

Holidays opening times 2021



Substance use and support services in Nottingham/Notts this Christmas (version 1)

The Wellbeing Hub

73 HoundsGate, Nottingham NG1 6BB

Telephone: 0800 0285598

E-mail: info@nottinghamwellbeinghub.org



Clean Slate
Criminal Justice Substance Misuse Service

**OPPORTUNITY
AND CHANGE**

The Health Shop

The Wellbeing Hub makes it easier for people in Nottingham to get the help and support they need - for mental health, drugs, alcohol, housing and more.

With Christmas coming up.... It is important to remember...

Collection days may change!

It is important you are checking with your pharmacist when you are due to collect prescription due to Pharmacy closure

Risk of Overdose

People may overindulge over the festive period, be aware of overdose if you choose to drink or use more than usual. **Be Aware!** You may be given additional unsupervised days of medication due to pharmacy closure. Please make sure you keep your additional doses safe and take as prescribed to ensure you have medication throughout the holiday period. Ask your Key Worker for a lock box. Please remember if your medication is taken by somebody who it is not prescribed for, they are at very high risk of overdose. **IF THIS HAPPENS RING 999 IMMEDIATELY.**

Have you got supply of Naloxone?

Naloxone can be given here at Nottingham Recovery Network and at The Health Shop. This could save your life or the life of a friend.

CHRISTMAS OPENING TIMES

24/12/21 – OPEN	27/12/21 – CLOSED	30/12/21 - OPEN
25/12/21 – CLOSED	28/12/21 – CLOSED	31/12/21 - OPEN
26/12/21 – CLOSED	29/12/21 – OPEN	01/01/22 – CLOSED

NRN Harm Reduction Service/Broad Street Needle Exchange

HEALTH SHOP/NEEDLE EXCHANGE CHRISTMAS OPENING HOURS

Christmas & New Years

OPENING TIMES

Friday 24th Dec- 9:00am-3:30pm

Saturday 25th Dec- CLOSED

Saturday 26th Dec - CLOSED

Monday 27th Dec- CLOSED

Tuesday 28th Dec- CLOSED

Wednesday 29th Dec- 12:30-6:30pm

Thursday 30th Dec - 12:30-4:40pm

Friday 31st Dec- 9:00am - 3:30pm

Saturday 1st Jan - CLOSED

Sunday 2nd Jan - CLOSED

Monday 3rd Jan - CLOSED

Tuesday 4th Jan - 12:30 - 4:40pm

 **THE HEALTH SHOP**
DRUGS & SEXUAL HEALTH CLINIC



Pharmacy Needle Exchange in Nottingham City

(Check holiday opening times at each pharmacy and possible Covid restrictions)

Level 1 (Packs)

Applegate Pharmacy Alfreton Rd – Radford (NG7 3NS)

Monday - Friday 9am-6pm

Boots Clifton Southchurch Drive “top shops” (NG11 8AA)

Monday - Friday 8am-7pm, Saturday 8:30am-5pm

Boots Mary Potter Centre Hyson Green (NG7 5HY)

Monday - Friday 8am-7pm, Saturday 9am-5pm

Boots Bilborough, Bracebridge Drive (NG8 4PN)

Monday - Friday 8am-6:30pm, Saturday 9am-5:30pm

Boots Riverside Retail Park, Clifton Bridge North (NG2 1RU)

Monday - Saturday 9am-midnight,

Sunday 10:30am-4:30pm

Carrington Pharmacy, Mansfield Rd (NG5 2DA)

Monday - Friday 9am-6:30pm, Saturday 9am-4pm

Clifton Health Pharmacy Southchurch Drive Holy Trinity (NG11 9FE)

Monday - Friday 9am-6pm - closed 1pm-2pm

Day Night Pharmacy Southchurch drive Near Leisure Centre (NG11 8AD)

Monday - Friday 7am-midnight, Saturday 9am-midnight

D Parmar Pharmacy Woodborough Rd St.Anns (NG3 4JP)

Monday - Friday 9am-6pm - closed 1pm-2pm

Saturday 9am-1pm

Jaysons Pharmacy Arlestone Rd, Wollaton (NG8 2GB)

Monday - Friday 9am-6pm

Lloyds Pharmacy Beechdale (NG8 3LF)

Monday - Friday 8:30am-6:30pm, Saturday 9am-1pm

Lloyds Pharmacy Sneinton (NG2 4QL)

Monday - Friday 8:30am-6pm, Saturday 9am-1pm

Phakey’s Pharmacy 149 Carlton rd (NG3 2FN)

Monday - Friday 9am-6:30pm (6:15 on Friday)

Saturday 9am-1pm

Sherwood Late Night Pharmacy (NG5 2DR)

Monday - Saturday 7:30am-11pm, Sunday 10am-5pm

Vantage Pharmacy (NG8 5HL)

Monday - Friday 8:30am-7pm

Knights Pharmacy (NG5 5EJ)

Monday - Friday 9am-7pm, Saturday 9am-5pm

Well Pharmacy St. Ann’s Valley Centre (NG3 3GG)

Monday - Friday 8:30am-6:30pm, Saturday 9am-1pm

Well Pharmacy Aspley (NG8 5ND)

Monday - Friday 8:30am-6:30pm, Saturday 9am-1pm

Level 2 (Pick and Mix)

Asim's Chemist Colwick Rd (NG2 4BU)

Monday - Friday 9am-6:30pm - closed Friday 12:30pm-1:30pm

Saturday 9am-1pm

Evergreen Pharmacy Highbury Rd Bulwell (NG6 9FE)

Monday - Friday 8:30am-5:30pm - closed 1pm-2pm

Medina Chemist Radford Rd Hyson Green (NG7 5DR) OPEN EVERY DAY OVER CHRISTMAS

Monday - Friday 9am-9pm, Saturday 9am-7pm

Sunday 10am-7pm

Midnight Pharmacy Alfreton Rd Radford (NG7 3PE)

Monday - Saturday 9am-midnight, Sunday 12am-midnight

Riverside Pharmacy Bulwell (NG6 8QJ)

Monday - Saturday 8am-10pm, Sunday 8am-9pm

For those facing rough sleeping the

Street Outreach Team will be available every day, 24 hours on 0800 066 5356.



The Opportunity Nottingham team will not be working the Bank Holiday Monday, Tuesday and 3rd January. The Freephone number 0800 055 6191 is available as per normal 24 hours a day, 365 days a year.



CGL Jigsaw “Putting the pieces together”

Young People & Family Service for Drugs and Alcohol

2 Russell Place

Nottingham

NG1 5HJ

T: 0115 948 4314

Christmas Eve 9:00 – 12:00

Closed on the 27th, 28th (Dec) and the 3rd (Jan)

Emmanuel House Festive Opening Hours



Drop-in

Monday 20 th	Tuesday 21 th	Wednesday 22 nd	Thursday 23 rd	Christmas Eve	Christmas Day	Boxing Day
9.30am-1pm	9.30am-1pm	Closed	9.30am-1pm	9.30am-1pm	Closed	Closed

Monday 27 th	Tuesday 28 th	Wednesday 29 nd	Thursday 30 th	New years Eve	New years Day	Sunday 2 nd Jan	Monday 3 rd Jan
10am-1pm	10am - 1pm	Closed	9.30am-1pm	9.30am-1pm	Closed	Closed	10am-1pm

Office Hours (including donations and enquiries)

Monday 20 th	Tuesday 21 th	Wednesday 22 nd	Thursday 23 rd	Christmas Eve	Christmas Day	Boxing Day	
9am-5pm	9am-5pm	9am-5pm	9am-5pm	9am-2pm	Closed	Closed	
Monday 27 th	Tuesday 28 th	Wednesday 29 nd	Thursday 30 th	New years Eve	New years Day	Sunday 2 nd Jan	Monday 3 rd Jan
9.30-1pm	9.30-1pm	9am-5pm	9am-5pm	9am-2pm	Closed	Closed	9.30-1.00



Jericho Road Project

Service is closed from 17th December and will reopen on 3rd January.

Planned JRP Christmas Outreach Sessions

Saturday 18th December 10.30pm – 12.30am
Wednesday 22nd December 9.30pm – 11.30pm

Domestic and Sexual Violence

Domestic Violence Helpline

Run by Juno Women's Aid

Open 24 Hours. Tel: 0808 800 0340
(0808 800 0341 with text phone)

Notts Sexual Violence Support Service (Notts SVSS)

www.nottssvss.org.uk

0115 941 0440

Nottinghamshire Sexual Violence Support Services helpline provides access to sexual violence and abuse services for women and men in Nottingham

Christmas and New Year opening times December 2021 – January 2022:

Hub Support Team (Helpline)

Friday 24 December – business as usual
Saturday 25 December – open 10 am to 12 noon
Sunday 26 December – open 10 am to 12 noon
Monday 27 December – closed
Tuesday 28 December - closed
Wednesday 29 December – business as usual
Thursday 30 December – business as usual
Friday 31 December - business as usual
Saturday 1 January - open 10 am to 12 noon
Sunday 2 January – business as usual
Monday 3 January – closed
Tuesday 4 January – Business as usual

Therapy team

Friday 24 December – business as usual
Saturday 25 December – open 10 am to 12 noon
Sunday 26 December – open 10 am to 12 noon
Monday 27 December – closed
Tuesday 28 December - closed
Wednesday 29 December – business as usual
Thursday 30 December – business as usual
Friday 31 December - business as usual
Saturday 1 January - open 10 am to 12 noon
Sunday 2 January – business as usual
Monday 3 January – closed
Tuesday 4 January – business as usual

ISVA & SSS Team

Friday 24 December – business as usual
Saturday 25 December – closed
Sunday 26 December – closed
Monday 27 December – closed
Tuesday 28 December - closed
Wednesday 29 December – business as usual
Thursday 30 December – business as usual
Friday 31 December - business as usual
Saturday 1 January - closed
Sunday 2 January – closed
Monday 3 January – closed
Tuesday 4 January – business as usual

Equation's Men's Service:

0115 960 5556

A confidential answerphone runs 24/7

helpline@equation.org.uk

www.equation.org.uk

Helpline Mon-Fri 09:30-16:30 (Closed on the Bank Holidays)

IDVA Service Mon-Fri 09:00-17:00 (Closed Bank Holidays)

Children Sexual Violence and Abuse Support Service

www.imara.org.uk

Helplines

Samaritans – 08457 90 90 90

Nottinghamshire CRISIS Sanctuaries- For anyone near, or at crisis who need safe space to talk. 0115 8441846

www.turning-point.co.uk/services/mental-health/crisis-support/nottingham-crisis-sanctuaries

Sane: Phone 0300 304 7000 6pm – 11pm. Online:

www.sane.org.uk

SHOUT – 24/7 text service – 85258 with immediate need of support with mental health

NCHA SMaRT Mental Health Helpline: For more information
contact:

08005610072

Or text 0750 662 8693 and we will call you back.

Self harm: Support via email: www.nshn.co.uk/contact.html

RETHINK: www.rethink.org/ living with mental illness / coping in a crisis Call 0300 5000 927 Monday to Friday, 10am-2pm

CALM (campaign against living miserably) 5pm – Midnight everyday. Use Webchat or the Helpline 0800 585858

MIND: Support and information relating to all mental health conditions. Phone 0115 934 8445. Online:

www.mind.org.uk/help/crisis or locally

Mansfield and Ashfield. <http://centralnottsmind.com/>

Bassetlaw <http://www.bassetlawmind.org.uk/>

Every Mind Matters Website by NHS England that offers education, and advice on mental and physical health, with links to useful mobile apps and websites. www.nhs.uk/oneyou/every-mind-matters/

FRANK – 24 hr national drugs helpline.

Tel: 0300 123 6600 www.talktofrank.com

Soup Runs, free food and advice

Xmas day lunch by Tracy's kitchen Trinity square

11am.<http://tracysstreetkitchen.co.uk/news>

Guru Nanak's Mission Nottingham – the Sikh soup run

Times are 7:30pm outside Marks and Spencer, Albert Street

Their normal days – Mondays, Wednesdays and Thursdays but not sure if this is different for the holiday period.

The following is taken from the Hope Church Website

CHRISTMAS & NEW YEAR HOLIDAY FOODBANK OPENING HOURS

Please note Hope Nottingham office will be closed from Thursday 23rd Dec and will re-open on Tuesday 4th January. Messages and emails for urgent referrals will be picked up on Wed 29th & passed on as necessary.

ARBORETUM (Covenant Restoration Church NG7 4DL): Closed Sat 25th Dec & Sat 1st Jan ASPLEY (St Margaret's Church Hall NG8 5GE): Open on Mon 20th & Thurs 23rd Dec

(10am-12noon). Closed Mon 27th & Thurs 30th Dec

BEESTON (Hope House NG9 2RF): Open on Mon 20th (9.30-10.30am), Wed 22nd (9.30- 10.30am) & Thurs 23rd (9.30am-12noon), Wed 29th Dec (9.30-10.30am). Closed on Sat 25th Dec & Sat 1st Jan

BILBOROUGH (NG8 4PN): Open Wed 22nd, Wed 29th & Fri 31st Dec (10am-12noon). Closed Fri 24th Dec

BROXTOWE (St Martha's Church NG8 6GR): Open on Wed 22nd (10am-12noon). Closed on Wed 29th Dec

CARLTON (Main Street Methodist Church NG4 1EE): Open on Tues 21st (12-2.45pm), then for reduced hours on Fri 24th, Tues 28th Dec & Fri 31st Dec only between 12-2pm

CHILWELL (St Barnabas' Church NG9 4HU): Open on Tues 21st & 28th Dec (2-4pm)

MEADOWS (Bridgeway Hall Methodist Centre, NG2 2JD): Open on Tues 21st (5.30- 7.30pm), Thurs 23rd (10am-12noon), Tues 28th Dec (5.30-7.30pm), & Fri 31st (10-12noon). Closed Fri 24th Dec, Sat 25th Dec & Sat 1st Jan

NETHERFIELD (NG4 2LJ): Open Wed 22nd & 29th Dec (1.30-3pm)

RADFORD (Mount Zion Millennium Church, NG7 5QS): Open on Tues 21st Dec (10am-

12noon). Closed Thurs 23rd, Tues 28th, Thurs 30th Dec & Tues 4th Jan

SNEINTON (Salvation Army, NG2 4QG): Open on Thurs 23rd Dec (10am-12noon). Closed Thurs 30th Dec

STAPLEFORD (Montrose Court Church): Open on Mon 20th & Wed 22nd, Mon 27th & 29th Dec (10-11.30am)

STAPLEFORD (The Haven Church NG9 8BD): open on Tues 21st & Fri 31st Dec (10am- 12noon). Closed Fri 24th & Tues 28th Dec

WOLLATON (Grangewood Methodist Church, NG8 2SJ): Open Fri 24th (10am-12noon). Closed on 31st Dec

Sfice. Closed 22nd December to 3rd January

SAFE (Salvation Army). Now Closed until Jan 5th

Drop in/advice (Confirmed)

Friary West Bridgford drop in is open 8-12.30 mon-fri over the whole Xmas period

ARK drop in in Gedling closed from 2pm on Christmas Eve until Tuesday 4th January

Nottingham and Notts Refugee Forum is closed from 24th December and reopens 4th January

Self Help/Mutual Aid

Many fellowship meetings carry on throughout the holiday period. There are a range of other self-help groups available, including SMART Recovery Groups. Check for restrictions and whether groups are online or in person.

AA Meetings

Come and join friends during the Christmas season

Alcoholics Anonymous Christmas Alcothon 2021

NON STOP AA MEETINGS
Come and go as you please!

First meeting at 12:00 noon on Christmas Eve
Last meeting at 10:30am on Christmas Day

Help yourself to the free buffet,
Food donations gratefully accepted.

Volunteers always appreciated for setting up and tidying up

Meetings will run from:
12:00 to 22:00 on Christmas Eve and
10:30 to 11:30 on Christmas Day
St Jude's Church, 405 Woodborough Road, Mapperley, NOTTINGHAM. NG3 5HE

(Due to room restrictions, meetings will have to run in the socialising area from 14:00 to 17:00 on Christmas Eve. At all other times there will be separate rooms for socialising and for the meetings themselves) Hence....

FRIENDS AND FAMILY WELCOME!
12:00-14:00 Christmas Eve & again from
17:00 Christmas Eve -12:00 Christmas Day

Narcotics Anonymous
Self-help for drugs problems Tel: 0845 373 3366

Services in Nottinghamshire

For help in Notts (outside of the City)



Change Grow Live Nottinghamshire

An all-age integrated service for children, young people and adults living in Nottinghamshire. If you are experiencing issues around drug and/or alcohol use, please contact our expert team on **0115 896 0798** for more information or to make an appointment.

<https://www.changegrowlive.org/nottinghamshire>

Opening times:

Friday 24th Dec close at 3:30pm

Monday 27th Dec – closed

Tuesday 28th Dec – closed

Friday 31st Dec close at 3:30pm

Monday 3rd Jan – closed



Providing emotional help and support to families in Nottinghamshire affected by a loved one's alcohol or drug use

Helpline: - 0800 0850 941

Text Phone: 07896 228 547

Web Chat available on the website:

www.hettys.org.uk

Helpline is open 9am – 9pm daily over the Christmas period, including bank holidays

Be Careful

If you think someone has taken an overdose Call 999

RECOVERY POSITION –

If someone has stopped breathing and you know the correct procedure, start chest compressions and loosen tight clothing.

If they are breathing turn them on their front with their head sideways with arms and legs as in the picture below. This is the recovery position. Stay until help arrives. Don't be afraid to call an ambulance because of drugs taken as they will not automatically call the police.

Give the ambulance as much Information on drugs taken as possible.



THE RISK OF OVERDOSE CAN INCREASE OVER THE FESTIVE PERIOD, SO REMEMBER:

- You'll get extra medication for when services and chemists are closed. Taking more than your normal dose in one go leads to overdose.
- Be careful with other types of drugs – “Legal” does not mean “safe”. Nobody knows what is in most new drugs on sale
- Keep your medication stored **safely** where it cannot be reached by others, especially children.
- **Don't** use Benzo's on top of your script or with other drugs or alcohol – even a small amount causes an overdose.
- Mixing alcohol with your script or other opiates **always** increases the risk of overdose.
- If you use after a period of abstinence your **tolerance** will be low and cause you to go over.
- **Plan** ahead for any support you might need and be aware of when services are open.

Compiled by Glen Jarvis at Nottingham City Council glen.jarvis@nottinghamcity.gov.uk Mobile: 07947 309 104

Accurate as far as possible at 25th December 2021. Feel free to reproduce, alter and copy as appropriate for your own needs.

If you want to add anything to the master copy please send details to Glen.

Latest version is always on the CDP website: www.nottinghamcdp.co.uk

HELPING CHILDREN STAY SAFE DURING CORONAVIRUS

SAFE STORAGE BOX



All drugs and medication should be stored in a lockable cupboard and/or in a safe storage box. Boxes should be kept out of reach of children preferably in a high cupboard. Methadone and buprenorphine **SHOULD NEVER** be stored in your fridge.

Storage boxes are available from Nottingham Recovery Network, CGL Jigsaw and Broad Street

Please let us know if you do not have one

DURING THIS DIFFICULT TIME THE BEST THING YOU CAN GIVE YOUR CHILD IS YOUR TIME AND ATTENTION:

Implement routines where possible. A routine will help children feel safe and secure. Establish or maintain sleep patterns, eating patterns and regular play/activities.

- Children on a child protection plan **CAN** go to school.
- Check with your child's school regarding vouchers for school meals.

NEVER EVER give methadone to your child AS LITTLE AS A TEASPOON OF METHADONE COULD KILL YOUR CHILD OR YOUNG PERSON

If your child has swallowed methadone they may:

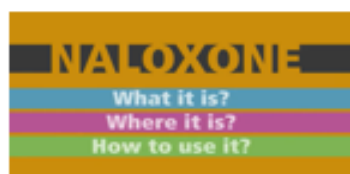
- Turn pale
- Develop a cold, sticky sweat
- Become unconscious or unable to be woken up
- Make unusual snoring/gurgling noises/ breathing difficulty

If your child is not breathing at all, start mouth-to-mouth resuscitation until the ambulance arrives.

Over half of cases of poisoning to children are caused by them swallowing medication or drugs.

Never give your baby drugs or alcohol to settle them. IT COULD BE FATAL.

EVERYONE SHOULD HAVE NALOXONE IN THEIR HOME – if you do not have naloxone or it is out of date, we can deliver it to you.



(Youtube)

Naloxone video everyone should watch <https://www.youtube.com/watch?v=-lt3BpRxBU> or type into youtube: naloxone for carers

All adults in your home should know where it is and how to use it. Naloxone for carers training remains available via telephone or video calls.

Seeing a parent or adult overdose is extremely traumatic to a child.

If you are on your own and overdose, will anyone know your child needs help?

TALK TO YOUR CHILD ABOUT WHAT TO DO IN AN EMERGENCY

- Have your mobile switched on.
 - Have your personal details visible in the home.
 - Make sure they have your address.
- Teach your child to call 999 in case of an emergency.

Do not use drugs in front of a child.

CGL JIGSAW CAN OFFER SUPPORT TO YOUR CHILD

We don't need to talk to your child about drugs if you don't want us to, but we can offer them someone to talk to about how they are feeling.

JIGSAW

Change
Grow
Live

Nottingham

T: 0115 9484314

E: JIGSAW@CGL.ORG.UK



[facebook.com/CGLjigsaw](https://www.facebook.com/CGLjigsaw)
[@cgljigsaw](https://www.instagram.com/cgljigsaw)
[@CGLjigsaw](https://www.tiktok.com/@CGLjigsaw)

KEEPING YOURSELF SAFE DURING CORONAV

Preventing overdose



You may get extra medication during this time. Taking more than your usual dose in one go can lead to overdose. Mixing any drugs with alcohol also increases your risk of overdose.

Your tolerance will be reduced if you cut down or struggle to get access to drugs

BE EXTRA CAREFUL

If you don't have any Naloxone or your kit isn't complete get in touch with your keyworker or call Broad Street needle exchange on 0115 9055001.

CALLING AN AMBULANCE IS NOT THE SAME AS CALLING THE POLICE. IF YOU OR SOMEONE ELSE NEEDS MEDICAL ATTENTION GET HELP.

PLEASE KEEP ALL MEDICINES AND EQUIPMENT LOCKED AWAY FROM CHILDREN. IF A CHILD IN YOUR HOUSE SWALLOWS ANY DRUGS OR MEDICATION CALL 999 IMMEDIATELY.

Keeping yourself and others safe

If you or anyone you live with have any Coronavirus symptoms, **please do not** go into services. Ring to talk to us about what you need, and we will do our best to get it out to you.

Wash your hands with hot soapy water for at least 20 seconds regularly, but especially when you have been in contact with other people or handled money.

CORONAVIRUS HYGEINE

WASH YOUR HANDS

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Wipe drug packages with an alcohol-based cleaner before using them and don't let other people touch or use your drug taking equipment.

Be careful taking any drugs from new sources or from places you don't 100% trust – homemade drugs / drugs bashed up can cause lots of problems.

Preparing for change

Make sure you plan ahead; it is especially important at the moment as many services are running reduced opening hours.

If you are not currently on a script please call Nottingham Recovery Network on 0800 066 5362 ASAP.

Call the services you might need support for over the coming weeks and check what their current operating hours are.

Make sure that you have enough equipment to use in case you get ill. If you are in a high risk group this is especially important as you should be leaving the house as little as possible or not at all.

BROAD STREET WILL PROVIDE YOU WITH ADDITIONAL INJECTING EQUIPMENT.

If you are unable to smoke heroin you could snort it – chop it finely.

if you are unable to smoke it or snort it, you can dissolve it and put it up your bum (heroin only – not crack).

Speak to your keyworker for more support

Looking after your mental health

It's really important to make sure you're looking after your mental health, as well as your physical self. See this image for a great way to check in with yourself each morning:



Nottingham
Recovery
Network



The
Health Shop



Framework