

CRANSTOUN DRUGS SERVICE

Services offered

Cranstoun Drug Service runs the CDAs for Warwickshire. They have bases in Leamington, Nuneaton and Rugby. Hours are between 9.15 am and 4.45 pm, every weekday. Each CDA has a team leader and three project workers. There is also a health lead, who is based in Rugby, but covers the whole county. We are available to anyone whose drug-use constitutes a problem to them, their family or their community. We offer the following services:

❖ DROP-IN

A cafe-style area is available every afternoon (between 2.30 and 4.30), and gives anyone with concerns about their, or anyone else's, drug-use, a chance to chat, informally, with one of our workers. The worker will then inform them of our various services, and, it could be that they then adjourn to somewhere more private to carry on their discussion. Alternatively, the person might just want to "drop-in" for a chat, a cup of tea and a biscuit. There is information on local agencies, as well as our own, on display, with leaflets on different drugs, in various languages.

❖ ACUPUNCTURE

The majority of our team (we hope to make it everyone) are trained in aural acupuncture, and are members of SMART UK (the governing body for acupuncture practitioners). Acupuncture is available on a drop-in basis, between 1.30 and 2.30, daily, and at any other time by appointment. The process involves inserting five needles into each ear (this, be assured, is painless), and leaving you to relax in a darkened room for 40-45 minutes. The idea behind this is that any cravings that are present, are suppressed, and that any stress is relieved.

❖ TRIAGE

All service-users who formally engage with the service, undergo a triage assessment, and are then guided towards one of two intervention services

○ BRIEF INTERVENTION SERVICE

For those service users who feel that they just need some advice about their drug-use, and an outline of how to go about tackling it, we offer a series of four sessions. The majority of brief interventions used are based on solution-focussed therapy. The brief intervention service is Tier 2.

○ STRUCTURED INTERVENTION SERVICE

More chaotic drug-users will find our twelve session service more useful, as it incorporates a care-plan, and is altogether more structured. The sessions address all the areas of the service user's life that is affected by their drug use. Structured interventions are based on cognitive behaviour therapy. The structured intervention service is Tier 3, and includes a care-plan. Those going on to structured intervention, will go through a comprehensive assessment.

❖ CHOOSING TO CHANGE

The Choosing to Change program is an interventions framework, again, cognitive therapy based, within which all factors involved leading up to, and surrounding, a service-user's drug-use, is examined in a group setting. The groups are for up to

twelve people in size, and are tailored towards the needs of the service-users concerned. Groups are run three days a week (Monday, Wednesday and Friday).

❖ NEEDLE EXCHANGE

In order to minimise harm to intravenous drug-users, and the wider community, we offer a service whereby we provide clean needles and associated paraphernalia. This is an exchange service, and we expect service users to return used equipment in the bins provided, thus ensuring that needles are safely disposed of.

❖ HEALTH CHECKS

Our health lead is always available, by appointment, to talk to people about the health risks surrounding their drug use, and any concerns that they might have. He can make any minor interventions, such as taking blood pressure, and make the necessary referrals for anything more major.

The one thing Cranstoun are not able to do, is offer a prescribing service, although our project workers are happy to make the appropriate referral. We are a confidential service, and attendance is voluntary. On engaging with us, you will be given a list of clients' rights, and instructions on how to make a complaint, if you are not happy with our service. Individual team details are below:

RUGBY CDA Tel: 01788 569582

Team leader: Giuliana Davies

Health lead: Kevin Watts

Project workers: Avis Brown, Parminder Aujla, Guy Alexander

NUNEATON CDA Tel: 02476 327604

Team leader: Matt Gilliver

Project workers: Aman Johan, Nina Mawji, Julie Horne

LEAMINGTON SPA CDA Tel: 01926 885176

Team leader: Kris Weston

Project workers: Steve Horne, Kelvin Stribblehill, Yvonne Hammond