

NORTH TYNESIDE  
**Recovery**  
PARTNERSHIP



**Service User  
Information Leaflet**

## Contents

|   |   |
|---|---|
| North Tyneside Recovery Partnership (NTRP).....   | 3 |
| How can NTRP help me? .....   | 4 |
| How do I access NTRP? .....   | 4 |
| What happens next?.....   | 4 |
| What sort of things does NTRP provide? .....  | 5 |
| Interpreters and accessibility .....  | 7 |
| What if I have a comment, suggestion, compliment or complaint<br>about the service? ..... | 7 |
| Useful contacts .....   | 7 |

## North Tyneside Recovery Partnership (NTRP)

The North Tyneside Recovery Partnership (NTRP) is a dedicated all age service for anyone in North Tyneside experiencing problems with drugs and alcohol. Alongside the adult service we also have a Young Persons service for anyone up to the age of 25. We are here to help you get well and stay well.

We believe recovery from addiction and substance misuse is possible for everyone, and we're here to help you achieve it. Our aim is to make recovery a reality in North Tyneside – whether you're dealing with problematic drug or alcohol use.

We offer the following support which is tailored to help you on your recovery journey:

- Harm reduction – safer injecting support and needle exchanges
- Abstinence programmes – adult group and community-based 12 step programmes
- Medical support including prescription of substitute medications and supporting detoxification programmes
- Psychosocial Interventions – Motivational Enhancement Therapy (MET)
- A dedicated worker to motivate and support you through every stage of your recovery journey
- Recovery support – ongoing services to help with your next steps into employment, housing and health
- Breaking Free Online – [www.breakingfreeonline.com/](http://www.breakingfreeonline.com/)  
Please ask the service for a referral code.

We are here to support you, however long your recovery journey takes.

## How can NTRP help me?

Whatever your experience and whatever stage you're at, we can help you plan a route towards recovery and well-being. NTRP is here for anyone who:

- Worries about their drinking or drug use
- Feels their drinking or drug use is out of control
- Is experiencing medical or mental health problems because of their drinking or drug use
- Thinks their drinking or drug use could be having negative effects on their family and friends

We can work with anyone from North Tyneside who wants support.

## How do I access NTRP?

There are two main ways to access the service. You can either contact us directly yourself or you can ask your GP or another professional to make a referral for you. To do this you need to ring the main NTRP contact number **0191 640 0180**

You can also refer online at [www.turning-point.co.uk/get-support](http://www.turning-point.co.uk/get-support)

or scan the QR code



We can also take referrals from carers of people experiencing problems with drugs and alcohol with their consent.

## What happens next?

Once we've taken your name and contact details you'll then be contacted by one of our workers to arrange an initial appointment. The workers provide one to one support to help you build a Personal Recovery Plan which addresses your short-term and longer-term recovery needs. They'll stay with you throughout the recovery journey, providing help and support at each stage along the way.

## What sort of things does NTRP provide?

Our aim is to help you get well and stay well. To help you do this we provide a range of services including:



### Medical Services

- Specialist medical and nurse prescribing and detoxification treatments, including managed maintenance and reduction plans

### Harm Reduction

- Blood Borne Virus screening and immunisation, needle exchanges and safer injecting support, smoking cessation, sexual health screening and referral to specialist services.

## **Abstinence-Based Recovery Programmes**

- 12 step community-based support focused on sustained abstinence from drugs or alcohol
  - Counselling and behavioural therapies
  - Support from a community of local peers in recovery
  - Oaktrees day rehab and fellowship meetings
- Oaktrees is a structured 12-week abstinence-based programme which runs from Monday to Friday. It is a rolling programme, which means a peer can join at any time during the year. The programme is based partly on the 12-Step philosophy, and Steps One to Three are explored in detail. We combine this approach with psychoeducational workshops and complementary therapies, as well as regular one-to-one sessions and counselling sessions.

Peers who successfully complete the 12-Week programme are invited and encouraged to attend the Continuing Care group. This group runs one day a week, and the peers meet to maintain their recovery. An Oaktrees worker leads, and the sessions reinforce the work covered in the 12-Week programme and help the peer to reintegrate into the community.

## **Ongoing Recovery Support**

- Practical support and advice for day-to-day needs including housing, volunteering, employment and training
- Recovery check ups and relapse prevention and support

Whether you use some of these services or all of them your worker will also provide access to:

- Motivation support and interventions
- Interventions to help you change problematic behaviours
- Family and friends support programmes
- Peer support from Recovery Peer Mentors with their own experience of recovery from addiction

## Interpreters and accessibility

If you would like an interpreter, or require help to access the service, just let us know.

## What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website  
[www.cntw.nhs.uk/contact/complaints/](http://www.cntw.nhs.uk/contact/complaints/)
- telephone the Complaints Department Tel: 0191 245 6672
- email [complaints@cntw.nhs.uk](mailto:complaints@cntw.nhs.uk) Please note that information sent to the Trust via email is sent at your own risk.

## Useful contacts

- **Al-anon**  
Helpline: 0800 0086 811 (10am-10pm 365 days a year)
- **Alcoholics Anonymous**  
Telephone: 0800 9177 650 (24 hour, 7 days a week)
- **Families Anonymous**  
Telephone: 0207 4984 680 or 0845 1200 660 (weekdays 1pm-4pm and 6pm-9pm). Provides support for friends and family.
- **Narcotics Anonymous**  
Telephone: 0300 999 1212 (24 hour, 7 days a week)
- **PROPS North East**  
Telephone: 0191 226 3440 (Monday-Friday 9am-4.30pm)  
Helpline: 0191 226 3440 (5pm-9pm weekdays and 9am - 9pm weekends)
- **Samaritans**  
Telephone: 116 123 (24 hour, 365 days a year)

- **SMART Recovery**  
UK SMART Recovery (UKSR) is a registered charity which promotes choice in recovery through a national network of mutual-aid meetings and online training programmes.  
<https://smartrecovery.org.uk/>
- **North Tyneside Recovery Partnership**  
  
[www.cntw.nhs.uk/services/north-tyneside-recovery-partnership/](http://www.cntw.nhs.uk/services/north-tyneside-recovery-partnership/)
- **Turning-point.co.uk/NTRP**  
[www.turning-point.co.uk/services/ntrp](http://www.turning-point.co.uk/services/ntrp)

**North Tyneside Recovery Partnership**  
**Telephone: 0191 640 0180**

**CHANGING  
LIVES**

**TURNING  
POINT**  
inspired by possibility



**NHS**  
Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

The North Tyneside Recovery Partnership is led by:  
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust  
Wallsend Customer First Centre, 16 The Forum Shopping Centre,  
Station Road, North Tyneside, NE28 8JR  
**Telephone: 0191 640 0180**

**January 2024 V6**