

2 Bristol Avenue,  
Colindale, NW9 4EW  
19 January 2021  
Our ref: 6874824

Thank you for your request received on 17 December 2020, for the following information:

**This request relates to the provision of female specific, free to use substance misuse treatment within Barnet Council's local authority area. Please see the below definitions to help inform Barnet Council's response:**

- A free to use substance misuse service is a service that provides free treatment, support and/or advice to people affected by substance misuse.
- A female specific, free to use substance misuse service only provides treatment, support and/or advice to people who are female.
- A female specific space/programme within a broader free to use substance misuse service is an intervention/pathway that only people who are female can access. For example - a women only support group.

With the above in mind, please can Barnet Council respond to the following questions in keeping with freedom of information legislation:

1. What free to use substance misuse services are available to people (both men and women) in Barnet Council's local authority area? Please list all the services.
2. Are any of the services listed in question 1 female specific?
3. Do any of the services listed in question 1 provide female specific spaces/programmes within a broader service? If yes please provide details of the female specific spaces/programmes offered.

We have processed this request under the Freedom of Information Act 2000.

## Response

The council holds the information requested and it is attached/ the answers to your questions are below

**1. What free to use substance misuse services are available to people (both men and women) in Barnet Council's local authority area? Please list all the services.**

Resource	Detail	Contact Details	Audience
Barnet Change Grow Live	Local drug and alcohol service	<a href="https://www.changegrowlive.org/barnet">https://www.changegrowlive.org/barnet</a> 0300 303 2866	Public
Barnet	Support service for	<a href="https://www.changegrowlive.org">https://www.changegrowlive.org</a>	Under 21's

Change Grow Live	young people using drugs and alcohol	<a href="https://www.barnet.gov.uk/advice-info/under-21-advice">g/advice-info/under-21-advice</a>	
Breaking Free	Online recovery support programme	<a href="http://www.breakingfreeonline.com/">www.breakingfreeonline.com/</a> (Access code: barnet11)	Public
SMART	Therapeutic meetings (all addictions)	<a href="https://smartrecovery.org.uk/online-meetings/">https://smartrecovery.org.uk/online-meetings/</a> 0330 053 622	Public
NHS Smokefree NHS	Help to quit smoking	<a href="http://www.nhs.uk/smokefree">www.nhs.uk/smokefree</a> 0300 123 1044 (9am-8pm)	Public
NHS Samaritans	Advice, tips and help You Talk, We Listen. 24/7 Confidential Support	<a href="https://www.nhs.uk">https://www.nhs.uk</a> 111 <a href="https://www.samaritans.org/">https://www.samaritans.org/</a> 11 6 123	Public
Barnet Citizens Advice	For advice on any issue	<a href="https://barnetcab.org.uk/">https://barnetcab.org.uk/</a> 0300 465 8365	Public
Frank	Useful information about drugs	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a> 03 00 123 6600	Public
Cocaine Anonymous	Help with drug or alcohol problem	<a href="https://cocaineanonymous.org.uk/">https://cocaineanonymous.org.uk/</a> 0800 612 0225	Public
Alcoholics Anonymous	Help with alcohol problem	<a href="https://www.alcoholics-anonymous.org.uk/">https://www.alcoholics-anonymous.org.uk/</a> 0845 7697555	Public
Narcotics Anonymous	Help with drug problem	<a href="https://ukna.org/">https://ukna.org/</a> 0845 373 3366	Public
Dual Diagnosis Anonymous	Peer support for people living with mental health and drugs/alcohol problems	<a href="https://www.ddauk.org/www.facebook.com/groups/1053021475070135/">https://www.ddauk.org/www.facebook.com/groups/1053021475070135/</a> 07702 510 110 / 07860 739 379	Public

## **2. Are any of the services listed in question 1 female specific?**

There are no Female specific free to use substance misuse services currently available in Barnet.

## **3. Do any of the services listed in question 1 provide female specific spaces/programmes within a broader service? If yes please provide details of the female specific spaces/programmes offered.**

'Barnet Change Grow' Live provide a female specific space every Friday between 11am and 12pm. This space is currently available virtually via Zoom for all Barnet Change Grow Live female service users. The Barnet Change Grow Live BRIC Coordinator arranged a working group with 5 female Service Users to agree on group topics and themes that would be beneficial towards their recovery.

Following Service User feedback, the working group established group ground rules and decided on a goal setting structured group programme.

Group topics suggested include:

- Domestic violence
- Meeting recovery goals
- Women's health
- Loneliness
- Anger and Pain
- Family Dynamics
- Sleep hygiene
- Alternative therapies
- Anxiety and Depression
- Safeguarding and social services expectation
- Fitness
- Signposting to other community groups including Fellowship programmes

The group started on the 11<sup>th</sup> December 2020, attendee numbers have been increasing week to week and the team continue to promote the group via keywork sessions, social media and text.

Attendees of the female only group plan to choose a name for their space in January 2021 and look forward to Covid restrictions lifting to allow them to meet in person both within the service and out on location using coffee shops, planned walks and other outdoor activities to connect and support each other.

### **Further information**

If you are interested in the data that the council holds you may wish to visit Open Barnet, the council's data portal. This brings together all our published datasets and other information of interest on one searchable database for anyone, anywhere to access. <http://open.barnet.gov.uk/>

### **Advice and Assistance : Direct Marketing**

If you are a company that intends to use the names and contact details of council officers (or other officers) provided in this response for direct marketing, you need to be registered with the Information Commissioner to process personal data for this purpose. You must also check that the individual (whom you wish to contact for direct marketing purposes) is not registered with one of the Preference Services to prevent Direct Marketing. If they are you must adhere to this preference.

You must also ensure you comply with the Privacy Electronic and Communications Regulations (PECR). For more information follow this Link [www.ico.org.uk](http://www.ico.org.uk)

**For the avoidance of doubt the provision of council (and other) officer names and contact details under FOI does not give consent to receive direct marketing via any media and expressly does not constitute a 'soft opt-in' under PECR.**

## **Your rights**

If you are unhappy with the way your request for information has been handled, you can request a review within the next 40 working days by writing to the Information Management Team at: [foi@barnet.gov.uk](mailto:foi@barnet.gov.uk). Or by post to Information Management Team (FOI) London Borough of Barnet, 2 Bristol Avenue, Colindale, NW9 4EW

If, having exhausted our review procedure, you remain dissatisfied with the handling of your request or complaint, you will have a right to appeal to the Information Commissioner at: The Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF (telephone: 0303 123 1113; website [www.ico.org.uk](http://www.ico.org.uk)). There is no charge for making an appeal.