

## Helping thousands of people every year

We offer practical support around harm reduction such as needle exchange and blood-borne virus support.

Our sessions can teach you new ways to manage, as well as cutting down and quitting, whatever your substance is.

### Your Wellbeing

Recovery can feel hard - our service supports you as a whole person helping you to find the fun in life again with alternative activities, volunteering opportunities, and a safe space to talk. We support those you love so they can learn alongside you - which will aid your recovery and help them understand more.

### Your Future

We work in partnership with local agencies to support your future. Support is available to help with housing, education, employment, life skills and hobby skills.

Recovery is about more than just stopping using drugs or alcohol it is about moving forward into a healthy and happy future which is in your control.

## How we can support you with your substance use

- Group work sessions
- Recovery Worker support
- Relapse Prevention & Harm Reduction
- Health and Wellbeing services
- Peer Mentors
- Needle Exchange
- Mindfulness
- Dedicated Young People and Young Adult Service
- Age UK support for 50+
- Access to planned detoxification and residential rehabilitation
- Post-treatment support via Falcon Support Services
- Family and Carers support

**Turning Point has been supporting people with their drug and alcohol use for sixty years.**

## FAQs

### Will my work or family or neighbours find out I am using the service?

All of your information is kept safe, and not shared outside of our organisation without your explicit permission. Without that permission we are only obliged to share information with other professionals if there is a serious risk to you or another person.

### I know someone who has a problem can I refer them?

It's brilliant that you can see our service supporting the person - but they have to be aware of the referral, after all it is their recovery. You can accompany the person to support them attending. We also offer a dedicated service to the friends, family and carers of those using substances.

### What happens when I refer myself?

You will be contacted by telephone to arrange an initial screening so that the right assessment appointment can be arranged. At the appointment, we will determine what your treatment goals may be and explore the reasons for seeking treatment. We will explain the different options available and talk through what might be helpful. The assessment session normally takes around 1 hour and is completed by a Recovery Worker.

## Practical support tailored to you

Everyone we support has a dedicated Recovery Worker, someone who will help you find your own path to your own recovery.

At the heart of our service is the belief that everyone has the power to change and make different, healthier choices.

We have four hubs - Loughborough, Coalville, Hinckley and Rutland. We also run a number of satellite services as we want to make accessing support as easy as possible.



Scan this QR code with your camera to visit our website

## Working in Partnership with

**DearAlbert**



## HOW TO FIND US



### Our Locations:

#### Hinckley Hub

Stockwell House,  
New Buildings  
Hinckley  
LE10 1HW  
Open: Monday - Thursday  
9am - 5pm

#### Loughborough Hub

55/56 Woodgate  
Loughborough  
LE11 2TZ  
Open: Monday - Friday  
9am - 5pm

#### Rutland Hub

Clarion House  
14 Church Street  
Oakham, Rutland  
LE15 6AA  
Open: Wednesday -  
Thursday 10am - 4pm

#### Coalville Hub

42 High Street  
Coalville  
LE67 3EE  
Open: Monday -  
Thursday 9am - 5pm

### Our Telephone Number:

0300 303 6000

### Our Email:

LeicestershireSM@turning-point.co.uk  
RutlandSM@turning-point.co.uk

### Our Socials:



@tp\_llr



@tp-llr



@Turning Point Leicester

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**TURNING  
POINT**  
inspired by possibility



# Leicester, Leicestershire and Rutland

Drug and alcohol service