

We want everyone to feel at home at Change Grow Live

We work with people from all backgrounds and walks of life, including some of the most vulnerable people in our communities. We are working together to make our society more equal and inclusive.

We are committed to always improving the way that we help and support our communities. You can find out more about our approach to equality, diversity and inclusion on our website at www.changegrowlive.org.

Confidentiality

We will always ask you what we can do with any information we have about you. The only time we would break this confidentiality would be if we were worried about your or someone else's safety. We would always try and talk to you about this before it happens.

To find out more about how we use your data, please visit: www.changegrowlive.org/privacy-notice.

Consent

We never want you to feel under pressure at our services. We will always make sure that we have your consent before we give you any medical treatment or support packages. We'll chat with you to make sure that you have all the information and time you need to make any decisions about your care.

Registration and Referrals

Our service is open to anyone over the age of 18 who's looking for help with addiction to drugs or alcohol.

The quickest way to get help is to contact the service directly by phone or by dropping in yourself.

Doctors, family members, carers and friends, or any other agency, such as social services, can refer somebody into the service.

Get in touch

If you would like to talk in confidence about your situation or are worried about someone else, please get in touch to find out more:

T: 01603 514096

E: norfolk.info@cgl.org.uk

W: www.changegrowlive.org/alcohol-drug-

f /CGL Norfolk

t @CGLNorfolk

For more information visit:
www.changegrowlive.org



Alcohol and Drug
Behaviour Change
Service

Norfolk



If you're
struggling
with drugs or
alcohol, **we're**
here to help



We're part of
**Change
Grow
Live**

We can help you to change your direction, grow as a person, and live life to its full potential.

If you would like to speak to somebody about your alcohol or drug use you can contact the service directly by phone, email or by dropping in yourself.

Doctors, family members, carers and friends, or any other agency, such as social services, can refer somebody into the service.

Our services are free and confidential. They're open to anyone experiencing difficulties with drugs or alcohol.

How we help

We know that it isn't always easy to take that first step and visit a service for the first time. When you first visit one of our services, someone will sit down with you to discuss your challenges and goals and answer any questions you have.

We can help you to find the tools you need to meet your goals, as well as any extra support you need along the way.

We can answer any questions or worries you might have about:

- Prescription and over-the-counter medications
- Alcohol
- Drugs (including steroids)
- How drugs or alcohol are affecting your mental health

What we offer

- Confidential support, information and advice including needle exchange.
- Drug and alcohol awareness and interventions.
- Substitute prescribing, including detoxification and personalised recovery co-ordination.
- Support if you have been or are involved in the criminal justice system.
- Support for friends and family through affected others groups
- Blood borne virus screenings.
- Free Naloxone kits and training.

Ongoing support

Support isn't limited to face to face, speak to your recovery coordinator about tailoring your support package to you. There is support via social media,

to compliment our groups, delivered by both Change Grow Live and Emerging Futures.

Opening hours

Weekdays:

Monday 09:00 - 20:00

Tuesday 09:00 - 17:00

Wednesday 09:00 - 17:00

Thursday 09:00 - 17:00

Friday 09:00 - 17:00

Phone Number

01603 514096

Drop in:

Monday, Wednesday, Friday 09:30-15:00

Where to find us

Change Grow Live Norfolk

Adobe House

5 Barton Way

Norwich

Norfolk

NR1 1DL

**We're a five minute walk from the
Norwich City Football Club**

