RESULT

Just give us a text or call us • 0780 715 9629 We are available from 9am til 5pm Monday to Friday. If you ring outside these times please leave a message or send a text and someone will contact you!

- resultiow@hotmail.co.uk
- www.iwight.com/result

## CRANSTOUN CRANSTOUN

17 Melville Street, Ryde, IW, PO33 2AF Tel: 01983 812755 www.cranstoun.org.uk Open Monday to Friday 9am to 5pm

- Drop in
- Monday & Friday 10am to 4pm
- Tuesday & Thursday 10am to 12noon
- Wednesday 2pm to 4pm
  Breakfast club and music
  Friday 10am to 1pm

IDAS 102 Carisbrooke Road,

Newport, IW, PO30 1DB Tel: 01983 526654 Open Monday to Friday 9am to 5pm

Substitute prescribing clinic

- Monday 2pm to 4.30pm
- Tuesday 9.30am to 12noon
- Wednesday 9.30am 12noon
- Thursday 5.30pm to 7pm (appointment only)
- Friday 9.30am to 12noon

Representing and empowering service users liaising with treatment







Information and confidential and friendly help and advice.

## RESULT

Representing and empowering service users liaising with treatment

What that means for you RESULT volunteers have all experienced an addiction whether it be drugs or alcohol, so we are able to pass on our extensive knowledge of treatment and offer our support.

Don't think you have to do it on your own. It can be a scary process being in treatment, trying to get your head around all the jargon.

We can offer help if you are having problems with your scripts; all volunteers are trained so we know the guidelines IDAS and Cranstoun work to.

## Advice

Perhaps you are not ready to stop using yet; RESULT can give you advice on safer injecting, relay bad gear warnings and explain what to do if someone you are with overdoses. **Dispelling myths** We can dispel myths; how women fear entering treatments because of perceived intrusion into their lives and, of course, the ultimate threat that their kids will be taken off them by social services.

## Volunteers

We are also looking for new volunteers. Perhaps you are coming to the end of your treatment and you'd like to put something back by helping others. You will get training and it is a chance to gain confidence and self worth.