

# #DRYMESTER SPREAD THE WORD

## ALCOHOL AND FASD SUPPORT SERVICES

### ALCOHOL SUPPORT

If you are worried about your alcohol use prior to finding out you were pregnant, please don't panic – speak to your midwife who can support you. If you're struggling to stop drinking alcohol during pregnancy, or know somebody who is, there is specialist local help available.

#### **BOLTON**

**Achieve Bolton**  
T: 01204 483 090  
E: [gmmh-ft.achieve.referrals@nhs.uk](mailto:gmmh-ft.achieve.referrals@nhs.uk)  
W: [www.gmmh.nhs.uk/achieve](http://www.gmmh.nhs.uk/achieve)

#### **BURY**

**Achieve Bury**  
T: 0161 271 0020  
E: [gmmh-ft.achievebury@nhs.net](mailto:gmmh-ft.achievebury@nhs.net)  
W: [www.gmmh.nhs.uk/achieve](http://www.gmmh.nhs.uk/achieve)

#### **MANCHESTER**

**Change Grow Live (CGL) Manchester**  
T: 0161 226 5526  
W: [www.changegrowlive.org](http://www.changegrowlive.org)

#### **OLDHAM**

**Turning Point – Rochdale and Oldham Recovery (ROAR)**  
T: 0300 555 0234  
E: [ROARreferrals@turning-point.co.uk](mailto:ROARreferrals@turning-point.co.uk)  
W: [www.wellbeing.turning-point.co.uk/rochdale-and-oldham](http://www.wellbeing.turning-point.co.uk/rochdale-and-oldham)

#### **ROCHDALE**

**Turning Point – Rochdale and Oldham Recovery (ROAR)**  
T: 0300 555 0234  
E: [ROARreferrals@turning-point.co.uk](mailto:ROARreferrals@turning-point.co.uk)  
W: [www.wellbeing.turning-point.co.uk/rochdale-and-oldham](http://www.wellbeing.turning-point.co.uk/rochdale-and-oldham)

#### **SALFORD**

**Achieve Salford (Greater Manchester Mental Health NHS Trust)**  
T: 0161 358 1530  
E: [gmmh-ft.achieve.referrals@nhs.uk](mailto:gmmh-ft.achieve.referrals@nhs.uk)  
W: [www.gmmh.nhs.uk/achieve](http://www.gmmh.nhs.uk/achieve)

#### **STOCKPORT**

**Pathfinder / Stockport Triage, Assessment & Referral Team (START)**  
T: 0161 474 3141  
E: [START@stockport.gov.uk](mailto:START@stockport.gov.uk)  
W: [www.healthystockport.co.uk/topic/alcohol](http://www.healthystockport.co.uk/topic/alcohol)

**Change Grow Live (CGL) Stockport**  
T: 0161 474 1343  
W: [www.changegrowlive.org](http://www.changegrowlive.org)

#### **TAMESIDE**

**Change Grow Live (CGL) – My Recovery Tameside**  
T: 0161 672 9420  
E: [Tameside.Referrals@cgl.org.uk](mailto:Tameside.Referrals@cgl.org.uk)  
W: [www.changegrowlive.org](http://www.changegrowlive.org)

#### **TRAFFORD**

**Achieve Trafford**  
T: 0161 358 0991  
E: [gmmh-ft.achieve.referrals@nhs.uk](mailto:gmmh-ft.achieve.referrals@nhs.uk)  
W: [www.gmmh.nhs.uk/achieve](http://www.gmmh.nhs.uk/achieve)

#### **WIGAN**

**HealthyRoutes**  
T: 01942 489 012  
W: [www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes](http://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes)

**Addaction**  
T: 01942 487 578  
W: [www.wearewithyou.org.uk/services/wigan-leigh-wigan](http://www.wearewithyou.org.uk/services/wigan-leigh-wigan)

### FASD SUPPORT

If you recognise any of the FASD symptoms or want to find out more information, here are some services that can help. If you have concerns about a child you care for, contact your GP to discuss.

**Early diagnosis and support can change lives.**

#### **National Organisation for FASD**

[www.nationalfasd.org.uk](http://www.nationalfasd.org.uk)

 [NationalFASD](https://www.facebook.com/NationalFASD)

#### **Me & My FASD**

[www.fasd.me](http://www.fasd.me)

#### **FASD Greater Manchester**

 [FasdGreaterManchester](https://www.facebook.com/FasdGreaterManchester)

**#DRYMESTER**  
HELPING PARENTS-TO-BE GO ALCOHOL FREE



Visit [www.drymester.org.uk](http://www.drymester.org.uk)  
for more information