service at other times. Offers a number of AA meetings across the city. This is no referral procedure. People contacting the AA get a list of meetings and go to meetings they choose. Please note no AA meetings are held at the office base, this houses the help line only.

Manchester Carers Centre, Beswick House, Beswick Row, Millar Street, Manchester M4 4RP Telephone 0161 835 2995 Carers Line 0161 835 4090 www.carers.org/manchester Provides information, advice and support to carers who live or care in the city of Manchester. The centre runs a telephone information service, a carers helpline, a regular newsletter, the Time For Me Project and can access breaks for carers. The staff can provide one to one support and can act as advocate for carers. There are also various carer groups and drop-in sections within the centre.

Booth Centre Manchester Cathedral, Victoria Street, Manchester M3 1SY. Telephone 0161 835 2499. A drop-in and activity centre for homeless people. Services include food provision, education, advice, support to access mainstream services and referral. On Tuesday and Thursday mornings drop-in sessions are held and the wet garden is open from 9am to 12.30 pm. Also drop-in sessions for people aged 50+ on Wednesday afternoons. Group activities over the rest of the week involve anyone who wishes to attend. Any one can refer including self-referrals. www.boothcentre.org.uk

Cornerstones 104 Denmark Street, Moss Side, Manchester M15 6JS. Telephone 0161 232 8888. Opening times are 10.30am - 5pm. Offers drop-in and support to the homeless who may be street drinkers/heavy drinkers. They have a space on the premises where drinking is permitted. Anyone can refer including self referrals.

Counted In Telephone 0161 236 3064. This service is designed for anyone over 18 sleeping rough in Manchester. Outreach team can actively locate client, help with accommodation, access to services (GP, drug, alcohol, mental health services, resettlement team can follow on from outreach to offer long term support, move on from temporary accommodation). Office hours are Monday–Friday, 9.00–5.00pm. Out Reach Sessions are Tuesdays and Fridays, 6.00am–8.00am, Wednesdays 6pm – 9pm.

Manchester Advice Domestic Violence Advocacy and Advice Team For a free and confidential service for women needing emotional support, housing, welfare benefits or debt advice, or having legal problems, health professionals or a woman herself can refer to the advocacy and advice team which is available to all women who live or work in Manchester. Office hours Monday to Friday telephone **07798 947596**. If the person is gay, lesbian, bisexual or transgender and experiencing domestic violence they can contact Broken Rainbow Helpline (9am-5pm Monday to Friday) **08452 604460**. If the person (adult or child) has been raped or sexually assaulted contact St Mary's Sexual Assault Centre (24 hours/7 days a week) **0161 276 6515**

For local mental health services visit www.mentalhealthinmanchester.org.uk

This site provides up to date information about mental health by providing a path to other websites. It is not intended to cover every aspect of mental health but will concentrate on access to information likely to be most useful to people with mental health problems and those supporting them. You will be able to print most, but not all, of the information to keep or pass on.

Turning Point Smithfield Dry Hostel Accommodation There are two hostels: a male hostel and a mixed male and female hostel. These are move-on hostels attached to the detoxification unit and offer temporary supported “dry” accommodation for up to 13 weeks. Self-referral can occur independent to the detox unit. For the men’s dry hostel telephone 0161 203 5634. For the mixed male and female dry hostel telephone 0161 203 5615.

Newbury House – English Churches Housing Group 80 Daisy Bank Road, Victoria Park, Manchester M14 5GJ. Telephone 0161 224 5729. Telephone is staffed Monday - Friday, 9am-5pm. Offers dry accommodation within a structured programme. Particular services include key working, information and advice, group work, and abstinence support. Length of stay is approximately 12 months.

Wilson Carlisle House - English Churches Housing Group 172 Plymouth Grove, Longsight, Manchester M13 0AF. Telephone 0161 273 3574. Telephone is staffed Monday - Friday, 9am-5pm. Dry accommodation for men only aged 18 and over. Particular services include key working, information and advice, group work, and abstinence support. Sister house to Newbury House.

Heavy Drinkers Project – Manchester Methodist Housing Group Telephone 0161 248 9069. There is a core house which is offers 24 hour staff cover. A variety of supported accommodation is provided for men and women unable to maintain independent accommodation due to alcohol-related difficulties. Residents are allowed to drink alcohol in the accommodation though sharing is discouraged. A model of ‘harm reduction’ is followed – individual ‘drinking plans are agreed with residents to stabilize alcohol consumption and reduce the harms of heavy drinking.

Bennett House 16-18 Bennett Road, Crumpsall, Manchester M8 5DX. Telephone 0161 795 4003. Staff are available Monday – Friday, 9am-5pm. Bennett House provides a safe, supportive and therapeutic environment for alcohol dependent men who have identified the need for residential support and abstinence. The residential programme is supported by a full range of communal facilities and offers many activities including social, recreational and educational opportunities. Within the home are six self-contained flats, which provide independent living with a high level of support for residents preparing to move back into the community. Applicants would require assessment for funding through the Alcohol Care Managers Team at Adult Social Care (referrals through the Contact Centre 0161 255 8250).

Mary and Joseph House. 217 Palmerston Street, Ancoats, Manchester M12 6PT. Telephone 0161 273 6881 Fax: 0161 273 6874. Residential care home service staffed 24 hours. Care home for residents who have past or present mental disorders or alcohol dependency. Care programmes include alcohol reduction programmes, detoxification programmes, nutrition guidance, life-skills coaching and assistance in dealing with outside agencies. Referrals are accepted from Adult Social Care, Housing or Probation.

Morning Star Hostel. 7 days a week the residents can access the building between the hours of 4pm and 10.00 am. From 10.00 am to 4pm they can attend the Cornerstones day centre next door. Offers temp accommodation to homeless men, significant number have alcohol problems. No drinking allowed on the premises. Frank Dove House, 104 Denmark Street, Moss Side, Manchester M15 6JS. Tel: 0161 868 0606. Referrals are made by agencies via the homelessness system and the Cornerstones Day Centre.

Citywide drug services

(For more information on local drug services visit www.makingmanchestersafer.co.uk)

DASH (Drug Advice and Sexual Health) This service offers needle exchange as well as drop in and day care activities. Please call for further details. Zion Centre, 339 Stretford Road, Hulme, Manchester 0161 226 0202 and Positive Futures Building, Claremont Road, Moss Side, Manchester 0161 868 0249

Lifeline – Community detox support team - 101-103 Oldham Street, Manchester M4 1LW 0161 839 2054 This service is available to all people receiving support from social services drugs care management team assessed as requiring this help, as well as those looking to undertake a ‘home detox’ or community detox from Heroin. Accepted methods of referral to this service are through Manchester Drug Service and the care management team on 0161 273 4040. Referrals can be made to this team from your GP.

Lifeline – Outlook East Manchester 1 Kay Street, Openshaw, Manchester M11 2DX Phone: 0161 231 7012 Fax: 0161 220 8592 Opening Hours Monday – Friday 9.30am – 5pm. Outlook day service provides a range of recreational, educational, employment and leisure activities to adult residents of East Manchester who have been affected by drug of alcohol misuse. All clients have a key worker and an action/care plan. The project also has counselling advice sessions and group-work sessions. This service is available to adults aged 19 and above.

Manchester Drug Service, The Bridge, Fairfield Street, Manchester 0161 273 4040. Offering substitute prescribing, shared care in partnership with GP’s, as well as structured counselling and testing for Hepatitis. Manchester Drug service is also delivered from three locality bases these are: **Central Manchester** The Zion Community Resource Centre, 339 Stretford Road, Hulme 0161 232 7359; **Cheetham** Youth in Action Building Brentfield Avenue, Cheetham 0161 792 6922; **South Manchester** Alderman Downward House, The Birtles Shopping Centre, Wythenshawe, M22 5RF 0161 490 2251

Manchester Stimulant Service Glentop House Glentop House, Pimblett Street, Cheetham M3 1FU Tel: 0161 819 2020 Fax: 0161 837 3390 Open 9-5pm (except Tuesday – open until 8pm, Friday open until 4.30pm) (Closed Monday morning) Out of hours answerphone available, response to all messages leaving contact details by next available working day. A specialist service for people with cocaine and amphetamine misuse problems. Drop-in service for clients, advice and information, acupuncture, therapeutic work with a key worker, counselling, cognitive behavioural therapy, volunteer placements, complimentary therapies, groupwork. This service is available to adult cocaine/crack and amphetamine misusers aged 18 and over. Women only groups provided also, please enquire for further details.

STASH (Waterloo Project) Youth in Action Building, Brentfield Avenue, Cheetham Manchester 0161 792 6922. This service offers a drop in facility, supervised consumption scheme as well as women only sessions, parenting classes and benefit support. This service is open to anyone over 18.

Kenyon House –Adult Drug Dependence Treatment Unit Kenyon House, Prestwich Hospital, Bury New Road, Prestwich Manchester M25 3BL Tel: 0161 772 3537. This is a 24 hour/7 day a week in-patient unit. The outpatient department is open Monday to Friday 9am to 5pm. Emergency contact helpline available 24 hours a day 0161 772 3558. This unit provides detoxification from illicit drugs (including opiates, stimulants, crack cocaine) prescribed drugs and alcohol. Rapid opiate detoxification is also offered where clinically indicated. Stabilisation of drug use is also a valid treatment option.

Turning Point – Naomi Unit Thompson Street, Collyhurst, Manchester 0161 839 8829 This is a 24 hour/7 day a week in-patient unit. This unit provides an inpatient detox and stabilisation service for opiate users / crack cocaine users. Referrals can be made in person at the address above or through GP/ or drugs workers at another service, please call for further details.

Ancoats Community Clinic Carruthers St, M4 6FB Tel: 0161 203 4033 Fax: 0161 205 5624. Needle Exchange/Harm Reduction Service (Adults over 19 only for this service), open Fri 4pm-9pm, Sat & Sun 12noon-8pm, Mon & Tues 11am-7pm. Minor Injury/Treatment Centre, open 9am - 9pm everyday including weekends and all public holidays, referrals from anyone including self.

National Helplines

Drinkline Telephone service 24 hours 7 days a week 0800 917 8282

Drinkline offers to listen to callers worried about their own drinking, to listen to the family and friends of people who are drinking, to offer advice to callers on where to go for local help. Drinkline is confidential and no names need be given. Calls are free from landlines and will not show up on your bill. Some mobile networks may charge to connect the call. Callers connect straight to an adviser. Male and female workers on duty. If callers have a preference of a male or female telephone operator, they must keep ringing to get choice – there is no system to transfer calls. No language line available.

Talk to Frank Telephone service 24 hours 7 days a week 0800 77 66 00

For free confidential drugs information and advice 24 hours a day talk to FRANK. If you're deaf you can Textphone FRANK on 0800 917 8765. Or email frank@talktofrank.com Calls from landlines are free and won't show up on the phone bill. Calls from a mobile vary in cost depending on which network you're on and might show up on the bill. You can talk to FRANK in 120 languages - just call the same number and a translator will be there if necessary. FRANK will try to reply to your email as quickly as possible. It certainly won't take longer than 24 hours. The reply will come from Talktofrank (Frank@talktofrank.com).

Sexual health line Telephone service 24 hours 7 days a week 0800 567123

For free confidential advice and information on sexual health, sexually transmitted infections including HIV, and signposting to local services.

The National Domestic Violence Helpline

Telephone service 24 hours 7 days a week 0808 2000 247

For refuge accommodation or out reach support (and general advice and support around domestic violence).

Samaritans Dial 08457 90 90 90, for the cost of a local call.

24 hours a day, 7 days a week, every single day of the year. We're always here to listen. Call us. It doesn't matter who you are - if you are in crisis, despairing or suicidal, contacting us can make all the difference to talk about how you are feeling. You can speak in total confidence with one of our volunteers about anything that is troubling you. We will not judge you; we will not tell you what to do; but we will try to help you think things through. With Samaritans, you get the time and the space to find a way through. We will be there for you, to listen with an open mind for as long as you need.

Websites

www.drinkaware.co.uk

For most adults, it's fine to enjoy a drink. At the same time, we all need to look after our health and well-being. This is where you can find out more about how to do both. You'll find all kinds of useful information about alcohol and drinking, from fascinating facts to practical tips, to suit all kinds of people and occasions. Find the answers to your questions - become more drink aware here. Award winning website developed by the Portman Group.

www.howsyourdrink.org.uk

This site from Alcohol Concern is designed to help you to work out whether you're drinking too much and if so, what you can do about it. Will provide links to other websites including reference to 6 week online self help programme (downyourdrink.org.uk).

www.downyourdrink.org.uk

Down your drink is the revolutionary six week online programme that tells you what you need to know to stay drinking safely. This website is run by Alcohol Concern with funding from the AERC and Department of Health.

www.al-anonuk.org.uk

Al-Anon Family Groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking. Alateen is part of the Al-Anon fellowship and is for young people, aged twelve to twenty, who are affected by a problem drinker. Alateen members share their ideas and experience in order to gain a better understanding of alcoholism; they learn to accept it as an illness and so lessen its impact on their lives. Local groups can be accessed via telephone helpline Tel: 020 7403 0888.

www.adfam.org.uk

A national website for any family member facing problems caused by drug or alcohol use can access a range of specialised services. Here you will find information and support and a list of local family support services. Call 020 7928 8898 or visit the website.

www.nacoa.org.uk

The National Association for Children of Alcoholics was set up in 1990 to address the plight of children growing up in families where one or both parents suffer from alcoholism, or similar addictive problems. We offer information, advice and support to children of alcoholics - through our free confidential Helpline 0800 358 3456 and website.

www.endthefear.co.uk

If you **live** or **work** in **Manchester** and are experiencing domestic violence, or know and care about someone who is experiencing domestic violence, then this website provides useful information and advice, that will enable **you**, or **them**, to **seek** support to end the **fear** and **suffering** of living in an abusive relationship. If you are experiencing domestic violence now and are in danger then please **contact the police on 999**. On this website you will also find other useful numbers to call in an emergency and also links to other practical help and support.

www.mentalhealthinmanchester.org.uk

This site provides up to date information about mental health by providing a path to other websites. It is not intended to cover every aspect of mental health but will concentrate on access to information likely to be most useful to people with mental health problems and those supporting them. You will be able to print most, but not all, of the information to keep or pass on.

Websites to support learning and development

www.alcoholconcern.org.uk

Alcohol Concern is the national agency on alcohol misuse. We work to reduce the incidence and costs of alcohol-related harm and to increase the range and quality of services available to people with alcohol-related problems.

We provide information and encourage debate on the wide range of public policy issues affected by alcohol; including public health, housing, children and families, crime and licensing. We support specialist and non-specialist service providers helping to tackle alcohol problems at a local level, whilst also working to influence national alcohol policy.

www.hit.org.uk

HIT delivers effective interventions on drugs, community safety and other public health concerns. We produce publications, run mass media campaigns, deliver training, organise conferences and provide consultancy to individuals, community groups, health and social care and criminal justice agencies locally, nationally and at an international level.

www.britishlivertrust.org.uk

The British Liver Trust provides online information to support individuals and professionals who are seeking more information on the liver and liver disease. This website provides factsheets, links to support groups, and publications catalogue.

www.digestivedisorders.org.uk

This website supports aims to support the prevention, cure or treatment of digestive disorders. It provides information for sufferers, their families and friends. It aims to increase the knowledge of symptoms of digestive disorders and urge those experiencing those symptoms to seek a swift diagnosis.

www.pancreatitis.org.uk

This website provides downloadable information on acute pancreatitis, chronic pancreatitis, pancreatic cancer, and low fat dietary advice. This website is aimed to support existing sufferers of pancreatitis and provides an online supporters network.

www.fasaware.co.uk

This website has been designed to raise awareness, give informed choice and provide information and support for people affected by and interested in Foetal Alcohol Syndrome.

www.motivationalinterview.org

Motivational interviewing is a client-centred, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This web site is intended to provide resources for those seeking information on Motivational Interviewing. It includes general information about the approach, as well as links, training resources, and information on reprints and recent research.

Make a display

Examples of materials for hire from Manchester Public Health Development Service “Resource Libraries”:

- Consequences of alcohol misuse box (physical display of common organs damaged)
- Drunk and dangerous includes ‘beer goggle glasses’ activity set (includes remote control car)
- Boozed and confused includes ‘beer goggle’ glasses activity set (includes skittles set)
- Boozed and confused beer goggles and condom demonstrator (hire as 2 items to demonstrate effects of intoxication on hand-to-eye coordination due to relationship between drunkenness and increased chance of condom breakage and slippage)
- Pickled liver display jar (shows a replica liver damaged by cirrhosis)
- Replica glasses of beer (can be used as attention grabbers on display stalls or to compare units of alcohol per half pint glass – “Guess the units?”)
- Alcohol prevention bingo
- Spaceboy’s alcohol challenge cd rom (aimed at primary school and secondary school age children)
- Leaflets and posters to support your display can be ordered at the same time

Resource and Information Library Service

The Manchester Public Health Development Service provides health promotion materials and resources for loan from two bases in the city, free of charge to anyone with a role in health promotion. Books, videos, slides, teaching packs, models and equipment are available for loan free of charge. We also stock Department of Health leaflets “Say when ...How much is too much?” and Alcohol – the facts in 6 languages (English, Bengali, Punjabi, Hindi, Urdu, Gujarati).

Self help booklets available from Douglas Inchbold Tel: 0161 861 2900

Depression and Low Mood, Panic, Stress and Anxiety, Controlling Anger, Shyness and Social Anxiety, Bereavement, Post Traumatic Stress, Obsessions and Compulsions, Food and Mood, Managing Anger, Post-Natal Depression – A self help guide, Sleep Problems, Do something creative-it’s good for your mental health.

North base (Victoria Mill)

Mon, Tues, Thurs, Fri 9.00am – 4.30pm
Wed 9.00am - 12.30pm
Contact Carnell Bell-Smith on Tel 0161 861 2913

South base (Withington Hospital site)

Mon-Fri 9.00am – 12.30pm (drop-in)
1.30pm - 4.30pm (please ring to check staff availability)
Contact Sarah Race on Tel 0161 611 3642

Ordering materials

You may want to consider ordering the following resources. All materials listed below are free. Order forms for the mental health self-help guides are listed separately at the back of this pack.

No cost per order	Organisation	Resource title	Contact details
Free	Portman Group	Drinkaware - unit calculator wheel	www.portmangroup.org.uk
Free	Portman Group	Drinkaware – it all adds up leaflet	www.portmangroup.org.uk
Free	Portman Group	Drinkaware – questions on sensible drinking pamphlet	www.portmangroup.org.uk
Free	Portman Group	Drinkaware – sensible drinking message A4 poster	www.portmangroup.org.uk
Free	Portman Group	Daisy’s diary – useful drinks diary	www.portmangroup.org.uk
Free	Portman Group	Alcohol poisoning – information leaflet	www.portmangroup.org.uk
Free	Portman Group	Who’s looking out for you? (aimed at women) - A3 poster	www.portmangroup.org.uk
Free	Portman Group	Let’s talk about drinking guide for parents - leaflet	www.portmangroup.org.uk
Free	Department of Health	Alcohol: the facts – multilingual sensible drinking booklet <i>Code 28987</i>	DH Publications Orderline PO Box 777 London SE1 6XH Telephone: 0870 155 54 55 Fax: 0162 372 45 24 www.dh.gov.uk
Free	Manchester Public Health Development Service	Be a M8, Fone & W8 (alcohol poisoning) – palm sized booklet aimed at young people	Contact alcohol public health advisors or North resource library Tel: 0161 861 2900 South resource library Tel: 0161 611 3642
Free	Manchester Public Health Development Service	Alcohol and sport – palm sized booklet aimed at young people	Contact alcohol public health advisors or North resource library Tel: 0161 861 2900 South resource library Tel: 0161 611 3642

No cost per order	Organisation	Resource title	Contact details
Free	Manchester city wide domestic violence project	End the fear – posters, helpline credit cards, welfare advice service flyers, women’s aid posters	Caroline or Abbey City wide project base caroline@endthefear.org.uk abbey@endthefear.org.uk
Free	Manchester Community Alcohol Team	Service information leaflets	Manchester Community Alcohol Team Tel: 0161 223 9641
Free	Eclipse	Service information leaflets	Eclipse Tel: 0161 273 6686

All materials are free of charge

Manchester Public Health Development Service

Mental Health Self Help Guides in English

Please provide me with the following supply:

Title	Number Required
• Depression and Low Mood
• Panic
• Stress and Anxiety
• Controlling Anger
• Shyness and Social Anxiety
• Sleep Problems
• Bereavement
• Post Traumatic Stress
• Obsessions and Compulsions
• Food and Mood
• Post Natal Depression - A Self Help Guide
• What is Post Natal Depression? (an info leaflet)
• Do something Creative, it's good for your mental health!
• Physical Activity & Mental Health "Lets get Moving"

Please return to Douglas Inchbold at Manchester Public Health Development Service,
Victoria Mill, Lower Vickers Street, Miles Platting, Manchester M40 7LJ.
Tel: 0161 861 2900 Fax: 0161 203 5817

Please let us know the following:

Would you be interested to provide information to evaluate further the use of these booklets?

Yes No

Name.....

Address.....

Tel No.....

Manchester Public Health Development Service

Translations of Mental Health Self Help Guides

Please provide me with the following supply:

Stress & Anxiety	Number of Guides Required	Depression & Low Mood	Number of Guides Required
Arabic		Arabic	
Hindi		Bengali	
Somali		Somali	
Urdu		Urdu	
English		English	

Please return to Douglas Inchbold at Manchester Public Health Development Service,
Victoria Mill, Lower Vickers Street, Miles Platting, Manchester M40 7LJ.
Tel: 0161 861 2900 Fax: 0161 203 5817

Please let us know the following:

Would you be interested to provide information to evaluate further the use of these booklets?

Yes No

Name.....

Address.....

Tel No.....

Manchester Public Health Development Service

CD Rom Translations of Mental Health Self Help Guides

Please provide me with the following supply:

Stress & Anxiety	Qty	Depression & Low Mood	Qty
Arabic		Arabic	
Bengali		Bengali	
Chinese		Chinese	
Somali		Somali	
Urdu		Urdu	
English		English	

Please return to Douglas Inchbold at Manchester Public Health Development Service,
Victoria Mill, Lower Vickers Street, Miles Platting, Manchester M40 7LJ.
Tel: 0161 861 2900 Fax: 0161 203 5817

Please let us know the following:

Would you be interested to provide information to evaluate further the use of these CD Roms?

Yes No

Name.....

Address.....

Tel No.....