

## Useful contact numbers

**Frank 0800 77 66 00**

24 hour drug advice and help line

**Drink Line 0800 917 8282**

24 hour alcohol advice and help line

**Samaritans 0845 790 90 90**

24 hour service charged at local rate

## Services for people with drug and alcohol problems

ASCA also provides a range of support services for anyone with alcohol and drug problems. This work is always completed **separately** from the work we do with carers.

Anyone interested in finding out more about the services ASCA provide to people with drug and alcohol problems should call the same number as the Carers Service 020 8339 9899

ASCA is a voluntary organisation supported by NHS Kingston, Drug and Alcohol Action Teams and by many local trusts and charities. A charitable company limited by guarantee.

Registered company 2902445  
Registered charity 1036555

## Have your say

We value your comments and feedback.

If you have any questions or comments about this service please contact:

Carers' Development Officer  
Community Care Services  
22 Hollyfield Road  
Surbiton  
Surrey KT5 9AL

Telephone:  
020 8547 6124

Email:  
[kirstie.cochrane@rbk.kingston.gov.uk](mailto:kirstie.cochrane@rbk.kingston.gov.uk)

Produced by the  
Quality Assurance and Development Team  
Community Care Services  
June 2009



# ASCA

Addiction Support  
and Care Agency

# Carers' Services

For carers of people  
who misuse drugs  
and / or alcohol

Please ask us if you would like this leaflet on audio-tape, on computer disc, in large print, in Braille or in another language. Telephone 020 8547 6123 or email [ccs.publications@rbk.kingston.gov.uk](mailto:ccs.publications@rbk.kingston.gov.uk)

## What is ASCA?

ASCA is dedicated to supporting individuals, families and the community to overcome alcohol and drug misuse through both prevention and treatment.

ASCA staff are qualified and experienced to work with people who are concerned about their alcohol and drug use, who want to cut down or stop drinking or who are worried about someone else's drinking or drug use.

ASCA offers a range of interventions in their two sites at Richmond and Kingston. They also provide counselling and group work in sites in Kingston and Richmond including GP surgeries, drug and alcohol & children and families teams and probation offices.

### FACTS:

- **Alcohol and drug dependency affects 1 in 25 people;**
- **1 in 4 adults drink more than is healthy for them;**
- **Alcohol and drug problems can lead to depression, accidents and cause a lack of self esteem;**
- **Alcohol or drug problems can lead to family conflict, disruption and other difficulties.**

## Carers' Services

ASCA provides services for anyone caring for someone living in the Royal Borough of Kingston with an alcohol or drug problem, whether it's a partner, parent, son, daughter or friend.

Services include:

- **Counselling for carers**
- **Information and advice**
- **Carers' support group**

## Counselling for carers

If you are a partner, relative or friend of someone who is experiencing alcohol or drug related problems, you may find that caring for them can be confusing, frustrating and sometimes lonely.

This FREE counselling service provides confidential, expert advice, information and counselling for carers to enable them to best cope with someone who has an alcohol or drug problem.

## Information and advice

ASCA staff are familiar with a range of local and national organisations to advise carers about. This service is also free and confidential.

## "Moving On" Carers' Support Group

Every Wednesday 6–7.30pm

Surbiton

An ASCA counsellor facilitates a free support group for carers of people with an alcohol or drug problem.

The purpose of the group is to enable carers to meet other carers, share experiences and learn from each other.

It is for carers only and will focus on:

- coping with living with someone with an alcohol or drug problem;
- setting boundaries & keeping to them;
- planning how to move forward

Before attending the support group, the Carers' Drug and Alcohol Support Counsellor meets with carers to make sure this service is right for them.

## Contact ASCA

If you would like to find out about any of these services for carers, contact

**020 8339 9899 /  
07947 424579**

The Carers' Counsellor works part time, so please leave a message and she will call you back.