

## How to contact us

If you would like more information on the 9 Oxford Road Alcohol Project, or want to book an assessment, please telephone us on the number below. An answerphone is available outside office hours.

**9 Oxford Road  
Colchester  
CO3 3HN**

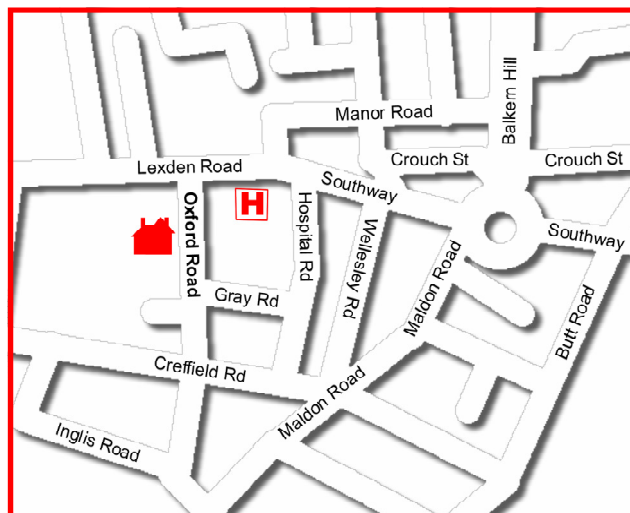
**Phone:** 01206 546854 / 503490

**Fax:** 01206 503490

**Email:** phoenix9oxfordroad@ntlworld.com

**Web:** www.phoenixalcoholproject.org.uk

**Accessibility:** Phoenix Homes Colchester is committed to equal opportunities, and to making its service fully accessible to service users, visitors and staff. If you have any special requirements, please do not hesitate to contact us .



9 Oxford Road is an activity of Phoenix Homes Colchester a Company Limited by Guarantee No.6205036 Registered in England and Wales.  
Registered Charity No. 1119817.  
Registered Office: 147 Straight Road  
Colchester, Essex, CO3 9DE

In partnership with:

**NHS**  
North East Essex



**WINE  
CIDER  
BEER  
VODKA  
SHERRY  
SCOTCH  
LAGER  
BOOZE**

**GETTING HELP WHEN  
YOUR DRINKING  
STACKS UP**

**9 Oxford Road  
Colchester  
CO3 3HN**

**01206 546854/503490**

**A Community Resource For  
Problem Drinkers**

## **Are you unhappy with your drinking?**

### **We offer:**

- ◆ A free service to people living in Essex
- ◆ A supportive and confidential alcohol-free environment
- ◆ Professional experienced staff
- ◆ A range of therapeutic groups and activities
- ◆ Simple referral system and no waiting list
- ◆ Supporting you to take responsibility for your drinking
- ◆ Located close to Colchester town centre

## **Our philosophy**

We do not adhere to the disease based theory of alcoholism but believe that people use alcohol for a variety of reasons. Dependency and misuse ensues when alcohol is relied upon to the extent that an individual fails to use or develop his/her own resources to deal with tasks, problems and emotions.

### **Programme**

We believe that a programme needs to be as creative and flexible as possible whilst maintaining much needed structure and boundaries. Our programme includes 'low-key' social support, activities, drop-ins and structured groups.

A copy of our current programme is available on request.

Anyone attending the project will be required to comply with the Conditions of Attendance which state that clients must be alcohol-free on any day they attend.

### **Referral Procedure**

It is our intention to make the project as easily accessible as possible to both clients and referrers.

We welcome self-referrals and are able to arrange appointments within 7 working days of initial contact from anyone requiring an assessment and introduction to the programme.