

## Who we are

**Our heritage, compassion and expertise.**

Since 1969 Cranstoun has been making life better for those affected by alcohol, drugs and other life challenges.

Our skilled and compassionate people work closely with service users, their families and communities to change and save lives.

We combine proven expertise in treatment and recovery with innovative approaches and actively involve those we help in improving the services we provide.

## Information & Referrals

**t:** 020 7278 8671

**f:** 020 7278 0807

**e:** [referrals@cranstoun.org.uk](mailto:referrals@cranstoun.org.uk)



[www.cranstoun.org](http://www.cranstoun.org)

**Residential Services**

# Our Residential Services

**Cranstoun City Roads** offers alcohol & drug detoxification and stabilisation services, in a safe and secure residential setting.

The service provides high quality medical, clinical and psycho-social care to create the building blocks for long-term recovery. In the short-term we deal with service users' immediate needs. For the long-term we provide the foundations and skills for ongoing health, wellbeing and recovery. Our structured and person-centred programme includes clinical and psycho-social interventions, alongside a range of educational, social, creative and complementary options.

A skilled, multi-disciplinary team support service users to achieve successful outcomes with dignity and respect.

**Cranstoun's Trelawn House & Oak Lodge** offer alcohol & drug treatment, rehabilitation & recovery services in a safe residential setting. Service users have the opportunity to develop the skills, confidence and a comprehensive plan to take their own rehabilitation and recovery forward.

Our psycho-social approach is built upon a group-work programme and one-to-one recovery coordination, using a range of CBT, MI and ITEP interventions. Service users are supported to make sustainable changes to develop a future free of dependence and full of opportunity. Service users are encouraged to play an active part in the residential community and the programme also offers a range of educational, social, creative and complementary options to engage with.

A skilled and experienced staff team support service users to build their recovery and achieve successful outcomes, with dignity and respect.

Each service offers a comfortable setting with excellent transport links and local amenities.



**Cranstoun City Roads**  
London, EC1V



**Cranstoun Trelawn House**  
Surrey, CR8



**Cranstoun Oak Lodge**  
London, SW15

# Programmes & Referral

## Programme & Approach

Cranstoun's Integrative Recovery approach is designed to support service users to build self-reliance and is built on the principles of being person-centred, strength-based and recovery-focused.

Integrative Recovery (IR) incorporates CBT-based therapeutic interventions, individual recovery planning and one-to-one recovery coordination and key-work. IR builds and develops a service user's skills and self-belief, necessary for their rehabilitation, recovery and a successful return to their community.

Engagement with Mutual Aid, including 12-step, SMART and other options is encouraged, as is pursuit of educational, creative and social opportunities.

## Treatment & Recovery Options

Cranstoun's residential services offer detoxification of between 10 - 14 days and a programme of rehabilitation and recovery of 12 weeks.

Together, these elements offer a consistent and uninterrupted approach to treatment, that is recovery-focused. Each element can also be purchased and completed separately and designed to meet the particular needs and circumstances of individual service users and customers.

## Access & Referral

Our adult (18+) residential services are available to those affected by alcohol and/or drugs, through a single referral process, by calling **020 7278 8671**.

Admissions take 1 - 5 days, with same day emergency admissions possible.

Visits can be arranged as part of the referral & admission process and we can also visit referrers to explain more.