

How to get in touch

The Albert Centre is an Open Access Service, we welcome any individual, family member or professional calling into our service, telephoning or emailing us. Contact details are below or you can visit our website: www.thealbertcentre.co.uk

Head Office / Training & Resource Centre

147 Albert Road
Middlesbrough
TS1 2PS
Tel: 01642 218361 - Head Office
Tel 01642 203810 - Training & Drink Drive
Rehabilitation Courses

Redcar & Cleveland

54a Station Road
Redcar
TS10 1AG
Tel: 01642 493838

Middlesbrough

3 Albert Terrace
Middlesbrough
TS1 3PA
Tel: 01642 221484

Hartlepool

200 York Road
Hartlepool
TS26 9EB
Tel: 01429 285690

We welcome your views

If you are happy, disappointed or have any comments and suggestions about our service, please tell us.

You can also send your comments to us at this address:

147 Albert Road
Middlesbrough
TS1 2PS
Tel 01642 218361
or e-mail: admin@thealbertcentre.co.uk



Are you worried
about your drinking?

or

Concerned about
someone else's
drinking?



147 Albert Road
Middlesbrough
TS1 2PS

CALL: 01642 218 361
GO ONLINE: www.thealbertcentre.co.uk



Mission Statement

'Enhancing the quality of life to people in North East by promoting sensible, safe drinking, raising the awareness of alcohol and drugs and their effects and by offering help to those suffering from the effects of alcohol and drug misuse'

Quality Mission Statement

'The Albert Centre will provide services that are responsive to the needs of the individual, family, community and local and national strategies. Each service will be effective, efficient and accountable. The organisation will be quality focused, setting standards above and beyond the national quality standards'

What do we do?

We offer help to anyone whose life is affected by alcohol problems. We welcome calls from people who may have a drink problem. We also welcome calls from the families, friends and colleagues of drinkers.

Facts

Men should not regularly drink more than 3-4 units of alcohol per day.
No more than 21 units per week
Women should not regularly drink more than 2-3 units of alcohol per day.
No more than 14 units per week
Recommendations suggest two days should be alcohol free in every week.

Safe Drinking Messages

- Don't drink on an empty stomach
- You should also take a break for 48 hours after a heavy session to let your body recover
- Keeping yourself hydrated, having a soft drink in-between will leave you feeling a whole lot better
- Shift to lower % strength drinks
- Avoid drinking in rounds
- Pace yourself, keeping aware of what you are drinking

Are you:

- Drinking at home more often ?
- Drinking more than you use to?
- Drinking most days?
- Drinking secretly at home?
- Finding it difficult to stop when others do?

What we offer

- Confidential Information and Advice
- 1:1 Care Planned Support
- Assertive Outreach
- Group Support Programmes
- Confidential Counselling
- Complimentary Therapies
- Aftercare Packages

Referrals

You can self refer into any of our services, simply telephone or call into the Albert Centre in your area, whereby a few details will be taken to make a referral and an appointment will be made to come in and speak to one of our staff members for an initial assessment. In normal circumstances we will offer you an appointment within 5 working days.

What happens next

The appointment will last approximately one hour and you are welcome to bring a friend or family member along for support if you wish. If you require any additional support to attend your appointment or to access the service, please do not hesitate to let us know. The assessment is required to take further details from yourself so we can look at your current situation. At the end of the assessment, your Advice Worker will make a recommendation regarding further action and what we can offer at The Albert Centre. This also may involve referring you to another specialist agency or support service.

We will listen to your concerns and tailor your care to meet your individual needs. Therefore working with you to achieve possible solutions throughout your treatment journey.

Look overleaf to contact us...

