

Here to help

Cranstoun Inspire is a **free and confidential** service for residents of Sutton who would like support with their drug or alcohol use.

We accept self-referrals as well as referrals from professionals who are seeking support for the people they work with.

Contact us

Cranstoun Inspire
Orion House, 19 Cedar Road, Sutton SM2 5JG

t: 020 8773 9393

e: info-inspire@cranstoun.org.uk

You can also scan the QR Code on the back of this leaflet to take you to our web page and online referral form.

Opening hours

Monday - 9am to 8pm
Tuesday - 9am to 6pm
Wednesday - 9am to 6pm
Thursday - 9am to 8pm
Friday - 9am to 6pm
Saturday & Sunday - Closed



CRANSTOUN

Empowering People, Empowering Change

**To be a world-class leader in
rebuilding lives.**

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



www.cranstoun.org



Cranstoun central office

T: 020 8335 1830

E: info@cranstoun.org.uk

Registered Charity No: 1061582
Registered Company No: 3306337

CRANSTOUN

Empowering People, Empowering Change

**Everyone
deserves a
healthy &
safe life**

**At Cranstoun
Inspire Sutton,
our drug & alcohol
services are
here to help.**



Everyone deserves help at their time of need

Our drug & alcohol service

We are the **drug & alcohol service** for the London Borough of Sutton offering advice, treatment and recovery support to over 18s experiencing alcohol and drug problems.

We also run a separate service for under 18s, **Cranstoun Here4YOUth**.

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

What we offer

Cranstoun Inspire offers a wide range of services tailored to every individual and aims to find effective and sustainable methods to reduce harm and aid recovery. We offer:

- Information, advice and assessments
- Harm reduction including needle exchange
- One-to-one and group support
- Access to detox and rehab/detox packages
- Community detoxification
- Prescribing
- Outreach
- Family and carer support



The Recovery Hub

Our Recovery Hub provides further support for clients who have recently achieved abstinence from drink and/or drugs. It is often the next stage for clients of Cranstoun Inspire. However, it is also accessible to anyone who has recently stopped using substances by themselves or through other support and now require additional help in maintaining their abstinence.

Our Recovery Hub also offers:

- Mutual aid and peer-led support
- Peer mentoring
- Volunteer schemes
- Education, training and employment



We are open **Mon-Fri, 9.30am-5pm** at:
Ground Floor, 232-4 High Street, Sutton SM1 1NT

Family and carer support

We recognise the important role families and carers play in supporting those close to them in their recovery from drugs or alcohol. We offer holistic support to help them cope with the physical and psychological stresses as well as the effects of stigma and shame which can leave them feeling anxious, frustrated and alone.

If you are supporting someone else in their recovery, take a look on our website or get in touch to find out how we can help.



Useful contacts

Alcoholics Anonymous: 0800 917 7650
National helpline

Al-Anon: 020 7403 0888
Help for family and friends

Family Lives: 0808 800 2222
Free parentline

Narcotics Anonymous: 0300 999 1212
National helpline

NHS Helpline: 111
Health advice

Talk to Frank: 0300 123 6600
Free drugs advice

