

Peer Mentoring

At Unity we are committed to supporting people to Volunteer as Peer Mentors. We encourage people with lived experience of the challenges related to problematic alcohol and drug use to train with us and get involved in supporting others as they progress in to their recovery.

Five Ways to Wellbeing

The general health and wellbeing of the people who come to us for help is really important to us so our support is founded on the principles of Five Ways to Wellbeing (GIVE, BE ACTIVE, TAKE NOTICE, KEEP LEARNING and CONNECT) all of which help people to stay well physically, mentally and emotionally.

Unity Asset Building Fund

Supporting



Greater Manchester Mental Health NHS Foundation Trust,
Trust Headquarters, Bury New Road, Prestwich,
Manchester M25 3BL
Tel: 0161 773 9121
Fax: 0161 772 3639
Web: www.gmmh.nhs.uk

How to contact Unity

Carlisle & Eden

Stocklund House, Castle Street,
Carlisle, CA3 8SY
Tel: 01228 212060

Workington

6 Finkle Street,
CA14 2AY
Tel: 01900 270010

Whitehaven

21b Lowther Street,
CA28 7DG
Tel: 01946 350020

Barrow-in-Furness

92-96 Duke Street,
LA14 1RD
Tel: 01229 207020

Kendal

Whitehorse Yard,
39 Stricklandgate, LA9 4LT
Tel: 01539 742780

www.gmmh.nhs.uk/unity



Greater Manchester
Mental Health
NHS Foundation Trust

UNITY Alcohol and Drug Recovery Service

Recovery in Your Community





Unity will help you walk your path to recovery

Unity is the Alcohol and Drug Recovery Service for Cumbria and we will help you work out the things in your life that work for you and how you can build on these with our support.

We will do this with our team of Experienced Staff, Peer Mentors and Volunteers and by linking you in with other Recovery focussed community based groups and a range of partners relevant to your own Recovery.

This visible Recovery Network will be your foundation for getting and staying well.

Who Do We Help And Where?

Anyone over 18 who needs help relating to alcohol or drugs - at our services across Cumbria and in various other community settings.

Your Choice

When you first contact, or are referred to Unity, we will arrange for you to attend for "Your Choice" where you will meet staff and people already in Recovery who will let you know about the things that happen at Unity and in the community that will support your Recovery. These will include an individual assessment and Recovery Plan, working together with others, options for detoxification and Residential and Community Rehab where appropriate, our links with local Recovery networks and other help relevant to your life.



Recovery Start, Recovery Journey, Recovery Plus

How we help you will be individual to you. Your health, your abilities, your situation. As well as our experienced treatment staff, you will see around our services and be supported by people who have lived with the impact of addiction and are now in Recovery and able to share their knowledge strength and motivation. Our Peer Mentors and Volunteers are a significant part of Unity and of the Recovery network we will help you be a part of.

People Who Care/Carers

We know the importance of both including and supporting people with a caring role in your life - this could be your wife, your husband, partner or a close family member, even a neighbour. If they are significant in your care and also if you are caring for them they can be a part of your Recovery Plan.

Residential and Community Rehabilitation

We are able to offer two abstinence based recovery options for rehabilitation away from home depending on your Recovery Plan. Live in, residential therapeutic programme support is available at Stanfield House in Workington through our long-term partner Turning Point and we are also able offer a Community Rehab approach through Turning Point which uses their supported accommodation in Workington as a base for daily involvement in the Stanfield House therapeutic programme.

Detox

Becoming drug and/or alcohol free is an important recovery option and will bring many ongoing health and wellbeing benefits. The Unity team will work with you to prepare and manage your detox either in the community or, where necessary, as an inpatient with one of our partner services.

Opiate Replacement Therapy

As part of our Recovery focussed service we will explore putting in place substitute prescribing for a period of time agreed in your Recovery Plan with a view towards planned reduction and/or detox. As part of your plan we will help you build a supportive Recovery network that will enable you to move on with your life.