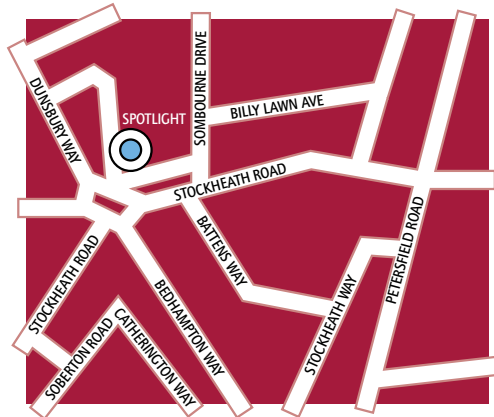


How to find The Spotlight Service



Fareham

Spotlight
126 West Street
Fareham
Hampshire
PO16 0EP
Tel: 01329 237014
Fax: 01329 221925
Email: spotlight.fareham@phoenix-futures.org.uk
Website: www.phoenix-futures.org.uk



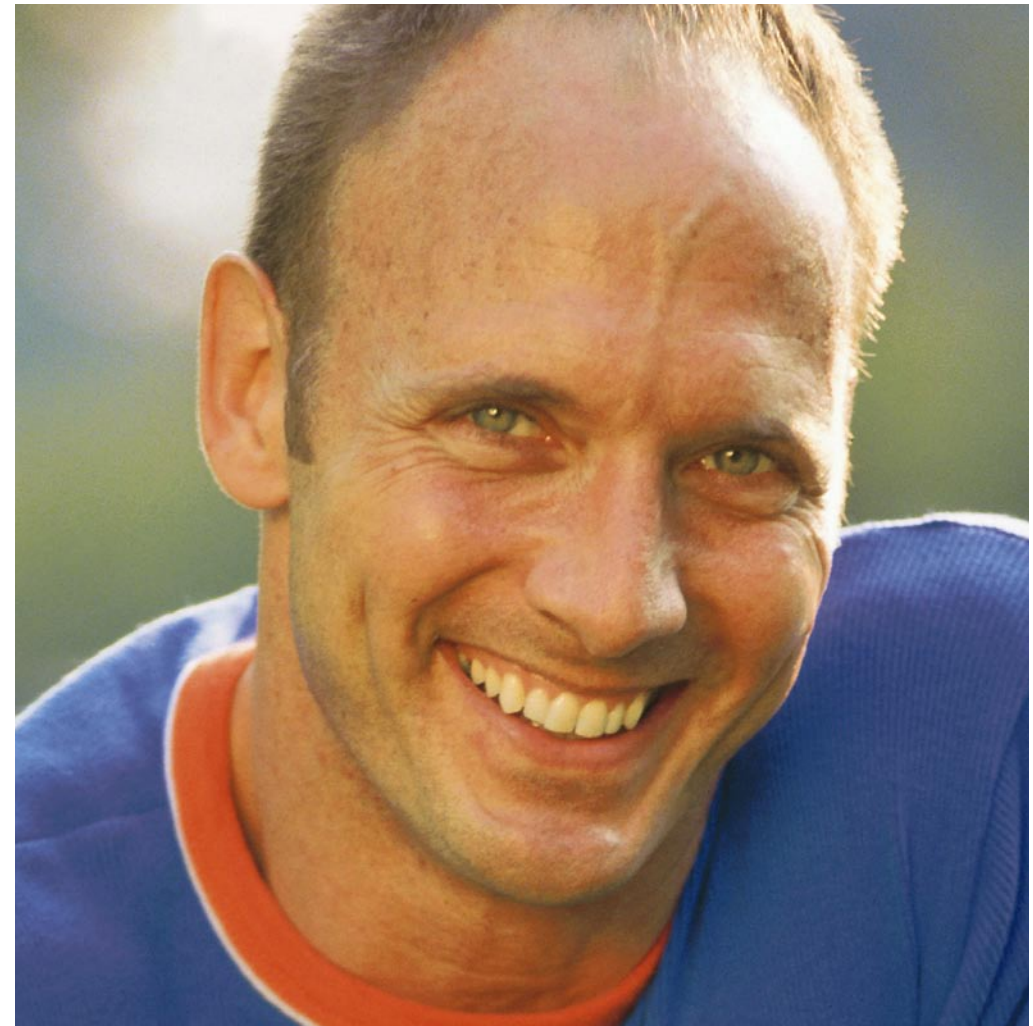
Havant

Spotlight
19 Park Parade
Havant
Hampshire
PO9 5AA
Tel: 023 9249 2628
Fax: 023 9249 2572
Email: spotlight.havant@phoenix-futures.org.uk
Website: www.phoenix-futures.org.uk

Phoenix Futures is the leading UK network of drug and alcohol treatment specialists. The charity provides a highly effective range of services in communities, prisons and residential centres that each year help thousands of people transform their lives.

Addiaid is a local charity that provides support and assistance for people during recovery from Drug and Alcohol Addiction. It was formed by Service Users, promotes Service User empowerment and ensures Service User involvement with their services.

Community Support for people with drug and alcohol issues



Where the choice is yours



Spotlight provides a drop-in and initial assessment service for people over 18 years of age needing help or advice with problematic drug or alcohol use. Spotlight is run in partnership with Phoenix Futures and Addiaid, a national and local charity.

Spotlight operates in Fareham, Gosport, Havant, Waterlooville, Hayling Island and Petersfield.

Spotlight offers a supportive and caring environment.

We offer a range of services for you to choose from and you make your own decisions. "Spotlight - where the choice is yours."

Meeting your needs

We will work with you to assess your current situation and direct you to whichever service can most appropriately meet your needs.

The service works in partnership and collaboration with other local treatment providers and agencies in an integrated approach so that we can best meet the needs of the "whole person".

We also provide a range of services which can be accessed in a flexible manner. Among the services which we offer are:

Therapeutic group work

Group work includes subject areas such as:

- Relapse prevention, triggers, high risk situations and individual relapse warning signs.
- Assertiveness skills including 'Saying No'
- Self-esteem and self-confidence
- Relationships
- Denial
- Social and communication skills
- Emotions and coping skills
- Goal setting groups
- Training & education opportunities

One-to-one support

Most of the services therapeutic intervention is through group work. Where this is not appropriate, then 1-1 support will be offered.

Alternative therapies

- Auricular acupuncture
- Relaxation
- Tai Chi
- Aromatherapy

Leisure Activities

- Swimming
- Gym
- Outdoor activities

Needle Exchange

Needle exchange and blood borne virus information/vaccination arranged in conjunction with Nexus, who are part of a national charity and who provide the local mobile needle exchange service.

Housing Advice

Housing advice clinics - held regularly at Spotlight Fareham and Spotlight Havant.

Aftercare Service

Providing the link between treatment and a return to the mainstream, the aftercare service is designed to help you sustain the gains made during treatment. The aftercare programme concentrates less on therapeutic interventions and more on looking at a return to work, training or education and managing your own tenancy.

Opening times

Spotlight operates a flexible service from two main locations in Fareham and Havant.

The service runs five days a week, Monday to Friday, 9.00am - 4.30pm with some evening and weekend opening for assessments and peer support groups.

Telephone or visit Spotlight Fareham or Spotlight Havant for our current timetable.

“The service works in an integrated approach so that we can best meet the needs of the “whole person”.”

