

Contact us

Please contact us if you would like to talk about alcohol or drugs, or if you are worried about someone else.

T: **0121 553 1333**

E: sandwell@cranstoun.org.uk

F: **0121 358 9630**

Secure email for partners:

sandwellreferrals@cranstoun.org.uk.cjsm.net

Opening hours

We're open Monday to Friday 9am – 5pm.

We also offer drop-in sessions, out-of-hours appointments, or can meet you in a community venue.

How to find us

cranstoun:sandwell

Alberta Building

128b Oldbury Road

Smethwick

B66 1JE



Visit our website: www.cranstoun.org/cranstoun-sandwell
Like our Facebook page: facebook.com/cranstounsandwell
Follow us on Twitter: twitter.com/cranstounsand

We believe everyone should have the opportunity to live healthy, safe and happy lives.



Central office

Thames Mews
Portsmouth Road
Esher

Surrey

KT10 9AD

T: 020 8335 1830

E: info@cranstoun.org.uk

www.cranstoun.org

Registered Charity No: 1061582

Registered Company No: 3306337



Empowering and
supporting people
to make positive changes

Do you want to be healthy, safe and happy?

We know that the occasional alcoholic drink can quickly become two or three glasses every night. Drinking alcohol can move from being an enjoyable activity to something that can damage your health, happiness and other areas of your life.

We also know that using drugs can be harmful, and can lead to difficulties with your health, housing, employment, money and family.

cranstoun:sandwell provides free and confidential advice and support to adults in Sandwell, who would like to talk about alcohol or drugs.

We want to empower and support people to make positive changes. We are here to help you, your family and friends.



How we help

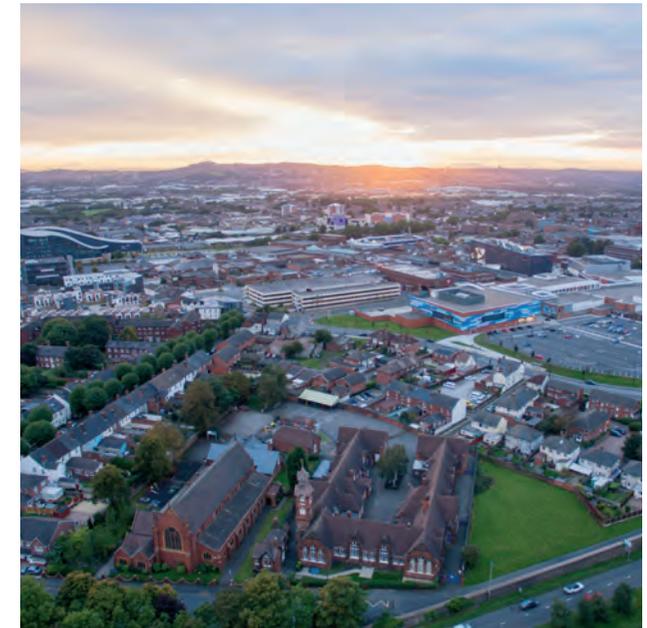
We understand people need different support to be healthy, safe and happy.

If you'd like to talk about your alcohol and/or drug use, health and wellbeing, staying safe, or how you, your friends and family can make positive changes, we can help.

What we offer

Everyone needs different support to achieve their goals. We can create a tailored programme for you, using a range of options and interventions including:

- advice on how to achieve a healthy lifestyle
- setting individual goals for positive change
- harm reduction advice and how to stay safe
- health checks and screenings
- one-to-one support
- recovery-focused treatment and activities
- help during pregnancy
- group sessions
- services in your community
- prescribing, GP services and medical support
- alcohol and drug detox
- needle exchange
- BBV services
- housing and benefit advice
- family information and support
- access to mutual aid
- peer mentor and volunteer training



Confidentiality

cranstoun:sandwell respects your right to privacy. We will explain to you how we keep things confidential.

Equal opportunities

cranstoun:sandwell is for adults over the age of 18. We do not discriminate against anyone and we promote equality and diversity in all our work.

Service user involvement

Our service users work with us to shape and develop cranstoun:sandwell. There are lots of ways to get involved, just ask!

Volunteers

cranstoun:sandwell has a number of volunteer roles, which can be flexible to suit you. If you would like to get involved, please get in touch.