

## Needle & Syringe Programme

A range of sterile injecting equipment and safe disposal facilities are available at:

### Hereford:

Boots The Chemist  
12 - 13 High Street, HR4 9AA  
DASH  
30 Commercial Road, HR1 2BG

### Kington:

Rowland's Pharmacy  
42 High Street, HR5 3BJ

### Ledbury:

Boots The Chemist  
9 High street, HR8 1DS  
Community Health Centre  
Market Street, HR8 2AQ

### Leominster:

Westfield Walk Pharmacy  
Westfield Walk, HR6 8HD  
Leominster Community Hospital  
South Street, HR6 8JH

### Ross-On-Wye:

Boots The Chemist  
Market Place, HR9 5NX  
Community Hospital  
Alton Street, HR9 5AP



The Oval at Newton Farm also offers needle exchange, access services and advice  
Monday 12pm - 6pm  
Just drop in!

## All Services Are:

FREE!

CONFIDENTIAL

AVAILABLE TO EVERYONE

### For More Information - Contact:

Frank  
0800 77 66 00  
[www.talktofrank.com](http://www.talktofrank.com)

ADFAM  
0207 553 764 0  
[www.adfam.org.uk](http://www.adfam.org.uk)

Drugsfaqs  
[www.drugsfaqs.org](http://www.drugsfaqs.org)

Addaction  
[www.addaction.org.uk](http://www.addaction.org.uk)

Substance Misuse  
[www.substancemisuse.net](http://www.substancemisuse.net)

Cocaine Anonymous  
[www.ca.uk.org.uk](http://www.ca.uk.org.uk)

Alcoholics Anonymous  
0845 769 755 5

Narcotics Anonymous  
[www.ukna.org](http://www.ukna.org)

Zig Zag  
07966 890897

Provides advice, information and treatment for young substance users aged 13 - 19

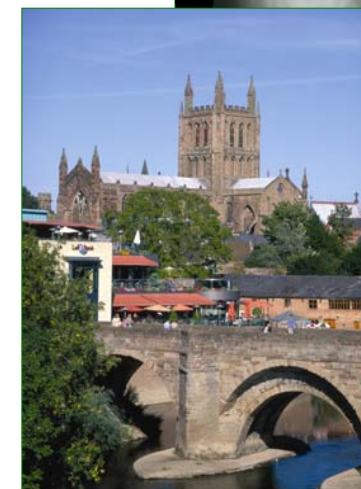
For further information - Contact DASH on 01432 263636



P.O. Box 4, Plough Lane, Hereford, HR4 0XH  
Tel: 01432 383523  
E-Mail: [communitysafety@herefordshire.gov.uk](mailto:communitysafety@herefordshire.gov.uk)  
Web Site: [www.herefordshire.gov.uk/hcsdp](http://www.herefordshire.gov.uk/hcsdp)

Where can I go for help & support about alcohol & drug misuse?

Read On...



## DASH

DASH is part of Herefordshire PCT Mental Health Services but is commissioned by Herefordshire Community Safety and Drugs Partnership. It is based in Hereford but offers a free and confidential specialist drug treatment service to people across the county. You can access this service by contacting or visiting DASH.

The service provides a range of medical, practical and therapeutic interventions to drug users with the aim of reducing all drug related harm; particularly around HIV, Hepatitis C and overdose. Advice and support is also available to friends and families.

DASH offers a health clinic (blood borne virus and Chlamydia screening and vaccinations), needle exchange, relapse prevention, substitute prescribing, satellite clinics at Leominster, Ross & Ledbury, training on safer injecting and overdose prevention, support, advice and counselling, onward referral to other agencies and rehab, GP consultations, sexual health advice, confidential service and weekly 5-a-side football.

DASH also provides outreach workers in Leominster Community Hospital  
Tuesday 2pm - 5pm

DASH also provides outreach workers in South Wye at The Oval  
Monday 12pm - 6pm

30 Commercial Road, Hereford

01432 263636

## Community Alcohol Service

CAS offers advice, information, counselling & training on alcohol related issues & can help with associated emotional, social & physical problems

Referral is via your GP, Hospital Doctor or Community Mental Health Team

You can also be referred by DASH

48 Gaol Street, Hereford

01432 357825

## Family Drug Support

FDS is a charity offering support to families, friends & carers who are affected by a family member's substance misuse

A support pack can be posted to your home or collected

Fortnightly Hereford based support group offering self help & coping strategies

[www.familydrugsupport.com](http://www.familydrugsupport.com)

01981 251155

## CLD

CLD Youth Counselling Trust is a registered charity and accredited service provider with the British Association of Counselling and Psychotherapy (BACP) that provides individual therapeutic counselling to young people throughout Herefordshire.

They also provide counselling services for adults with drug issues, and young people between the ages of 11 - 25 with drugs and / or alcohol issues.

CLD counsellors are fully qualified and hold high-level experience. Therapy is focused on providing emotional support and exploring more effective ways of coping as well as managing issues.

Referral via your Doctor, DASH or Youth Adviser

CLD can also be contacted directly, should you choose not to be referred

3 Offa Street, Hereford  
[www.cldyct.org](http://www.cldyct.org)

01432 269245