

DARTFORD & GRAVESHAM

Directory of substance misuse services





www.safedartford.gov.uk
www.safegravesham.gov.uk

DARTFORD
BOROUGH COUNCIL

Civic Centre, Home Gardens, Dartford, Kent DA1 1DR
01322 343434 www.dartford.gov.uk

Gravesham
Borough Council



Civic Centre, 123 Windmill Street, Gravesend, Kent DA12 1AU
01474 337000 www.gravesham.gov.uk

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Introduction

This Service Directory has been produced by the Drug and Alcohol Action Group (DAAG). The DAAG is a sub-group of the Dartford and Gravesham Community Safety Partnership responsible for the coordinated delivery of the drug and alcohol strategy at a local level.

It has been designed to assist anyone wanting to find out about drug and alcohol treatment in the Dartford and Gravesham area and how to access available services. It also covers current legislation, emergency services, helplines, needle exchange service and accommodation advice.

Research tells us that treatment works for people with substance misuse problems. However, success depends upon individuals getting the help that is right for them as early as possible, so this directory is here to aid just that.

WHAT IS CURRENTLY AVAILABLE IN DARTFORD AND GRAVESHAM?

Treatment for drug misuse problems comes in a variety of forms. These range from services where anyone can walk in off the street, to more structured services that you may need to be referred to or make an appointment for.

Walk-in or open access services

- Advice and information
- Drop-in services
- Needle exchange
- Carer's and family support services
- Harm reduction
- Brief intervention
- Onward referral
- Assessment

Structured treatment

- Specialist prescribing
- Detoxification
- Counselling
- Residential rehabilitation
- GP prescription & shared care
- Day programmes
- Relapse prevention

This service directory is produced by the Drug and Alcohol Action Group (DAAG) in consultation with service providers and service users. Whilst every effort has been made to ensure information in the directory is as accurate as possible at the time of going to print, no responsibility can be accepted for errors, omissions or changes made by (these) providers. Please check the on-line version for any updates, changes or amendments at www.safedartford.gov.uk or www.safegravesham.gov.uk

The 'Tier' System

The National Treatment Agency (NTA) groups treatment into four 'tiers' or levels. These reflect increasing intensities of intervention and care. The facility of aftercare is also offered by some service providers.

TIER 1: This level mainly involves interventions from general healthcare and other services that are not specialist drugs services, for example hospital A&E departments, pharmacies, GPs, antenatal wards and social care agencies. Tier 1 services offer facilities such as information and advice, screening for drug misuse and referral to specialist drugs services.

TIER 2: This is open-access drug and alcohol treatment (such as drop-in services) that does not always need a care plan. Tier 2 covers things like triage assessment, advice and information and harm reduction given by specialist drug treatment services. Tier 2 also includes Needle Exchange facilities.

TIER 3: This is drug and alcohol treatment in the community with regular sessions to attend, undertaken as part of a care plan. Prescribing, structured day programmes and structured psychosocial interventions (counselling, therapy etc) are always Tier 3. Advice, information and harm reduction can be Tier 3 if they are part of a care plan.

TIER 4: This is residential drug and alcohol treatment – inpatient treatment and residential rehabilitation. Treatment should include arrangements for further treatment or aftercare for clients finishing treatment and returning to the community.

AFTERCARE: It is important that people who have been through treatment get continuing support to enable them to rebuild their lives. In Dartford and Gravesham there is support to find housing, employment and training, and self help groups to help people maintain their achievements.

Quick guide

Service	Action for Change	ARC	Carr-Gomm	GAS4P	The Gr@nd	KCA	Kenward Trust	Turning Point
Ex-user, peer support	-	-	-	✓	-	✓	-	✓
Access to rehab & detox	-	-	-	-	-	CAN REFER	✓	CAN REFER
Counselling	-	✓	-	-	-	✓	✓	✓
One to one support	✓	✓	✓	-	-	✓	✓	✓
Group support	-	✓	-	✓	-	✓	-	✓
Overdose advice	-	-	-	-	-	✓	✓	✓
Cross referral to other service providers	✓	✓	✓	✓	✓	✓	✓	✓
Family & friends advice	-	✓	-	✓	✓	✓	-	✓
Blood borne virus testing	-	-	-	-	-	CAN REFER	-	CAN REFER
Alcohol support	✓	✓	-	✓	-	✓	✓	✓
Children & youth advice	-	✓	-	-	✓	✓	✓	-
Outreach	-	-	✓	-	-	✓	-	✓
Needle exchange	-	-	-	-	-	✓	-	✓

Adult drug services

- GAS4P – GRAVESEND ADDICTION STRIVING 4 PROGRESS
- KCA
- TURNING POINT
- CRI – CRIME REDUCTION INITIATIVE

GAS4P – GRAVESEND ADDICTION STRIVING 4 PROGRESS

**2 Brewhouse Yard (just off Queen Street),
Gravesend, Kent DA12 2EJ**

01474 564769

www.gas4p.com

Category: Adult Drug Services

Referral details: This service is open to anyone aged 18 and over

Opening hours: Weekdays, 10.00am to 4.00pm. Carers Group: Tuesdays, 6.00pm to 7.30pm. N.A. Meetings: Wednesdays, 7.00pm to 9.00pm

About: GAS4P is a free and confidential peer-led drop-in service for anyone affected by, their own or somebody else's, substance misuse.

GAS4P is staffed by volunteers (overseen by Turning Point Aftercare) who have personal experience of substance misuse issues and services.

Services & facilities:

- Warm friendly welcome
- Free tea/coffee
- Use of internet
- Non judgemental environment
- Advice and information
- Advocacy
- Emotional, social and practical peer-led support
- Aftercare
- Onward referral
- Service user involvement
- Volunteering opportunities
- Weekly N.A. meeting on the premises
- Weekly evening carer's group

Further groups and activities are planned for the near future. Please contact GAS4P for more details.

GAS4P

KCA

**Head office: 195 Parrock Street, Gravesend,
Kent DA12 1EW**

01474 567581

www.kca.org.uk

**Day programme: 36 Harmer Street, Gravesend,
Kent DA12 2AX**

01474 327578



Category: Adult Drug Services

Referral details: Anyone over the age of 18 can access this service.

Opening hours: Appointments: Monday, 9.00am to 8.00pm. Tuesday, 9.00am to 5.00pm. 'Drop-in': Monday, 4.00pm to 7.30pm. Tuesday, 10.00am to 1.00pm. Thursday, 10.00am to 12.00pm & 2.00pm to 4.00pm. Friday, 10.00am to 12.00pm & 2.00pm to 4.00pm.

About: KCA has been based in Gravesend since 1993. We are committed to reduce the harm and costs arising from the use of prescribed and non prescribed drugs.

Our service is open to anyone who is concerned for their own or anybody else's substance use.

Services & facilities:

- Drop In - Providing advice and information
- Harm Reduction - Including overdose prevention advice
- Needle Exchange
- Counselling - Available to anyone who is concerned about their own or someone else's use of drugs or alcohol)
- Substitute Prescribing Service
- Diversity Service
- Day Programme - This service aims to increase an individual's health, confidence, life skills and capacity to work by stabilising their substance use.

ADULT DRUG SERVICES

TURNING POINT

4a-6a Hythe Street, Dartford, Kent DA1 1BX

01322 278916

www.turning-point.co.uk

Category: Adult Drug Services

Referral details: This service is open to anyone aged 18 and over

Opening hours: Monday, 9.00am to 6.45pm (Office 8.30am to 7.00pm). Tuesday to Friday, 9.00am to 4.00pm (Office 8.30am to 4.30pm).

About: This service is open to anyone who uses substances, ex users and family and friends of users. Our services are not just for people with problems and we won't assume you have one if you misuse substances.

Services & facilities:

- Drop-In: Substance information, support and harm reduction advice.
- Telephone Helpline: Advice and information on substance use, treatment options and support for those who are using substances, or affected by someone else's substance use.
- Needle Exchange: Open to injecting drug users. Offering free clean needles, used needle collection services, harm reduction advice and access to treatment assessment.
- One to Ones: Designed for people who wish to make changes to their current substance use.
- Complementary Therapies: The Optimum Health group includes relaxation, auricular therapy and health topics.
- Counselling: 1-1 and groups.
- Shelter Surgery: Drop-in, (first three Mondays of every month).
- KCA: Prescribing (appointment only).
- Referral to Other Services: If we are unable to fully meet your needs, then we will refer to other services that are better placed to help.



CRI – CRIME REDUCTION INITIATIVE**55 Green Street, Gillingham, Kent ME7 1AE****01634 281589 or 0808 800015 (24hr)****medwaydip@crinet.co.uk****Category:** Adult Drug Services**Referral details:** Anyone involved within the criminal justice system.**Opening hours:** Monday to Friday, 9.00am to 5.00pm. Plus the 24hr telephone service 0808 800 0015**About:** CRI works to create safer and healthier communities. We help people to break free from harmful patterns of behaviour by delivering innovative services which have a measurable impact on both health and community safety issues.

The Drug Intervention Programme works with anybody who:

- Is over 18 years old
- Has a problem with drug use
- Is involved with the criminal justice system
- Lives in Kent

Services & facilities:

The Drug Intervention Programme will provide:

- Regular support, advice and assistance from a dedicated DIP case manager.
- An individual care plan.
- Assessment and referral into treatment services.
- Advice, support & referral for housing and accommodation issues.
- Harm reduction advice and overdose management.
- Benefits advice and information.
- Support with education, training, volunteering and employment.
- Service user opportunities/forums.
- Access to family support services.
- Information on local services.

Adult alcohol services

- ACTION FOR CHANGE
- KENWARD TRUST

ACTION FOR CHANGE

Satellite surgeries:

- **St Edmunds Church Living Well, Temple Hill, Dartford, Kent DA1 5ND**
- **The Gr@nd, 43 New Road, Gravesend, Kent DA11 0AB**

07595 650216 – Lesley Reece

www.action-for-change.org

reception.dg@action-for-change.org

Category: Adult Alcohol Services

Referral details: Open to anybody over the age of 18 concerned about their own drinking or that of friends and loved ones.

Opening hours: Tuesdays at St Edmunds Church, Temple Hill, 12.00pm to 2.30pm.
Wednesdays at The Gr@nd, Gravesend, 1.00pm to 2.30pm.

About: Action-for-Change is an innovative charity working to improve the general well being of society and the individuals within it.

Action-for-Change offer a free and confidential drop in service providing support, advice and information in a friendly non-judgemental environment.

We will also discuss with you the drinking goals that you want to achieve. This means, in practice, that we can help you achieve what you want. This could be stopping altogether, or it could be reducing the frequency and amount you consume.

Services & facilities:

Action-for-Change offers:

- One to one support sessions (for you to find the best way forward).
- Help with reducing drinking.
- Goal setting and action planning.
- Support to access other local services that would be beneficial.

You are welcome to use the open access clinics at anytime for continuing support.

Awaiting logo

KENWARD TRUST**Kenward House, Yalding, Kent ME18 6AH****01732 370413****www.kenwardtrust.org.uk****Service delivered from: 56 Windmill Street, Gravesend, Kent DA12 1BB****Category:** Adult Drug Services**Referral details:** For anyone over 18 with issues around drug and/or alcohol misuse**Opening hours:** Flexible appointment & group times available**About:** Kenward Trust operates a series of residential communities, day programmes, outreach and counselling services providing information, guidance, and treatment for male and female adults with alcohol and other drug problems.

In addition to the adult services there is a Kenward Youth Service.

Services & facilities:**Structured Psychosocial Intervention (SPI):**

- One to one work
- Eight sessions of one to one for individuals with issues around alcohol misuse.

Alcohol Treatment Requirement (ATR):

- An initial assessment
- One to one counselling
- Group work
- Reviews
- Support for significant others
- Sign posting
- Flexible appointment times

Youth services

- DARTFORD & GRAVESHAM ARC – ADOLESCENT RESOURCE CENTRE
- GREY ZEBRA
- KCA
- KENT YOUTH SERVICE
- PAYP
- KCC SCHOOLS

INFORMATION & ADVICE FOR YOUNG PEOPLE:

- www.foryoungpeople.co.uk
- TALK TO FRANK
- GET CONNECTED
- CHIDLINER

ARC – ADOLESCENT RESOURCE CENTRE

Children's Social Services:

- 2 Essex Road, Dartford, Kent DA1 2AU
01322 279170
- 5 Manor Road, Gravesend, Kent DA12 1AA
01474 354204



Category: Youth Intervention

Referral details: Referrals must be made via:

- Youth Offending Service
- ASBO Group
- Local Schools
- Education Welfare Officer
- Children & Adolescent Mental Health Services
- Children's Social Services
- Single Point of Access
- Alternative Curriculum
- Other Voluntary Agencies

Opening hours: Monday to Friday, 8.30am to 5.00pm (activities facilitated out of hours and at weekends).

About: The ARC service model is essentially one of coordinating various young person centred resources within one provision.

The social care centre unites services for adolescents within the community through a multi-disciplinary team which aims to support, advise and empower young citizens who face difficult times of challenge and transition during adolescence.

ARC – ADOLESCENT RESOURCE CENTRE continued

The core staff and multi-agency team offers a range of holistic, preventative and diversionary services through individual support, family and group work.

Services & facilities:

- One to one direct work
- Residentials
- Parenting support
- Holiday activities
- Service user forum
- Drug, substance misuse and alcohol advice and support
- Group work
- Diversionary activities
- Advocacy, advice and guidance
- Sexual health advice and guidance
- Rapid response

GREY ZEBRA (RUN BY KENWARD TRUST)

Kenward House, Yalding, Kent ME18 6AH

01622 814187

www.kenwardtrust.org.uk

Category: Youth Drug Services

Referral details: Via the Safer Schools Partnership

Opening hours: Monday to Friday, 9.00am to 5.00pm

About: An innovative approach to young people and drugs use, primarily by taking notice of what young people are saying.

Our aim is to reduce drugs use by young people on their own ground, to create a space that is acceptable to them and over which they have a sense of 'ownership' and to permit them to make enquiries and express their opinions in a non-coercive, non-threatening environment.

Services & facilities:

DISP - Drugs Intervention Support Programme

The Grey Zebra team facilitate DISP county-wide as part of the multi-agency approach to combat school exclusion and entry into the criminal justice system.

The DISP is aimed at young people under the age of 18 years found in possession of Class B and Class C drugs only. The DISP will endeavour to inform them of the dangers of addiction and associated links to criminality.

This initiative is supported by Kent Police, Kent Drug & Alcohol Action Team (KDAAT), Youth Offending Service (YOS), Kent County Council (KCC) and Youth & Community departments.



YOUTH SERVICES

KCA - YOUNG PERSONS SERVICE

**Sunlight Centre, Richmond Road, Gillingham,
Kent ME7 1LX**

01634 338640

www.kca.org.uk



Category: Youth Drug Services

Referral details: DUST forms and Group Work requests are obtainable from KCA

Opening hours: Monday to Friday, 9.00am to 5.00pm

About: For young people from the ages of 10 to 18. Our overall aim is to work with young people to reduce the harm caused to them, their families and the wider community by substance misuse.

We aim to reduce levels of drug and alcohol use and facilitate improvements in the young people's physical health, psychological health, social functioning, family relationships and education/employment status.

Services & facilities:

- One to One Support: Specialist structured drug and alcohol treatment for young people with problematic substance misuse.
- Targeted & Early Intervention: Group work which aims to raise awareness, give advice and information in a creative way and is offered to groups of young people vulnerable to substance misuse. This includes the Riskit project which aims to address risk taking behaviour.
- DUST Training: Free training offered to professionals working with young people aimed at increasing knowledge around substance misuse.

KENT YOUTH SERVICE: DARTFORD & GRAVESHAM

If you would like further information on the activities and programmes on offer at each project, please contact the relevant organisation direct via the details below.

Category: Youth Services

Referral details: This service is open to all young people aged 13-19

About: Kent Youth Service is part of Kent County Council and offers activities and opportunities for all young people in Kent that reflect both national and county developments and strategies.

These programmes are delivered in a variety of ways: Youth Centres, Detached Youth Projects, Community Youth Tutors, Outdoor Education Centres, Voluntary Youth Organisations, Alternative Curriculum Programme, Duke of Edinburgh's Award and 16+ Programmes.

As part of the Communities Directorate in Kent we deliver programmes in the following Curriculum Bands that are educational, challenging, recreational and fun! Personal Development, Creative Arts, Sports and Recreation, Information and Advice and Specialist Youth Programmes.

Kent Youth Service provides information, advice and guidance to young people on a variety of subjects, including substance misuse. We also 'sign-post' and refer to other agencies when appropriate.

Contacts:

- | | |
|---|--------------|
| • The Bridge Youth Arts Centre | 07769 901549 |
| • Dartford Detached | 01322 279231 |
| • Gravesham Detached | 07920 428522 |
| • Miracles Youth Centre | 01474 535989 |
| • Ethnic Communities Youth Project | 07919 414561 |
| • Adolescent Resource Centre | 07786 191375 |
| • Northfleet Youth Centre | 01474 351451 |
| • The Gr@nd | 01474 320123 |
| • Swan Valley Youth Centre | 01322 623117 |
| • Community Youth Tutor, Thamesview School | 01474 566552 |
| • Alternative Curriculum Programme (via referral) | 01322 290840 |
| • Positive Activities for Young People | 01622 694260 |

YOUTH SERVICES

POSITIVE ACTIVITIES FOR YOUNG PEOPLE

- **Kent Youth Service, 3rd floor Invicta House, County Hall, Maidstone, Kent ME14 1XX**

01622 694260

- **West Kent Team, c/o Swanley Youth Centre, St Marys Road, Swanley, Kent BR8 7BU**



Category: Youth Services

Referral details: This service is for young people aged 13 to 19 who are considered to be at risk of social exclusion and community crime.

Opening hours: Activity times and locations vary throughout the year with a focus on holiday provision and out of school hours.

About: Positive Activities for Young People (PAYP) is a targeted programme that provides diversionary activities for young people aged 13 to 19 who are considered to be at risk of social exclusion and community crime.

Through offering identified groups of young people more opportunity to participate in positive activities that build resilience, self esteem and access to information and support services.

These are made available out of school hours and during school holidays, we aim to minimise some of these risks.

Contacts: For general enquiries and if you would like further information on the programme and the activities offered, please contact PAYP West Kent Team direct via the details below:

- | | |
|-----------------|------------------|
| • Head Office | 01622 694260 |
| • Liz Querstret | 07825 712769 |
| • Andy Stobbart | 07825 712779 |
| • Rosie Pearce | 07825 712768 |
| • Or email | payp@kent.gov.uk |

KCC, CFE SCHOOLS DRUGS EDUCATION ADVISER (SDEA)**Croft House, Tonbridge, Kent TN9 1HP****01732 225006 or 07786 191409 – Karl Love****karl.love@kent.gov.uk****www.kenttrustweb.org.uk/drugs****Category:** KCC Schools & Local Children's Service Partnership (LCSP)

Service availability: Resource centre open during mornings Monday to Friday term-time only. Information downloads available via the Kent Trust website at www.kenttrustweb.org.uk/drugs

Karl Love is available via mobile phone (07786 191409) at other times.

Support is also available via the Healthy Schools team on 01622 723832 and Safe Schools Team on 01474 534449.

About: The School Drugs Education Advisers are part of Kent Safe Schools and available to support and advise CFE, schools and LCSP about alcohol, tobacco, medications, vsu and illegal drugs.

SDEAs:

- Build teaching and LCSP capacity through training programmes.
- Develop & implement policy.
- Provide guidance and support to the schools drugs and PSHE.
- Curriculum.
- Disseminate research, best teaching practice and quality assurance.
- Models.
- Refer schools and pupils to appropriate support services.
- Work in partnership with Healthy Schools and Safe Schools.

Services & facilities:

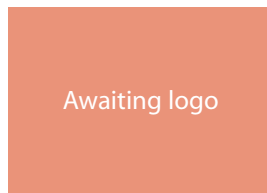
- Call centre and trust web advice.
- School training - Modular and policy and bespoke.
- Incident management and referrals.
- Information dissemination.
- Research and project development.

INFORMATION & ADVICE FOR YOUNG PEOPLE

FOR YOUNG PEOPLE.CO.UK

www.foryoungpeople.co.uk

About: Advice for young people aged 13 to 19 on drugs & alcohol, sexual health, contraception and pregnancy, plus details on where to find free, confidential help and information locally in Kent.



TALK TO FRANK

0800 776600 Text: 82111

www.talktofrank.com

About: 'Talk to Frank' (The National Drugs Helpline) is a website and telephone helpline offering advice, information and support to anyone concerned about drugs, alcohol and solvent/volatile substance misuse.

Calls from landlines are free and won't show up on the phone bill, plus you can talk to Frank in 120 languages.

Frank will try to reply to your email as quickly as possible. And Frank will never send you emails unless responding to your questions.

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

GET CONNECTED

0808 8084994

www.getconnected.org.uk

About: We provide a free, confidential helpline that gives you the support and information you need to decide what you want to do next.

You might need to be put in touch with somewhere safe to stay for night, need to be referred to a specialist organisation, or just want a listening ear.



CHILDLINE

0800 1111

www.childline.org.uk

About: You can contact ChildLine about anything – no problem is too big or too small. If you are feeling scared, out of control or just want to talk to someone you can contact ChildLine.

ChildLine is a service provided by the NSPCC. Registered Charity Number: 216401 and SC037717



Other services

- CARR-GOMM
- THE GR@ND PROJECT
- CONNEXIONS
- ST EDMUNDS LIVING WELL
- RETHINK

CARR GOMM

2 Roman Road, Faversham, Kent ME13 8PZ

01795 590500

www.carrgomm.org.uk



Category: Other Services for Users, Families & Friends

Referral details: This service is open to anyone experiencing housing problems as a result of other difficulties in their life

Opening hours: Monday to Friday, 9.00am to 5.00pm

About: Carr-Gomm is an award-winning national charity set up in 1965.

We offer a wide range of services to over 4,000 people each year, including day services, supported housing and support to individuals in their homes.

Carr-Gomm helps people who are disadvantaged through illness or disability or experiencing crisis in their lives, to create a valued future of their choice.

Carr-Gomm sees a valued future as one where individuals are supported to:

- Maintain and increase their dignity and self respect.
- Play an active role within their communities.
- Build friendships and networks within these communities.
- Enjoy opportunities to learn, and grow to realise their potential.
- Gain the safety and security they need to reach that future.

Carr-Gomm achieves this by providing high quality support and housing services that place individuals at the centre of planning and decision-making, enabling them to have control over their lives.

OTHER SERVICES

THE GR@ND PROJECT

43 New Road, Gravesend, Kent DA11 0AB

01474 320123

the GR@ND

Category: Other Services for Users, Families & Friends

Referral details: This service is open to anybody

Opening hours: Monday, 9.00am to 4.00pm. Tuesday, 9.30am to 5.00pm. Wednesday, 9.30am to 3.30pm. Thursday, 9.30am to 5.00pm. Friday, 9.30am to 4.30pm.

About: The Gr@nd is a multi agency partnership between Gravesham Borough Council, Kent County Council (Youth Service) and West Kent Primary Care Trust.

It was set up in 2001 through a joint founded initiative that included Health Action Gravesham and the New Opportunities Fund) now known as the Big lottery Fund). From December 2005 Health Action Gravesham has funded the project allowing in to continue until December 2010.

Services & facilities:

The Gr@nd offers a varied programme of activities including: Don't Sit Get Fit (healthy living), working in communities rural & urban, community development work, drugs & alcohol advice, silver surfer internet courses, youth active listening service, youth information centre, youth diversionary activities, stop smoking support, young persons sexual health clinic, and high speed internet access.

Action-for-Change (see page 14) host a weekly alcohol advice 'drop in' service from this location every Wednesday from 1.00pm to 2.30pm.

CONNEXIONS

- **31-33 Hythe Street, Dartford, Kent DA1 1BE**
01322 281214
- **8-9 Berkley Crescent, Gravesend, Kent DA12 2AH**
01474 328443



www.connexions-direct.com

Category: Other Services for Users, Families & Friends

Referral details: Anybody between the ages of 13 & 19 can access this service.

Opening hours: Monday to Friday, 9.00am to 5.00pm

About: The Connexions service was established in 2001 with the aim of providing a comprehensive service to meet young people's needs for information, advice and support.

Through multi-agency working, Connexions provides high-quality, impartial, information, advice and guidance (including substance misuse advice and guidance), together with access to personal-development opportunities to help remove barriers to learning and progression and ensure young people make a smooth transition to adulthood and working life. As part of the service, a dedicated website, Connexions Direct, is available for young people aged 13 to 19.

Services & facilities:

Connexions offer information, support and advice regarding:

- Health: Drug misuse, alcohol misuse, solvent misuse, sexual health, mental health and healthy living.
- Other services: Careers, education, money, relationships, housing and your rights.

OTHER SERVICES

THE LIVING WELL HEALTHY LIVING CENTRE

St Edmunds Church, St Edmunds Road, Temple Hill,
Dartford, Kent DA1 5ND

01322 311201

www.stedmundsdartford.org.uk



Category: Other Services for Users, Families & Friends

Referral details: This service is open to everybody

Opening hours: Monday to Friday, 9.00am to 5.00pm

About: The Living Well is about enabling people to deal with life issues such as health, relationships and families. Gaining confidence by learning basic ITC skills or accessing exercise, providing help to give up smoking, opportunities for volunteering or advice, information and support to make healthy, positive choices.

All of us lead busy and often stressful lives, which will directly affect our physical and mental health. Learning how to deal with this in a constructive and positive way can make a real difference to the way we live.

The Living Well offers a range of opportunities for people to cope with the lives they lead. Something as simple as lighting a candle and sitting quietly in the chapel may provide some much-needed breathing space. There are also counselling services, physical exercise classes and group sessions that give people the opportunity to explore life issues.

Services & facilities:

The Living Well kindly allow several organisations to facilitate a 'drop-in' service from their premises:

- CRI (see page 11) – A weekly peer-led 'drop-in' for substance misusers.
- Action-for-Change (see page 13) - A weekly alcohol advice 'drop in' every Tuesday from 12.00pm to 2.30pm.
- Carr Gomm (see page 24) – A weekly 'drop-in' for vulnerable people with housing concerns.

RETHINK SAHAYAK**4-5 High Street, Gravesend, Kent DA11 0BQ****01474 364837/01474 364498****www.rethink.org****sahayak@rethink.org****rethink****Category:** Other Services for Users, Families & Friends**Referral details:** Through health & other professionals, or self- referral**Opening hours:**

- Sahayak Services & Asian Counselling Service open 9.00am to 5.00pm
- Freephone Asian Language Mental Health Helpline 0808 800 2073
Monday & Wednesday 4.00pm to 7.00pm and Tuesday & Thursday 12.00pm to 3.00pm

About: Rethink Sahayak Services offers five distinct services for the Black & Minority Ethnic (BME) communities, these services provide support to those experiencing mental health problems or domestic abuse, as well as support to their carers. Services are free & confidential.

Services:

- One to One Information & support service - Giving emotional support and practical assistance or simply just someone to talk to.
- BME Carers Support Service - Offers one-to-one and monthly support groups, advice and information for BME carers
- Asian Language Mental Health Helpline 0808 800 2073, which is free, confidential and offers caring, non-judgemental, empathetic support. We encourage callers to cope with their issues in a positive way. The helpline operates Mon & Wed 4.00pm to 7.00pm and Tues & Thurs 12.00pm to 3.00pm. Operators on the helpline speak English and at least one of the Asian languages.
- BME Floating Support Service - support with budgeting, rent arrears and evictions, claiming welfare benefits, improving life skills, being independent and dealing with other necessary services and agencies.
- Asian Counselling Service - Counselling is for anyone who needs help and support to deal with the difficulties they are experiencing in their life, offered by qualified multi-lingual counsellors.

National organisations

- AL-ANON & ALATEEN
- ALCOHOL CONCERN
- BRITISH LIVER TRUST
- DRUGSCOPE
- NARCOTICS ANONYMOUS
- FAMILIES ANONYMOUS
- ADFAM
- RE-SOLV
- SAMARITANS

AL-ANON & ALATEEN

61 Great Dover Street, London SE1 4YF

0207 403 0888

www.al-anonuk.org.uk

Category: Support for Families, Friends & Young People

About: Someone else's drinking can affect your life - be it a relative or friend, male or female.

Someone else's uncontrolled, and uncontrollable, drinking can:

- Bring you to the depths of despair
- Lead to violent outbursts
- Affect you financially
- Make you doubt your own sanity

Whatever your relationship to the drinker, whatever your story, Al-Anon can help.

Al-Anon Family Groups hold regular meetings where members sharing their own experience of living with alcoholism and of how they cope. Al-Anon does not offer advice or counselling, but members give each other support, strength and hope.

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon.

We believe alcoholism is a family disease that affects everyone in the family. Alateen meetings are attended by 12-17 year olds. They meet to share their experiences of having, or having had, a problem drinker in their lives.

By attending meetings, young people gain an understanding of the illness and know that they are not alone. They learn that they did not cause this problem and that they are not responsible for their relatives or friend's drinking or behaviour.

Alateen is not for teenage alcoholics, unless their lives have been affected by someone else's drinking.

Awaiting logo

ALCOHOL CONCERN**64 Leman Street, London E1 8EU****0207 264 0510****www.alcoholconcern.org.uk**

Alcohol Concern
Making Sense of Alcohol

Category: National alcohol misuse agency

About: Alcohol Concern is the national agency on alcohol misuse campaigning for effective alcohol policy and improved services for people whose lives are affected by alcohol-related problems.

Alcohol Concern is a membership body working at a national level to influence alcohol policy and champion best practice locally. We support professionals and organisations by providing expertise, information and guidance. We are a challenging voice to the drinks industry and promote public awareness of alcohol issues.

Alcohol Concern is a registered charity and a company limited by guarantee.

BRITISH LIVER TRUST**2 Southampton Road, Ringwood, Hampshire BH24 1HY****0870 770 8028****www.britishlivertrust.org.uk**

Category: National charity reducing liver disease

About: Tackling the serious and growing health problem affecting two million people in the UK.

The trust has dedicated resources for people with liver disease; such as their website, helpline and publications. Their aim is to reach out to as many people as possible by providing information and support, and lobbying for the services people with liver disease need.

NATIONAL ORGANISATIONS

DrugScope

Prince Consort House, 109/111 Farringdon Road,
London EC1R 3BW

0207 940 7550

www.drugscope.org.uk



Category: Independent drug harm reduction agency

About: DrugScope is the UK's leading independent centre of expertise on drugs and the national membership organisation for the drug field. Their aim is to inform policy development and reduce drug-related harms - to individuals, families and communities.

DrugScope provide quality drug information, promote effective responses to drug taking, undertake research, advise on policy-making, encourage informed debate - particularly in the media - and speak for our member organisations working on the ground.

NARCOTICS ANONYMOUS

202 City Road, London EC1V 2PH

0845 3733 366

www.ukna.org



Category: Independent drug harm reduction agency

About: NA is a non-profit fellowship of men and women for whom drugs had become a major problem. They are recovering addicts who meet on a regular basis for support and to help each other stay clean.

The only requirement for membership is the desire to stop using.

FAMILIES ANONYMOUS**Charlotte Despard Avenue, Battersea, London SW11 5HD****0845 1200 660****www.famanon.org.uk****Category:** Support for families

About: When drugs enter a family via one of its members, the effect can be devastating. We know what it is like to be alone with this problem.

NA use first names only, as this is an anonymous programme. No payment is required. Weekly meetings are regularly held throughout the year. Newcomers are welcome without prior arrangements.

Awaiting logo

ADFAM**25 Corsham Street, London N1 6DR****0207 553 7640****www.adfam.org.uk****Category:** National organisation for families

About: Adfam provide direct support to families through publications, training, prison visitors' centres, outreach work and signposting to local support services. As the voice of families they provide consultation on best practice in drug and alcohol related family work and have written several guides for professionals and commissioners.

Their website has been created to provide family drug support and to help people deal with the problems caused by drug and alcohol misuse.



NATIONAL ORGANISATIONS

RE-SOLV

30a High Street, Stone, Staffordshire ST15 8AW

01785 817885

www.re-solv.org



Category: Solvent Abuse Charity

About: Re-Solv's purpose is to end volatile substance abuse, particularly among children and young people.

With over twenty years experience and dedication to the prevention of VSA, Re-Solv is acknowledged as the lead body in the field and recognised nationally and internationally as a specialist source of information on VSA.

SAMARITANS

08457 909090

www.samaritans.org



Category: 24 Hour Support

About: Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Whatever you're going through, whether you feel it's big or small, don't bottle it up. Samaritans are there for you if you're worried about something, feel upset or confused, or just want to talk to someone.

Samaritans is available to anyone in the UK and Ireland.

Steroids: information and advice

• TURNING POINT

TURNING POINT

4a-6a Hythe Street, Dartford, Kent DA1 1BX

01322 278916

www.turning-point.co.uk

Category: Adult Drug Services

Referral details: This service is open to anyone aged 18 and over

Opening hours: Monday, 9.00am to 6.45pm (Office 8.30am to 7.00pm). Tuesday to Friday, 9.00am to 4.00pm (Office 8.30am to 4.30pm)

Services & facilities:

All Turning Point staff are aware of steroids and the injecting process of steroids. Turning Point has a steroid specific centre in Soho and many of the local staff have spent time here and received specialist training.

- **Drop-In:** Information, support and harm reduction advice.
- **Telephone Helpline:** Advice and information on steroid use. Advice for yourself or regarding a friend or loved one.
- **Needle Exchange:** Open to injecting steroid users. Offering free clean needles, used needle collection services, harm reduction advice and access to treatment assessment.
- **One to Ones:** Designed for people who wish to make changes to their current steroid use.
- **Complementary Therapies:** The Optimum Health group includes relaxation, auricular therapy and health topics.
- **Counselling:** 1-1 appointments.
- **Referrals:** We can provide referrals for Hepatitis testing and vaccinations.

Please note that this is not a steroids specific service and is available for needle exchange and advice only.



Smoking

• WEST KENT STOP SMOKING SERVICE

WEST KENT STOP SMOKING SERVICE

01622 723836

www.smokefree.nhs.uk

smoking.westkent@nhs.net



Category: Smoking Help & Advice

Referral details: Through health professional, or self referral. Via local authority lifestyle schemes.

Opening hours: 9.00am to 5.00pm. Plus an 'out of hours' voicemail service.

About: The NHS offers free local support that really works. One in every two people using their local NHS Stop Smoking Service are not smoking four weeks later.

When you join, a trained adviser will help you to put your plan to stop smoking into action. The group sessions start a couple of weeks before you go 'smokefree'. Your first sessions help you to plan and prepare to quit. After you go 'smokefree' your group will meet each week for advice and motivation.

Some people prefer to talk one-to-one. In many areas you can arrange an appointment with an adviser for individual support.

Services & facilities:

- One-to-one support
- Group support
- Advice on NRT (patches, gum, lozenges, etc)
- Telephone support
- Pregnancy support
- NHS staff support
- Ethnic minorities support
- Youth support
- Workplace support
- Drop-in centres
- Carbon monoxide testing

Employment services

- P2W – PROGRESS 2 WORK
- JOBCENTRE PLUS
- RBLI EMPLOYMENT SOLUTIONS

P2W - PROGRESS 2 WORK

01322 278916

www.turning-point.co.uk

About: Turning Point are one of the biggest providers of progress2work services in the UK. These services help people with a history of substance misuse into work, and are run in partnership with Jobcentre Plus.

We provide practical, employment focussed support, and understand the barriers preventing people for sustaining a job. We also offer a personal mentoring service to help individuals access the extensive range of services available.

All our care support is based on the individual, but some of the help our clients particularly need is:

- The stability of secure and permanent housing.
- Support to manage mental health conditions and substance misuse problems.
- Clarity on what will happen to benefits.
- Understanding of what childcare arrangements are available.
- Support into vocational training.
- Help with budgeting, managing debt, and applying for jobs.
- Support once in work to sustain their employment.

**TURNING
POINT**
turning lives around



EMPLOYMENT SERVICES

DARTFORD JOBCENTRE:

61 Lowfield Street, Dartford, Kent DA1 1JY

01322 484500

The logo for Jobcentre Plus, featuring the text "jobcentreplus" in a white, lowercase, sans-serif font on a green rectangular background.

GRAVESEND JOBCENTRE:

44-46 The Grove, Gravesend, Kent DA12 1DF

01474 592600

RBLI EMPLOYMENT SOLUTIONS

0800 783 1144

www.rbli.co.uk

About: RBLI work in partnership with Jobcentre Plus delivering the DWP programmes 'Pathways to Work' and 'Workstep' to help individuals claiming a health related benefit to gain employment.

RBLI understand the local job market, address confidence issues, and help to set and achieve goals, assist with job applications & interview preparation. They also provide ongoing support once in employment.



Information & advice

- NEEDLE EXCHANGE
- DRUG LITTER
- HEALTH ADVICE
- WHAT TO DO IN AN EMERGENCY – DRUGS & SOLVENTS
- WHAT TO DO IN AN EMERGENCY – ALCOHOL
- DRUGS & THE LAW
- FINANCIAL & LEGAL ADVICE
- DRIVING UNDER THE INFLUENCE
- ACCOMMODATION ADVICE
- USEFUL LINKS & TELEPHONE NUMBERS
- MINORITIES
- OTHER INFORMATION

NEEDLE EXCHANGE

TURNING POINT

Providing a safe and effective service for drug users the needle exchange distributes a selection of clean works to a number of pharmacies and agencies throughout the county and then ensures safe incineration for all used works returned.



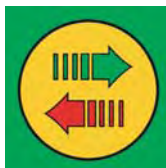
Turning Point has provided needle exchanges since they began in the 1980s and now has around 20 services across England and Wales including prescribing services.

They don't judge. The needs of the person are put first and work is undertaken with individuals to reach their personal goals.

Needle exchange services offer:

- Opening times and locations to suit our service users.
- Confidentiality.
- Information and advice on safer injecting.
- A focus on preventing the transmission of blood borne viruses.
- Access into other treatment and support services to address drug use

A NEEDLE EXCHANGE CAN BE EASILY IDENTIFIED BY WAY OF DISPLAYING THE OFFICIAL LOGO:



NEEDLE EXCHANGE continued

If you have any questions or need help regarding needle exchange, you may contact Karen Bathgate, Turning Point on 01634 845678.

Needle exchanges within Dartford and Gravesend can be found at these locations:

Location:	Opening times:
<ul style="list-style-type: none">• Turning Point 4a-6a Hythe Street, Dartford, Kent DA1 1BX 01322 278916	Monday, 9.00am-6.45pm Tuesday to Friday, 9.00am-4.00pm
<ul style="list-style-type: none">• The Brent Pharmacy 15 The Brent Dartford, Kent DA1 1YD 01322 223376	Monday to Friday, 9.00am-7.00pm Saturday, 9.00am-1.00pm & 3.00pm-7.00pm Sunday, 10.30am-1.00pm
<ul style="list-style-type: none">• Darent Valley Hospital Darent Wood Road Dartford, Kent DA2 8DA 01322 428100	A&E – 24 Hour Service Renton Clinic: Monday to Friday, 9.00am-5.00pm
<ul style="list-style-type: none">• Gravesend & North Kent Hospital Bath Road Gravesend, Kent DA11 0DG 01474 360500	Monday to Sunday, 9.00am-9.00pm
<ul style="list-style-type: none">• KCA 195 Parrock Street Gravesend, Kent DA12 1EW 01474 567581	Monday to Friday, 9.00am-5.00pm
<ul style="list-style-type: none">• Nicholson & Keep 1 Valley Drive Gravesend, Kent DA12 5HY 01474 533047	Monday to Friday, 9.00am-1.00pm & 2.00pm-6.00pm Saturday, 9.00am-1.00pm
<ul style="list-style-type: none">• Echo Pharmacy Oakfield Medical Centre Windsor Road Gravesend, Kent DA12 5BW 01474 533154	Monday to Friday, 9.00am-1.00pm & 2.00pm-7.00pm

DRUG LITTER

Thanks to the highly effective needle exchange initiative run by Turning Point there is very little drugs related litter found.

However, both Dartford and Gravesham councils have teams in place to quickly and safely remove any paraphernalia that could be considered dangerous to the public.

Drug paraphernalia includes any equipment used for drug taking. This might include:

- needles or syringes
- cans
- bottles (used to make bongs)
- pipes
- spoons
- silver foil

Anyone who finds drug litter, in particular needles or syringes, should not touch it and immediately report it to 01322 343434 (Dartford) or 01474 564422 (Gravesham) giving details of the location of the litter and approximately how many needles there are.

The council will arrange for a trained professional to collect the needles safely and quickly.

If you, or anybody you are with receive a needle stick injury:

- Do not suck the wound.
- Encourage the injury to bleed by gently squeezing it.
- Wash area with clean soapy water for at least five minutes.
- Cover with a waterproof plaster.
- Seek medical advice immediately from your GP or A&E department.

HEALTH ADVICE

Physical and Mental Health

- NHS Direct
24 Hour telephone advice and health information service.
0845 4647 www.nhsdirect.nhs.uk
- Community Mental Health Team
18-20 Spital Street, Dartford, Kent DA1 2DL
01322 622230
- Dartford, Gravesham & Swanley Mind
The Almshouses, 18 West Hill Dartford, Kent DA1 2EP
01322 291380 www.dgsmind.co.uk

Sexual Health Advice, CASH Clinics and Blood Borne Virus Advice

- Renton Clinic
Darent Valley Hospital, Darent Wood Road, Dartford, Kent DA2 8DA
01322 428740
- Dartford Connexions (ages 13-19 only)
Hythe Street, Dartford DA1 1BE
01322 281214
Young People's Drop-In: Thursday, 4.00pm to 6.00pm
- Gravesend Connexions (ages 13-19 only)
8-9 Berkley Crescent, Gravesend DA12 2AH
01474 328443
- St Edmunds Contraception Service
St Edmunds Living Well, St Edmunds Road, Dartford, Kent DA1 5ND
01322 226090
Young People's Drop-In: Wednesday, 5.00pm to 7.00pm
- Ackers the Chemist
Church Road, Swanscombe, Dartford, Kent DA10 0HF
01322 382300
Young People's Drop-In: Tuesday, 3.00pm to 4.00pm
- Gravesham Community Hospital
Bath Street, Gravesend, Kent DA11 0DG
01474 360500
CASH Drop-In: Monday, 6.00pm to 9.00pm
Young People's Drop-In: Tuesday, 5.00pm to 8.00pm
- The Gr@nd Young People's Clinic
43 New Road, Gravesend, Kent DA11 0AB
01474 320123
Young People's Drop-In: Daily, 4.00pm to 6.00pm

HEALTH ADVICE continued

Sexual Health Advice, CASH Clinics and Blood Borne Virus Advice (continued)

- The Hive
No 14 The Hive, Northfleet, Kent DA11 9DE
01474 532950
Young People's Drop-In: Wednesday, 3.30pm to 5.30pm
- Local NHS Sexual Health Outreach Nurse
 - Dartford: 07950 676371
 - Gravesend: 07507 594098

WHAT TO DO IN AN EMERGENCY – DRUGS & SOLVENTS

What should you do if someone...?

Feels really drowsy?

- Reassure and calm them
- DON'T give them coffee
- Put them in the recovery position (see below)
- Call an ambulance if necessary

A risk with heroin, tranquillisers and gases, glues and aerosols

Feels tense and panics

- Reassure and calm them
- Move them away from crowds, bright lights and noisy music
- Explain to them that the feelings won't last
- Encourage them to breathe slowly and deeply

A risk with ecstasy, LSD, magic mushrooms and amphetamines

Feels too hot & dehydrates

- Move them somewhere cooler and quieter
- Remove excess clothing
- Try to cool them down
- Encourage them to drink fluids (non-alcoholic) – isotonic (sports) drinks are good and should be sipped up to about a pint per hour
- Call an ambulance if necessary, make sure someone stays with them

A risk with ecstasy and amphetamines.

Becomes unconscious

- Call an ambulance
- Put them in the recovery position (see below)
- Check breathing
- Be ready to do mouth-to-mouth resuscitation if trained (or find someone who can)
- Keep them warm but not too hot

A risk with alcohol, gases, glues and aerosols, heroin, poppers, tranquilisers and ecstasy.



WHAT TO DO IN AN EMERGENCY - ALCOHOL

It is important to know what to do if someone is drunk. You could be saving a life.

People don't always mean to drink too much but when they have it can be very dangerous for them. They may be behaving in a silly or annoying manner but they still need your help.

When the person is still conscious

- Try to stop them from having any more alcohol to drink.
- Try to keep them warm as alcohol lowers body temperature they can easily become cold.
- Try not to leave them on their own. They could have or cause an accident. They also may become unconscious which might result in death.

If the person is vomiting

- Try to get them to sit up and lean forward slightly.
- If they are lying on the floor/ground, turn them onto their side into the recovery position (see below).

When the person is unconscious

This means that they don't respond at all when you call their name or shake them. If this is the case:

- Call 999 and ask for an ambulance or you can ask a by-stander to do this.
- Try not to panic.
- Stay with the person at all times.
- Put them into the Recovery Position (see below left). Placing them in this position will prevent them from choking if they vomit. If you can see there is something in the person's mouth try to remove it before putting them into the Recovery Position.
- If an unconscious person is left laying on their back their tongue will drop down onto their airway and stop them breathing. This can result in death after about three minutes.
- Make sure you keep them warm – especially if they're outside.
- Try to give the ambulance crew as much information as you can with regard to what the person has had to drink and also if any drugs are involved.

DRUGS & THE LAW

The Police and Criminal Evidence Act 1984 gives police the power to stop and search someone if they suspect them of being in possession of illegal drugs. The action taken if you are caught with drugs will depend on the circumstances and the drug in question.

You may be arrested, the drugs seized and you may be charged to court or receive a formal caution. A record of the incident will be made that may be taken into account when deciding whether to charge or caution you in any future incidents.

If this is not your first offence, or you have been caught supplying or dealing the drug, you are more likely to be charged. If you are charged with possession and found guilty, you will be fined and/or given a community sentence. If you are charged with dealing or supplying you may face a prison term.

There is always a risk that you will be caught and punished for possession of a controlled substance. This may cause you to acquire a criminal record that could affect your employment prospects and ability to travel.

Classification	Drugs:	Possession:	Dealing:
Class A	Ecstasy, heroin, cocaine, magic mushrooms, LSD & amphetamines (for injection)	Up to 7 years in prison, an unlimited fine or both	Up to life in prison, an unlimited fine or both
Class B	Cannabis, Methylphenidate (Ritalin) & Pholcodine Amphetamines (other)	Up to 5 years in prison, an unlimited fine or both	Up to 14 years in prison, an unlimited fine or both
Class C	Tranquilisers, some painkillers, Gamma hydroxybutyrate (GHB) & Ketamine	Up to 2 years in prison, an unlimited fine or both	Up to 14 years in prison, an unlimited fine or both

FINANCIAL & LEGAL ADVICE

CITIZENS ADVICE BUREAU

- Trinity Resource Centre, High Street, Dartford, Kent DA1 1DE
01322 224686 www.adviceguide.org.uk
- 44 Windmill Street, Gravesend, Kent DA12 1BA
01474 361239 www.adviceguide.org.uk

The Citizens Advice Bureau (CAB) is a registered charity, with funding from the council, National Lottery grants and private support, and providing free, confidential and impartial advice to everybody regardless of race, gender, disability or sexuality.

- Benefits advice
- Employment
- Housing
- Tax
- Consumer rights
- Debts
- Legal affairs
- Relationships & family
- Utilities

NATIONAL DEBTLINE

0808 8084000 www.nationaldebtline.co.uk

Free confidential advice on how to deal with debt problems.

DRIVING UNDER THE INFLUENCE

ALCOHOL

The legal breath limit is currently set at 35mcg/100ml (equivalent to 80mg/100ml of blood or 107mg/100ml of urine). This is the point at which the accident risk increases greatly.

However there is still a steady increase in risk and judgment impairment up to this point.

DRUGS

The law does not state any legal limit for drugs as it does for alcohol. This is because knowledge of how different drugs impair different people's driving ability is inconclusive. If the Police suspect that you're driving under the influence of drugs, they can stop you on the roadside and observe you for outward signs of impairment caused by drug use.

You may be asked to perform an impairment test, which tests your coordination skills. For example, you may be asked to close your eyes and touch your nose or stand on alternate feet for 30 seconds while counting aloud (certain drugs, can cause lack of coordination or prevent you from performing these basic tasks).

The police officer will also check your pupils for unusual dilation - opiates (such as heroin and methadone) cause very small, 'pin prick' pupils, while stimulants (such as cocaine, ecstasy or speed) cause very large, 'saucer' pupils.

Did you know.....?

THE PENALTIES FOR DRUG DRIVING ARE EXACTLY THE SAME AS FOR DRINK DRIVING!

Driving under the influence of drugs or alcohol could mean:

- A driving ban of at least 12 months and a hefty fine.
- A criminal record.
- Loss of job and difficulty in finding future jobs.
- Loss of independence and freedom.
- Loss of respect from friends and family.
- Possible community service or prison sentence.
- Injury or death to self, family members or friends.
- **Causing death by drink driving could result in a maximum prison sentence of fourteen years, a minimum 2 year driving ban and driving re-test.**

Even under the legal limit for drinking/drug use and driving you are at risk of losing your licence, through the following charges:

- 'Unfit through drink/drugs'; means that you are under the legal limit but unfit to drive.
- 'Failing to provide a specimen for analysis'; which is an offence in itself.
- 'In charge'; by being in possession of someone's car keys.

Each of these offences may carry a driving ban, a maximum fine of between £2,500 and £5,000, and a maximum prison sentence of between 3 months and 6 months.

ACCOMMODATION ADVICE

- **COUNCIL HOUSING ADVICE CENTRES**

Assessment of housing entitlement for people who are homeless or threatened with homelessness. General housing advice and information for private and council tenants and homeless people is also provided.

Dartford Borough Council, Civic Centre
01322 343434
Emergency out of hours: 0845 634 1212



Gravesham Borough Council, Civic Centre
01474 337759
Emergency: 01474 564422



- **YMCA**

The Roundhouse, Overy Street, Dartford, Kent DA1 1UP
01322 220521
www.housing.ymca.org.uk



Advice, support and accommodation for young people who are homeless or who cannot afford to rent a place of their own.

- **PORCHLIGHT**

0800 5677699
www.porchlight.org.uk

A Kent based charity providing help and support to anyone who is homeless or threatened with homelessness.



- **INVICTA TELECARE**

01732 781973
www.invictatelecare.co.uk

A national organisation helping individuals to live in their own homes.



- **SHELTER**

0808 4004444
www.shelter.org.uk

A national charity that works to alleviate the distress caused by homelessness and bad housing.



HOSTELS

- **HOUSE OF MERCY**

1 Edwin Street, Gravesend, Kent DA12 1EH
01474 32951

Individuals under the influence of drugs or alcohol are not permitted.

USEFUL LINKS AND TELEPHONE NUMBERS

- **NORTH KENT POLICE**

01474 369 055
www.kent.police.uk

- **TACKLING DRUGS, CHANGING LIVES**

www.drugs.homeoffice.gov.uk

Home Office drugs strategy, news & guidance.

- **KNOW CANNABIS**

www.knowcannabis.org.uk

Information & advice regarding the use of cannabis.

- **COCAINE ANONYMOUS**

0800 6120225
www.cauk.org.uk

For anyone with the desire to stop using cocaine.

- **HEPATITIS C TRUST HELPLINE**

0870 2001200
www.hepctrust.org.uk

Help and advice for anyone worried about Hepatitis C.

- **NATIONAL AIDS TRUST**

0207 8146767
www.nat.org.uk

A charity supporting people worried about HIV & AIDS.

- **SANELINE**
0845 7678000
www.sane.org.uk
Advice and support for anyone with mental health problems.
- **PADA – PARENTS AGAINST DRUG ABUSE**
08457 023867
www.pada.org.uk
Support for the families of substance users.
- **MISSING PERSONS**
0500 700700
www.missingpersons.org.uk
Support and advice for the families of missing persons.
- **CRUSE BEREAVEMENT CARE**
0844 4779400
www.crusebereavementcare.org.uk
A charity offering support and advice to bereaved people.
- **NACRO**
0207 840 7200
www.nacro.org.uk
Support for ex-offenders or those at risk of offending.

OTHER RELEVANT INFORMATION

DOMESTIC VIOLENCE

- **DARTFORD DOMESTIC ABUSE ONE STOP SHOP**

Citizen's Advice Bureau, Trinity Resource Centre, High Street,
Dartford, Kent DA1 1DE
Every Tuesday 9.30am-12.00pm

Free information and advice for anyone affected by domestic abuse. No appointment necessary.

Advice available from Women's Aid, Solicitors, Citizen's Advice Bureau, Dartford Borough Council Housing Services and the Police.



- **GRAVESEND DOMESTIC ABUSE ONE STOP SHOP**

Citizen's Advice Bureau, 44 Windmill Street, Gravesend, Kent
DA12 1BA
Every Thursday, 10.00am-12.00pm

Free information and advice for anyone affected by domestic abuse. No appointment necessary.

Advice available from Women's Aid, Rethink, Solicitors, Citizen's Advice Bureau, Gravesham Borough Council Housing Services and the Police.



MENTAL HEALTH

Mental health is about how we think, feel and behave. One in four people in the UK have a mental health problem at some point in their lives, affecting their daily life, relationships and/or health.

Mental health problems can affect anyone, regardless of age, race, gender or social background. Without care and treatment, mental health problems can have a serious effect on the individual and those around him or her.

www.nhs.uk/conditions/mental-health

CRIME

Crimestoppers have an anonymous phone number, 0800 555 111, that people can call to pass on information about crime; alternatively people can send information anonymously via the website.

Callers don't have to give their name or any personal information and calls cannot be traced.

The information you give us is passed onto the police in such a way that they do not know who you are; we have never given the police information about our callers. It's a simple and secure way of bringing criminals to justice, without anybody knowing who the information came from.

www.crimestoppers-uk.org



