



**NORTH
SOMERSET
DRUG &
ALCOHOL
SERVICE**

Register with us at:

ARA
31 Alexandra Parade
Weston Super Mare
BS23 1QZ

Tel: **01934 415376**

www.addictionrecovery.org.uk

or see a worker without an appointment on:

	AM	PM
Monday	11.00am-12.00pm	
Tuesday		3.00pm- 4.30pm
Wednesday	11.00am-12.00pm	
Thursday		3.00pm- 4.30pm
Friday	11.00am-12.00pm	
Saturday	11.00am-12.00pm	

Direct Access service is available for all services featured in this leaflet



Ara

addiction recovery agency
treatment, support, recovery

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INVESTOR IN PEOPLE



**ADDICTION
RECOVERY
AGENCY**

**NORTH SOMERSET
DRUG &
ALCOHOL
SERVICE**

TREATMENT, SUPPORT AND RECOVERY

Help with your drug/alcohol problems

Are you experiencing problems with your drug or alcohol use?

Do you want to make changes about the way drugs/alcohol affect your life?

Are you concerned about another person's drug or alcohol use?

If the Answer is YES to any of the above, PICK UP this leaflet WE CAN HELP YOU.

ARA North Somerset: Providing information, advice, counselling and services to enable people to recover who are affected by drugs and alcohol.

Who are we?



The Addiction Recovery Agency (ARA) has over 20 years experience of providing services and we are leaders in the field of working with problematic alcohol use. We provide a wide range of services including advice and information, counselling, group work, residential treatment and supported housing.

We help people to reduce the harm, and recover from their drugs and alcohol problems.

Our mission is to provide high quality treatment and support services in order to reduce the harm caused by substance misuse and the consequent damage to individuals, their families and communities.

Our free and confidential service consists of:

Information and Advice

Advice on reducing the harm caused by drug use and drinking for you.

Direct Access (services without an appointment)

An opportunity to speak confidentially to our trained staff without an appointment, to develop a plan for change, and set goals that will make your recovery happen.

Needle Exchange Service

Advice on harm minimisation practices, Blood Borne Viruses and the opportunity to access other services.

— All the above services at **31 Alexandra Parade** —



What can you expect?

Our services are provided by a team of highly skilled professionals who understand the problems drugs and alcohol can cause individuals and their family, friends and carers.

We offer services that are tailored to your needs and goals. Through consultation and your continued involvement we are able to provide the best possible outcome for your recovery.

We provide you with services that are proven to be effective. And, with your agreement, we will work in partnership with other agencies to achieve the services that best meet your needs.

What we need from you?

We need you to contact us (details overleaf).

We need you not to be intoxicated or unable to communicate through the use of drugs when you use our service and when you make contact with us.

One to One Counselling

Explore your problems with people that understand.

Day Care Programme

Opportunity for you to join abstinence based structured programme that provides you with the skills to lead a life free from substances.

Relapse Prevention

A structured programme designed to ensure that now you have stopped using you can maintain your recovery.

Aftercare

A programme that concentrates on providing you with the skills and options to get on with the rest of your life.

Drug Intervention Programme (DIP)

We engage with individuals who have been involved in the Criminal Justice System within the past three months or have had contact with the Drugs Intervention Programme within the past two years.

Arrest Referral Service

We have workers based in the custody suites and courts in North Somerset who can help people access services to tackle their substance misuse problems.

Families and Carers Service

ARA offers a free counselling service specifically aimed at family and friends of drug and alcohol misusers supporting you through this difficult time.

Community Care Assessments

A process of identifying needs and treatment options for people requiring residential rehabilitation treatment.

Access to other services

ARA works in partnership with a range of other services, including the North Somerset Specialist Drug and Alcohol Team and GPs, to ensure you have the best care available.

TOGETHER WE CAN MAKE A DIFFERENCE.