



Action on Addiction

About us



Addiction devastates lives. It is also the biggest preventable killer in the UK today. Millions of people are affected, including children living with the consequences. Action on Addiction exists to disarm addiction in individuals, families, communities and society.

About addiction

Addiction is characterised by a consuming relationship with a substance or behaviour that continues despite harmful consequences.

Millions in the UK are affected, including 1.3 million children living with parents who have serious drug- or alcohol-related problems. Addiction seriously damages mental and physical health, family relationships and the well-being of whole communities. It costs society billions of pounds annually.

Our vision is to free people from addiction.



Hope House, London

Kennedy

Former client

“My drug of choice was ‘what have you got?’ By the end I was spending £40 each morning to feel normal. That was when I went to Clouds House for my second attempt at recovery and took a proper look at what had become of me. Now in my seventh year of recovery, I am grateful to so many people at Clouds House.”

Treatment and rehabilitation

No matter where a person is in their recovery, we are able to provide help and support to enable positive change. We look upon our centres as beacons of good practice and places of learning.

Residential recovery programmes

Some people need to be away from the environment in which their addiction has flourished. Residential recovery programmes allow them to do this.

Clouds House

Clouds House is a 38-bed residential treatment centre for men and women (18 and over) addicted to drugs and/or alcohol. Other addictions are also treated. It opened in 1983 and has since welcomed more than 9,000 people. An expert team guides clients through a structured programme managing withdrawal from substances (detoxification) and building the foundations of a sustainable recovery based on abstinence. Programmes are tailored to individual needs but normally last four to six weeks. Wherever

appropriate, families are encouraged to become involved.

A range of optional activities and therapies complement the core programme such as art therapy, creative writing, music groups, dance exercise and massage therapy.

The Recovery Management Programme

This is a London-based aftercare service for those who received treatment at Clouds House and require ongoing support in their everyday lives.

Hope House

Hope House is a 23-bed centre for women who have undergone a first-stage treatment but who are not quite ready to go back into the community. Situated in Clapham, south London, it is one of a small number of single-sex treatment facilities in the UK. Many admissions arrive from Clouds House following an initial programme of detox and therapy. Counsellors at Hope House work with the women to help them build the personal and social



Recovery Centre, Bournemouth

resources to sustain recovery. This includes addressing vulnerabilities to relapse that arise from histories of sexual abuse, domestic violence and mental health issues, including eating disorders. The women support and empower each other as they take practical steps to manage their lives more productively.

Community Recovery

Although a person may have withdrawn physically from drugs or alcohol, the mental and emotional dependency to substances remains powerful. The Community Recovery programme offers full-time, intensive day treatment aimed at recovery based on abstinence. It is designed within a community setting so that clients can continue to live in their own homes. They engage daily in a structured treatment programme, practicing the principles of recovery immediately, in the context of everyday life.

With some local variation, the Community Recovery programme is presently provided in Liverpool, Bournemouth and Essex.

Tara

Former client

“For me it wasn’t just the using I had to get over. It was the physical and mental abuse that went with it. Hope House was the first place I’d visited in my entire life that felt safe. I was so shocked by how kind and supportive everyone was.”

The Working Recovery programme

The Working Recovery programme offers the development of practical and vocational skills based at the Community Recovery Centre in Bournemouth. It was initiated by a former client who understood the need, for people recovering from addiction, to develop personal and social resources to enable their reintegration into society.

The programme helps clients build confidence as well as providing a daily structure and purpose, which may be lost in addiction.

The project provides opportunities such as: foundation courses in wood skills, including joinery and carpentry; computer-aided design; photography; sculpting and printing, with established pathways to NVQ Level 2 and other accredited courses, in partnership with the local college. Commissions are received from across the local community and assistance with personal financial management is provided. Mentoring and support help to raise clients’ self-esteem, which is crucial for sustaining recovery.



Working Recovery clients

Andy

Working Recovery client, Bournemouth

“After a lengthy spell of unemployment, it would have been considerably harder to return to work had it not been for the Community Recovery programme, and the routine it provided. In fact I wouldn’t even have got as far as applying for work ... I now have a secure job, which offers excellent prospects.”



The Brink

Run as a social enterprise in Liverpool city centre, The Brink is the UK's first permanent 'dry' bar/café, and entertainment centre, providing discreet addiction and recovery support services within an award-winning commercial venue.

It supports the development of the local recovering community while linking that community with the mainstream. It is open to everyone, for breakfast, lunch and dinner and late into the evening. It has a comprehensive menu of excellent food produced by a top chef and a wide variety of non-alcoholic drinks, teas and coffees.

As well as music gigs, it hosts film clubs, tea tastings, open mic nights, comedy and many other events. The Brink also often provides rehearsal space for the Raucous Caucus Recovery Chorus; a choir for people in recovery from addiction, which tours and performs at events. Seeing recovering people actively participating in the city's social and working life gives encouragement and hope to people struggling with addiction.

The Brink of Change

Accessed via The Brink, this service is for people who want to prepare themselves for long-term change, including recovery.

Boys from The Brink

A football team made up of people in recovery or of people relating to those in recovery.

A-PASS (Alcohol Pre-Abstinence Support Service)

A-PASS is a pre-treatment service for people experiencing problematic drinking but who have not yet decided on any of the available options for treatment.

Families and children

You don't have to misuse drugs or alcohol to suffer from drug or alcohol misuse. There are a great many more people personally affected by someone else's addiction than there are addicted people.

Our For Families team works directly with the family and friends of people addicted to substances, both in relation to the treatment of a family member and in their own right. For Families also runs training courses.

George

Child on M-PACT programme

"Instead of arguing and shouting... we talk [things] over, we try not to argue and keep our voices calm."



Jill Cunningham House, Wiltshire

The Moving Parents and Children Together (M-PACT) programme

The M-PACT programme is an eight-week intervention designed to meet the needs of children affected by parental substance misuse. Groups of families work with highly-trained practitioners on a variety of focused activities and tasks. Children and parents work both together and separately. We take a positive approach, building on family strengths rather than focusing on negative factors.

The shared aim is to improve communication and understanding between family members, reduce harmful patterns of behaviour and improve the safety of the home environment. Children and families benefit through an improved ability to cope, participate and achieve in their lives.

To increase the availability of this programme, we are rolling out M-PACT across the UK by training teams of practitioners from other organisations to deliver the programme under licence.

Residential family programmes

For Families runs brief residential family programmes for people affected by someone else's substance misuse, whether currently or in the past.

Carer support groups and counselling

Tailored programmes of support are delivered locally within the community.



Clouds House atrium, Wiltshire

Professional training

We offer a number of courses, accredited by the University of Bath, for addiction specialists and people working for universal services.

Workforce development and education



Centre for Addiction Treatment Studies (CATS)

The aim of CATS is to improve the professional standards and effectiveness of treatment through education. Many CATS' graduates are themselves in recovery from addiction.

The Centre was founded in 2008 and is a development of the professional education and training formerly delivered by the charity Clouds since 1988.

At CATS in Wiltshire we design and teach courses in Addictions Counselling that lead to a University of Bath Foundation Degree (FDSc) and an Honours Degree (BSc).

We also teach a number of standalone accredited courses.

We have developed training partnerships with other charities working in the field of addiction and related areas such as mental health and domestic violence. The Centre offers a consultancy service.

Catherine Howlett

Full-time Honours Degree student

“Being associated with the University of Bath adds weight to an already challenging and thorough course which stretches students, providing an adventurous journey for all involved. I've gained so much more than a degree.”

Research and advocacy

We are committed to supporting research which helps us understand, prevent and respond effectively to addiction. We commission projects that have a genuine prospect of making a practical difference to people's lives.

Our Expert Committee consists of high level academics and clinicians from the field of addiction who advise us on research matters. We hold an annual research seminar with a high profile speaker, to which we invite an audience of policy makers, academics, charity staff, clinicians and others from the field of addiction.

We are also represented on a number of groups which campaign for improvements in drug and alcohol policy, such as the Alcohol Health Alliance, the UK Drug Policy Commission (UKDPC), Anti-Stigma Coalition and The Recovery Group UK.



Research seminar delegate

“Friday's seminar was genuinely illuminating and gave some real food for thought for this subject which I sense has been 'parked' by many, so thank you.”

Giving

Action on Addiction could not achieve all that it aims to without the generous support of donors. While doing all we can to generate sufficient income to cover its costs and maintaining tight control over expenditure, the Charity has an ongoing need for donations to sustain existing projects and to develop new ones.

No gift is too small and donations of whatever size are received with gratitude and appreciation on behalf of the Charity's beneficiaries.

Fundraising

You can help us by taking part in one of our challenge events such as the London Marathon, or by creating your own unique event. If you wish to raise vital funds for us, we would love to hear from you. Email events@actiononaddiction.org.uk or telephone 020 7793 1011.

Donating

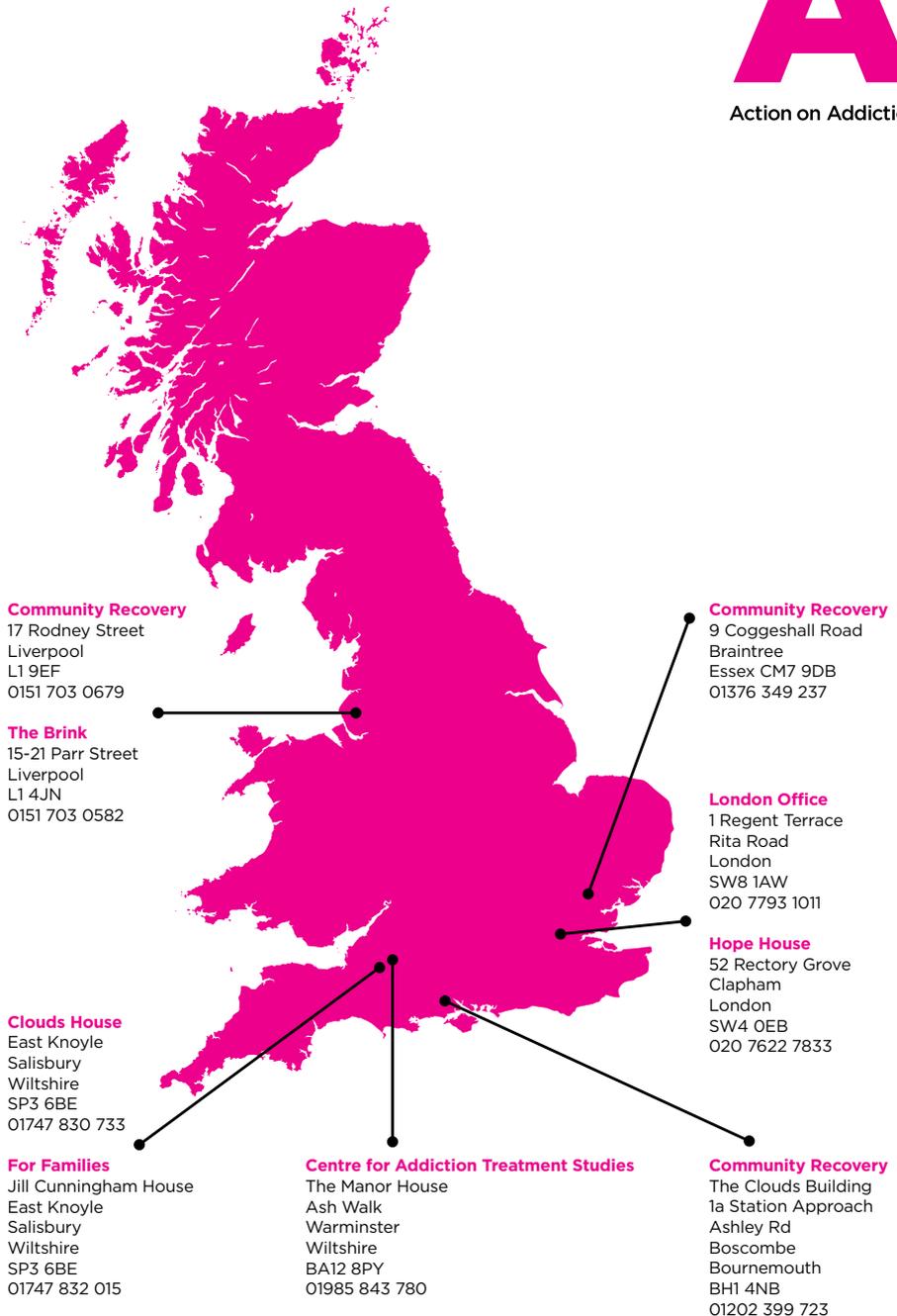
If you would like to make a donation or for more information please visit: www.actiononaddiction.org.uk or call one of the fundraising team on 020 7793 1011.



Sophie with friend Mark, Great North Run

Sophie

"I couldn't think of any other cause to fundraise for. I just hope that fundraising for them, albeit relatively small amounts of money that I can at least contribute to helping others who suffer from addiction. I couldn't help my dad but hopefully I can contribute a tiny bit to helping others, that's the dream!"



We are Action on Addiction. We take action to disarm addiction. We do this through research, treatment, family support, advocacy, education and training.

Contact Us

Action on Addiction
Head Office
East Knoyle
Salisbury
Wiltshire SP3 6BE

For more information about any of our services:

Visit www.actiononaddiction.org.uk

Call us on 0300 330 0659

Email action@actiononaddiction.org.uk

Registered Charity No. 1117988

Registered Company No. 05947481

The
**CHARITIES
FORUM**

Founded by
The Duke and Duchess of Cambridge
and Prince Harry

