

**Nottingham City and County  
Drug and Alcohol Treatment and Support Services  
Holiday Opening Times 2011/12**

**Be aware  
Plan ahead  
It's a 4 day shutdown**

**DOUBLE IMPACT**

Friday 23 <sup>rd</sup> December	9am - 1pm
Monday 26 <sup>th</sup> December	Closed
Tuesday 27 <sup>th</sup> December	Closed
Wednesday 28 <sup>th</sup> December	10am – 4pm
Thursday 29 <sup>th</sup> December	10am – 4pm
Friday 30 <sup>th</sup> December	9am - 1pm
Monday 2 <sup>nd</sup> January	Closed
Tuesday 3 <sup>rd</sup> January	8am-5pm Open as usual

**POW**

**Thursday 22<sup>nd</sup> December 12 Noon – 6.00pm  
Friday 23<sup>rd</sup> December CLOSED  
Monday 26<sup>th</sup> December CLOSED  
Tuesday 27<sup>th</sup> December CLOSED  
Wednesday 28<sup>th</sup> December 12 Noon – 4.00pm  
Thursday 29<sup>th</sup> December 12 Noon – 4.00pm  
Friday 30<sup>th</sup> December CLOSED  
Monday 2<sup>nd</sup> January 2012 CLOSED  
Wednesday 3<sup>rd</sup> January 2012 12 Noon – 4.00PM**

**ASPIRE**

**Aspire will be closed between the 23<sup>rd</sup> Dec until 3<sup>rd</sup> January. (Some telephone / text contact will occur between these date for regular clients)**

**Compass Adult Drug Service**

**Closed 26<sup>th</sup> – 27<sup>th</sup> Dec  
Open Wed 28<sup>th</sup> Dec 10am – 5pm  
Open Thurs 29<sup>th</sup> Dec 10am – 5pm  
Open Fri 30<sup>th</sup> Dec 10am – 4.30pm  
Closed Mon 2<sup>nd</sup> Jan  
Resume normal working hours from Tues 3<sup>rd</sup> Jan 2012**

## The Health Shop

Friday 23 December 2011 -	9.00am – 4.30pm
Saturday 24 December 2011 -	CLOSED
Sunday 25 December 2011 -	CLOSED
Monday 26 December 2011 -	CLOSED
Tuesday 27 December 2011 -	CLOSED
Wednesday 28 December 2011 -	2.00pm – 7.00pm
Thursday 29 December 2011 -	9.00am – 5.00pm
Friday 30 December 2011 -	9.00am – 4.30pm
Saturday 31 December 2011 -	CLOSED
Sunday 1 January 2012 -	CLOSED
Monday 2 January 2012 -	CLOSED
Tuesday 3 January 2012 -	9.00am – 5.00pm

## LAST ORDERS – Alcohol Single Point of Access

Last Orders will be offering a service from 11am- 5pm at the NEMS walk In Centre 79a Parliament Street from the 23<sup>rd</sup> December to the 3<sup>rd</sup> January 2012. Any one who turns up is guaranteed to speak to a Clinical Nurse Specialist in Alcohol and if needed will receive a same day assessment

## The Sanctuary

Friday 23rd	9.30 - 2.00pm
Monday 26th	Closed
Tuesday 27th	Closed
Wednesday 28th	Closed
Thursday 29th	Closed
Friday 30th	Closed
Monday 2nd	Closed
Tuesday 3rd	9.30 - 4.30

## Compass Young Peoples Service

0115 9248232

Friday 23 <sup>rd</sup> December	9am – 4.30pm
Monday 26 <sup>th</sup> December	Closed
Tuesday 27 <sup>th</sup> December	Closed
Wednesday 28 <sup>th</sup> December	9am – 5pm
Thursday 29 <sup>th</sup> December	9am – 5pm
Friday 30 <sup>th</sup> December	9am – 4:30pm
Monday 2 <sup>nd</sup> January	Closed
Tuesday 3 <sup>rd</sup> January	9am-5pm Open as usual

## **Head 2 Head - CAMHS**

H2H will be open and available the following:

Close at 12 noon on Friday 23<sup>rd</sup> December, but there will be a duty worker available until 5pm for cases open to existing young people, and emergencies meeting our criteria.

All others will have to access via the out of hours CAMHS access (NHS Direct / A&E / GP Out of hours).

Back on the 28<sup>th</sup> December. We close again at 12 noon on Friday 30<sup>th</sup> December, and the same access arrangements apply.

Reopen on the Tuesday 3<sup>rd</sup> January 2012

## **Helplines**

Women's Aid / Domestic Violence Helpline

Open 24 Hours. Tel: 0808 800 0340  
(0808 800 0341 with text phone)

**Samaritans – 08457 90 90 90**

FRANK - 24 hr national drugs helpline. Tel: 0800 77 66 00

## **Self Help/Mutual Aid**

Narcotics Anonymous

Self-help for drugs problems. Tel: 0845 373 3366

Alcoholics Anonymous

Self-help for alcohol problems. Tel: 0115 941 7100

Many fellowship meetings carry on throughout the holiday period.

The AA Alcolthon in Nottingham is at St Andrews Community Hall.  
(The big church at the top of Mansfield Road – Opp. Rock Cemetery)  
Drop in for refreshments and round the clock meetings from  
noon on Xmas Eve to noon on Xmas Day.

There are a range of other self help groups available

Details at Self Help Nottingham

0115 911 1661

[www.selfhelp.org.uk](http://www.selfhelp.org.uk)

## **Chill Out Sound Support**

Closed on the Bank Holidays then open as usual for appointments only.

Call 0115 845 2361

## **BASE 51**

Closed Friday 23<sup>rd</sup>, Monday 26<sup>th</sup> & Friday 30<sup>th</sup> December.

<b>Regents House - For those affected by someone else's substance use</b>	
Friday 23 <sup>rd</sup> December	09.00 – 16.30 16.30 – 19.00 Helpline
Saturday 24 <sup>th</sup> December	09.00 – 19.00 (Helpline)
Sunday 25 <sup>th</sup> December	09.00 – 19.00 (Helpline)
Monday 26 <sup>th</sup> December	09.00 – 19.00 (Helpline)
Tuesday 27 <sup>th</sup> December	09.00 – 19.00 (Helpline)
Wednesday 28 <sup>th</sup> December	09.00 – 17.00 17.00 – 19.00 Helpline
Thursday 29 <sup>th</sup> December	09.00 – 17.00 17.00 – 19.00 Helpline
Friday 30 <sup>th</sup> December	09.00 – 16.30 16.30 – 19.00 Helpline
Saturday 31 <sup>st</sup> December	09.00 – 19.00 (Helpline)
Sunday 1 <sup>st</sup> January	09.00 – 19.00 (Helpline)
Monday 2 <sup>nd</sup> January	09.00 – 19.00 (Helpline)
Tuesday 3 <sup>rd</sup> January	Business as usual

**W.A.M. (What About Me?)**

**Support for Children and Young People affected by somebody else's substance misuse**

open as usual through the Christmas period:

Office hours 9.00am-5.00pm (apart from bank holidays) – 0115 9506791.

Telephone support is available from 5.00pm – 7.00pm every day (all calls are diverted at 5.00pm to the mobile) - 07970724165

**Homeless Health Team**

**Friday 23<sup>rd</sup> - Open as Normal Clinics and Drop-in at the Health Shop until 4.30pm**

**Sat 24<sup>th</sup>/Sun 25<sup>th</sup>/Mon 26<sup>th</sup> Closed**

**28<sup>th</sup>-30<sup>th</sup> Open and Clinics as normal**

**Closed 31<sup>st</sup>/1<sup>st</sup>/2<sup>nd</sup>**

**Back to normal 3<sup>rd</sup> January 2012.**

**As with all our weekends and holiday closures, we advise patients to access Health Care via the London Road and 8-8 Walk-in Centres or contact NHS Direct for advice.**

## apas

Friday	23 <sup>rd</sup> December 2011	9.00am-5.00pm
Saturday	24 <sup>th</sup> December 2011	9.00am-1.00pm
Wednesday	28 <sup>th</sup> December 2011	9.00am-7.00pm
Thursday	29 <sup>th</sup> December 2011	9.00am-5.00pm
Friday	30 <sup>th</sup> December 2011	9.00am-5.00pm
Saturday	31 <sup>st</sup> December 2011	9.00am-1.00pm
Tuesday	3 <sup>rd</sup> January 2012	9.00am-7.00pm

**A telephone ring back service is in operation when apas is closed over the Christmas and New Year period**

**Alcoline:**

Telephone: (0115) 941 4747 and press 1

**apas Direct:**

Just walk in - No appointment necessary

Monday to Thursday: 11.00am-6.30pm & Friday: 11.00am-4.30pm

Saturday: 9.00am-12.30pm

You may also contact us by email on: [info@apas.org.uk](mailto:info@apas.org.uk)

## **Criminal Justice Intervention Team**

**24hour free phone Support**

**0800 783 8472**

**Closed 24, 25, 26, 27, 28<sup>th</sup> December**

**Open 29<sup>th</sup> and 30<sup>th</sup> December (till 2pm on 30<sup>th</sup>)**

**Closed 31<sup>st</sup>, 1<sup>st</sup> and 2<sup>nd</sup> January**

**Open from the 3<sup>rd</sup> January**

### **Drug Support Team for Homeless People**

23.12.11 – Closed

26.12.11 – Closed

27.12.11 – Closed

28 & 29.12.11 – Available 9am till 5pm

30.12.11 – Available 9 am till 4.30pm

2.1.12- Closed

3.1.12 – Closed

4.1.12 Resume normal business

**The team will be hosting drop-ins during the Christmas week as follows:**

28.12.11 **St Peters Church** – Drop-in for rough sleepers and those who are NFA 11.30am-12.30am (breakfast provided)

29.12.11 **London Road Service** – 10am until 12

30.12.11 **Emmanuel House** – 9.30am until 10.30am

Team members can either be contacted on the main office number 0115 9565313  
Or by calling Ian -07976 563064 or Gavin – 07891 361554

## Emmanuel House

Monday 19<sup>th</sup> and Tuesday 20<sup>th</sup> - CLOSED  
Wednesday 21<sup>st</sup>, Thursday 22<sup>nd</sup> and Friday 23<sup>rd</sup> - 9:15am till 1:30 pm.  
Christmas Eve and Christmas Day 10am till 7 pm  
Boxing Day 10am till 4pm  
Tuesday 27<sup>th</sup> and Wednesday 28<sup>th</sup> – CLOSED  
Thursday 29<sup>th</sup> and Friday 30<sup>th</sup> – 9:15am till 1:30pm  
New Years Eve 10am till 7 pm  
New Years Day – CLOSED  
Monday 2<sup>nd</sup> – CLOSED  
Tuesday 3<sup>rd</sup>, Wednesday 4<sup>th</sup>, Thursday 5<sup>th</sup> and Friday 6<sup>th</sup> – 9:15 am till 1:30 pm  
Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> 7pm till 10 pm

## Studio House

We are open all over the period (from 9am – 10pm for outside people – they need to be clean/dry to gain entry)

### Friary Drop-In Festive Opening Times

Friday 23 <sup>rd</sup> December	9am - 1pm
Monday 26 <sup>th</sup> December	9am – 1pm
Tuesday 27 <sup>th</sup> December	Open for appointments
Wednesday 28 <sup>th</sup> December	9am – 1pm
Thursday 29 <sup>th</sup> December	Open for appointments
Friday 30 <sup>th</sup> December	9am - 1pm
Monday 2 <sup>nd</sup> January	9am- 1pm
Tuesday 3 <sup>rd</sup> January	Open for appointments

### Rapid Access Team

Friday 23<sup>rd</sup> December -9am - 2pm  
(Please access the John Storer Clinic, 115 The Ropewalk, if calling after this time)

Monday 26<sup>th</sup> December -Closed  
Tuesday 27<sup>th</sup> December -Closed  
Wednesday 28<sup>th</sup> December -Closed  
Thursday 29<sup>th</sup> December -9am - 5pm  
Friday 30<sup>th</sup> December- 9am - 2pm

Monday 2<sup>nd</sup> January 2011 -Closed  
Tuesday 3<sup>rd</sup> January 2011 -9am – 5pm

**John Storer Clinic**  
**Drugs Single Point of Contact**

<b>Friday 23<sup>rd</sup> December</b>	<b>-9am - 5pm</b>
<b>Monday 26<sup>th</sup> December</b>	<b>-Closed</b>
<b>Tuesday 27<sup>th</sup> December</b>	<b>-Closed</b>
<b>Wednesday 28<sup>th</sup> December</b>	<b>-9am - 5pm</b>
<b>Thursday 29<sup>th</sup> December</b>	<b>-1pm - 5pm</b>
<b>Friday 30<sup>th</sup> December</b>	<b>-9am - 5pm</b>
<b>Monday 2<sup>nd</sup> January 2012</b>	<b>-Closed</b>
<b>Tuesday 3<sup>rd</sup> January 2012</b>	<b>-9am – 7pm</b>

**Services in Nottinghamshire**

<b>Hettys</b>	<b>Duty Worker every day including Christmas, Boxing &amp; New years Day &amp; all the Bank Holidays (9am-7pm)</b>
<b>Mansfield CAB</b>	<b>Closed from 24th Dec &amp; re-open on 4th Jan</b>
<b>Direct Access</b>	<b>Closed on statutory Bank Holidays</b>
<b>Maltings</b>	<b>Closed on statutory Bank Holidays</b>
<b>Ashfield LAP</b>	<b>23rd Dec 9am - 1pm/ 24th - 27th Dec closed/ 28th &amp; 29th Dec 10am - 4pm/ 31st - 2nd Jan Closed</b>

\*\*\*John Storer Clinic and Rapid Access Team – See John Storer Clinic\*\*\*

**BAC-IN**

**Friday 23rd December 08.45am - 5.00pm**  
**Saturday CLOSED**  
**Sunday (Christmas Day) 1.00pm-5.00pm**

**Monday 26th December CLOSED (Bank Holiday)**  
**Tuesday 27th December CLOSED (Bank Holiday)**  
**Wednesday 28th December 08.45am - 5.00pm**  
**Thursday 28th December 08.45am - 5.00pm**  
**Friday 30th December 08.45am - 5.00pm**  
**Saturday and Sunday - CLOSED**

**Monday 2nd January CLOSED (Bank Holiday)**

**In case of emergency please contact our support workers on their out of hours lines:**

**Sohan Sahota - 07980149076**  
**David Jammeh - 07878384346**  
**Gladstone Hibbert - 07869129870**  
**Nathaniel Ameyew - 07735574828**  
**Shahid Younis - 07877873950**  
**Sara Myers - 07883417630**

## BE CAREFUL

### RECOVERY POSITION – Call 999

If someone has stopped breathing and you know the correct procedure start chest compressions and loosen tight clothing.

If they are breathing turn them on their front with their head sideways with arms and legs as in the picture below. This is the recovery position.

Stay until help arrives. Don't be afraid to call an ambulance because of drugs taken as they will not automatically call the police.

Give the ambulance as much Information on drugs taken as possible.



### THE RISK OF OVERDOSE CAN INCREASE OVER THE FESTIVE PERIOD, SO REMEMBER:

- You'll get extra medication for when services and chemists are closed. Taking more than your normal dose in one go leads to overdose.
- Be careful with other types of drugs – “Legal” does not mean “safe”. Nobody knows what is in most new drugs on sale
- Keep your medication stored **safely** where it cannot be reached by others, especially children.
- **Don't** use Benzo's on top of your script or with other drugs or alcohol – even a small amount causes an overdose.
- Mixing alcohol with your script or other opiates **always** increases the risk of overdose.
- If you use after a period of abstinence your **tolerance** will be low and cause you to go over.
- **Plan** ahead for any support you might need and be aware of when services are open.

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Compiled by Glen Jarvis at the Crime and Drugs Partnership [glen.jarvis@nottinghamcity.gov.uk](mailto:glen.jarvis@nottinghamcity.gov.uk) 0115 8765656  
Accurate as far as possible at 23rd December 2011. You are free to reproduce, alter and copy as appropriate for your own needs.