GLASGOW ADDICTION SERVICES

TREATMENT, CARE AND SUPPORT WHERE IT'S NEEDED

Glasgow CITY COUNCIL

NHS Greater Glasgow and Clyde

GROUP WORK PROGRAMME INFORMATION LEAFLET

The Kershaw Unit runs a three week course of groups to help people with alcohol related problems.

The group will run Monday to Friday from 12.45pm to 3.30pm in The Kershaw Unit.

The group will range from 8 – 15 participants. All participants are expected to attend abstinent from alcohol or non prescribed drugs

All participants will continue to have individual contact with their Key worker or CAT Care Manager.

The programme will provide you with help on how to manage lifestyle change and information on a wide range of agencies offering long term support.

The aims of the programme are:-

- to learn and develop coping skills
- to become more knowledgeable regarding alcohol and it's consequences
- to receive and offer peer support
- to help you avoid relapse to future drinking
- to assist with lifestyle change.

Referrals to the group programme will be made by staff at the Kershaw Unit or by your Community Addiction Team Care Manager.

You will be seen in the first instance by a member of staff from the Kershaw Unit to give you more information on the programme and to ensure it is the most appropriate service for you at this time.

CONTACT US HERE

KERSHAW UNIT
Gartnavel Royal Hospital
1055 Gt Western Road
G12 0XH
Tel: 0141 211 3546

www.glasgow.gov.uk/glasgowaddictionservices

GLASGOW ADDICTION SERVICES
TREATMENT, CARE AND SUPPORT WHERE IT'S NEEDED

Glasgow CITY COUNCIL

NHS Greater Glasgow and Clyde