

## Welcome to Change Grow Live

From the 1<sup>st</sup> of July 2021, Change Grow Live provide substance misuse treatment and recovery services in Sunderland and the surrounding Wear area. Change Grow Live are a national charity formed in 1977 whose mission is to help people change the direction of their lives, grow as a person and live life to its full potential.

We will be delivering a recovery-focused service with a full range of drug and alcohol treatments and interventions designed to support people to take control of their recovery journey and achieve their recovery goals. Our services include harm reduction, medically assisted treatment, nursing healthcare, community detoxes and access to inpatient. Alongside counselling, emotional support, carers support, supported access to mutual aid as well as support in accessing training, employment and housing will also be available.

Change Grow Live will deliver treatment services from the following sites;

Riverview Health Centre (Ground Floor) West Lawrence Street Sunderland SR1 1XW	Houghton Medical Group Church Street Houghton le Spring DH4 4DN	The Galleries Health Centre (Lower Ground Floor) Washington Highway Washington NE38 7NQ
---	--	--

**Our current open hours are 9am -5pm Monday – Friday at all sites.**

**Our Single Point of Contact phone number for all enquiries will be: 0800 234 6798**

**Email for non-confidential enquiries: [SunderlandSMS.info@cgl.org.uk](mailto:SunderlandSMS.info@cgl.org.uk)**

**For referrals, please call us or use our secure online referral link on our new service webpage.**

## Our Partners – Recovery Connections

As part of the service in Sunderland Change Grow Live will be sub-contracting some elements. Recovery Connections is a peer-led, substance use recovery organisation based in the North East of England. Originally Hope North East, they were founded in 2008 by members of the local recovery community and are led by the people they support, through a culture of recovery, they coach, nurture, train, educate, inspire and empower individuals and communities to achieve their full potential.

Their vision is for people to achieve their full potential and to live their best life, free from stigma and discrimination, to actively participate in local communities to raise awareness and tackle this.

Please visit [www.recoveryconnections.org.uk](http://www.recoveryconnections.org.uk) for further information.

## Contact us

If you have any queries at any stage, please do not hesitate to contact us at [SunderlandSMS.info@cgl.org.uk](mailto:SunderlandSMS.info@cgl.org.uk)

Please visit [www.changegrowlive.org.uk](http://www.changegrowlive.org.uk) to find out more about us and what we do nationally and also [Drug and alcohol support in Sunderland | Change Grow Live](#) to learn more about the Sunderland service and to make a referral.

**Believe in people**