

### **Phoenix Futures Alcohol Recovery Navigation Service (Adults, 25+)**

The Alcohol Recovery Navigation Service works with adults (over 25) and is the Single Point of Contact (SPOC) for the borough of Trafford. The service provides an integrated treatment pathway for anyone experiencing difficulties with alcohol. In order to navigate service users through the most appropriate and effective treatment pathway, Phoenix offer an initial appointment within one week of referral.

- Initial assessment and brief interventions.
- Confidential one-to-one structured and care-planned support.
- Capacity for evening appointments and home visits.
- Clinical assessment by the Detox Nurses.
- Optional group work.
- Referral to abstinence-focused 12 week programme and aftercare.
- Education, training, benefit, debt, and housing advice.
- A peer led support group.
- Complementary therapies and gym and swimming passes for all those participating in structured programmes.
- Self-referrals are welcome.

The Recovery and Abstinence service is for those who have become newly abstinent to access support among their peers.

### **GMW Community Detoxification Service (Adults, Alcohol, 25+)**

The aim of this service is to ensure individuals who are experiencing problems with their alcohol use, undergo a detoxification with the intention of becoming abstinent. It deals with individuals who are assessed by clinical staff to determine their suitability for such treatment. They are then supported throughout this process and signposted to appropriate community agencies such as the Phoenix Futures Recovery and Abstinence service which will aim to sustain the gains made whilst in treatment among their peers.

There is also the option of inpatient detoxification which is done by the Smithfield Unit and takes 14-21 days. Individuals are assessed for this treatment by clinical

staff and this tends to be for those who are more dependent on alcohol than those undertaking Community detoxification, as outlined above. As funding is limited, all such applications need to be approved by the Commissioning and Service Development Manager.

### **Trafford AIM (Adults, 25+, Class A drug misuse)**

Trafford AIM is a safe environment where you will be helped, encouraged and supported to deal with your substance misuse issues. It is for over 25s only.

Based in Old Trafford, this service is provided by Greater Manchester West.

This service is a clinician-led service, and, as such, they will help you to keep safe and support you with health difficulties from substance misuse. They deal primarily with users of heroin or crack cocaine (Class A), and offer both detoxifications from these substances, as well as substitute prescription to stabilise before you continue in your recovery.

This service has dedicated nurses for health checks and harm reduction advice, and offers clinics in Trafford. They also support a group for sufferers of Hepatitis C.

You can find Trafford Drug Services at:

454 Chester Road  
Old Trafford  
M16 9HD

Telephone 0161 877 0491

This is a short walk from Trafford Bar tram stop.

### **Phoenix Futures Community Recovery Service (Adults, 25+)**

The Community Recovery Service is aimed at adults aged over 25 who would like to address a substance misuse issue, and live in Trafford.

The service offers a comprehensive programme consisting of:

- Workshops (life skills and relapse prevention).

- Peer support.
- Gym.
- Conservation Therapy Programme.
- IT skills.
- Smoking cessation sessions.
- Healthy lifestyle sessions.
- Access to employment/volunteering/education opportunities.
- Housing support.
- Budgeting support.

Community Recovery Service/ Recovery Abstinent Service

Bridgewater House

Bridgewater Street

Sale

M33 7EQ

Tel: 0161 905 8570

Fax: 0161 905 8579

Email: [trafford.day@phoenix-futures.org.uk](mailto:trafford.day@phoenix-futures.org.uk)

### **Phoenix Futures Recovery Abstinence Service (Adults, 25+)**

The Recovery Abstinence Service is for adults over the age of 25, living in Trafford (or that have a Trafford connection), who are abstinent from substances and require ongoing support. Our goal is to assist service users to maintain their abstinence and gain employment, training or education.

The service offers a comprehensive programme consisting of:

- Workshops (life skills and relapse prevention).
- Peer support.
- Gym.
- Conservation Therapy Programme.
- IT skills.
- Smoking cessation sessions.
- Healthy lifestyle sessions.
- Access to housing support.
- Budgeting support.

## **11-25 Service – Phoenix Futures Young People’s Service (Young People, Alcohol and Drugs)**

Phoenix Futures Young People’s Service works throughout Trafford offering a specialist service for young people between the age of 11 and 25 with drug/alcohol misuse problems. The service provides a variety of interventions, including education, information, advice, support, structured treatment and acupuncture.

We provide:

- A care plan tailored to the needs of each individual.
- Advice and guidance on healthy living and sexual health.
- Holistic practical support to access other specialist agencies such as CAHMS, housing and healthcare.
- The help you needed to reduce substance use and to quit altogether.
- Group work and one-to-one support to tackle emotional difficulties likely to lead to risk-taking behaviour.
- School support around substance misuse issues, including awareness workshops.
- Evening and weekend appointments are available.

Eligibility criteria:

- Trafford residents between the ages of 11 and 25.
- Referrals are accepted from a wide range of services including self-referrals.

Phoenix Futures Young Persons Service

Bank House

177-179 Washway Road

Sale

M33 4AH

Tel: 0161 905 1013

Fax: 0161 973 4865

E-mail: [traffordyps@phoenix-futures.org.uk](mailto:traffordyps@phoenix-futures.org.uk)