








Cledford Primary School & Gainsborough Primary & Nursery School  
**Drugs and Alcohol Support**  
 One Minute Guide 2020



Who?	What?	How?
	<ul style="list-style-type: none"> <li>• Cut down on alcohol or drug use</li> <li>• Weekly peer support group in Crewe (highly recommended)</li> </ul>	<p><a href="http://www.changegrowlive.org">www.changegrowlive.org</a></p> <p> Follow @changegrowlive</p> <p>Group venue – 15 Delamere Street Crewe CW1 2HR</p>
	<ul style="list-style-type: none"> <li>• Online chat</li> <li>• Advice about breaking habits</li> </ul>	<p><a href="http://www.wearewithyou.org.uk/">www.wearewithyou.org.uk/</a></p> <p> Follow @wearewithyoucharity</p>
	<ul style="list-style-type: none"> <li>• A-Z drug information</li> </ul>	<p><a href="http://www.talktofrank.com/">www.talktofrank.com/</a></p> <p>0300 1236600</p>
	<ul style="list-style-type: none"> <li>• Anonymous counsellors</li> <li>• Hub for services</li> </ul>	<p><a href="http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/alcohol-drugs-parenting/">www.nspcc.org.uk/keeping-children-safe/support-for-parents/alcohol-drugs-parenting/</a></p> <p>0808 800 5000  <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>        (call or email for anonymous counsellors)</p>