

Eligibility Criteria

The Aftercare Service is for individuals who are:

- aged 18 and over
- recovering from drug or alcohol misuse **OR** are family, friends or carers of someone who has a drugs or alcohol problem
- living in the borough of Ealing **OR** registered with an Ealing GP

Accessing our Services

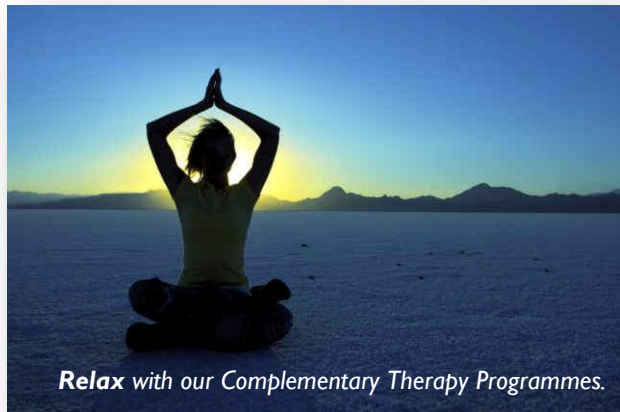
You can be referred to the service by either one of the following:

- Key Worker
- Healthcare Worker
- GP
- Social Worker

You can also self-refer yourself to the Aftercare Service as long as you meet the above criteria.

Facilities

We have a large meeting room, board room, private counselling rooms and an up to date IT suite. If you require further information or are interested in hiring any of these facilities, please contact our Ealing office on **020 8571 9981**.



Relax with our Complementary Therapy Programmes.

Office Opening Hours:

Monday, Tuesday, Thursday & Friday:

9.30am to 5.30pm

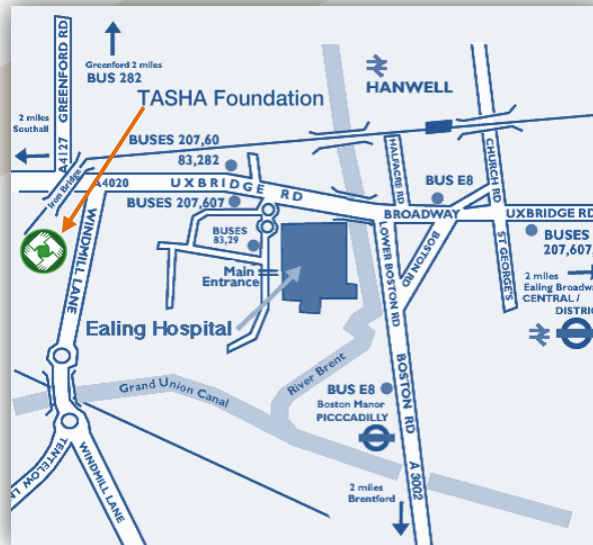
Wednesday & Thursday: 9.30am to 7.30pm

Saturday: 10.00am to 1.00pm

How to find us

Our Ealing Offices are located next to the Iron Bridge off Windmill Lane. We are a 5 minute walk from Ealing Hospital.

Bus routes: Buses that stop right outside the office include the 207 and the 427. The E8 also stops close by.



TASHA Foundation

Helping you to help yourself

For more information please call

020 8571 9981

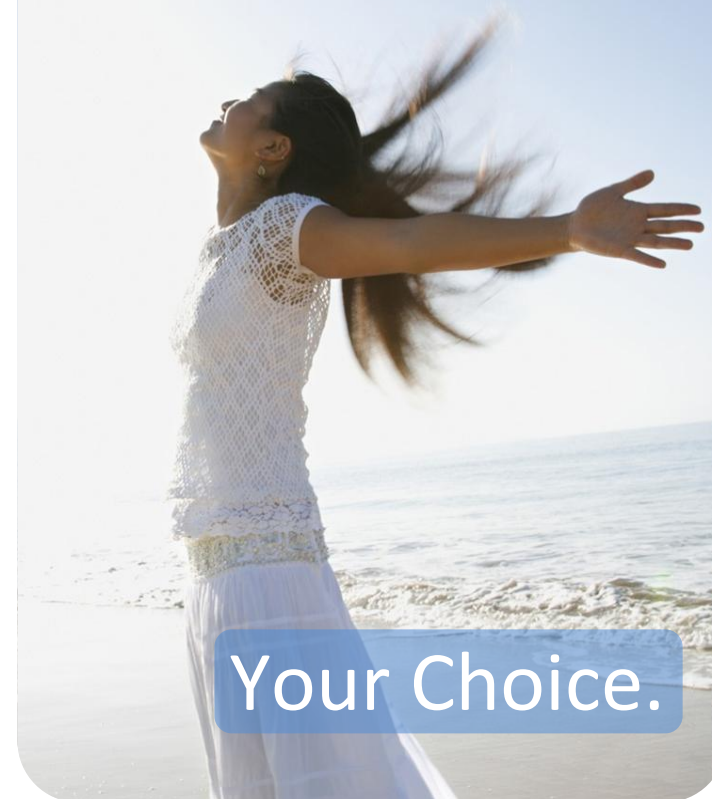


TASHA Foundation is a Charitable Company Limited by Guarantee No. 3358266. Charity No. 1062805

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AFTERCARE SERVICE

Your Life.



Your Choice.



TASHA Foundation

Helping you to help yourself

Unit 14, Windmill Place Business Centre • Windmill Lane • Southall • UB2 4NJ

Tel: 020 8571 9981 • **Fax:** 020 8571 9983

Email: enquiries@tasha-foundation.org.uk

www.tasha-foundation.org.uk

Welcome to TASHA Foundation

TASHA Foundation provides counselling services, family therapy, holistic health care services, confidential support, aftercare programmes, training projects, self-help opportunities and out-of-hours helpline support to individuals affected by substance misuse or mental health difficulties.

We strive to provide a flexible range of support services and opportunities to our client groups.



Our philosophy:

Therapy and life skills training

Affirmation of self worth

Sustained community support links

Holistic personal health choices

Achievable personal goals

Underpinning all of TASHA's work is the passionate belief that self-help is a powerful tool. It helps people with complex needs move on to a place of strength and independence in their lives.

**'Helping you
to Help Yourself'**

Aftercare Services

Our Aftercare Programmes provide support to help you maintain the positive gains you have already made in your recovery process along with the skills to continue the proactive lifestyle you have set out to achieve.



Counselling Services

We provide a confidential and non-judgemental counselling service, delivered one-to-one by empathetic and qualified counsellors in a private setting.

TASHA Foundation is a member of the **BACP (British Association of Counselling and Psychotherapy)**.

Friends & Family Support

We offer support to friends and families of people affected by substance misuse to sustain family and caring relationships. Carer Support groups, counselling and Carer Training are open to all carers.

Housing Support

We can provide advice as well practical support in assisting you to access suitable permanent or temporary accommodation through our Rent Deposit Scheme (RDS).

Support Group Programmes

We have Structured Groups and Alternative Complementary Therapy Programmes running throughout the year for carers and service users. These groups provide time and space to develop coping strategies, self-confidence, harm minimisation, challenging negative patterns and self-support through engaging with other users with similar experiences:

- Relapse Prevention
- Art Group
- Acupuncture
- Relaxation
- Personal Development
- Life Skills Programme
- Carers Support & Training



Education, Training and Employment

TASHA Foundation offer in-house training leading to accredited qualifications in Literacy, Numeracy and IT.

We also offer advice and guidance on accessing further education opportunities and support on getting back to work including voluntary and placement opportunities.

Out of Hours Helpline

The **TASHA Foundation Helpline** is an out-of-hours confidential telephone service offering emotional support and information for people affected by mental health problems including family, friends and carers.

TASHA Foundation Helpline

020 8560 6601

Seeking Help is a Positive Step.

**Open Mon, Tue, Sat & Sun
From 6pm to 9pm**