

Contact us

Cranstoun Wokingham operates the adult drug & alcohol recovery service across Wokingham on behalf of Wokingham Borough Council.

If you live in Wokingham and want to change your alcohol and/or drug use, please contact us. We empower and support people to make positive changes.

We understand the impact of someone else's substance misuse on loved ones which is why we also provide family and carer support. We'll listen to your situation and the impact it may have had on your wellbeing. We will support you to engage with both our service and other community organisations to build support networks and resilience.

Cranstoun, Wokingham

38 Station Road
Wokingham RG40 2AE

T: **0118 977 2022**

E: wokinghamreferrals@cranstoun.org.uk

Secure email for partners:

wokinghamreferrals@cranstoun.org.uk.cjasm.net

Opening hours

Monday to Friday, check website for details.

Closed on Bank Holidays.



www.cranstoun.org

We believe everyone should have the opportunity to live healthy, safe and happy lives.



cranstoun 

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Thames Mews
Portsmouth Road
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Registered Charity No: 1061582
Registered Company No: 3306337

cranstoun 
Wokingham



Empowering and
supporting people
to make positive changes

Do you want to be healthy, safe and happy?

We know that the occasional alcoholic drink can quickly become two or three glasses every night. Drinking alcohol can move from being an enjoyable activity to something that can damage your health, happiness and other areas of your life.

We also know that using drugs can be harmful, and can lead to difficulties with your health, housing, employment, money and family.

Cranstoun Wokingham provides free and confidential advice and support to adults in Wokingham who'd like to change their alcohol and/or drug use.

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



How we help

We understand people need different support to be healthy, safe and happy.

If you'd like to talk about your alcohol and/or drug use, health and wellbeing, staying safe, or how you, your friends and family can make positive changes, we can help.

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 and 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
- Naloxone overdose prevention
- Recovery support
- Family support
- A separate and dedicated young person service (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.

Service user involvement

Our service users 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.