

## How we help

Cranstoun Wokingham supports people who are struggling with their alcohol or drug intake. We inspire and empower people to live healthier and safer lives.

Cranstoun Wokingham operates the adult alcohol & drug recovery service on behalf of Wokingham Borough Council. There is also a separate and dedicated service for young people (Here4YOUth).

Whether you need advice for yourself or someone you care about, we are here to help.

## Opening hours

Monday to Wednesday **9am to 5pm**

Thursday **9am to 7pm**

Friday **9am to 4.30pm**

Closed Bank Holidays

## Contact us

**T: 0118 977 2022**

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

Cranstoun, Wokingham  
38 Station Road, Wokingham  
RG40 2AE



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

# CRANSTOUN

Empowering People, Empowering Change

**World-class leaders in rebuilding lives.**

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



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Thames Mews  
Portsmouth Road  
Esher  
Surrey KT10 9AD

T: 020 8335 1830  
E: [info@cranstoun.org.uk](mailto:info@cranstoun.org.uk)  
[www.cranstoun.org](http://www.cranstoun.org)

Registered Charity No: 1061582  
Registered Company No: 3306337

# CRANSTOUN

Empowering People, Empowering Change

**Everyone deserves help at their time of need**

**Our drug & alcohol service in Wokingham is here to help.**



# Everyone deserves help at their time of need

**Alcohol and drug use can greatly impact individuals, families and communities.**

**We understand that every person and their relationship with alcohol and drugs is different, and each person affected needs a different level of care.**

At Cranstoun, we strive to create an environment that reduces harm, promotes recovery and truly empowers the individual to create positive change in their lives and the lives of those they care about.

We understand that taking the first step to seek help, advice or support can often be the most difficult one. We're here to welcome every person into our service with warmth, understanding and compassion.



## 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 recovery plan based on what's important to you
- One-to-one keyworking & structured groupwork
- Information & advice
- Prescribing (opioid substitution therapy) and drug testing
- Detox and rehab support
- Access to mutual aid
- Health and wellbeing screenings
- Blood-borne virus testing including HIV, Hepatitis B/C
- Needle exchange
- Harm reduction advice & naloxone overdose prevention
- Recovery support
- Family support
- A dedicated and separate service for young people under 18 (Here4YOUth)



## Confidentiality

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

## Equal opportunities

The Cranstoun Wokingham 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.

## Client involvement

The people who use our services work with us to shape and develop Cranstoun Wokingham. There are lots of ways to get involved, just ask!

## Volunteers

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