

Where is the service based?

Near you! We deliver our programme of group work from local drug service, DIP and community buildings throughout Hampshire including Aldershot, Basingstoke, Winchester, Eastleigh, Fareham & Gosport, Havant and the New Forest.

How to contact us:

Call: 01256 331 316

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Phoenix House (operating as Phoenix Futures) is a registered charity in England and Wales (No. 284880) and in Scotland (No. SCO39008); Company Limited by Guarantee Number 1626869; Registered Tenant Services Authority Number H3795; National Housing Federation Member; Patron HRH Prince of Wales
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Our Hampshire Structured Day Service

Who we are

Phoenix Futures is a leading provider of services for people with drug and alcohol problems. We offer services within community, prison and residential settings in England and Scotland.

What do we aim to achieve?

Our skilled staff members work with individuals who have a desire to change their pattern of behaviour and drug use, addressing lifestyle, health, social and criminal justice issues.

We will work with our service users to support them in improving their physical and psychological health, as well as how they cope in society. We aim to enable and empower individuals to reintegrate back into their communities.

Who is our service for?

It is for men and women aged 18+ who are currently dependent on drugs, or who have recently become abstinent and are living in, or wishing to settle in Hampshire.

How do we run the service?

We provide a varied therapeutic group work programme, which is divided into two stages – an introductory “access” stage and the “core” structured day programme.

How does the programme work?

The access stage is designed to introduce service users to structured group work and support and motivate them to achieve maintenance or abstinence. This access stage can be considered as a series of stand alone groups, but it is also designed to help service users to prepare for the core stage of the programme.

Some of the topics covered are:

- “Who is a drug user?”
- Lapse/relapse
- Denial
- Cycle of change
- Strengths

The core stage is made up of topics lasting six group sessions, normally held twice weekly over three weeks or weekly over six weeks. Groups are delivered over six days and include evening and weekend groups for those who are unable to access the day service.

Some of the topics covered are:

- Relapse prevention
- Anger management
- Self-esteem
- Changing behaviour
- Assertiveness

For a full timetable, please speak to your care co-ordinator, key worker or drugs worker.

Are there any rules?

To maintain a safe and positive environment for our service users, we have a few rules, and we will not tolerate any violence (or threats of violence), or harassment of any kind.

How do I access the service?

Access is by referral, but this is a simple process. All you need to do is to talk to your care co-ordinator, key worker or drug worker and they can arrange this for you.