

# YOUR COMMUNITY. YOUR CALL

## VOLUNTEERS WHO'VE 'BEEN THERE' TO HELP ADDICTS

### NEED HELP?

#### Recovery Access Points

For more information and help around Alcohol and Drug use or misuse call into a recovery access points no appointments necessary.

- Information and or referral into to treatment services
  - Signpost to support groups and appropriate organisations
  - Support and a point of contact
- Or call (01254) 583957 for more information**

- Fast 4wd Project** – (01254) 583957  
Boulevard Centre, Railway Road, Blackburn (Mon – Fri 9.30 to 5)
- Darwen Resource Centre** – (01254) 226360  
Edward Street, Darwen, (Wed 10.30 to 2.30)
- Café Hub** – (01254) 297050  
Olivers café, Duckworth Street (Wed 7 to 10.30)
- Breakfast Club**  
Rear of Boulevard Centre, Railway Road, Blackburn (Sat 10.15 to 11.45)
- Thomas drop in** – (01254) 677321  
St Anne House, France Street, Blackburn (Fri 11 to 2)

- Recovery Access Points for under 25's**  
**Meet & Greet** (carried out by volunteers & peer mentors)
- Lifeline East Lancs**, Darwen St. (Tues – Thurs 1-5pm, Wednesday 1-7pm)  
Everybody Centre. (Monday & Friday 1-6pm)

#### Drug and alcohol services for all adults over age 18

- TTP Evolve**, 3 Exchange Street – (01254) 297050
- GMW**, Regents House, Regent Street – (01254) 226062

#### Drug and alcohol services for young people under 18 and young adults up to age 25

- Lifeline**, 68-70 Darwen Street – (01254) 677493

#### Harm reduction and needle exchange services

- Jarman Centre**, 53 James Street – (01254) 263525

#### Other key services

- Carers Service**, Greenhurst Place, Kingsway – (01254) 688440  
(Support for those who have taken on a role as carer for someone)

- Everybody Centre**, Barbara Castle Way Health Centre – (01254) 268700  
(Young person's resource centre, advice for the 14 to 24 age group)

- THOMAS Drop-In**, St Anne's House, Paradise Street – (01254) 59240  
(Providing a hot meal every weekday for the homeless (advice and support available))

- VOICE**, CVS Building, Boulevard Centre – (01254) 583957

- (Substance misuse service user's group and Saturday Breakfast Club for the homeless)

- Alcoholics Anonymous** - 0845 769 7555 or [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

- Narcotics Anonymous** - 0300 999 1212 or [www.ukna.org](http://www.ukna.org)

- (both the above hold regular meetings in Blackburn and Darwen)

#### Advice and support is also available via:

- Womens Centre**, 25 Wellington Street St. Johns – (01254) 58032  
(Support for women and families)

- WISH Centre Drop in**, 43 King Street – (01254) 260465/ 55111  
(Women's information and self help centre)

Please contact the DAAT (Drug and Alcohol Action Team) – (01254) 585425 - if you require any further information on substance misuse services here in Blackburn with Darwen.

### By Shuttle Staff

#### Communities are being given more of a role in helping people recover from drug and alcohol problems.

The borough's Drug and Alcohol Action Team (DAAT) together with service users, volunteers and current treatment providers are transforming the drug and alcohol system as it recognises the wealth of knowledge that is in the community.

It is introducing a Recovery Access Pilot, known as the RAP, which involves a number of 'Meet and Greet' facilities to help people with drug and alcohol addictions get the support they need.

These will be run by volunteers with life experience and include many that have 'been there'.

Rather than people just relying on medical interventions, volunteers will be able to help them to take more responsibility for their own recovery by looking at what needs to change in other areas of their lives.

Former alcoholic Lindsey Dunn says had he met a volunteer like him, his life could have been quite different.

The 54-year old gives up 11 hours a week for the borough's Fast 4wd project, a non-profit organisation that helps people with drug and alcohol addictions.

Lindsey, of Higher Croft, first started drinking as a 14-year old and battled with it all his life until a health scare made him change his ways.

#### HABITS

He suffered three heart attacks and had to have a stent fitted.

But after a year of counselling to tackle his depression he was able to turn his back on old habits.

Then last year, 'sitting at home feeling sorry' for himself he heard about a volunteering scheme and decided to get involved.

"I realised that if someone had been there for me saying 'look it's

no big deal, let's see if we can do something for you', it would have changed my life."

Lindsey is now studying for a teaching qualification to help him train up other volunteers.

He is one of a number of volunteers who run the borough's 'Meet and Greet' sessions.

They provide an opportunity for people who are starting to think about seeking help or who are requesting access to rehabilitation and support to talk to volunteers who have beaten their addictions.

"I've not looked back since," said Lindsey.

"It's really satisfying: helping them work out what they want out of life and making sure they don't write themselves off," he said.

"You can't tell someone with a drink problem, that they've got a problem. You have to help them realise what they're doing is no good for them.

"If you've been on that journey you can tell them about it and it's not just something you've read in a book."

#### ADVICE

People will be given a whole range of information and advice about other services around other lifestyle problems they may have such as unemployment or homelessness.

Director of Public Health in Blackburn with Darwen Dominic Harrison said: "Many people have experienced problems brought about as a result of substance misuse either individually or within their family or close networks.

"As a result there is a huge bank of knowledge in the borough made up of people who have had dependencies or who have had experience of watching others battle with their addictions.

"These are people who really understand just what it is like to deal day to day with a dependency and it is these people that can really help to make a long term difference to someone's life.

"By training volunteers to help other addicts it sets them on the five

ways to wellbeing.

"It enables volunteers to learn new skills, take notice of what is needed in the community, encourages social integration and connectedness, creates a sense of belonging for those who have previously felt isolated and helps them give something back whilst being active."

Executive Member for Health and Adult Social Care, Councillor

Mohammed Khan, said: "Volunteers are a fantastic resource and our Your Call campaign aims to recognise the extremely valuable work they do in our community."

Fast 4wd is looking for volunteers for its many projects including helping at the Fast4ward allotment.

People from all walks of life with a variety of skills are needed. To volunteer call (01254) 583957.

Volunteer Lindsey Dunn



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- Lindsey Dunn