

# HELPING THOUSANDS OF PEOPLE EVERY YEAR

This year Turning Point will help thousands of people to recover from drug and alcohol problems. We offer practical support in three key areas of your life.

## YOUR HEALTH

We offer practical support around harm reduction such as needle exchange and blood born virus support.

Our sessions can teach you new ways to manage your use as well as cutting down and quitting.

We have a medical team who can provide treatment advice to complement and support your recovery.

## YOUR WELLBEING

Recovery can feel hard – our service supports you as a whole person helping you find the fun in life again with alternative activities, volunteering opportunities, alternative therapies and a safe space to talk. We also support those you love so they can learn alongside you – which will aid your recovery and help them understand more..

## YOUR FUTURE

We work in partnership with local agencies to support your future. Support is available to help with housing, education, employment, life skills and hobby skills.

**Recovery is more than just stopping using drugs or alcohol it is about moving forward into a healthy and happy future which is in your control.**

# SUFFOLK RECOVERY NETWORK

**T:** 0300 123 0872

**E:** [suffolk@turning-point.co.uk](mailto:suffolk@turning-point.co.uk)

**W:** [wellbeing.turning-point.co.uk/suffolk/](http://wellbeing.turning-point.co.uk/suffolk/)

## We have three main hubs –

Ipswich, Bury St Edmunds and Lowestoft

## We run a number of satellites across the county

Our service works in partnership with other agencies to make sure our service supports your recovery.

We know that drug or alcohol misuse can affect all aspects of your life. Our integrated service with close community links offers you the support you need at the time that is right for you.

**TURNING POINT**  
inspired by possibility



# SUFFOLK RECOVERY NETWORK

YOUR RECOVERY STARTS HERE



The integrated drug and alcohol service for Suffolk.

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# SUFFOLK RECOVERY NETWORK

- Group work sessions
- Recovery worker support
- Counselling
- Relapse prevention
- Peer mentors
- Substitute prescribing
- Mindfulness
- Harm reduction services
- Needle exchange
- Close partnership working with housing and employment services
- Dedicated youth service.



## Your essential guide to our service

Turning Point has been running services for those with drug and alcohol issues for more than 50 years.

We have three main hubs – Bury St Edmunds, Ipswich and Lowestoft. We also run a number of satellite services we want to make accessing support as easy as possible.

Each hub runs a welcome café – a time when you can come in register yourself, take control and begin your recovery.

**WE HAVE A WIDE RANGE OF TREATMENT OPTIONS SO WE CAN TAILOR OUR SERVICE TO MEET YOUR NEEDS**

**VISIT THE RECOVERY CLOUD FOR MORE INFORMATION**  
[Wellbeing.turning-point.co.uk/Suffolk/](http://Wellbeing.turning-point.co.uk/Suffolk/)

**We are here to support you- what have you got to lose?**

## Practical support from people like you.

Everyone we support has a dedicated recovery worker, someone who will help you find your own path to your own recovery.

At the heart of our service is the belief that everyone has the power to change and make different, healthier choices – our peer mentors, people like you who have been through their own recovery journey and know the challenges you can face are with you every step of the way.

## I work full time/I'm a parent – is there a service for me?

We are open 10am every morning, we are open to 8pm two nights of the week and Saturdays too – so if you have commitments that mean you need specific times for your appointments we will work with you so that the service fits around you.

## FAQs

### Will my work or family or neighbours find out I am using your service?

All of your information is kept safe, and not shared outside of our organisation without your explicit permission. Without that permission we are only obliged to share information with other professionals if there is a serious risk to you or to another person.

### Im not sure I have a problem – will I be wasting your time?

Our staff have a lot of experience supporting people to decide what changes they want to make. We work with some people for a long time others need only brief support. This is your recovery. It doesn't matter what you are using. We will support you.

### I know someone who has a problem – can I refer them?

Its brilliant that you can see our service supporting the person – but they have to be aware of the referral, after all it is their recovery. You can accompany the person to support them attending. We understand that drugs and alcohol use can impact on friends and family too – we work with Suffolk Family Carers to offer dedicated support.

### Im really nervous about coming in – you are not alone – lots of people feel nervous before their first visit.

Our welcome cafes offer a relaxed and informal way to see what we do, have a cup of tea, meet some staff and peer mentors.

**Give us a ring on 0300 123 0872**

