



## Building Social Capital

We are a Recovery Focused, Harm Reduction service based in Keighley, West Yorkshire.

We work to help people reduce the risks associated with substance misuse.

We offer support to users of drugs and alcohol and their relatives and carers.

### Our Services:

- Needle Exchange
- Criminal Justice Services
- Integrated Family Recovery Service
- Brief Interventions for Alcohol
- Asian Community Project
- Stimulant Services
- Structured Treatment
- Structured Recovery Programmes
- Complementary Therapies
- Aftercare
- Specialist Services
- Training Services

### Referrals

We accept self referrals and referrals via other agencies. Referrals can be made over the phone or in person and we aim to see all referrals within 5 working days.



## OUR RANGE OF SERVICES



11-19 Temple Street, Keighley, West Yorkshire BD21 2AD

**Tel** 01535 610180 **Email** [admin@project6.org.uk](mailto:admin@project6.org.uk)

**Web** [www.project6.org.uk](http://www.project6.org.uk)

If you require this leaflet in a different language, larger print, Braille or audio please let us know.

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## Harm Reduction/ Needle Exchange

Open 6 days a week, our specialist needle exchange provides clean works to those using street drugs or performance and image enhancing drugs. Our open access service also provides advice, information, crisis intervention and nurse's appointments.

## Asian Communities Project

A discreet area of service provision targeting the needs of the south Asian community in Keighley.

- Discreet service targeting the needs of the South Asian community.
- Staff speak English/Urdu/Punjabi/Bengali
- Services for individuals and their families
- Training & community development work.

## Brief Interventions

Based within 6 GP practices, our workers offer advice and support around hazardous and harmful alcohol use. They can help those who are seeking to reduce their alcohol use.

## Axis

A holistic service providing support to substance using women. In partnership with the Primary Care Prescribing Team.

## Complimentary Therapies

We provide a wide range of complimentary therapies. Anyone attending is able to access them free of charge on a weekly basis. Complimentary therapies can help with withdrawal symptoms, cravings, low mood and general wellbeing

## Criminal Justice Services

Working in partnership with the police, courts, prisons and probation services to support people to address their substance use and tackle their offending behaviour.

## Integrated Family Recovery Service

This service offers a range of interventions for all family members directly or indirectly affected by drug and alcohol use.

We provide confidential information, advice and support and offer a welcoming, non-judgemental service. We're here to help families build social capital by providing integrated family support.

The Integrated Family Recovery Service has a range of workers with specialist skills offering specialised services

- Maternity and Families, Pre-pregnancy, post natal and ante natal support.
- Family Support—One to one and group support for both parents and children.
- Concerned Other Services – supporting those affected by someone else's substance use.
- Resettlement and Aftercare—Advice on education, training, employment and community integration.
- Crèche Provision and support with childcare.



## Alcohol Treatment Requirement

For those given an ATR at court we provide a holistic support service in partnership with the Probation Service where we:

- Offer support to address alcohol use through one to ones and group provision
- Offer ongoing access to other Project 6 services as appropriate.



## Structured Treatment

Structured Treatment offers appointments for people who are concerned about their drug and alcohol use and want to make positive changes to their lives. These care planned, individual one to ones are based on developing and achieving personal goals.

## Domestic Violence Partnership

- Specialist domestic violence provision in partnership with Keighley DVS
- One to one support available for service users, families and carers
- Crisis Intervention
- Direct access to all P6 services
- Safeguarding partnership work
- Referral and direct joint work with other agencies

## Stimulant Service

- A specialist service offering both drop in services and one to one care planned support.
- Out of hours provision.
- Access to Complementary Therapies.

## Structured Recovery Programmes for Alcohol and Drugs:

- 12 week structured programme that incorporates peer support with psycho-social interventions
- For individuals who are stable and motivated to move forward in their recovery journey
- Therapeutic group work that promotes the building of social capital and develops alternative coping mechanisms to alcohol use
- Minimum of 6 hours a week.

Both programmes offer access to Aftercare and Resettlement provision and a timetable of recovery and moving on groups:

- Lifestyle groups including access to healthy living, cook and eat at the gym.
- Community and recovery drop ins.



# Airedale General Hospital Partnership

- Partnership with AGH to deliver integrated treatment and psychosocial support to vulnerable individuals, hospitalised as a consequence of problematic substance use.
- Referral to community support and drug and alcohol services

## Aftercare and ETE

- Links to colleges/education providers
- Jobcentre drop in and job club
- Employment links
- Training
- Peer mentoring
- Volunteering
- Visual Arts
- DJ and Drama workshops
- Cooking for independence
- Art Psychotherapy

## Pathways Out Of Treatment

Project 6 works hard to create pathways out of treatment for anyone accessing our services.

We offer:

- Peer led recovery groups
- Moving on Groups
- Peer Support Training
- Volunteer Opportunities
- Specialist education, training and employment opportunities.



## How can you get in touch?

Project 6 provides a duty service, between 1-5 Monday – Friday so that you can call at these times and a worker will see you or if you prefer you can make an appointment.

### We are open

Monday 10am - 5pm  
Tuesday 10am - 6pm  
Wednesday 1pm - 8pm  
Thursday 10am - 5pm  
Friday 10am - 5pm

### Needle Exchange

Saturday 12pm - 4pm

### Stimulant drop in

Tuesday 2pm - 4pm  
Thursday 5pm - 8pm  
Saturday 12pm - 1pm

### Stimulant Times

Thursday 5pm - 8pm  
Saturday 12pm - 4pm

### Or visit our website at:

[www.project6.org.uk](http://www.project6.org.uk)



### By telephoning us on:

01535 610180

### By emailing us at:

[admin@project6.org.uk](mailto:admin@project6.org.uk)

### By coming into the project reception at:

11-19 Temple Street

### Visiting the harm reduction service at:

6 Temple Street. Tel: 01535 610480



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