

Opening hours

We're open 9am-5pm, Monday to Friday.

(On Tuesdays, appointments are also available until 7pm).

Where to find us

Cranstoun RBWM

Reform Road, Maidenhead, Berkshire SL6 8BY

We are a 15 minute walk from Maidenhead railway station.

If you're travelling by bus, you can reach us via any bus stopping in Maidenhead town centre.

We also offer appointments in Windsor.

Please let us know if you have any special requirements or are unable to access our service.

Contact us

T: 01628 796 733

E: admin@resilience-rbwm.org.uk



cranstoun.org

CRANSTOUN

Empowering People, Empowering Change

CRANSTOUN

Empowering People, Empowering Change

World-class leaders in
rebuilding lives.

To find out more about
Cranstoun RBWM, scan this QR Code.



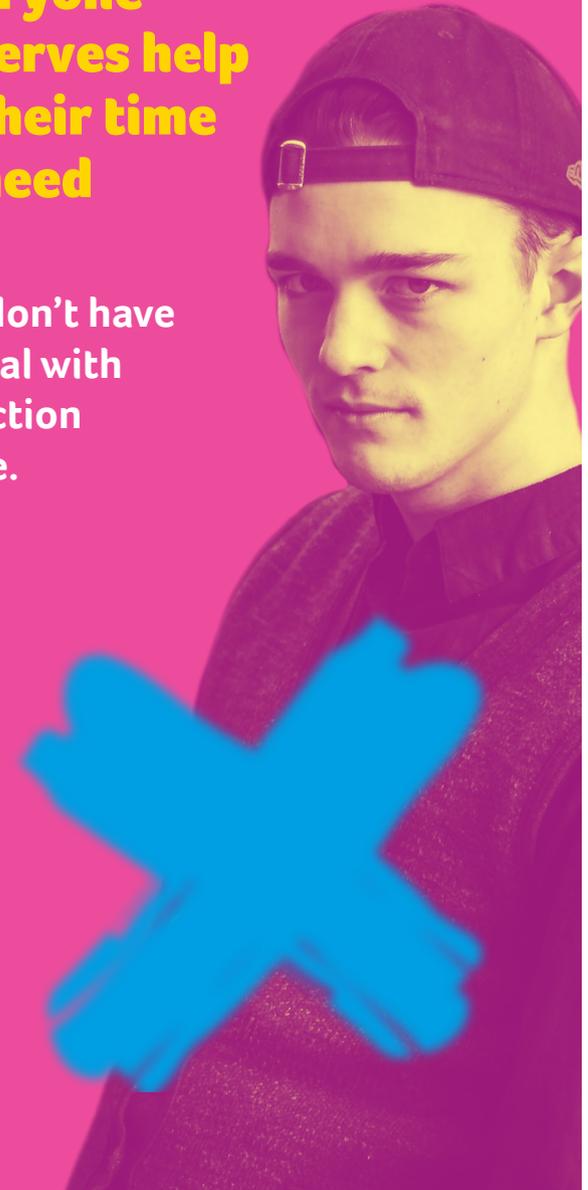
Central office
Thames Mews
Portsmouth Road
Esher
Surrey
KT10 9AD
T: 020 8335 1830
E: info@cranstoun.org.uk
www.cranstoun.org



Registered Charity No: 1061582
Registered Company No: 3306337

Everyone
deserves help
at their time
of need

You don't have
to deal with
addiction
alone.



Do you want to be healthy, safe and happy?

Cranstoun RBWM service works with individuals in the Royal Borough of Windsor and Maidenhead who are over 18 years old and wish to change their alcohol and/or drug use. The service uses Cranstoun's person-centered approach and works to find effective and sustainable methods to reduce harm and aid recovery.

We know that the occasional alcoholic drink can quickly become two or three glasses every night. Drinking alcohol can move from being an enjoyable activity to something that can damage your health, happiness and other areas of your life.

We also know that using drugs can be harmful, and can lead to difficulties with your health, housing, employment, money and family.

Cranstoun RBWM provides **free and confidential** advice and support to adults across Ascot, Windsor and Maidenhead who'd like to change their alcohol and/or drug use.

We empower and support people to make positive changes. We are **here to help** you, your family and friends.

Confidentiality

Cranstoun RBWM respects your right to privacy. We will explain to you how we keep things confidential.

Who the service is for

Our services are available to adults living in Ascot, Maidenhead and Windsor who is experiencing problems with alcohol and/or drugs.

You can access the service via a referral from your GP or other professionals.

You can also self refer by visiting our website or by phoning 01628 796 733 to register.

What we offer

Everyone needs different support to achieve their goals. We can create a tailored programme for you, using a range of options and interventions including:

- A comprehensive assessment of your needs
- An individual harm reduction and recovery plan based on what's important to you
- One-to-one keyworking
- Prescribing (opioid substitution therapy)
- Structured groupwork
- Alcohol detox options
- Peer support sessions
- Health and wellbeing screenings
- Needle syringe programme at base and selected pharmacies
- Prescribing, GP services and medical support
- Shared care



Equal opportunities

The Cranstoun RBWM service is for adults over the age of 18. We do not discriminate against anyone and we promote equality and diversity in all our work.

Service user involvement

Our service users work with us to shape and develop Cranstoun RBWM. There are lots of ways to get involved, just ask!

Volunteers

Cranstoun RBWM has a number of volunteer roles, which can be flexible to suit you. If you would like to get involved, please ask your worker.