We’re here to help, so how about a fresh start?

Other alcohol services

that can be contacted for support within Wandsworth

Your GP

DASL Battersea Alcohol Service
The Medical Centre
138-140 Mitcham Road
Tooting SW17 9NH
Telephone: (020) 3668 3730

Wandsworth Integrated Drugs and Alcohol Service (IDAS)
St John’s Therapy Centre
162 St John’s Hill
Battersea
London SW11 1SW
Telephone: (020) 8812 4120

Alcoholics Anonymous
London Region
Telephone: (020) 7883 0022
National Helpline Telephone 0845 769 7555

The service is provided by Wandsworth Council
in partnership with KCA and Blenheim CDP
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**What can the clinic offer me?**

The Fresh Start Clinic offers specialist treatment and care located near to where you live. We provide a range of treatment for people who are drinking at high and increasing risk levels and for people who are binge drinking. We provide psychosocial support including one to one counselling, controlled drinking support, clinically safe alcohol detoxification, therapeutic group support and referral onto a day programme as part of our aftercare package.

You will remain registered with your current GP whilst being treated at the Fresh Start Clinic and you will be supported by a team of staff who are specialised in treating alcohol dependence.

**How can I join the programme?**

You can come to the Fresh Start Clinic if you live in the borough of Wandsworth. We accept referrals from:

- Yourself
- Your GP
- Your pharmacist
- A&E staff

**Is this the right programme for me?**

The Fresh Start Clinic cannot treat you if you have complex needs, including:

- poor physical health eg, heart failure, breathing problems, liver failure
- epilepsy
- heroin, cocaine or benzodiazepine dependency
- severe mental health problems
- a history of alcohol withdrawal seizures or delirium tremens

If you have complex needs you can access treatment with Wandsworth IDAS either by referring yourself or by getting a referral from your GP.

**What can I expect at the clinic?**

When you come to the clinic you will be given:

- A joint assessment, carried out by a doctor and a nurse in order to plan your treatment, including a blood test to check for risks to your health
- A care plan which will be tailored to your needs. You will have access to a range of services with the Fresh Start Clinic, including referral onto other services, should we feel you require more urgent medical support.
- You will be provided with a start date for your alcohol detoxification
- To make sure you have a clinically safe and effective medical detoxification, you will receive medication to manage your withdrawal symptoms. You will need to attend every day for the detoxification period as this will allow us to adjust your medication properly.
- You will receive follow-up support at three months to evaluate how the programme was for you, including repeat blood tests, before discharging you back to your GP

You will need to sign an agreement with the Fresh Start Clinic GP consenting to the treatment and aftercare programme. If you agree, we will keep your own GP informed about your treatment.

**Where in Wandsworth are the clinics?**

**Bridge Lane Group Practice**
20 Bridge Lane
Battersea
London SW11 3AD
Telephone: (020) 3538 0882

Practice opening times:
8am-6:30pm Monday, Wednesday and Friday
7am-8pm Tuesday and Thursday

**Heathbridge Practice**
125 Upper Richmond Road
Putney
London SW15 2TL
Telephone: (020) 8246 4070

Practice opening times:
8am-1:30pm, 2pm-6:30pm Mon-Fri

**Chatfield Medical Centre**
50 Chatfield Road
London
SW11 5UJ
Telephone: (020) 3764 0822

Practice opening times:
8am-6:30pm Monday to Friday

Completing your alcohol detoxification is only the first step to lasting abstinence.
We will support you through this difficult time and guide you to appropriate aftercare.