

On receiving a new contact or referral one of our team of qualified therapists will give you a call and undertake an initial assessment of your needs to see how we can best help you.

Appointments typically last 1 hour whilst groups last about 2 hours with a break for tea or coffee.

At counselling sessions we encourage you to bring along anyone that you think might help. Children may like to bring a special toy with them and there is a crèche.

There is **no need** to bring everybody along in order to work on relationship issues. It is always better to work with whoever chooses to come rather than force people to talk who are not ready.

Particular attention is placed on ensuring the safety of all families that we see.

Talk to Frank
www.talktofrank.com

Information website (A-Z of drugs etc.)
and free Helpline on 0800 776600

Adfam
www.adfam.org.uk

National organisation providing useful links, publications and training. Tel: 020 7553 7640

How we can help

Contact point – advice & information

One-to-one Counselling

Couple work

Family & Friends Counselling

Training workshops programme on:

Treatments & Overdose	Shame & Blame
Boundaries & Relapse	Communication Solutions

Signposting to other services

Local awareness raising and representation

Also access to

“Families Matter Too” carer support group

Carol: 07708 238566

Lyn: 07929 152434

Treatment services

Complementary therapies

Activities & day services

Parenting programme and creche facility

Time4Change

supporting relationships affected by drugs or alcohol



Free
Confidential

Time4Change
Ocean Quay, Richmond Walk
Stonehouse, Plymouth PL1 4LL
Tel: 01752 566219

The world we live in...

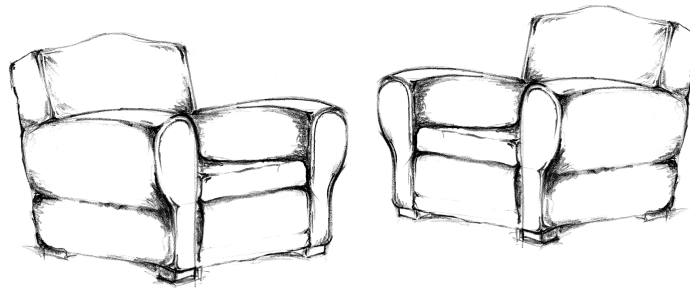
- **Very high stress levels** found in families with a drink or drug problem.
- **45%** of 16 to 24 year olds have used one or more drugs in their lifetime.
- **UK illicit drug market** estimated at **£5 billion** p.a. – globally as big as the clothing & textile industries.
- The average price of illegal drugs continues to fall.
- **£1** spent on drug treatment saves **£9.50** in crime.
- **36%** have been drunk by the age of 13 years.
- Despite having 3 times the number of alcohol to drug dependents, UK alcohol services continue to be much less available.
- In 2002 **£7.2 million** spent advertising Bacardi Breezer.

The family pays a high price if drugs and alcohol become a problem.

Time4Change

supporting relationships affected by drugs or alcohol

A place to
hold sadness
AND a place to
laugh again!



We help YOU to find solutions to build a realistic and hopeful future.

About Time4Change

FamilyMatters formed in 2000 is a small Plymouth-based charity dedicated to working with individuals and families who want safe and professional support for their relationship difficulties. In partnership with Broadreach, the new Time4Change service started in July 2006 to address the specific needs of **all** family members affected by a major drink or drug problem whether service users or friends and family.

Drug and Alcohol services tend to focus attention on the individual with the problem leaving out friends and family who often feel blamed and excluded. We want to change this and involve **whoever** wants to work on building positive relationships whether together as a family unit or separately. We believe that friends and family play a key role in recovery as shown in research. The challenge of the new project is to reduce the isolation, shame, anger and sadness that is the typical family experience of substance misuse, and rebuild the hope and trust that everybody benefits from, to best tackle this major life problem.

This work is supported by the National Treatment Agency, the multi-agency Plymouth Child and Young People's Plan and Plymouth Drug & Alcohol Action Team.