



WHAT HAPPENS NEXT?

Change Grow Live Norfolk



Change
Grow
Live

Alcohol and Drug
Behaviour Change
Service

Norfolk





Keeping Safe

If someone around you overdoses, please call 999 immediately and use your Naloxone kit if you have one..

If you have stopped using drugs and alcohol, your tolerance will be **very** low. In Norfolk, we have seen an increase in new synthetic opioids which have been mixed in with **all** drugs, causing several overdoses and some unfortunate deaths.

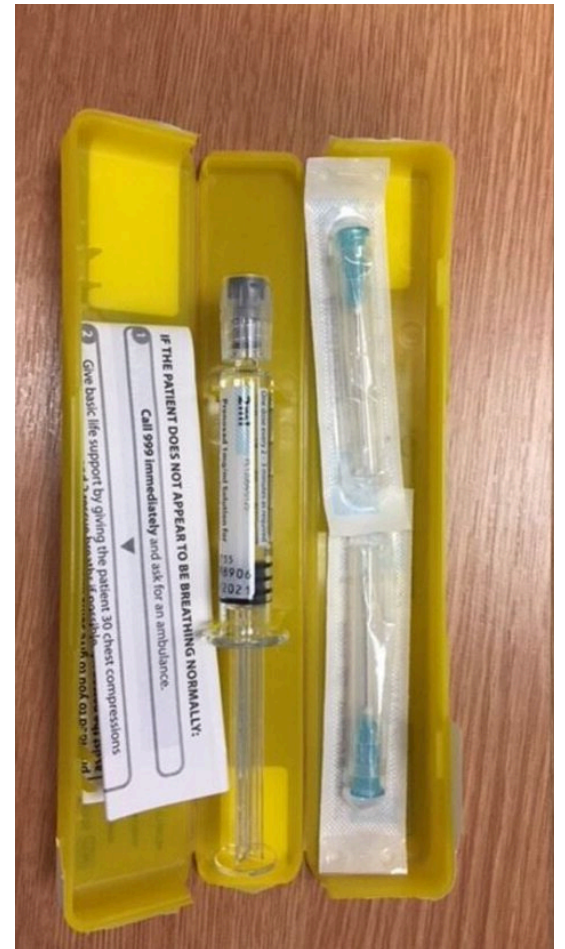
To try and prevent overdose we suggest:

Always try and use with another person rather than alone, and make sure you have a Naloxone kit to hand.

If using alone, use in a semi-public location where someone will be able to find you if you overdose. Leave naloxone out and nearby, so that whoever finds you can use it on you

Every time you use a new bag or buy from a new dealer, do a small tester shot. Only do more after waiting a few minutes and seeing how your body reacts.

Avoid mixing opioids with other substances, such as alcohol and benzos.



We advise you have a Naloxone kit (several if possible). You are very likely to be provided with one on release, but if not you can get one from your local CGL, please also make sure your current kit is in date.

Our hubs:



Norwich



Adobe House,
5 Barton Way,
Norwich, NR1 1DL



01603 514 096
(Option 1)



norfolk.info@cgl.org.uk

Opening Times:



Monday	09:00 - 17:00
Tuesday	09:00 - 20:00
Wednesday	11:00 - 17:00
Thursday	09:00 - 17:00
Friday	09:00 - 17:00

Please note, any prescribing needs may not be met between 5pm and 8pm.

Find Us:

We are located 10 minutes away from Norwich Train station and 30 minutes from the bus station in Norwich.

We are located near the Salvation Army building.



Our hubs:



Thetford



Breckland House,
St Nicholas Street,
Thetford, IP24 1BT



01603 514 096
(Option 2)



norfolk.info@cgl.org.uk

Opening Times



Monday	09:00 - 17:00
Tuesday	11:30 - 17:00
Wednesday	09:00- 17:00
Thursday	09:00 - 20:00
Friday	09:00 - 17:00

Please note, any prescribing needs may not be met between 5pm and 8pm.

Find Us

We are opposite the bus station, located inside the Breckland House building. There is free parking available at Wilko's, around the corner.



Our hubs:



Great Yarmouth



148 Kings Street,
Great Yarmouth,
NR30 2PA



01603 514 096
(Option 3)



norfolk.info@cgl.org.uk

Opening Times



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

*We are closed on a Wednesday between 2pm and 4pm.

Please note, any prescribing needs may not be met between 5pm and 8pm.

Find Us

We are located next door to Dominos, opposite St George's Theatre.

There is car parking nearby, King Street car park is a 3 minute walk away.



Our hubs:



Kings Lynn



33 Railway Road,
Kings Lynn,
PE30 1NF



01603 514 096
(Option 4)



norfolk.info@cgl.org.uk

Opening Times:



Monday	09:00 - 17:00
Tuesday	11:30 - 17:00
Wednesday	09:00 - 20:00
Thursday	09:00 - 17:00
Friday	09:00 - 17:00

Please note, any prescribing needs may not be met between 5pm and 8pm.

Find Us:

We are located on the corner of Waterloo street and Railway road. We are between King's Lynn bus station and the train station. Our closest parking is at St James Car Park. It's £2.80 for three hours.



Medication:

Please note we are not responsible for GP medications, only your Methadone/Buprenorphine, Buvidal or Abstinence based medications.



If you are released from prison, it is **really** important you attend your local CGL base to get your prescription continued within the community.

If you are prescribed Buvidal or abstinence based medications in prison, we can also continue these in the community.

Things to know if you are released **without** a prescription:

Upon your release, you must go to your local Change Grow Live (CGL) base, where you will either be handed your prescription, or be informed of which pharmacy to collect your medication from.

Your prescription will only run until your first appointment, which you will be informed of.

You **must** attend this appointment to continue with your prescription.

If you are not on a prescription but have agreed to a referral, you will need to attend Change Grow Live within 21 days of your release.

If you do not attend in the 21 days you will have to attend assessment drop in times if you still need our support.

If you do not collect your medication from the pharmacy for 3 days, your prescription will be withheld and you will **need** to attend Change Grow Live in order to get this re-started.

Medication:

Please note we are not responsible for GP medications, only your Methadone/Buprenorphine, Buvidal or Abstinence based medications.



If you are released from prison, it is **really** important you attend your local CGL base to get your prescription continued within the community.

If you are prescribed Buvidal or abstinence based medications in prison, we can also continue these in the community.

Things to know if you are released **with** a prescription:

If you are released with a prescription (opiate or abstinence based) then you will still need to attend CGL as this prescription will run out and we will need to continue this, it is only likely to cover you over the weekend or for a couple of days.

Please note we can continue Buvidal in the community but again, you will still need to attend your local base before this ends.

If you are **not** on a prescription but have agreed to a referral, you will need to attend Change Grow Live within 21 days of your release.

If you do not attend in the 21 days you will have to attend assessment drop in times if you still need our support.

If you do not collect your medication from the pharmacy for 3 days, your prescription will be withheld and you will **need** to attend Change Grow Live in order to get this re-started.

What Change Grow Live can support with:

Relapse prevention and abstinence based groups, including 1 to 1 support.



Peer mentoring and volunteering opportunities.

Employment support, CV building, interview prep, and project funding.

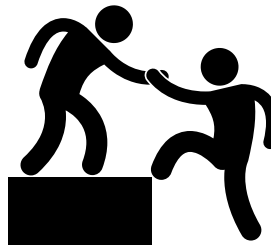
Group work, specific groups for men and women, art, sports and social groups.



Digital and online support and groups.

Specialised one to one support with your keyworker.

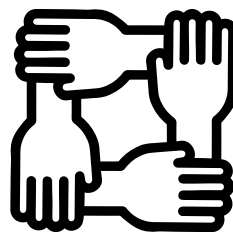
Medical reviews, BBV screening and HEP C treatment.



Prescriptions for Opiate substitution or Abstinence based medications.

In house psychologist meetings and counselling.

Support with detox and rehab options



Harm reduction advice, needle exchange and Naloxone training.

Specialised health care and check ups from our nursing team

THE MATTHEW PROJECT

Finding hope together

Norfolk based recovery support for adults affected by substance use and offending. Providing support across the county.



The Matthew Project provide practical and emotional support both individually and in group settings, this includes SMART recovery sessions.

- Smart recovery
- Structured Support Programme
- Skills and employability training
- Therapeutic group-based recovery sessions
- One to one support.
- Access to colleagues from DWP and housing support services.



Referrals can be from professionals or self-referral.



The Matthew Project
70-80 Oak Street
Norwich, NR3 3AQ



01603 626123

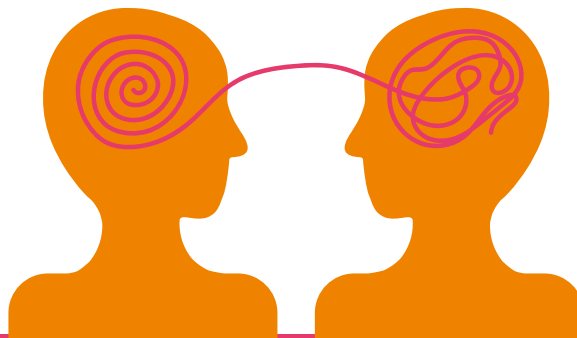


Criminaljustice.referrals@
matthewproject.org.uk

EMERGING FUTURE

creating opportunity for change

Emerging Futures works alongside CGL and offers a range of really useful workshops to help you help yourself. Talk to your CGL recovery coordinator to be referred to EF.



Recovery isn't just about stopping a substance, whether it be alcohol, crack, heroin, cannabis etc.

Its also about starting to understand yourself, starting to work with emotions, thinking about your thinking, dismantling old coping strategies, putting new tools in your toolbox to deal with things differently and maybe most of all starting to like yourself.

If you have a medical emergency, please call 999.
For mental health support please dial 111 and select option 2 or ring
the Samaritans on 0330 094 5717.

Notes: