

## About Cranstoun Here4Youth, Wokingham

We provide the drug and alcohol support for young people who live in the borough of Wokingham, whether they have questions or concerns about their own use or are impacted by someone else's use.

The service is available for under 18s and those who are under 25 with additional needs.

### Contact us

Cranstoun Here4YOUth  
38 Station Road, Wokingham RG40 2AE

T: 0118 977 2022

E: [wokinghamreferrals@cranstoun.org.uk](mailto:wokinghamreferrals@cranstoun.org.uk)

### Opening times

Monday to Thursday: 8.30am - 6.00pm  
Friday: 8.30am - 4.30pm



[www.cranstoun.org](http://www.cranstoun.org)

# CRANSTOUN

Empowering People, Empowering Change

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Empowering People, Empowering Change

To be a world-class leader in rebuilding lives.

To find out more about Here4YOUth Wokingham, scan this QR Code.



## Everyone young person deserves the best start in life

At Cranstoun Here4YOUth in Wokingham we are here to help.

Cranstoun central office  
Thames Mews, Portsmouth Road, Esher KT10 9AD  
T: 020 8335 1830  
E: [info@cranstoun.org.uk](mailto:info@cranstoun.org.uk)  
[cranstoun.org](http://cranstoun.org)

Registered Charity No: 1061582  
Registered Company No: 3306337



# We are here to help...

**Whether you have questions about drugs or alcohol, are affected by someone else's use or would like some support around your own drug or alcohol use, we can help.**

If you or someone else reaches out to Cranstoun Here4YOUth on your behalf, we will discuss how we can help you and if needed, arrange an appointment. This can be either by phone, online or face-to-face somewhere you feel comfortable.

At the first appointment you will meet your worker and have a chat about what is going on in your life at the moment. Your worker will also explain our confidentiality agreement and answer any questions you may have.

At the end of your first appointment, you can decide if you would like further support.

Your plan may include:



We are here to support you to make your own decisions around substances. We will give you all the information you need to set your own goals and are here to help you achieve them.

How long we support you for depends on your goals. Some people have just a few sessions and others are supported for longer - your worker will discuss this with you.

## Frequently asked questions

**Q - I just have some questions about drugs, I don't have a problem...**

A - That's fine! You can still speak to us and we can answer any questions you might have.

**Q - Which drugs can I talk to you about?**

A - Any drugs including legal, illegal & medication prescribed by your doctor - even alcohol!

**Q - Will I get in trouble?**

A - No, we are here to support you!

**Q - Will my friends and/or family find out I'm talking to you?**

A - Cranstoun is a confidential service. We will only share information with other people if we are very worried about you or someone else's safety. We will always try and speak to you before telling anyone anything if we can.



## Information for professionals

As well as supporting young people who use substances, we also support those affected by parental or sibling substance use.

If you would like to make a referral for a young person to receive 1-2-1 support for either their own substance use or someone else's please complete a referral form online via our website. Alternatively, you can contact the service and we can complete this with you over the phone. We are always happy to have a discussion and would be happy to support the completion of any referral.

We also offer a variety of additional services for professionals. These include:

- Consultations
- Professional training
- Bespoke school workshops
- Harm reduction information
- Naloxone training
- Signposting

If your or your service would like to discuss any of our additional services please contact us.

