

Equal opportunities

We always work to the principles of fairness and equality of opportunity in all our recruitment processes. Contact us for more details of our equal opportunities policy.

Diversity

We are committed to creating a diverse, inclusive environment which celebrates difference and allows our staff and service users to flourish.

Confidentiality

Our services are confidential and we have an open access policy. However, situations may arise where we will be obliged to notify the relevant authority. We will also share information with other treatment providers if we refer you on.

Statement of purpose

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.

Registration and Referrals

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

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

“

Newham Rise was very different. Attending the Foundations of Recovery Programme empowered me to make positive changes and better decision making. Thus enabling me to turn my life around and enjoy a life substance free.

Service user

”

Opening hours

Monday 9.00 am - 5.00 pm
Tuesday 9.00 am - 1.00 pm
Wednesday 12 noon - 8.00 pm
Thursday 9.00 am - 5.00 pm
Friday 9.00 am - 5.00 pm

Recovery Cafe Opening Times: Monday,
Thursday, Friday 10.00 am - 2.00 pm
Tuesdays 9.30 am - 12.30 pm
Wednesday 1.00 pm - 4.00 pm

Where to find us

CGL Newham Rise
997 Romford Road
Manor Park
Newham
London
E12 5JR

Contact us

T: 0800 652 3879 Option 3
E: newham.referrals@cgl.org.uk

Twitter: @CGLNewhamRise

This leaflet is available in other languages on request.

This service
is part of
the charity:



We work in partnership with:



Change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327). Company Registration Number 3861209 (England and Wales).



Newham Rise

Romford Road



Free, confidential support for
people worried about drugs or
alcohol

T: 0800 652 3879 Option 3
E: newham.referrals@cgl.org.uk

This service
is part of
the charity:



For more information visit
www.changegrowlive.org

What the service does

We provide advice, guidance and support and a clear pathway to recovery if you are affected by drugs or alcohol misuse.

Our expert staff are highly skilled and experienced and are dedicated to supporting you to change your behaviour, reduce your drug or alcohol use and create a healthier, safer life.

How we work

We will support you to overcome the problems or issues that have affected your life and to move towards independence and participation in positive, healthy activities.

We encourage you to plan your own individual recovery journeys and to participate in local networks and recovery communities that can help develop your confidence and relationships and maintain your commitment to change.

“

From the moment I joined Newham Rise I felt a weight had been lifted off my shoulders. I got the support and empowerment to become the person I have always wanted to be.

Service user

”

About change, grow, live

Change, grow, live is a social care and health charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Our services will encourage you to find your inner strength and resources to bring about the life and behavioural changes you wish to achieve.

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.

Our staff

Our skilled staff team consists of specialist Doctors, Nurses, Recovery Workers, Criminal Justice Workers, Outreach Workers, Healthcare Assistants, Needle Exchange Co-ordinators, Recovery Champions, Volunteers and Peer Mentors.

Partners

Many of our services are delivered in partnership with other treatment services to ensure that we can meet the diverse range of service users' needs.

Service user involvement and participation

Service users are involved in all aspects of service planning and delivery. We use a variety of methods to gather service users' views and opinions to ensure they inform the development of services. We have a monthly Service User Forum organised and chaired by Service User Reps.

What we offer

- Advice, guidance and support
- Alcohol screening, advice and brief interventions
- Alcohol Detox (ambulatory and residential)
- BBV screening and vaccination
- Breaking Free Online
- Build on Belief Weekend Service (Peer Led)
- Counselling
- Air Sports (Football, Gym, Boxercise, Cardio etc..)
- Recovery Cafe
- Criminal Justice Services
- In-House Mutual Aid Meetings (12 Step and SMART Recovery)
- Detox/Rehabilitation Treatment Assessments
- Rehabilitation Requirements (DRR and ATR)
- Auricular Acupuncture
- Education, Training and Employment
- Family & Carers Service
- Foundations Of Recovery Programme
- Intuitive Thinking Skills Courses NOCN Level 1 Accredited

